PLANT FACT SHEET

Sphaeropteris lunulata (J. Forster) R. M. Tryon

GENUS *Sphaeropteris* **FAMILY** Cyatheaceae

COMMON NAMES Balabala, Balabala balaka

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Pith

The young fronds are eaten in times of scarcity.
The white pith of the stem is cooked in an earth oven and eaten.

DESCRIPTION

A large tree fern. The trunk is erect and can be 8-10 m high. The fronds are divided 3 times. They can be 6 m long.

HABITAT

A tropical plant. It grows in tropical and subtropical locations. They grow from sea level to 100 m altitude. They grow in the rainforest.

PICTURES



Credit: Food Plants International (Bruce French)



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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/4d1cc579-3f47-4f4c-a573-4288d39f7784