PLANT FACT SHEET

Lygodium microphyllum (Cav.) R. Br.

GENUS *Lygodium* **FAMILY** Lygodiaceae

COMMON NAMES Climbing maidenhair fern, Snake Fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Shoots, Rhizomes, Root, Vegetable

The fleshy underground stems have been recorded as eaten.
The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

A climbing fern which keeps growing from year to year. It grows 1-3 m long and spreads 30-90 cm wide. It can be longer. It has slender twining stems. The leaf is the climbing part. The stalk branches and produces 6-10 small fronds. The leaves are smooth fronds. They are divided into leaflets along the stalk. The leaflets are light green with short stalks. The leaflets are 6 cm long. The edges have fine teeth. The spores are produced on fertile leaflets which are smaller than the others. These ones have lobes on the edge. The slender, horizontal, underground stems are fleshy and brittle.

HABITAT

It is a tropical plant. It can grow in warm temperate regions. It grows naturally in monsoon forest near freshwater streams. It grows naturally in mountain forest. It can form thickets in swampy coastal country. It suits hardiness zones 10-12. Mt Cootha Botanical Gardens. It suits the wet tropics.

PRODUCTION

Cultivation

Plants are grown from layers or less commonly from spores.

Harvesting and Seed Production

It can grow very quickly.

NOTES

There are about 30 Lygodium species. They occur in the tropics and subtropics. The vines are used for weaving. It can be invasive. It is used in medicine.
Also put in the family Schizaeaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Andrews, S.B., 1990, Ferns of Queensland. A handbook to the ferns and fern allies. Queensland DPI p 310

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 659

Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 8 (As Lygodium scandens)

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1400 (As Lygodium scandens)

Brock, J., 1993, Native Plants of Northern Australia, Reed. p 244

Chaffey, C.H., 1999, Australian Ferns. Growing them successfully. Kangaroo Press. p 172

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 159 (As Lygodium scandens)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 844

Elliot, W.R., & Jones, D.L., 1993, Encyclopedia of Australian Plants suitable for cultivation. Vol 6. Lothian. p 250

Goudey, C.J., 1988, A Handbook of Ferns for Australia and New Zealand. Lothian. p 120

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 563

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 33

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 188

Islam, M., 1983, Utilisation of Certain Ferns and Fern Allies in the North-Eastern Region, India. J.Econ. Tax. Bot. Vol.4.No.3 pp 861- (As Lygodium scandens)

Jones, D.L. & Gray, B., 1977, Australian Climbing Plants. Reed. p 61

Kenneally, K.E., Edinger, D. C., and Willing T., 1996, Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia. Department of Conservation and Land Management. p 51

King, M. & Horsfall, J., 2023, Kimberley Bush Food. Edible Plants of the Kimberley Region of Western Australia. UWAP. p 108

Latham, P & Mbuta, A., 2017, Useful Plants of Central Province, Democratic Republic of Congo. Volume 2. Salvation Army p 4

Levitt, D., 1981, Plants and people. Aboriginal uses of plants on Groote Eylandt, Australian Institute of Aboriginal Studies, Canberra. p 78

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 53

Marinelli, J. (Ed), 2004, Plant. DK. p 461

Melzer, R. & Plumb, J., 2011, Plants of Capricornia. Belgamba, Rockhampton. p 418

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 26

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 163

Peekel, P.G., 1984, (Translation E.E.Henty), Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG. p 30, 29 (As Lygodium scandens)

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 49 (As Lygodium scandens)

Prodr. 162. 1810

Rajkalkshmi, P. et al, 2001, Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India. Plant Foods for Human Nutrition 56:225-238

Suksri, S., et al, 2005, Ethnobotany in Bung Khong Long Non-Hunting Area, Northeast Thailand. Kasetsart J., (Nat. Sci) 39: 519-533

Van Steenis, C. G. G. J., & Holttum R. E., (Eds), 1959-1982, Flora Malesiana. p 61

Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 34

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/56dc41f1-413c-4593-b93c-81c43657282b