PLANT FACT SHEET

Enydra fluctuans Lour.

GENUS *Enydra* **FAMILY** Asteraceae

COMMON NAMES Buffalo spinach

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Vegetable

The young plant parts are used in salads. Sometimes they are steamed before eating.
The young leaves can be eaten raw or used in soups. It can be eaten fried with meat.

DESCRIPTION

A herb. It is trailing and forms mats. It forms roots at the nodes. The stems are 30-60 cm long. The leaves are opposite and do not have stalks. The leaves are 3-8 cm long. The leaves are entire and sword shaped. The flower heads are small and at the ends of branches. The flowers are white.

HABITAT

A tropical plant. It grows in muddy spots. It grows in water. It grows in wetlands. In Yunnan.

PRODUCTION

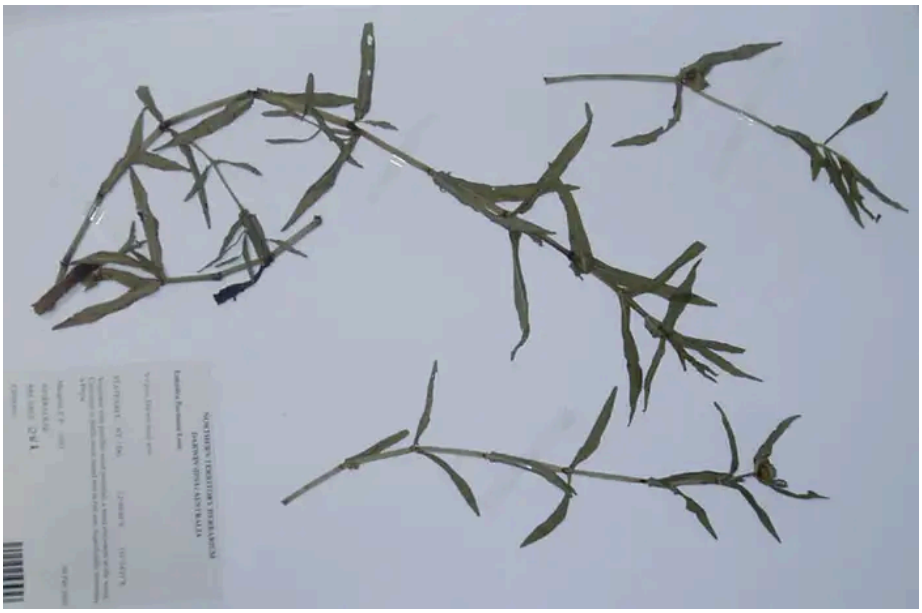
Cultivation

Plants can easily be grown from cuttings. Seed can also be used.

NOTES

It has useful antimicrobial properties.
This has probably been split into 2 species including Enydra radicans.
It is a good source of beta carotene.
Enydra fluctuans DC is an accepted name and Enydra fluctuans Lour is an unresolved in The Plant List.

PICTURES



Credit: Food Plants International (Bruce French)

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