PLANT FACT SHEET

Diplazium polypodioides Blume

GENUS *Diplazium* **FAMILY** Athyriaceae

COMMON NAMES Rang Songquan, Lingur

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The young curled fronds are used as a vegetable. They are cooked with dry fish.
The young, not quite unfolded leaves are eaten cooked.
The frond tips can be stored for 6-7 days.

DESCRIPTION

A fern which grows on land. It has fronds 3 metres high. The stem is mostly underground and densely covered with roots. This rhizome can be 10-50 cm long. The leaves are crowded and have long stalks. The leaf stalks are rough. Leaves can be 3 m long and arranged in spirals. The frond blade is 90 cm long by 50 cm wide. The leaf stalk is rough. The leaves are twice divided. The leaflets are sword shaped and get shorter towards the tip. The spore bodies or sori are along the veins under the leaf.

HABITAT

A tropical plant. It grows along water channels. It grows up to 2200 m altitude. These ferns mostly occur between 250 and 1500 metres above sea level. They grow best in humid, moist and lightly shaded places near creeks and on forest edges.

PRODUCTION

Cultivation

They grow wild.

NOTES

There are about 300-600 Diplazium species. They have also been put in the families Aspleniaceae and Woodsiaceae.

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