PLANT FACT SHEET

Polypodiodes niponica (Mett.) Ching

GENUS *Polypodiodes* **FAMILY** Polypodiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves or fronds are cooked as a vegetable. They have a bitter taste.

DESCRIPTION

A fern. It has a long creeping rhizome. It is grey-green and 5 mm across. It has a whitish bloom and scales. The stalk is straw coloured and 5-15 cm long. It is hairy. The blades are oblong to sword shaped and have teeth along the edge. It is 30-40 c, long by 10-13 cm wide and divided along the stalk. There are 15-25 pairs of segments 3-5 cm long by 1 cm wide. The blades are hairy especially underneath.

HABITAT

It is a tropical plant. It grows attached to trees or rocks. In southern China it occurs between 300-1,800 m above sea level. In Sichuan and Yunnan.

REFERENCES

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8a565804-b54d-46b1-8a0b-7118ec28b1f0