PLANT FACT SHEET

Asplenium oblongifolium Colenso

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Shining spleenwort

EDIBLE PARTS AND USES

Edible parts: Shoots, Fronds, Leaves

The young shoots or fiddleheads are eaten.

DESCRIPTION

A small fern. The fronds are dark green and shiny. They can be 1.5 m long. The spore bodies (sori) are long and narrow under the leaf.

HABITAT

It is a temperate plant. In New Zealand it grows from the coast to the mountains. It is usually in shady places. In Hobart Botanical Gardens.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 120

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/3e1f4e9d-5602-46d5-98bb-b3ac60237630