PLANT FACT SHEET

Cyclosorus gongylodes (Schkuhr) Link.

GENUS *Cyclosorus* **FAMILY** Thelypteridaceae

COMMON NAMES Limba

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Roots, Vegetable

The leaves or fronds are eaten as a vegetable.

DESCRIPTION

A fern. It has fronds with leaflets along the stalk. These are twice divided. It grows 1.2 m high and spreads 1 m wide. The rhizome is creeping. The leaflets are oval or triangle shaped.

HABITAT

It is a tropical plant. It grows in wasteland in the lowlands of East and West Africa. It grows in swampy, poorly drained soil. It grows in freshwater swamps. It is damaged by frost or drought.

PRODUCTION

Cultivation

Plants can be grown from spores or by division.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30cf4356-918b-43c8-a058-44fb924a03bc