



Common names

Nymphaeaceae

Blue waterlily, Cape blue waterlily,

Scientific name

Nymphaea nouchali var. caerulea

Edible portion Rhizome, Root, Flowers, Seeds,

Description

A waterlily. It is a herb that grows in water. The rhizome is embedded in the mud. The leaves and flowers float on the water. The leaves are green. The leaves are egg shaped and the sides overlap at the split section. The leaves are 30-40 cm across. The leaves with stalk spread 2.5-3 m wide. The flowers occur during the day. The petals are white with light blue tips. The flowers are 8-15 cm across.

Distribution

It is a tropical plant. It grows in water. It grows in lagoons and stagnant water. It can grow in arid places. It suits hardiness zones 10-12.

Found in:

Africa, Angola, Asia, Australia, Botswana, Central Africa, East Africa, Egypt, Guinea, Guinée, Guinea-Bissau, Hawaii, Kenya, Madagascar, Malawi, Maldives, Mozambique, Namibia, North Africa, Pacific, Rwanda, Somalia, South Africa, Southern Africa, Sudan, Tanzania, Uganda, USA, West Africa, Zambia, Zimbabwe,

Use

The rootstock is eaten. They are peeled and roasted. They can be dried and stored. The flattened head of the flower stalk is eaten. The seeds are eaten.

Cultivation

It seeds easily.

Production



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