PLANT FACT SHEET

Tectaria zeylanica (Houtt.) Sledge

GENUS *Tectaria* **FAMILY** Tectariaceae

COMMON NAMES Flowering fern, Seven finger fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young fronds of this fern are eaten raw as a salad or cooked as a vegetable.

DESCRIPTION

A erect fern with short creeping underground stout rhizomes. The plant is up to 60 cm high. They bear solitary or sometimes several fronds. The stalk of the leaf frond is up to 25-35 cm long and 12-20 cm wide. At the tip it has 3 segments of the sterile frond. The fertile part is like a spike and comes from the stalk. The spores are yellow in brown spore bodies which are 0.8 mm across.

HABITAT

A tropical fern. They grow in shady sites in the forest. They are found throughout the Philippines in open bushy places near sea level and on damp ground.

PRODUCTION

Cultivation

Plants are grown by splitting the rhizomes.

NOTES

There is only one Helminthostachys species. It is used in medicine in Bangladesh. Now Tectaria.
Also put in the family Dryopteridaceae.

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