PLANT FACT SHEET

Marattia douglassii (Presl.) Baker

GENUS *Marattia* **FAMILY** Marattiaceae

COMMON NAMES fern, Pala

EDIBLE PARTS AND USES

Edible parts: Frond base

The thick, spongy bases of frond stems, which cover the round trunk, were cooked and eaten.

DESCRIPTION

A fern. The trunk is round.

HABITAT

A tropical plant.

NOTES

There are about 40-60 Marattia species. They occur in the tropics and subtropics.

REFERENCES

CURREY,
HANDY,
NEAL,

PROVIDED BY **Food Plants International**

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/6e318388-6f8f-4bb4-b5d1-e58696bd41c2