PLANT FACT SHEET

# *Cyathea medullaris* (G. Forster) Swartz

**GENUS** *Cyathea* **FAMILY** Cyatheaceae

**COMMON NAMES** Black tree fern

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds, Stem

The pith in the centre of the stem is eaten after baking. It is cooked and dried in the sun.

## DESCRIPTION

A tree fern. It grows to 15-20 m high. The trunks are slim and black. They are 15-20 cm across. There is a distinct leaf scar pattern. The frond bases and scales are jet black. The fronds are 6 m long and divided 3 times. The spore bodies occur in pairs of 2-6.

## HABITAT

They grow in tropical and subtropical rainforest. It grows in damp lowland forest in New Zealand. It is sensitive to frost but very hardy once established. It does best in sheltered positions. It is mostly below 100 m altitude. It does best in a rich, well-drained humus. It suits hardiness zones 9-11. Geelong Botanical Gardens.

## PRODUCTION

### Cultivation

Plants can be grown by spores. They are easy to transplant.

### Harvesting and Seed Production

Plants grow quickly especially in sheltered locations.

## NOTES

There are about 800 Cyathea species.

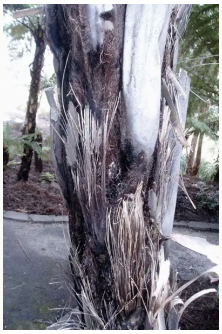
## PICTURES



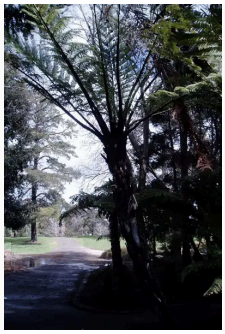
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

## REFERENCES


Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 310

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 116

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 448

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 248

Etoh, T. & Sundaresan, 1985, Food Plants in Fiji and Their Utilization. Kagoshima Univ. Res. Center S. Pac, Occasional Papers, No. 5. p. 145-164. (As Cyathea affinis)

Goudey, C.J., 1988, A Handbook of Ferns for Australia and New Zealand. Lothian. p 84

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 256

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 78

J. Bot. (Schrader) 1800(2):94. 1801

Large, M.F., & Braggins, J.E., 2004, Tree Ferns. CSIRO Publishing, Melbourne, Australia. p 222 Figure 4 Plates 66-73

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Salmon, J.T., 1989, The Native Trees of New Zealand. Heinmann Reid p 358

Skinner, G. & Brown, C., 1981, Simply Living. A gatherer's guide to New Zealand's fields, forests and shores. Reed. p 33



**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/326c295f-19d5-47c8-8087-c5f4ef0bdf31