PLANT FACT SHEET

Nephrolepis hirsutula (Forst. f.) Presl.

GENUS *Nephrolepis* **FAMILY** Nephrolepidaceae

COMMON NAMES Hairy Sword Fern, Rough sword fern

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are cooked and eaten. They are used in stir-fry vegetables.

DESCRIPTION

A coarse fern with creeping rootstocks. It keeps growing from year to year and forms dense colonies. The stem is erect producing a tuft of fronds. The stalks are 10-40 cm long and pale brown. The fronds are narrow with leaflets. The fronds are 0.3 to 1.2 m long and 8 to 15 cm wide. They are erect or arch over. The leaflets are 5-10 cm long by 1-2 cm wide. The base has a narrow, triangle shaped lobe. There are rounded teeth along the edge. The plant grows both on the ground and on other plants. It is smaller than Nephrolepis biserrata. The fertile leaflets are more narrow than the sterile ones. The spore bodies or sori are near the edge of the leaf.

HABITAT

A tropical plant. Widely distributed in low and medium altitudes in the Philippines. Common in Asia and the Pacific. It is normally in lowland areas near rainforest. It is very frost tender.

PRODUCTION

Cultivation

It is easily grown but not easily transplanted. Plants can be grown from spores or from small plants produced on runners.

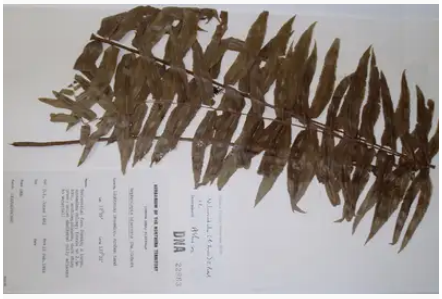
NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



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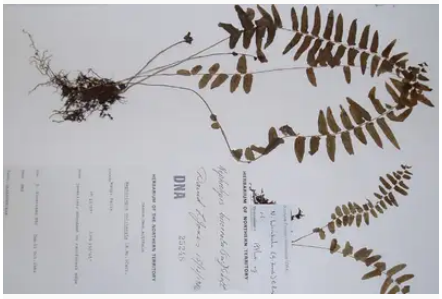

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