PLANT FACT SHEET

Blechnum orientale L.

GENUS *Blechnum* **FAMILY** Blechnaceae

COMMON NAMES Bungwall, Centipede fern, Mountain fern cat

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Fronds, Leaves, Vegetable

The rhizome is eaten after cooking and pounding. They are boiled.
The fresh fronds or fiddle heads are also used as a vegetable. They are also used in stir-fries. They are also added to vegetable soups.

DESCRIPTION

A medium to tall fern. It grows 0.3-1.2 m tall. It forms round clumps. The stem is short and has brown scales with very small teeth. The fronds can be 1 m high. The fronds are spreading or erect, forming a rosette. They often droop at the tips. The side leaflets are thin and long, with a long pointed tip. They do not have teeth along the edge. They are about 20-25 cm long and 0.8-1.8 cm wide. They are attached directly to the stalk. The youngest leaflets are pink. The leaf segments are rounded and smallest at the base. The fronds are dark green and shiny. The spore bodies are produced under the fertile fronds which have an appearance similar to the other fronds. These spores occur in a long continuous line along both sides of the midrib.

HABITAT

A tropical plant. It occurs in rainforest and swampy areas. It suits humid locations. It grows best with regular water but can tolerate some sun and dryness. It grows in forest clearings and along roadsides. It is frost tender. It can grow on rocky edges of waterfalls. In China it grows between 200-1,000 m above sea level. In Yunnan.

PRODUCTION

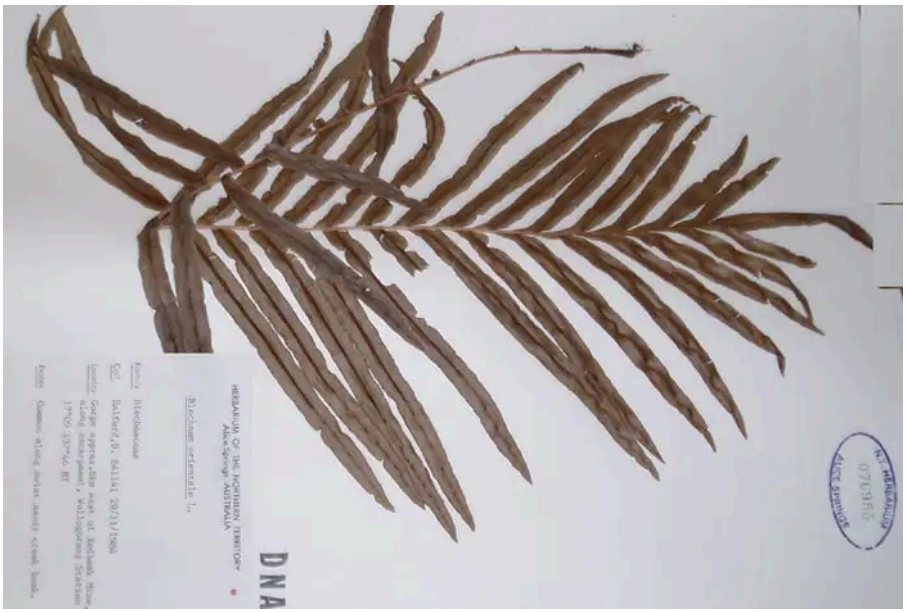
Cultivation

Plants are grown from spores.

NOTES

There are between 150 and 200 Blechnum species.
It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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