PLANT FACT SHEET

Asplenium phyllitidis D. Don

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Bird's nest fern

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are eaten as a vegetable.

DESCRIPTION

A fern that grows attached to other plants. The rhizome is erect. The fronds are 50-60 cm long by 6-8 cm wide. The spores are arranged in groups 2-2.5 cm long on alternate small veins under the leaf.

HABITAT

It is a tropical plant.

REFERENCES

Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 45

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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/648d5adb-daed-45c2-b412-666710f2bdc9