PLANT FACT SHEET

Polypodium cambricum L.

GENUS *Polypodium* **FAMILY** Polypodiaceae

COMMON NAMES Southern polypody, Limestone polypody, Welsh polypody

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are used for starch to make dishes and bread.

DESCRIPTION

A fern. It keeps growing from year to year and has a rhizome often above the ground. The rhizome has several root. This is covered with rusty scales. The fronds are 5-30 cm long and has 5-28 segments along each side. These have teeth along the edge. The sori or spores are round and 2-4 mm wide and orange-yellow.

HABITAT

It is a Mediterranean plant. It grows near the coast.

PRODUCTION

Cultivation

It can be grown by spores.

REFERENCES

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/84a8f16f-e06d-4d0c-93bb-a1825d533324