PLANT FACT SHEET

Ceratopteris pteridoides (Hook.) Hieron.

GENUS *Ceratopteris* **FAMILY** Pteridaceae

COMMON NAMES Floating fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The fresh fronds can be eaten raw in salads.
They are also cooked and eaten either alone or with other vegetables.

DESCRIPTION

A floating fern which grows out in a ring. The fronds are indented around the edge. The fronds are pale green. The fertile fronds are larger and stick upwards.

HABITAT

A tropical plant. They float in ponds. They need a temperature above 24°C. It also grows on the soil of cultivated rice fields.

PRODUCTION

Cultivation

It spreads by buds of new plants in the notches of leaves.

NOTES

There are 3-4 Ceratopteris species. It can spread rapidly and become a problem in lakes and ponds. Also put in the family Parkeriaceae.

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 219

Bortolotto, I. M., et al, 2018, Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116

Bot. Jahrb. Syst. 34:561. 1905

Hossain, U. & Rahman, A., 2018, Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh. Asian J. Med. Biol. Res. 2018, 4 (4), 362-371

Sarker, S. K., & Enayet Hossain, A. B. M., 2009, Pteridophytes of Greater Mymensingh District of Bangladesh used as Vegetables and Medicines. Bangladesh J. Plant Taxon. 16(1) 47-56. p 51

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 64

www.eFloras.org Flora of China

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/27a7658c-1c25-4a00-b629-22b6d55ebe2b