PLANT FACT SHEET

Lygodium scandens (L.) Sw.

GENUS *Lygodium* **FAMILY** Lygodiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young still curled up leaves are steamed and eaten. They are also mixed with other vegetables.

DESCRIPTION

A small climbing fern. It grows 1-3 m long. The leaves are 1-3 m long. The stalk is thin and flexible and tough. The leaves are towards the ends. They have opposite pairs of leaflets with an uneven number of smaller leaflets (pinnae) along them. They are oval to triangle shaped and 2-4 cm long by 1.5 cm wide. The sterile ones are entire or with slight lobes and the fertile ones are shorter.

HABITAT

It is a tropical plant. It grows from the lowlands to 1,200 m above sea level in Indonesia. It grows in humid and swampy locations.

NOTES

Also put in the family Schizaeaceae.

REFERENCES

Ochse, J. J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 656

Stone, B.,

PROVIDED BY **Food Plants International**

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/0cc3dff0-7298-4144-b754-706ef502db08