PLANT FACT SHEET

Acrostichum aureum L.

GENUS *Acrostichum* **FAMILY** Pteridaceae

COMMON NAMES Golden Mangrove fern

EDIBLE PARTS AND USES

Edible parts: Shoots, Roots, Fronds, Leaves, Vegetable

The young leaves (unfolded fronds) are eaten in salads. They are also cooked.

DESCRIPTION

A fern with a short to medium creeping rhizome. The rhizome is up to 3 cm thick. It has large fleshy roots. The fronds are erect and up to 4 m long. The leaflets are large, thick and leathery. They are only divided once. They have blunt tips. They often have a yellowish colour. It grows in clumps or spreads out over the ground. Under the uppermost leaves there is often a mass of spores in a brown sugary mass.

HABITAT

A tropical plant. Usually found in open swampy or mangrove situations. It cannot tolerate saltwater. It grows in Australia in the Northern Territory and Queensland. It is eaten in the Solomon Islands. It occurs throughout the tropics. It is very frost tender. It occurs in brackish pools and swamps and creeks near the beach. It can be on cliff-faces by the sea.

PRODUCTION

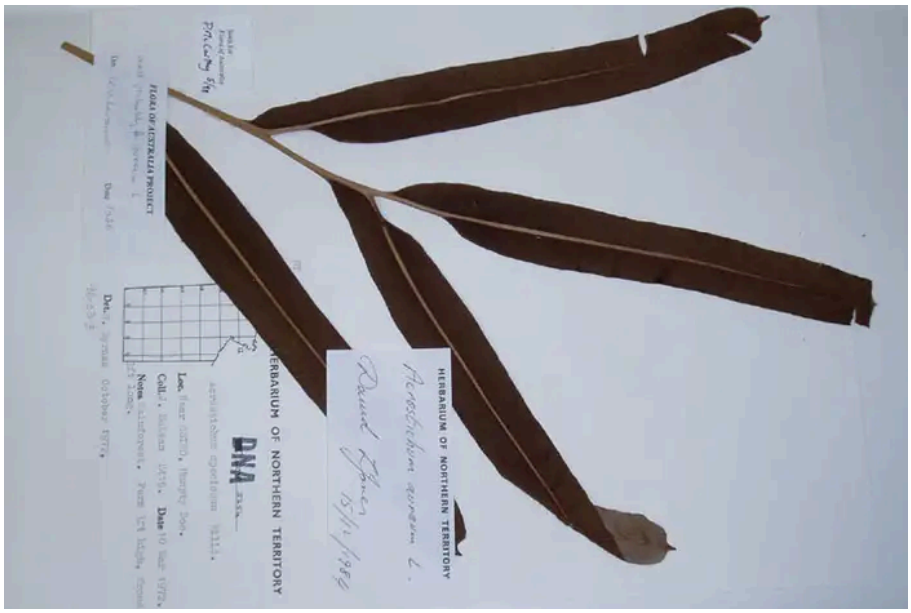
Cultivation

It is slow to re-establish if transplanted. Often transplanted plants die. The best option is to transplant young plants growing from spores. It can be grown from spores.

NOTES

There are 3 Acrostichum species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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