PLANT FACT SHEET

Euryale ferox Salisbury

GENUS *Euryale* **FAMILY** Nymphaeaceae

COMMON NAMES Fox Nut, Gorgon Nut, Prickly Water-Lily

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots, Rhizomes, Leaves, bud, Vegetable

The roots and seeds are eaten. The seeds are eaten raw or roasted. They are used in curries. They are also pickled.
The seeds can be used for flour.
The rhizomes, young leaves and flower buds are eaten as a vegetable.
The fruit are eaten raw and cooked. They are pickled.

DESCRIPTION

A herb. It is a large waterlily. It re-grows each year or can last for a few years. It grows in water. The rhizomes or underground stems are erect and unbranched. The leaves which are under the water are not prickly. The leaf blade is spear head shaped and 4-10 cm long. The base is deeply heat shaped. The leaves which float on the water are prickly. The leaf blade is dark purple underneath but green on top. They are 1.3-2.7 m across. The are somewhat leathery. The flowers are 5 cm across. The flower stalk is stout and densely prickly. The sepals are triangle shaped or oval and 1-1.5 cm long. They are prickly underneath. The petals fade from purple at the outside to white in the centre. The fruit is dark purple and round. It is 5-10 cm across. It is spongy and densely prickly. The seeds are black and there are 8 to many. They are round and 6-10 mm across. The coat is thick and rigid.

HABITAT

It is a subtropical and tropical plant. It grows in lakes and ponds in many provinces of China. It grows in still water. It grows in wetlands. It needs a water temperature of 25°C or higher. It suits hardiness zones 8-11. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. The seed should be soaked in water at 21-23°C. The seed should be kept wet before sowing.

Harvesting and Seed Production

The fruit are available from July to October in Manipur in India.

NOTES

There is one Euryale species. Chemical composition (dried seeds): Protein = 9.9%. Fat = 0.3%. Carbohydrate = 75.7%. Ash = 0.6%. They are available dried in Chinese stores in Australia.

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