PLANT FACT SHEET

Thelypteris opulenta (Kaulf.) Fosberg

GENUS *Thelypteris* **FAMILY** Aspleniaceae

COMMON NAMES Jeweled maiden fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The leaves are cooked with chicken to make curry.

DESCRIPTION

A fern. The stalks or stipes are 70 cm long and reddish. The blade is 90 cm long with 25 pairs of pinnae. These are 25 cm long by 3 cm wide. They have lobes.

HABITAT

It is a subtropical plant. It grows on dry mountain slopes. It can stand light shade. It suits the wet tropics.

NOTES

Also put in the family Thelypteridaceae.

REFERENCES

Pegu, R., et al, 2013, Ethnobotanical study of Wild Edible Plants in Poba Reserved Forest, Assam, India. Research Journal of Agriculture and Forestry Sciences 1(3):1-10 (As Cyclosorus extensus)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1342ff15-fa1b-4580-b878-d4d5d0658ccf