PLANT FACT SHEET

# *Polypodium vulgare* L.

**GENUS** *Polypodium* **FAMILY** Polypodiaceae

**COMMON NAMES** Common polypody, Wall fern

## EDIBLE PARTS AND USES

**Edible parts:** Root, Rhizome

The roots are used to obtain flour for bread or porridge.
The rhizomes are also chewed raw. They are used as a sweetener fresh or dried.

## DESCRIPTION

A small fern. It grows 15-38 cm high and spreads indefinitely sideways. The rhizome is tough and creeping. The fronds are sword shaped, leathery and dark green. They rise from the rhizome. It can grow in soil or attached to other plants or objects. The fruiting bodies or sori are large and round. They are bright orange to reddish-brown.

## HABITAT

It grows in temperate places. It is frost hardy. It can grow in both dry and damp places as long as the drainage is good. It suits hardiness zones 3-5.

## NOTES

There are about 75 Polypodium species.

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