

<i>Genus</i>	<i>Species</i>	<i>Common</i>	<i>Use</i>
Acorus	calamus	sweet flag	Edible rhizome (spice), edible young shoots + leaves.
Aponogeton	distachyos	cape pondweed	Edible tubers + flowering spikes. Deep emergent.
Chrysoplenium	spp.	golden saxifrage	Edible leaves.
Eruciformis	spp.	beckmannia	Edible seed.
Glyceria	fluitans	float grass	Edible seed.
Gunnera	tinctoria	-	(Possibly) edible leaves.
Lemna	Spp	Duckweed	-
Nuphar	lutea, advena	yellow water lily	Edible roots, possibly leaves and seeds.
Nymphaea	alba, odorata	white water lily	Edible roots, seeds.
Peldandra	alba	white arrow arum	Edible cooked roots - poisonous when raw.
Peldandra	virginica	green arrow arum	Edible cooked roots - poisonous when raw.
Pontedaria	cordata	-	Edible seeds, young leaves.
Samolus	valerandi	brookweed	Edible young leaves.
Sparganium	erectum	bur-reed	Edible tuber.
Zizania	latifolia	-	Edible rhizomes, young shoots, and stem bases.
Zizania	aquatica	wild rice	Edible seeds, annual.

#### Aquatic Perennial Vegetables & Herbs

(Adapted from Eric Toensmeier - Perennial Vegetables)

Acorus	gramineus	Licorice flag	Culinary herb. Emergent.
Houttuyina	cordata	tsi; hot tuna	Culinary herb. Emergent.
Sagittaria	latifolia	arrowhead	Edible nutty tubers. Deep emergent (6 in - 2 ft).
Sagittaria	graminea	Chinese arrowhead	Edible nutty tubers. Deep emergent (6 in - 2 ft).
Colocasia	esculenta	taro	Starchy sweet root, cooked leaves. Shallow emergent.
Xanthosoma	violaceum	violet-stem taro	Edible cooked leaves and stems. Shallow emergent.
Oenanthe	javanica	water celery	Edible leaves - like celery. Emergent floater.
Eleocharis	dulcis	water chestnut	Edible corms. Shallow emergent (3-4 inches).
Nasturtium	officinale	watercress	Edible leaves. Emergent floater.
Nelumbo	sagittifolia	water lotus	Edible roots. Deep emergent (1-2 feet).
Neptunia	oleracea	water mimosa	Edible leaves. Floater.
Oenanthe	javanica	water spinach	Edible leaves - like spinach. Emergent floater.

## Edible Submerged Aquatics

(Adapted from Eric Toensmeier - Perennial Vegetables)

Ceratophyllum	Demersum	coontail	-
Myriophyllum	Verticillatum	whorl-leaved water milfoil	Edible roots, young shoots.
Stuckenia	Pectinatus	sago pondweed	Edible rhizome, young shoots, seeds, pollen...
Vallisneria	Americana	eelgrass	...flowering stalks. Very multifunctional plant!

## Multifunctional Reeds

(Adapted from Eric Toensmeier - Perennial Vegetables)

Butomus	umbellatus	flowering rush	Edible cooked root, edible seed.
Phragmites	communis	common reed	Edible roots, shoots, seeds. Extremely multifunctional plant (thatch, baskets, mulch, etc.) but also aggressive.
Scirpus	lacustris	bulrush	Edible roots, young shoots.
Typha	angustifolia	cattail	Edible rhizome, young shoots, seeds, pollen...
Typha	latifolia	reed mace	...flowering stalks. Very multifunctional plant!

## Trees for Aquaculture

(Developed by Ethan Roland, [AppleSeed Permaculture](#))

Amelanchier	Spp.	juneberry	Fruit to feed fish + other aquaculture species.
Celtis	Occidentalis	hackberry	Fruit to feed fish + other aquaculture species.
Cornus	mas	cornelian cherry	Fruit to feed fish + other aquaculture species.
Cornus	kousa	kousa dogwood	Fruit to feed fish + other aquaculture species.
Crataegus	lacustris	hawthorne	Fruit to feed fish + other aquaculture species.
Cudrania	tricuspidata	che	Fruit to feed fish + other aquaculture species.
Morus	spp.	mulberry	Silkworms; Fruit to feed fish
Prunus	-	black cherry	Fruit to feed fish + other aquaculture species.
Quercus	spp	oak	Leaves are good detritus for Gammarus and other spp.
Sambucus	spp.	elderberry	Fruit to feed fish + other aquaculture species.
Sorbus	angustifolia	Mountain ash	Fruit to feed fish + other aquaculture species.
Ulmus	Spp.	elm	Leaves are good detritus for Gammarus and other spp.
Zizyphus	jujuba	jujube	Fruit to feed fish + other aquaculture species.