PLANT FACT SHEET

Brasenia schreberi J. F. Gmelin

GENUS *Brasenia* **FAMILY** Cabombaceae

COMMON NAMES Water shield, Water Target

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Vegetable

The newly emerged leaves can be added to salads.
They can be cooked as a green.
The tubers can be boiled and eaten.
They can be dried and ground into flour.

DESCRIPTION

A water plant. It is a herb. It has runners or stolons and underground stems or rhizomes. It keeps growing from year to year. It forms roots at the nodes. The leaves float. The leaf stalk join to the centre of the leaf. The leaves are 5 cm long and 8 cm wide. The leaf stalk is up to 2 m long. The stems, leaf stalks and leaves under the water have a slimy covering. The leaves are often red underneath. The flowers occur singly. They are in the axils of leaves and they float.

HABITAT

It grows in the subtropics. It grows in quiet water. It grows in ponds with muddy bottoms. It grows in wetlands. It does better in acid water conditions. It needs good light. It is best in water 20-25 cm deep. It grows best between 20°C and 30°C. In India it grows between 1,200-1,800 m above sea level. It can grow in arid places. In Yunnan.

PRODUCTION

Cultivation

It can be grown by dividing the underground rhizome. It can also be grown from long cuttings of actively growing plants.

NOTES

There is only one Brasenia species. It has also been put in the family Nymphaceae.

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 37

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 64

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 167

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 135

Elliot, W.R., & Jones, D.L., 1982, Encyclopedia of Australian Plants suitable for cultivation. Vol 2. Lothian. p 380

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 62

Flora of China @ efloras.org Volume 6

Food Composition Tables for use in East Asia FAO http://www.fao.org/infoods/directory No. 799

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 113

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 77

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 46

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 387

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 177

Larkcom, J., 1991, Oriental Vegetables, John Murray, London, p 126

Maiden, J. H., 1889, The Useful Native Plants of Australia (including Tasmania). The Technology Museum of NSW, Sydney. p 11 (As Brasenia peltata)

Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. Kulturpflanze 37. 1989, 211-357

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 40

Sainty, G.R. & Jacobs, S.W.L., 1981, Waterplants of New South Wales. Water Resources Commission. NSW p 79

Sainty, G., and Jacobs, S., 2003, Waterplants in Australia. A Field Guide. Sainty Books. p 24

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 75

Smith, N., Mori, S.A., et al, 2004, Flowering Plants of the Neotropics. Princeton. p 73

Syst. nat. 2(1):853. 1791

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 5th April 2011]

Wild edible plants of Himachal Pradesh

Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 32

Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. Journal of Ethnobiology and Ethnomedicine. 10:72

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/95a842f7-595e-4328-9fab-9eb0bb07ff10