PLANT FACT SHEET

Osmunda claytoniana L.

GENUS *Osmunda* **FAMILY** Osmundaceae

COMMON NAMES Interrupted fern, Kuthurke

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Stem

The tender portions of the fronds are cooked as a vegetable.
The centre of the clump below the ground has a small edible pith.
Caution: They may contain chemicals that cause cancer. The young fiddleheads are boiled, then soaked for a day to get rid of the bitter taste then used in stir fries or pickles.

DESCRIPTION

A fern. It grows in soil. The fronds are 20-35 cm long and 10-15 cm wide. They are divided into leaflets along the stalk. These segments do not have leaflet stalks. They are almost opposite. The erect sterile fronds have brown spores in the centre but no leaflets above or below this section.

HABITAT

It is a temperate plant. It grows in wet places and along the edges of stream and ponds. In Nepal it grows between 1400-3300 m altitude. It grows in hillsides in China between 1,600-3,400 m above sea level. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants are grown from spores.

NOTES

There are about 12 Osmunda species.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0f37a62d-cf01-416f-8fc7-08269055ea26