PLANT FACT SHEET

Heteranthera reniformis Ruiz et Pav.

GENUS *Heteranthera* **FAMILY** Pontederiaceae

COMMON NAMES Mud plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The leaves and leaf stalks are cooked and eaten.

DESCRIPTION

A scrambling plant. The stems are long and branching. The leaves are kidney shaped and are about 2.5 cm across. The flowers occur in bunches and are pale blue.

HABITAT

It grows in warm and tropical places. It can grow along the edges of ponds. In Argentina it grows from sea level to 1,000 m above sea level.

NOTES

There are 10 Heteranthera species. They grow in water and are mostly in tropical America.
It can be invasive.

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