PLANT FACT SHEET

Nymphoides indica (L.) O. Kuntze

GENUS *Nymphoides* **FAMILY** Menyanthaceae

COMMON NAMES Water snowflake, Floating heart

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Flowers, Stalks, Fruit, Vegetable

The flowers are eaten raw with fish sauces.
The stalks and flower stalks can be eaten cooked.
The fruit are eaten boiled or used in curries.
The underground parts and leaf stalks are used as a vegetable. They are boiled and eaten.

DESCRIPTION

A herb which grows in water. It keeps growing from year to year. The roots are attached to the mud. The rhizomes are horizontal. The stem is like a cylinder and unbranched. It grows 1-2 m tall. The leaf stalk is like a cylinder. The leaf blade is 3-18 cm across. The leaf floats on the water. The leaf is round but with a heart shaped base. There are many flowers which are clustered at the nodes. The flowers are 1-2.5 cm across. They are white but can have a yellow base. The seeds are brown, round and 1-1.5 mm across. The seed coat is smooth. The capsules are oval and with few seeds. The capsules are 3-5 mm across.

HABITAT

A tropical plant. It suits tropical and subtropical locations. It grows in water 2 m deep. It grows in wetlands. It occurs in standing water below 100-1600 m. in China. Plants are damaged by frost. It grows in lakes, pools, swamps and rivers. It can dry up and re-grow. In Zimbabwe it grows up to 1,650 m above sea level. It suits hardiness zones 10-12. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seed or by division of the runners.

NOTES

There are about 30 Nymphoides species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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