PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Selaginella opaca Warb.

GENUS *Selaginella* **FAMILY** Selaginellaceae

COMMON NAMES Spikemoss fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The leaves are cooked and used as a vegetable and medicine.

DESCRIPTION

A fern. It grows in soil. The rhizome is long and creeping. It is irregularly branched. The stalk is rusty-yellow. The fronds are 10 cm long and irregularly twice divided.

HABITAT

A tropical plant. It grows in primary and old secondary forests from mid to high mountain areas.

NOTES

There are about 700 Selaginella species. They are mostly in the humid tropics and subtropics.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/02501a77-2724-437c-bce3-23e918f0d8db