PLANT FACT SHEET

Nymphoides forbesiana (Griseb.) Kuntze

GENUS *Nymphoides* **FAMILY** Menyanthaceae

EDIBLE PARTS AND USES

Edible parts: Root

The roots are used as a vegetable.

DESCRIPTION

A herb that can be floating. It has long thin floating runners. The leaves are round and 12 cm across. They have a deep narrow slit. There are 10-20 flowers in a group. They are golden yellow. The fruit is an oval capsule 4-5 mm long by 5-7 mm wide. There can be 12 seeds.

HABITAT

It is a subtropical plant. It grows near ponds and rivers up to 1,660 m above sea level.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 78

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/82a9c887-6f64-4a7f-ac2f-ee05ad72f028