PLANT FACT SHEET

Stenochlaena tenuifolia (Desv.) T. Moore

GENUS *Stenochlaena* **FAMILY** Blechnaceae

COMMON NAMES African climbing fern, Giant vine fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The young fiddle-heads are eaten.

DESCRIPTION

A large straggling fern. It is like Stenochlaena palustris except the fertile fronds are twice divided. It has climbing rhizomes. The leaves can be 1.8 m long and shiny green. Fertile leaves are twice divided and sterile leaflets have 20 pairs of leaflets along the stalk. They are 27 cm long by 3 cm wide. There are teeth along the edge. Fertile leaflets have spore bodies underneath. The spores are kidney shaped and colourless.

HABITAT

It is a tropical plant. It grows in swamp forests.

NOTES

There are about 6 Stenochlaena species. They are swamp loving ferns of the tropics and subtropics.

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