PLANT FACT SHEET

Oceaniopteris vittata (Brack.) Gasper & Salino

GENUS *Oceaniopteris* **FAMILY** Blechnaceae

COMMON NAMES Silver lady fern, Dwarf tree fern, Ocean fern, Ribbon fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes

The very young red leaves/fronds are eaten.

DESCRIPTION

A fern. It has a series of fronds that are opposite along the stalk.

HABITAT

It is a tropical plant. It has been recorded between 230-500 m above sea level.

REFERENCES

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew (As Blechnum vittatum)

PROVIDED BY **Food Plants International**

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/36f1081f-30ab-411f-abf3-a21efe3a1e11