PLANT FACT SHEET

Ophioglossum nudicaule L.f.

GENUS *Ophioglossum* **FAMILY** Ophioglossaceae

COMMON NAMES Adder's tongue

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young fronds are cooked as a vegetable.

DESCRIPTION

A fern. It grows 8 cm tall. The rhizomes are small and with small tubers. The fronds are distinct. The sterile fronds are 2.5-7 cm long by 2-3.5 cm wide. They are narrow and oval. The fertile fronds are about 2.5 cm long.

HABITAT

A tropical plant. It grows in tropical and subtropical countries. In Nepal it grows to about 1800 m altitude. It grows in moist shady places. In Argentina it grows from sea level to 1,000 m above sea level.

PRODUCTION

Cultivation

Plants are grown from spores.

NOTES

There are about 30 Ophioglossum species. They grow in both tropical and temperate regions.

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