PLANT FACT SHEET

Sphaeropteris glauca (Blume) R. M. Tryon

GENUS *Sphaeropteris* **FAMILY** Cyatheaceae

EDIBLE PARTS AND USES

Edible parts: Fronds

DESCRIPTION

A tree fern.

HABITAT

It is a tropical plant.

REFERENCES

Amoroso, V. B., et al., 2017, Bringing back the Lost Value of Philippine EdibleFerns: Their Antioxidant, Proteins and Utilization. International Journal of Advanced research. 5(4), 757-770

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/7536a46a-630e-4209-bd61-0588a8e2e8d8