PLANT FACT SHEET

Nephrolepis auriculata (L.) Trimen

GENUS *Nephrolepis* **FAMILY** Nephrolepidaceae

COMMON NAMES Swamp fern, Giant Fishbone Fern, Tuberous ladder fern

EDIBLE PARTS AND USES

Edible parts: Stem, Fronds, Leaves, Tubers, Root

The underground stems or tubers are dug up, roasted then eaten.
The young leaves or fronds are cooked as a vegetable.

DESCRIPTION

A large clumping fern. It has underground stems. It keeps growing from year to year and forms dense colonies. The stalks are 30-50 cm long and dark brown. The fronds are 50-200 cm long by 30-40 cm wide. They are erect or arch over. They are dark green and shiny. The leaflets are 15-20 cm long by 1.5-2.5 cm wide. They are oblong or sword shaped. There are rounded teeth along the edge. There is often a small lobe near the base. They taper to the tip. The spore bodies are well away from the leaf edge.

HABITAT

A tropical plant. It grows naturally in monsoon vine forests. It is often near swamps and streams. It can grow in the soil or on rocks and on trees. It needs plenty of moisture and grows best in the shade. In Sikkim it grows between 300-2,000 m above sea level.

PRODUCTION

Cultivation

Plants are grown from spores and from small plants produced on runners.

NOTES

There are about 20-40 Nethrolepis species. They grow in the tropics. Also put in the family Davalliaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7c346d3c-b6c7-4666-a224-708f9c1f071d