PLANT FACT SHEET

Alisma plantago-aquatica L.

GENUS *Alisma* **FAMILY** Alismataceae

COMMON NAMES Water Plantain, Devil's Spoons, Mad Dog Weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Rhizome, Seeds

CAUTION: Fresh leaves are poisonous but this is removed by cooking or drying.
The root is eaten after drying then cooking.
The leaves and petioles are eaten after thorough cooking.
The seeds are used for cereal and starchy preparations.

DESCRIPTION

A perennial plant. It emerges from water. It forms tussocks or clumps. It grows up to 90-150 cm high and 45 cm across. Leaves form from the base. The leaf blades are 10-25 cm long and 7-10 cm wide. There are 7 veins which run along the leaf. The leaf stalk is 80 cm long. They are flattened on one side and have wings near the base. The flowers are in an open panicle. This is 60 cm long by 40 cm wide. The flowers are 1 cm across. The petals are pale pink. The fruit is one seeded. It is 2-2.5 mm long.

HABITAT

It is a temperate plant. It grows in Northern temperate regions. It grows naturally in Britain in ditches, damp ground and shallow pond margins in water up to 15 cm deep. It grows in boggy conditions. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the plant. Fresh seed should be used and pots should be kept in water to keep the soil wet.

NOTES

There are 10 Alisma species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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