PLANT FACT SHEET

Matteuccia struthiopteris (L.) Roth

GENUS *Matteuccia* **FAMILY** Aspleniaceae

COMMON NAMES Ostrich fern, Shuttlecock fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Root, Vegetable

The coiled fronds are eaten. They are eaten raw or cooked. They are also cooked in stir fried dishes and soups.
The thick unrolled fronds are salted and boiled and served on toast with oil or butter.
The starch in the rhizomes are used for noodles. The rootstocks are eaten boiled or roasted.
The stems are pickled.

DESCRIPTION

A deciduous fern. It grows 90-150 cm high and 60-90 cm wide. The fronds form an outer ring of sterile fronds. These are gently arching and yellow-green. They can be 90 cm long. The shorter greenish-brown fronds are fertile. The fronds are broadly spear-shaped, very thin and deeply cut. They have blackish-brown midribs.

There still seems to be some confusion between Matteuccia struthiopteris and Onoclea struthiopteris.

HABITAT

It is a temperate plant. It is frost hardy. It needs damp conditions. It needs good light but not direct sun. It suits hardiness zones 3-10. In Sichuan.

PRODUCTION

Cultivation

It is grown by offsets from the runners. It can be grown from spores but this is very slow. It can be grown from spores or division of the clump.

NOTES

There are 3 or 4 Matteuccia species. Also put in the family Woodsiaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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Full reference list (13 more) at https://www.echocommunity.org/en/resources/3c068d99-8a16-4cc8-b668-7cd08581f661

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