PLANT FACT SHEET

Cyclosorus interruptus (Willd.) H. Ito

GENUS *Cyclosorus* **FAMILY** Thelypteridaceae

COMMON NAMES Hottentot fern, Willdenow's fern

EDIBLE PARTS AND USES

Edible parts: Heart, Fronds, Leaves, Roots

The young growing point and young fronds have been recorded as eaten.
The roots are roasted and eaten.

DESCRIPTION

A medium sized fern. It grows 0.5-1.6 m high. It forms extensive spreading patches. The rootstock is creeping and has many branches. The fronds are erect, leathery and dark green. They can be 1 m long. The segments of the fronds are lobed and sword shaped. They are largest at the base of the frond. The largest leaflets are 8-15 cm long by 1-1.8 cm wide. They are leathery. There are hairs on the veins underneath the leaf. The stalk has papery scales on it. The fruit spot of spores are under the leaf in a zigzag line along the edge of the leaf.

HABITAT

A tropical plant. It grows in swamps. It can grow in wet clay soil and sunny locations. It can grow in drier areas with shade. It can stand frost. In Papua New Guinea it grows from sea level to 1,500 m altitude but mostly it is at low altitudes below 50 m. Geelong Botanical Gardens. It suits the wet tropics.

PRODUCTION

Cultivation

It can be grown from division of the rhizome or from spores.

NOTES

There are now only 2 recognised Cyclosorus species. Others are now in other genera.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4b7fab98-e4a0-445a-8406-e662a26860d7