



COMMON ARROWHEAD

Sagittaria latifolia

Also called Broadleaf Arrowhead, Duckroot, Wapato, and Katniss



Common arrowhead is a colony-forming, aquatic perennial native to most of the contiguous US and southern Canada, including the Lake Champlain region. It rises above water level to a height of 3 feet. The long, emergent leaves are distinctly arrowhead shaped and they produce a white flower.

Characteristics:

Vegetative

- Linear blade leaf type, arrowhead (sagittate) leaf shape, no true stem, leaves form a circle at the base (basal arrangement).

Flower

- Three-petaled white flowers in whorls of three.

Fruit

- Dry, usually one-seeded, does not separate or split open at maturity

Seed

- One seed within the fruit

Habitat Preference

Submerged shallow water or out of water on wet muddy banks; native to sloughs, swamps, marshes and margins of stream





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CULTURAL HISTORY NOTES

Native Americans across North America used and continue to use the tubers in tea as treatment for indigestion, as a poultice for wounds and sores, and as a staple food cooked like potatoes.

Ecological Contributions to Lake Champlain

Biological:

- The tuber and inner seeds of the arrowhead are food for waterfowl and muskrats.

Chemical:

- During the growing season, this plant extracts significant amounts of nutrients and metals from sediments and water.

Physical:

- Turbidity and wave energy is reduced by adequately stocked and healthy stands.

Similar Species

Green arrow arum (*Peltandra virginica*)

- Native wetland plant with similarly shaped leaves.
- Pollinated by chloropid fly.
- Edible tubers only after intensive processing--toxic if eaten raw.



How to differentiate green arrow arum from common arrowhead

- Common arrowhead leaves are palmate, which means all the lines on the leaf radiate from a single point, while green arrow arum lines have a branching pattern.
- Common arrowheads produce white flowers between June and mid-autumn, while green arrow arum produce a narrow, cylindrical, yellow-ish spadix full of seeds.

Scan to learn more about Lake Champlain's native aquatic plants!



The Lake Champlain Committee is a watershed-based nonprofit that uses science-based advocacy, education, and collaborative action to protect and restore water quality, safeguard natural habitats and ensure recreational access in the Lake Champlain Basin.



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