PLANT FACT SHEET

# *Ophioglossum reticulatum* L.

**GENUS** *Ophioglossum* **FAMILY** Ophioglossaceae

**COMMON NAMES** Adder's tongue fern

## EDIBLE PARTS AND USES

**Edible parts:** Fronds, Leaves, Stem, Vegetable

The fronds are cooked as a vegetable. They are also used in salads. The leaves should only be very lightly cooked to avoid them turning into slime. The harvested plants can be stored for 5-6 days.
They are also cooked in stir fried dishes and added to soups.

## DESCRIPTION

A small fern. It is a herb. It grows 5-35 cm high. The rhizome is like a cylinder with many thin roots. The stalk of the frond is 3-8 cm long. The fronds are distinct. The sterile fronds are 3.5 cm long by 2 cm wide. They are oval and the base is heart shaped. The fertile frond is 2-2.5 cm long and on a slender stalks coming from the base of the sterile frond. This plant varies in different countries and regions.

## HABITAT

A tropical plant. It grows amongst grass in open forest. In Nepal it grows up to 1400 m altitude. In West Africa to 1,500 m altitude. In Argentina it grows from sea level to 1,600 m above sea level. It grows in moist, shady places. It grows in sandy soils and in seasonally wet places.

## PRODUCTION

### Cultivation

Plants are grown from spores. They can also be grown from parts of the roots (rhizomes).

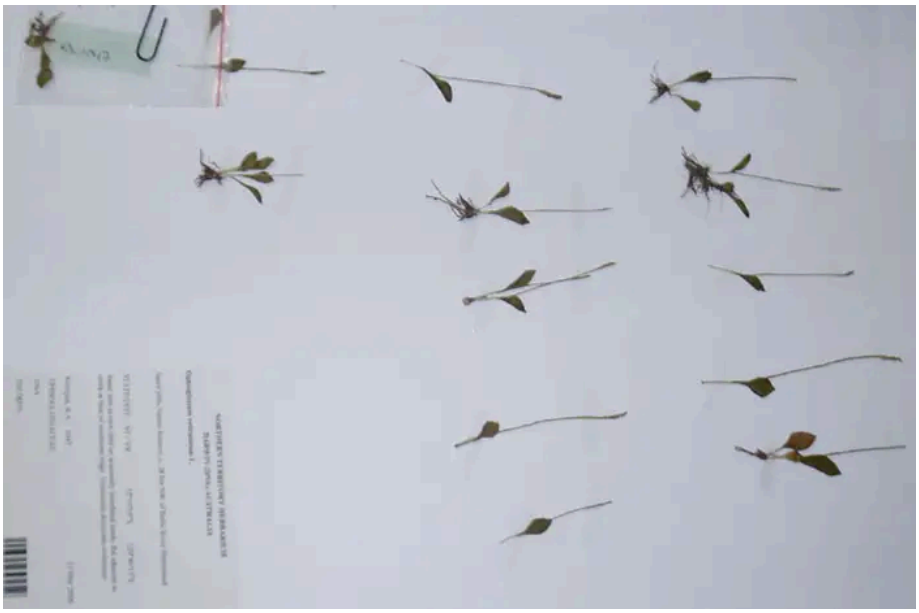
### Harvesting and Seed Production

It is only present above ground in the rainy season. Harvesting can start after 6 months with plants grown from rhizomes. When grown from spores it takes 1-2 years.

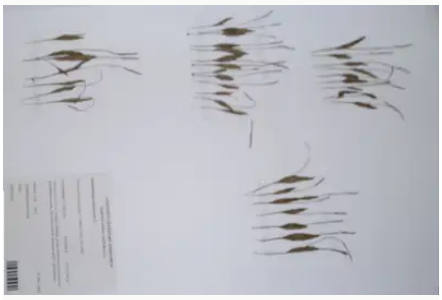
## NOTES

There are about 30 Ophioglossum species. They grow in both tropical and temperate regions. It is a nutritious vegetable.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

## REFERENCES


Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 409

Avinash, B. K., Kumar, R., et al, 2013, Ethnoboptany of Tharus of Dudhwa National Park, India. Mintage journal of Pharmaceutical & Medical Science 6-11

Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 6

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 4. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1610

Chaffey, C.H., 1999, Australian Ferns. Growing them successfully. Kangaroo Press. p 11, 189, 204

Chin, W.Y., 1998, Ferns in the Tropics. Kangaroo. p 146

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTD, Assam. International Journal of Science and Advanced Technology. Vol. 2(4) p 122

Elliot, W.R., & Jones, D.L., 1997, Encyclopedia of Australian Plants suitable for cultivation. Vol 7. Lothian. p 106

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 552

Flora of Solomon Islands

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 227

Gallagher, D. E., 2010, Farming beyond the escarpment: Society, Environment, and Mobility in Precolonial Southeastern Burkina Faso. PhD University of Michigan.

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 123

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 404 (Also as Ophioglossum ovatum)

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

HELY- HUTCHINSON,

Heyne, K., 1927, p 95

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 112 (Also as Ophioglossum sarcophyllum)

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28

Kew Plants of the World Online

Khakurel, D., et al, 2021, Foods from the wild: Local knowledge, use pattern and distribution in Western Nepal. PLOS ONE.

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavenda useful plants. South African Journal of Botany 122 (2019) 57–89

Mallick, S. N., et al, 2020, Ethnobotanical study of wild edible food plants used by the tribals and rural populations of Odisha, India. Plant Archives Vol. 20, No. 1, 2020 pp. 661-669

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 338

Maroyi, A., 2014, Not just minor wild edible forest products: consumption of pteridophytes in sub-Saharan Africa. Journal of Ethnobiology and Ethnomedicine. 10:78 (Also as Ophioglossum ovatum)

Narayanan Ratheesh, M. K. et al, 2011, Wild edible plants used by the Kattunaikka, Paniya and Kuruma tribes of Wayanad District, Kerala, India. Journal of Medicinal Plants Research Vol. 5(15), pp. 3520-3529

Ochse, J. J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 545

Ojha, R. & Devkota, H. P., 2021, Edible and Medicinal Pteridophytes of Nepal: A Review. Ethnobotany Research & Applications 22:16

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 25

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 164

Peekel, P.G., 1984, (Translation E.E.Henty), Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG. p 30, 29

Piggott, A. G. 1988, Ferns of Malaysia in Colour. Tropical press, Malaysia. p 28

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 83 (Also as Ophioglossum ovatum)

Sakar, A. & Das, A. P., 2018, The traditional knowledge on edible wild leafy vegetables of Rabha Tribe in Duars of North Bengal: a potential reinforcement to food security. Pleione 12(2): 275 - 281. 2018.

Sarma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. International Journal of Botany 6(4): 414-423

Full reference list (8 more) at https://www.echocommunity.org/en/resources/7e2b6344-dc83-4467-8207-061475eb00c5

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

**LICENCE** CC BY-NC-SA 3.0

**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7e2b6344-dc83-4467-8207-061475eb00c5