PLANT FACT SHEET

Lomariopsis guineensis (Underw.) Alston

GENUS *Lomariopsis* **FAMILY** Polypodiaceae

EDIBLE PARTS AND USES

Edible parts: Frond, Leaves, Vegetable

The young leaves are cooked and eaten as a flavouring.

DESCRIPTION

A fern that grows attached to other plants. It has flattened rhizomes that attach to trees. It grows 2 m tall.

HABITAT

It is a tropical plant. It grows at low elevations in rain-forest in West Africa.

NOTES

Also put in the family Lomariopsidaceae.

REFERENCES

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Mercy, N. A., et al, 2016, Survey of Wild Vegetables in the Lebialem Highlands of South Western Cameroon. Journal of Plant Sciences 4(6): 172-184

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/07ee8ac4-85c5-4ede-bce6-c960abfb650b