PLANT FACT SHEET

Phlebodium aureum (L.) J. Sm

GENUS *Phlebodium* **FAMILY** Polypodiaceae

COMMON NAMES Hare's foot fern, Blue star fern

EDIBLE PARTS AND USES

Some part of the plant is added to teswino beer.

DESCRIPTION

A fern. It grows attached to trees. The leaves have blue veins. The fronds are large and have deep lobes. They can be 30-120 cm long by 10-50 cm wide. The fronds have up to 35 pinnae (leaflets)

HABITAT

It is a subtropical plant. In Argentina it grows below 200 m above sea level.

PRODUCTION

Cultivation

It grows from spores. It can be grown by division.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 676 (As Polypodium aureum)

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Vander Velde, N, 2003, The Vascular Plants of Majuro Atoll, Republic of the Marshall Islands. Atoll research Bulletin. No. 503. Smithsonian Institute.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2f5ee81d-1d28-474c-8158-473e9a782a5e