PLANT FACT SHEET

Phymatosorus longissimus (Blume) Pitchi-Serm.

GENUS *Phymatosorus* **FAMILY** Polypodiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Spice, Flavouring

The young shoots and unrolled fronds are eaten as flavouring either raw or cooked. They have a slightly bitter taste.
Caution: Like many ferns it may be best to dry it then cook it. This destroys the enzyme thiaminase.

DESCRIPTION

A fern that grows in marshes. It grows 35-100 cm tall. It has a long creeping fleshy rhizome. This is 8-10 mm across. It branches several times. There are many dark brown small roots. The leaves are alternate and erect with long leaf stalks. They are divided into lobes along the leaf stalk and the divisions almost meet the midrib. The leaves are 35-270 cm long and 10-60 cm wide. The lobes are narrow from a broad base. They are rough and are 5-35 cm long and 1-3 cm wide. The spore bodies or sori are in lines either side of the midrib.

HABITAT

A tropical plant. It grows in wet places at low altitudes. It grows up to 900 m above sea level in Indonesia.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/61e6b242-d5bf-41e8-bd16-0eb96240e14f