PLANT FACT SHEET

# *Diplazium harpeodes* T. Moore

**GENUS** *Diplazium* **FAMILY** Athyriaceae

**COMMON NAMES** Lalava, Sasau

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds

The young leaves are boiled and eaten.

## DESCRIPTION

A fern. It grows 2 m tall. The leaves (fronds) are twice divided.

## HABITAT

A tropical plant. It grows in shade under coconuts and other trees. It suit the wet tropics. It can grow up to 1,000 m above sea level.

## NOTES

They have also been put in the families Aspleniaceae and Woodsiaceae.

## REFERENCES

Notes Vila Herbarium Vanuatu

Jansen, A. A. J., et al, (Eds), 1990, Food and Nutrition in Fiji. Volume One. p 52

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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/5a16db4e-01bd-4ff5-a674-fac9d6d30b65