PLANT FACT SHEET

Sadleria cyatheoides Kaulfuss

GENUS *Sadleria* **FAMILY** Blechnaceae

COMMON NAMES 'Ama'u, Amaumau fern, Rasp fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Pith - starch

The young fronds can be cooked and eaten.
The starch from the rhizome can be cooked and eaten.
The plant is powdered and used to make a tea like drink.

DESCRIPTION

A fern. The trunk is stout. The leaves are twice divided. The rhizome is 1-1.6 m tall. The leaves are smooth and dark green. They are leathery. They are 25-170 cm long and 25-100 cm wide. The leaf stalk has narrow brown scales. The leaf blade is sword shape in outline. The leaves have a red tinge when young

HABITAT

It is a tropical plant. It needs well watered, well drained soil and a bright shady location.

PRODUCTION

Cultivation

It is grown by spores.

NOTES

There are 6 Sadleria species. They are in Hawaii.

REFERENCES

http://www.ntbg.org/plants/plant details.php

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 500

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 31 (Drawing)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/13736674-d95e-4ff0-8c64-389f153a6a93