PLANT FACT SHEET

Limnophila aromatica (Lam.) Merr.

GENUS *Limnophila* **FAMILY** Plantaginaceae

COMMON NAMES Rice-paddy herb

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice

The leaves have a fragrant smell and are used in curries or with fermented fish and in sauces.
They are used in soups, stews and sweet and sour dishes.

DESCRIPTION

These can be annuals or perennials marsh herbs. The stems are 30-70 cm long and either simple or much branched. The stems can lie down or curve upwards. Plants root from the nodes. The leaves are opposite or in rings of 3. They are narrow and oval and 1-7 cm long by 0.3-1.5 cm wide. Some leaves occur above water level, while the leaves below water level are finely divided. Flowers can be solitary in leaf axils or in clusters are the ends of branches or in the axils of leaves. Flowers are 1 cm long and blue. These flowers are on stalks 3 cm long. The fruit is a capsule which is oval and 6 mm across. It has many seeds. These are angular with a net-like appearance and 0.5 mm long.

HABITAT

A tropical and subtropical plant. It grows in moist places and at low altitudes. It is found in ponds and ricefields. It grows in freshwater. It needs a temperature above 20°C.

PRODUCTION

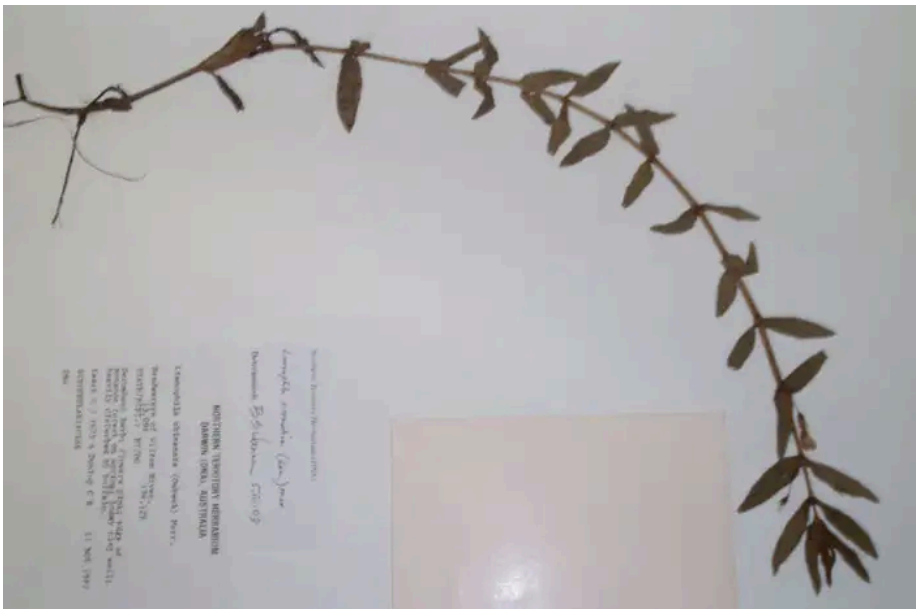
Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are about 35-40 Limnophila species. They grow in the tropics.
Also put in the family Scrophulariaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 329

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 262

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1369

Cruz-Garcia, G. S., & Price, L. L., 2011, Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand. Journal of Ethnobiology and Ethnomedicine 7:33

Elliot, W.R., & Jones, D.L., 1993, Encyclopedia of Australian Plants suitable for cultivation. Vol 6. Lothian. p 188

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 229

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 185

Interpr. Herb. amboin. 466. 1917

Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 95

Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables (As Limnophila verticillata Yamazaki)

Jiwajinda, S., et al, 2002, Suppressive Effects of Edible Thai Plants on Superoxide and Nitric Oxide Generation. Asian Pacific Journal of Cancer Prevention, Vol 3, 2002

Khumgratok, S., Edible Plants in Cultural Forests of Northeastern Thailand. Mahasarakham University Thailand.

Kumari, B. & Solanki, H., 2019, The Traditional Knowledge of Wild Edible Leaf used by Tribal People in Chhattisgarh. International Journal of Plant and Environment (2019), Vol. 5(4) :284-292

Leach, G.J., & Osborne, P.L., 1985, Freshwater Plants of Papua New Guinea. UPNG Press, p 230

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 99, 219

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 99 (As Limnophila pulcherrima)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 99 (As Limnophila villosa)

Nakahara, K. et al, 2002, Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum. Journal of Agricultural and Food Chemistry. 50: 4796-4892

Ng et al., Bot. J. Linn. Soc. 82:328. 1981

Ng, X. N., et al, 2012, Nutritional profile and antioxidative properties of selected tropical vegetables. International Food Research Journal 19(4): 1487-1496

Ochse, J. J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 658

Phatlamphu, N., et al, 2021, Ethnobotany of edible plants in Muang District, Kalasin Province, Thailand, Biodiversitas Vol. 22, No. 12 pp 5432-5444

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 401

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 62

Salvi, J. et al, 2016, A review: Underutilized wild edible plants as a potential source of alternative nutrition. International Journal of Botany Studies. Volume 1; Issue 4; May 2016; Page No. 32-36

Setalaphruk, C. & Price, L. L., 2007, Children's traditional ecological knowledge of wild food resources: a case study in a rural village in Northeast Thailand. Journal of Ethnobiology and Ethnomedicine. 3:33

Singh, G. & Kumar, J., 2014, Studies on Indigenous Traditional Knowledge of some Aquatic and Marshy Wild Edible Plants used by the Munda Tribe of District Khunti, Jharkhand, India. International Journal of Bioassays. 3(2), 1738-1743

Singh, G. & Kumar, J., 2016, Diversity and traditional knowledge on some less known edible wild herbaceous plant resource from district Khunti, Jharkhand, India. International Journal of Bioassays 5.5:4557-4562

Solomon, C., 2001, Encyclopedia of Asian Food. New Holland. p 315 (As Hydrophyllum spp.)

Somnasang, P., Moreno, G and Chusil K., 1998, Indigenous knowledge of wild hunting and gathering in north-east Thailand. Food and Nutrition Bulletin 19(4) p 359f

Srichaiwong, P., et al, 2014, A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand. Asian Social Science 10 (2):

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 527 (As Limnophila chinensis subsp. aromatica)

Suksri, S., et al, 2005, Ethnobotany in Bung Khong Long Non-Hunting Area, Northeast Thailand. Kasetsart J., (Nat. Sci) 39: 519-533

Tanaka,

Thoa P. T. K., et al, 2013, Biodiversity indices and utilization of edible wild plants: a case study of the Cham Island in Quang Nam Province, Vietnam. Journal of Research in Environmental Science and Toxicology 2(9) :167-174

Woodward, P., 2000, Asian Herbs and Vegetables. Hyland House. p 88

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/ac7c34cf-427f-4ede-ae37-79891dd68a0f