PLANT FACT SHEET

Dennstaedtia samoensis (Brack.) Moore

GENUS *Dennstaedtia* **FAMILY** Dennstaedtiaceae

COMMON NAMES Unu unu

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

Young unfurled shoots are cooked and eaten.

DESCRIPTION

A large fern. It does not have a central trunk or stem. It has a spreading rhizome or creeping stem with leaves or fronds growing up from this. The leaves are up to 3 m long. They are finely divided.

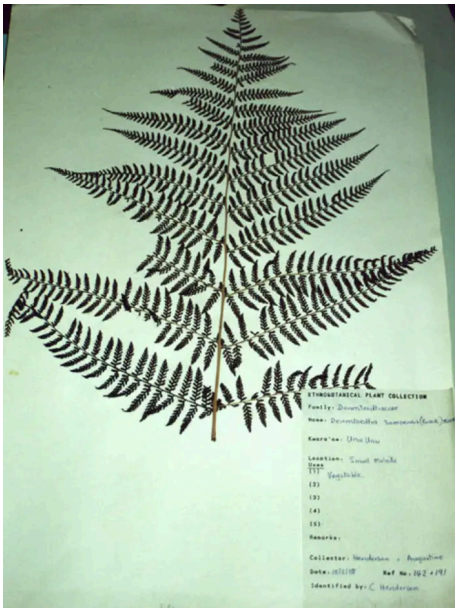
HABITAT

A tropical plant. It suits the wet tropics.

NOTES

There are about 70 Dennstaedtia species. They grow in warm and tropical places.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/62f766ba-2fda-42dc-bdc4-0e6ffb727434