PLANT FACT SHEET

Nymphaea odorata subsp. tuberosa Paine

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Tuberous Water-lily, White water lily

EDIBLE PARTS AND USES

Edible parts: Tubers, Root, Seeds

The young unrolling leaves and unopened flowerbuds can be boiled for 5-10 min. and served with butter.
The seeds can be fried like popcorn or parched and the winnowed kernels ground into flour.
The rootstock produces brown tubers that can be cleaned and boiled. They are bitter.

DESCRIPTION

A waterlily. The new leaves have a purple tinge. They become green. They are also green underneath. The leaves are round. They have a split which is an open V. The leaves are 18-25 cm across. The flowers have white petals. There are 27-31 petals. The flowers are 10-23 cm across.

HABITAT

It is a temperate plant. It grows in ponds and quiet water. It suits hardiness zones 3-9.

NOTES

There are about 50 Nymphaea species. The seeds are rich in starch, oil and protein.

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