PLANT FACT SHEET

Blechnum cordatum (Desv.) Hieron

GENUS *Blechnum* **FAMILY** Blechnaceae

COMMON NAMES Palm leaf fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

It is used in pickles.

DESCRIPTION

A medium sized fern. It grows 0.5-1.5 m tall. It has a creeping rhizome. It forms spreading patches. The fronds are erect or arch over. They are dark green. The segments are sword shaped and the edges wavy. The tip is drawn out to a long point. The fertile segments are carried on separate erect fronds. These are more narrow than the sterile ones.

HABITAT

In Australia it grows on Lord Howe Island. It suits moist protected situations. In Zimbabwe it grows up to 2,225 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by division of the rhizome or from spores.

NOTES

There are between 150 and 200 Blechnum species. Blechnum capense (L.) Schlechtend. in Flora Zambesiaca.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/237eafda-133b-4685-9be1-b3c32f6efaf0