PLANT FACT SHEET

# *Dicksonia antarctica* Labillardiere

**GENUS** *Dicksonia* **FAMILY** Dicksoniaceae

**COMMON NAMES** Soft tree fern, Man fern, Tasmanian tree fern, Woolly tree fern

## EDIBLE PARTS AND USES

**Edible parts:** Heart, Fronds, Leaves

The pith from the centre of the trunk is eaten. It is rich in starch.
The young unrolled fiddle heads or young leaf tips can be cooked and eaten.

## DESCRIPTION

A tree fern. It has fronds all year round. It grows 1.8-3.7 m high and wide. It develops a single furry trunk. This is made up of the fibrous remains of old leaf stalks. The fronds are large and divided. They can be up to 2 m long and are glossy-green on the upper side and matt green underneath. They arch over. Normally a layer of dead fronds hangs down below the new fronds. The fronds are hairy at the base. The spore bodies or sori occur singly on each lobe of the frond.

## HABITAT

It is a temperate plant. It is frost hardy. It grows in wet mountain gullies. On Mt Roland. It suits hardiness zones 8-10. Tasmania Herbarium. Arboretum Tasmania.

## PRODUCTION

### Cultivation

Plants can be grown from spores. Plants are also grown from the tops of older plants.

### Harvesting and Seed Production

It is slow growing.

## NOTES

There are about 25-30 Dicksonia species.

## PICTURES



Credit: Food Plants International (Bruce French)



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