PLANT FACT SHEET

# *Cystopteris bulbifera* (L.) Bernh.

**GENUS** *Cystopteris* **FAMILY** Cystopteridaceae

**COMMON NAMES** Berry bladder fern, Bulblet Bladder Fern

## EDIBLE PARTS AND USES

**Edible parts:** Root

## DESCRIPTION

A fern. It grows 30-45 cm high and 20-30 cm wide. The fronds form swirling rosettes. They are light green and slender. The fronds are divided and have curved tips. Bulbils develop below the midribs. They are lightly tinged with red.

## HABITAT

It is frost hardy. It is lime tolerant. It often grows on moist shady rock faces. It suits hardiness zones 3-9.

## PRODUCTION

### Cultivation

It can be grown from the small bulbils under the leaves.

## NOTES

There are about 18 Cystopteris species. These are also put in the family Athyriaceae and Cystopteridaceae.

## REFERENCES


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



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