



## Uses

Both the seeds and tubers of broadleaf arrowhead are a food source for many kinds of wildlife, but the tubers are said to be the most valuable. Mallards, blue-winged teal, black ducks, swans and geese are among the waterfowl that eat them. The tubers may be too deep for some ducks to loosen them from sediment. Muskrats, beavers and porcupines are also known to eat the tubers. Native

Americans and early European settlers harvested the tubers and baked, boiled or roasted them to eat or for medicinal purposes. More recently, broadleaf arrowhead has been used in wetland and shoreline restorations. It's important not only for its wildlife value but also for its ability to dissipate wave energy and take up metals and nutrients — especially phosphorus.

## Planting Recommendations



Broadleaf arrowhead blooms from July into September. **Courtesy Photo**

Choose a location with full sun and a water depth of 6 to 12 inches. Broadleaf arrowhead can be established using live plants, bare-root stock or tubers. Live plants or tubers are best for planting in moving water. Broadleaf arrowhead also can be propagated from seeds, but they require two years to germinate. For faster establishment, choose plants or tubers. This plant is available at many native plant nurseries.

## Similar Species

Several *Sagittaria* species in Minnesota have arrow-shaped leaves. Northern arrowhead (*S. cuneata*)

is widespread in the state, whereas long-lobed arrowhead (*S. calycina*) and Midwestern arrowhead

(*S. brevirostra*) are known from scattered locations in southern and western Minnesota. All have leaves

and fruits that differ from those of broadleaf arrowhead.



**From left:** Broadleaf arrowhead (*S. latifolia*) **Courtesy Photo**; Northern arrowhead (*S. cuneata*) **Photo Credit:** Peter Dzuik of Minnesota Wildflowers; long-lobed arrowhead (*S. calycina*; *S. montevidensis* subsp. *calycina*) **Photo Credit:** Katy Chayka of Minnesota Wildflowers; Midwestern arrowhead (*S. brevirostra*) **Line Drawings:** Line drawings: USDA-NRCS PLANTS Database / Britton, N.L., and A. Brown. 1913. *An Illustrated Flora of the Northern United States, Canada and the British Possessions*. 3 vols. Charles Scribner's Sons, New York. Vol. 1: 99. Photos and drawings are not to scale. Typically, fruits are 1 to 3 millimeters long.

## References

USDA Plants Database: <https://plants.usda.gov/core/profile?symbol=SALA2>  
Wetland Plants of Minnesota, by Steve W. Chadde. 2012. Second edition (revised).  
Article 99: Broad-leaf Arrowhead: A Workhorse of the Wetland. <https://owl.cwp.org/?mdocs-file=4813>  
Minnesota Wildflowers. <https://www.minnesotawildflowers.info/>

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