PLANT FACT SHEET

Selliguea capitellata (Wall.) X.C.Zhang & L.J.He

GENUS *Selliguea* **FAMILY** Polypodiaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The tender fronds are cooked as a vegetable.

DESCRIPTION

A fern. The fronds are bright green. They are 40-60 cm long by 15-25 cm wide. The leaflets are sword shape. The sori are round. They occur in a single row on either side of the midrib.

HABITAT

It is a tropical plant. It occurs throughout Nepal at 1300-2800 m altitude on mossy tree trunks.

PRODUCTION

Cultivation

Plants can be grown from spores or by dividing the rhizomes.

REFERENCES

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 98 (As Arthromeris wallichiana)

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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/0c615274-4262-451a-b41f-36b58226b898