PLANT FACT SHEET

Ophioglossum lusoafricanum Welw. ex Prantl.

GENUS *Ophioglossum* **FAMILY** Ophioglossaceae

COMMON NAMES Adder's tongue

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A herb. It is a fern. It keeps growing from year to year. The above ground parts die back. It has narrow rhizomes of underground stems 9-30 mm long. The leaves are usually single. The leaf blade is green and narrowly oval.

HABITAT

It is a tropical plant. It grows between 150-2,100 m above sea level. It usually grows in mountain grasslands.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/63f17b82-c99c-4a54-a344-da1c3aeac88b