PLANT FACT SHEET

Ophioglossum polyphyllum A. Braun ex Schub.

GENUS *Ophioglossum* **FAMILY** Ophioglossaceae

COMMON NAMES Slender adder's-tongue

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young fronds are used in soups. It can be eaten raw in salads.

DESCRIPTION

A fern. It has a rhizome or underground stem. There are 1-2 leaves. The leaf stalks are 10 cm long. They often have a reddish tinge.

HABITAT

It is a tropical plant. It grows in damp spots on rocky outcrops. It grows between 850-1,830 m above sea level.

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