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Sagittaria sagittifolia

[Synonyms : *Sagittaria japonica*, *Sagittaria sagittaefolia*]

ARROWHEAD is a deciduous aquatic perennial (grown as an annual or biennial). Native to Europe and northern Asia it has small pink-tinted white flowers.

It is also known as Adder's tongue, Arrowleaf, *Arrowrot* (Swedish), *Barba silvana* (Italian), *Chotakut* (Bengali, Hindi), Common arrowhead, *Freccia d'acqua* (Italian), *Gewöhnliches Pfeilkraut* (German), Hawaii arrowhead, *Herbe à la flèche* (French), Japanese arrowhead, *Keiholehti* (Finnish), Moses in the bulrushes, Old-world arrowhead, *Pfeilkraut* (German), *Pilblad* (Danish, Swedish), *Sagittaria* (Italian), *Sagittaire* (French), *Saethlys* (Welsh), *Šípatka střelolistá* (Czech), *Šípatka střelovitá* (Czech), *Šípatka vodná* (Slovak), *Šípatka vodní* (Czech), *Su oki* (Turkish), *Su otu* (Turkish), Tule potato, *Tsz koo* (Chinese), Water archer, *Ubi keladi* (Malay), and *Vanligt pilblad* (Swedish).

[Some authorities believe that this species embraces this Asian species and the North American wapato, *Sagittaria latifolia*.]

Sagittifolia is made up of Latin *sagitta* (arrow) and *-folia* (leaved) components meaning 'with arrow-shaped leaves'.

Not only have the North American Indians (not least the Chinooks) eaten the underground stems but today the Chinese and Japanese cultivate them for food. In Malaysia they are grown in the paddy fields and are fed to pigs.

In the past in Devon (in the English West country) local people used to make a tea from nine leaves (apparently it had to be nine).

Today the corms are eaten locally fried or added to stews.

Medicinally, it has been prescribed by herbalists to stem the milk flow in nursing mother's breasts.