PLANT FACT SHEET

Polystichum squarrosum (D. Don) Fee

GENUS *Polystichum* **FAMILY** Dryopteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

Tender portions are cooked and eaten as a vegetable.

DESCRIPTION

A fern. It is herb. The frond stalk is erect. The plant is tufted. It is densely scaly. The axis that bears the leaflets is rust coloured with fine scales. The fronds are 5-70 cm long and oval to sword shaped. They are twice divided. There are many primary leaflets and the secondary leaflets are oblong and unequal at the base. They have an ear shaped projection on the upper side. There are small spines along the edge. The spore bodies are brown and in a single row on either side of the main vein.

HABITAT

It is a tropical plant. In Nepal it grows between 1000-3000 m altitude. In southern China it grows between 1,900-2,400 m above sea level.

PRODUCTION

Cultivation

Plants are grown from spores.

NOTES

There are about 200 Polystichum species.

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