PLANT FACT SHEET

Nymphaea rubra Roxb. ex Andrews

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Indian red water-lily

EDIBLE PARTS AND USES

Edible parts: leaves, Root, Fruit, Seeds

The leaf stalk, fruit and roots are cooked as a vegetable.
The seeds are eaten raw or roasted.
The fruit and root stock can be eaten raw.

DESCRIPTION

A waterlily. It is a herb that grows in water. The corm is 7-10 cm across. The leaves are 15-30 cm across. They are round or oval. They have teeth along the edge. The flowers are 7-10 cm across. They are red. The fruit have 10-20 cells.

HABITAT

It is a tropical plant. It grows in water. It grows in wetlands. It forms roots in the mud and then floats. In XTBG Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

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