PLANT FACT SHEET

Aponogeton distachyos L.f.

GENUS *Aponogeton* **FAMILY** Aponogetonaceae

COMMON NAMES Cape asparagus, Cape-pondweed

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Roots, Corm, Fruit, Vegetable

The flowers are used as a vegetable. They can be used for pickles.
The young fruit can be used as a vegetable.
The roasted corms/rhizomes are eaten.
The leaves are cooked and eaten.

DESCRIPTION

A herb which grows in water and keeps growing from year to year. It has starchy storage roots or corms. It grows 60-80 cm high and spreads 80-100 cm wide. The leaves at the base arise from these tubers. The leaf stalks can be 1 m long. The leaves are narrowly oval and floating. They are 15 cm long by 5 cm wide. The flowering stalk grows above the water. It is divided and white. Each fork is 10 cm long with 6-12 oval and white bract like bodies with small flowers near their base.

HABITAT

It suits Mediterranean climates. It is native to South Africa. It grows in still or flowing water up to about 50 cm deep. It can grow in water 2 m deep. It grows in cooler places. It suits hardiness zones 9-11. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed. They can also be grown by division. Sections of the rhizome can be grown in pots then put into water.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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