

VALLISNERIA Caresheet

(Giant Vallisneria; Thin Vallisneria; Vallisneria Contortionist; Corkscrew Vallisneria)

Plant difficulty: EASY – Vallisneria are the perfect aquarium plants for beginners

What is Vallisneria aquarium plant?

The aquarium plant Vallisneria (simply known as 'Vals') is a genus of freshwater aquatic plants, and includes the popular [Vallisnerias Contortionist](#), and [Giant Vallisneria](#). Vallisneria varieties are **Australian native water plants** well suited to our tropical climate. They are often found in fast moving freshwater rivers, streams, creeks. PetWave has a variety of [Vallisneria types](#) for sale.

Vallisneria are characterised by their tall vertical bright green leaves, making Vallisneria aquarium plants the ideal background aquarium plant. Vallisneria also make a great addition to your aquascape when planted at the sides of the tank. Plant one in the back corner of your aquarium and watch a vertical accented curtain grow as a background to your tank!

Temperature	18 – 28°C
Light	Medium
Ph range	6.5 – 8.5
Growth speed	Fast

Vallisneria benefits

When used in large group plantings, the long Vallisneria leaves provide shade and hiding space for small [tropical fish](#), helping reduce fish stress. **Vallisneria are perfect for shy fish!** Vallisneria also help aerate your tank with oxygen, leading to happy healthy fish and overall high water quality. Find out even more secret [benefits of live aquarium plants](#) vs artificial aquarium plants.

How do you keep Vallisneria healthy?

Vallisneria are a group of live aquarium plants that are very easy to care for

To boost the nutrients and benefits of having a Vallisneria aquarium plant, a liquid [aquarium plant fertiliser](#) should be used at least every two weeks.

Regular aquarium water [pH tests](#), and appropriate pH control [water treatment](#), are recommended to maintain the pH level between 6.5 – 8.5, particularly when setting up a new aquarium.

While the temperature range for Vallisneria is broad, a [glass aquarium thermometer](#) will help monitor the temperature of your planted aquarium. In winter an [aquarium water heater](#) is recommended.

Avoid planting Vallisneria in an aquarium with fish prone to eating plants. Such as tetras, goldfish, and large crayfish. [African cichlids](#) can be placed in the same tank as Vallisneria aquarium plants. The strong roots and stem of Vallisneria means African cichlids are unable to uproot it.

How to dispose of Vallisneria aquarium plants

Introduced aquarium plants can cause [significant damage to Australia's natural ecosystem](#). Never dispose of Vallisnerias where they could be washed into natural waterways or drains.



VALLISNERIA Caresheet

(Giant Vallisneria; Thin Vallisneria; Vallisneria Contortionist; Corkscrew Vallisneria)

How do you plant Vallisneria?

Does Vallisneria need substrate?

It is important to provide a 7-8cm layer of substrate at the bottom of your aquarium tank to protect your Vallisneria plants roots. Substrate is any form of loose material that an aquarium plants roots can grow in.

Can Vallisneria grow in sand? - Can Vallisneria grow in gravel?

Vallisneria plants can grow in a variety of substrate such as, [pebbles, gravel, sand](#), or aquarium soil. Find out more information on aquascaping in our [how to set up a planted aquarium guide](#).

At PetWave we have Vallisneria live aquarium plants for sale [as bare roots](#) to be planted in substrate.

Vallisneria how to plant

Growing Vallisneria in substrate is very straightforward. Create a small hole in your chosen aquarium substrate, Place the Vallisneria plant in, and bury only the Vallisneria roots. The area above the roots where the leaves grow out of should be slightly above the substrate. Do not to cover the Vallisneria **crown** in substrate as this may lead to your Vallisneria dying.

Vallisneria are fast growing aquarium plants, bunch them together to quickly start up a planted aquarium. **Important note:** As rapid growers, Vallisneria may quickly take over small aquariums and shade smaller aquarium plants. Vallisneria are best suited to large tall aquariums.

The key to growing Vallisneria is controlling it

How to prune Vallisneria

Vallisneria must remain completely submerged. Vallisneria can grow up to 60cm+ so it is important to monitor the height of your plants, ensuring the Vallisneria leaves do not poke out the top of your planted aquarium. Trim leaves with a sharp pair of scissors to your preferred height. Vallisneria should be given a couple of weeks to root in their substrate and settle before trimming.

How to propagate Vallisneria

Vallisneria live aquarium plants propagate through runners. Once settled in a planted aquarium, Vallisneria will grow runners and spread across the tank. Easy remove any runners you do not want by pulling them out of the substrate using aquarium tongs.

[Aquarium tongs](#) are a helpful tool when planting, handling, trimming, and replanting Anubias aquarium plants without putting your hands and arms in the tank.

