PLANT FACT SHEET

Peltandra virginica (L.) Schott

GENUS *Peltandra* **FAMILY** Araceae

COMMON NAMES Green arrow arum

EDIBLE PARTS AND USES

Edible parts: Flowers, Root, Seeds, Stems

The roots, stems and flowers are eaten as a vegetable. It is the spike in the centre of the flower that is eaten. They are eaten cooked. The root is starchy and is roasted in a pit for a day or two then dried and used to make flour.
The seeds are used to make a corncake.
Caution: Like most Araceae family plants it needs special processing to remove the oxalates.

DESCRIPTION

A plant which keep growing from year to year. It grows in shallow water. The leaves are arrowhead-shaped. The root is like a bulb. It can weigh 2 kg. The flower is green and like a lily flower with a spike or spadix in the centre.

HABITAT

It is a temperate plant. It grows in marshes and swamps.

PRODUCTION

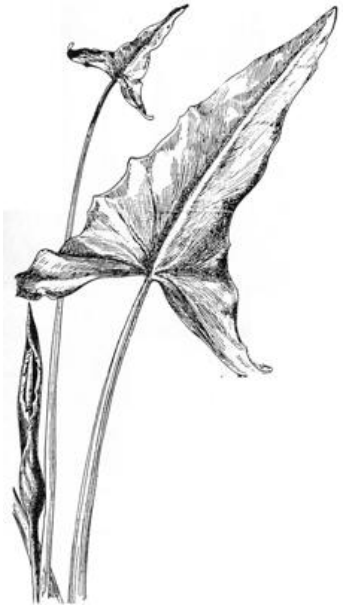
Cultivation

Plants can be grown from seed sown into waterlogged soil.

NOTES

There are 2 Peltandra species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8f418088-ebcb-45cf-873c-991e8a3fd08c