PLANT FACT SHEET

# *Nymphoides parvifolia* (Griseb.) Kuntze

**GENUS** *Nymphoides* **FAMILY** Menyanthaceae

**COMMON NAMES** Bua saai ting, Floating heart

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young leaves and stalks are eaten raw. They can also be eaten in curry.

## DESCRIPTION

A plant which grows in water. It is 30-40 cm high. There are many slender stems. These bear one leaf each. The leaves are broad and arrowhead shaped. They are 1.5-3.5 cm long by 1.5-3.5 cm wide. The leaf stalk is 1-5 mm long. The flowers are in bundles. There are 2-10 flowers together. They are 2-3 mm long. They are white. The fruit are oval. They are 4 mm long by 2 mm wide. The seeds are round and 0.5 mm across.

## HABITAT

A tropical plant. It grows in ricefields.

## NOTES

There are about 30 Nymphoides species.

## REFERENCES

Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 85
Revis. gen. pl. 2:429. 1891

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