

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

---

*Hydrophyllum virginianum*

[Synonyms : *Hydrophyllum virginicum*]

**VIRGINIA WATERLEAF** is an annual or perennial. Native to north-eastern North America it has small, white or violet flowers with projecting stamens.

It is also known as Brook flower, Burr flower, Eastern waterleaf, *Grenig indiankål* (Swedish), Indian salad, John's cabbage, Shawanese lettuce, Shawnee salad, and Water leaf.

Warning – it is alleged that it can cause headaches and smarting eyes.

*Virginianum* means 'of or from Virginia (United States)' which itself was named after the English 'Virgin Queen' Elizabeth I (1533-1603).

The North American Menominee tribe are known to have cooked the leaves like greens to accompany pork – and the Iroquois tribe also ate the leaves and young plants as a cooked vegetable.

For some of the North American Chippewa however the plant was considered to be more suitable as food for their ponies as it was believed to fatten them and produce glossy coats.

The root used to be a chosen ingredient for some local North American Indian tribes, including the Menominee and some of the Chippewa (who gave it to adults and children alike) in remedies to ease diarrhoea. The Menominee also used it in the treatment of chest pains, and the Iroquois made a lotion that was applied to oral sores.