PLANT FACT SHEET

Adiantum capillis-veneris L.

GENUS *Adiantum* **FAMILY** Pteridaceae

COMMON NAMES True Maidenhair fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves - flavouring, Leaves - tea, Vegetable

The fronds are dried used to make a tea-like drink.
They have been used as flavouring for soft drinks.
The young leaves are used in salads and cooked as a vegetable.

DESCRIPTION

A fern which grows to 30-60 cm high. The rhizome is short and creeping and thin. It spreads to 30 cm wide. The leaves are clustered. The fronds are divided 2-3 times. The frond blade is triangular. The fronds are light green. The stalk is blackish brown, shiny and hairless.

HABITAT

It is a warm temperate to subtropical plant. It needs a well drained but moist soil. It likes plenty of light but not full sun. They only grow where frosts are rare. It suits warm temperate and subtropical regions but will grow in cooler regions. It needs temperatures above 7°C. In China it grows between 100-2,800 m above sea level. It grows in limestone soil. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Spores can be sown on sterile humus rich soil. Keeping a plastic bag over the plants helps keep them moist. Spores germinate in about 6 weeks. Small plants need to be kept moist and transplanted. They need to be in a sheltered position. Plants can be grown by division of the clumps.

NOTES

There are over 200 Adiantum species. This one is used for medicine in Nepal and Bangladesh.
Also put in the family Adiantaceae.

PICTURES



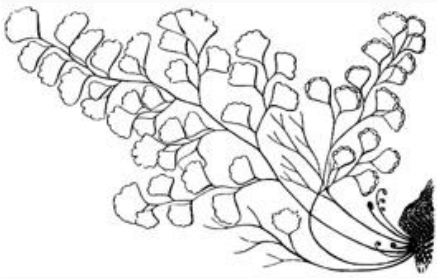
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