PLANT FACT SHEET

Thelypteris palustris Schott

GENUS *Thelypteris* **FAMILY** Aspleniaceae

COMMON NAMES Marsh fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. It grows 60-90 cm high and wide. The rhizomes are creeping. The fronds are soft and grey-green. The fronds have long stalks and are sword shaped. They are divided. The sterile fronds are 40 cm long and the fertile fronds are 100 cm long. The fertile fronds have rows of spore bodies near the mid vein.

HABITAT

It is a temperate plant. It grows along the edge of water. It suits hardiness zones 6-11.

NOTES

There are about 800 Thelypteris species. They grow in the tropics and subtropics. Also put in the family Thelypteridaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6a4f52ed-7b91-43c7-a618-b1dbdaadf22c