PLANT FACT SHEET

Ophioglossum lusitanicum L.

GENUS *Ophioglossum* **FAMILY** Ophioglossaceae

COMMON NAMES Adder's tongue

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

The tuber is eaten after roasting.

DESCRIPTION

A very small fern. It grows from a tuber or underground rhizome. It grows 5-15 cm high. There are one or two leaves at the base and a slender stalk or frond from the tuber. This is divided and one part is a fertile frond while the other is an infertile frond. The fronds are 12 mm-12 cm high. The infertile frond is like a leaf half way down the stalk. this can be 5 cm long. The tuber is edible.

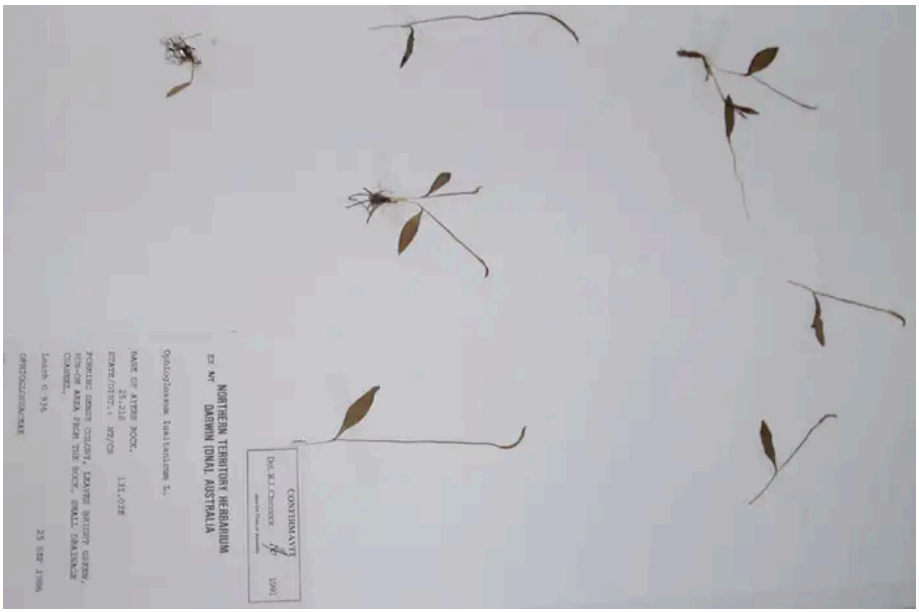
HABITAT

It is a temperate plant. It grows in grassland throughout New Zealand. It can grow up to 1200 or 1500 m altitude. It can survive harsh conditions including fire and flood. Tasmania Herbarium.

NOTES

There are about 30 Ophioglossum species. They grow in both tropical and temperate regions.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6cb574f4-edec-4a6d-a33f-19dd6a1e3d81