

American Lotus

Nelumbo lutea

American Lotus is a perennial plant that thrives in warm climates with full sun and calm water, like Louisiana. They need wet soil and full sun to grow. In their natural habitats, they occur in ponds, pools, estuaries, and sluggish streams. This plant is known for its large creamy-white flowers and dried seed capsules. It grows up to 6 feet tall and blooms from summer-fall.



To use: Start seeds indoors during the early spring. Scarify the hard seeds with sandpaper or a file, then soak them in warm water, changing the water when it becomes cloudy and repeating this process until the seeds sprout; this can take anywhere from a few days to a couple of weeks. Plant the sprouted seeds in a wide, shallow container with heavy soil (loam or clay). Gently press the sprouted seed into the soil with the sprouted end visible just above the surface. Fill the container with shallow water. Ensure the seeds get 6+ hours of sun and warm temperatures (75–85°F) per day for best growth, and allow them to develop rhizomes before transplanting to a larger pond or pondlike setup. Waterfowl eat the seeds of this plant, and other wildlife nibble on its foliage. Native bees and other insects are attracted to this plant for its pollen.

Seed Source: Prairie Moon Nursery