PLANT FACT SHEET

Nymphaea odorata Aiton

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Fragrant waterlily

EDIBLE PARTS AND USES

Edible parts: bud, Leaves, Seeds, Tubers, Root

The flower buds are pickled or eaten as a cooked vegetable.
The flowers are eaten raw.
The leaves are used in soups and stews.
The tubers are eaten.
The seeds are eaten raw, boiled, roasted or ground into flour.

DESCRIPTION

A waterlily. It grows 10-40 cm high and spreads 0.9-2.4 m wide. One plant can cover 5 squ metres of water area. The leaves float on water. The leaves are green on top and red or purple underneath. The leaves are fairly round. They are 15-20 cm across. The leaves with stalks spread 1-1.2 m wide. The flowers tend to be white. The flowers are 5-11 cm across. It flowers during the day.

HABITAT

A tropical and subtropical plant. It grows in water. It grows in warm temperate regions. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

Plants can be grown from seed or by underground stems.

NOTES

There are about 50 Nymphaea species. It can be invasive.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e92100f8-cfab-402d-b4db-6ea0e225c168