PLANT FACT SHEET

Asplenium bulbiferum G. Forst.

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Hen and chicken fern, Mother fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Fronds

The young shoots are eaten. They are steamed.
The roots are also eaten.

DESCRIPTION

A small fern. It grows 0.5-1.2 m tall. It forms spreading clumps. It can grow in soils or attached to trees and on rotting logs. The fronds are divided 3 times. The fronds are pale or dark green. They grow 20-150 cm long. Small plants grow in the ends of the leaf divisions. Plants vary considerably. The spore bodies are 2-4 mm long and oblong.

HABITAT

It is a warm temperate to subtropical plant. It grows in bush clearings and lowland forests throughout New Zealand. It does best in damp locations. It grows on logs and the trunks of tree ferns. Possibly on Mt Roland. Hobart Botanical Gardens. It suits hardiness zones 9-11. Tasmania Herbarium. Mt Cootha Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from the small plantlets growing on the ends of fronds. It can also be grown from spores.

NOTES

There are over 600-700 Asplenium ferns. They are mostly tropical and subtropical. In New Zealand, a species complex with tetraploid and octoploid cytotypes.

PICTURES



Credit: Food Plants International (Bruce French)



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