PLANT FACT SHEET

# *Asplenium scolopendrium* L.

**GENUS** *Asplenium* **FAMILY** Aspleniaceae

**COMMON NAMES** Hart's-tongue fern

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds

The leaves or fronds are used in soup.

## DESCRIPTION

A tufted fern. It has a short rhizome. The leaves are undivided and 10-60 cm long.

## HABITAT

It is a temperate plant.

## REFERENCES


Redzic, S. & Ferrier, J., 2014, The Use of Wild Plants for Human Nutrition During a War: Eastern Bosnia (Western Balkans). Chapter 9 in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans,Springer Science

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67 (As Phyllitis scolopendrium)

Upson, R., & Lewis R., 2014, Updated Vascular Plant Checklist and Atlas for the Falkland Islands. Falklands Conservation and Kew.



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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/5bc9dff8-9254-4544-8d18-7a120a7ae446