PLANT FACT SHEET

Christella dentata (Forssk.) Brownsel & Jermy

GENUS *Christella* **FAMILY** Thelypteridaceae

COMMON NAMES Binung fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves or fronds are cooked as a vegetable.

DESCRIPTION

A fern that grows in soil. It has a short creeping rhizome. The fronds have leaflets along the stalk. The fronds are 50 cm long. It has long sori.

HABITAT

It is a tropical plant. It grows in open forests and lightly shaded areas. It grows beside streams and in moist areas up to 1,500 m above sea level.

PRODUCTION

Cultivation

It can be grown from spores or rhizomes.

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