PLANT FACT SHEET

Aponogeton junceus Schlechtend.

GENUS *Aponogeton* **FAMILY** Aponogetonaceae

COMMON NAMES Waterblom-metjie

EDIBLE PARTS AND USES

Edible parts: Corms, Leaves, Flowers, Tubers, Root

The root is eaten as a snack.

DESCRIPTION

A small plant that keeps growing from year to year. It has a tuberous rhizome. The tubers are 3 cm across. This produces a few grass-like leaves. These are 10-12 cm long. The flower is on a slender stalk with a pair of spikes at the end. These are 1-2 cm long. The flowers are small, crowded, without stalks and white.

HABITAT

A tropical plant. It grows in water in ponds and marshes. In Swaziland it grows in the lowveld.

NOTES

There are about 12-44 Aponogeton species. They are tropical and subtropical.

REFERENCES

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Pemberton, R.W., 2000, Waterblommetjie (Aponogeton distachys, Aponogetonaceae), a recently domesticated aquatic Food Crop in Cape South Africa with Unusual Origins. Economic Botany 54(2) pp 144-149

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 11

Rodin, 1985,

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 36

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 28

Swaziland's Flora Database http://www.sntc.org.sz/flora (As Lehm.)

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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/c0810fc3-4e8c-4703-b348-72d1e57a4647