PLANT FACT SHEET

Nymphaea pubescens Willd.

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Waterlilies, Velvety devil's twine

EDIBLE PARTS AND USES

Edible parts: leaves, Fruit stalks, Flowers, Roots, Seeds

The seeds can be eaten raw when the fruit are green. The small seeds in the seed heads are eaten raw or cooked. They are roasted with salt. The seeds from dry heads are removed and ground into flour and used for bread.
The stalks of the flowers are edible. They are eaten raw or added to soup. They are also cooked as a vegetable. The rootstocks are also eaten. They are sliced and cooked as curry with potato and onion. The root can be baked or boiled and eaten.

DESCRIPTION

A herb which grows in water. The rhizome creeps in the mud. They produce slender stolons or runners. The leaves are oval or round. They are deeply divided into a heart shape. They have coarse teeth. Leaves are 15-26 cm across. They float on the water. They are papery. They are hairy underneath. The leaf stalk is cylindrical. The flowers are above the water. The flowers occur singly. There are 4 outer green segments. There are 12-14 petals. Flowers are large (5-8 cm across) and white, pink or violet. The fruit is round and compressed. It is fleshy and ripens under the water. There are many seeds, which are round. The seeds are 1-2 mm across and have lines along them. Waterlilies with large flat leaves which float on the water. They are hairy underneath. The white flowers are on stalks which reach above the water. The seed head is a cone shaped structure full of large numbers of very small seeds.

HABITAT

A tropical plant. The plants occur in coastal swamps, lagoons and lakes. It grows in wetlands. It is cultivated in ditches and ponds. In China it grows in ponds in the hills. In Yunnan.

PRODUCTION

Cultivation

Plants grow naturally from seed. Seeds float temporarily then sink.

NOTES

There are about 50 Nymphaea species.
Chemical composition (grams per 100g): Protein = 9.3g. Fat = .78%. Carbohydrate (soluble) = 66.78%. Fibre = 5.81%. Ash = 6.32g Water = 10.94g. Calories = 319.

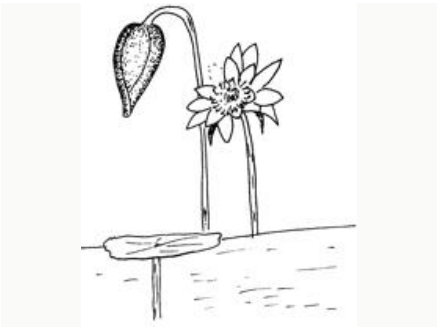
PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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