PLANT FACT SHEET

Nuphar advena (Aiton.) Aiton

GENUS *Nuphar* **FAMILY** Nymphaeaceae

COMMON NAMES Common Spatterdock, Yellow Pond Lily

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Rhizome

The roots are boiled for an extended time then eaten.
The seeds are eaten. They can be ground into flour and used to thicken soup. They can be stored.

DESCRIPTION

A herb that grows in water. It keeps growing from year to year and spreads over 2.5 m of the water surface. The plant is spongy. It has a creeping rhizome or underground stem and the leaves are large and heart shaped. The leaves are 35-40 cm long by 20-25 cm wide.

HABITAT

It is a temperate plant. It grows in ponds and ditches and slow flowing streams. It grows in shallow water but can be found in water 2 m deep.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

There are about 10 Nuphar species.

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