PLANT FACT SHEET

Lygodium japonicum (Thunb.) Swartz

GENUS *Lygodium* **FAMILY** Lygodiaceae

COMMON NAMES Japanese Climbing fern

EDIBLE PARTS AND USES

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

The tender fronds are cooked as a vegetable. They are cooked in stir-fries and soup.

DESCRIPTION

A climbing fern. It is a herb. It forms dense climbing patches to 3 m tall. The rootstock is long and creeping and much branched. The fronds are bright green. The leaves are compound. They are divided 3 times. The leaflets are 5-12 cm long by 1-1.5 cm wide. There are teeth along the edge. The sterile fronds are more broad. The fertile segments are 0.6-1.5 cm long. The spore bodies are large and in two rows. They can be carried in the wind.

HABITAT

A tropical and subtropical plant. It suits the tropics. In Nepal it grows between 1000-3900 m altitude. It grows in moist, shady places. It grows in Northern Western Australia and southern Queensland. In Yunnan.

PRODUCTION

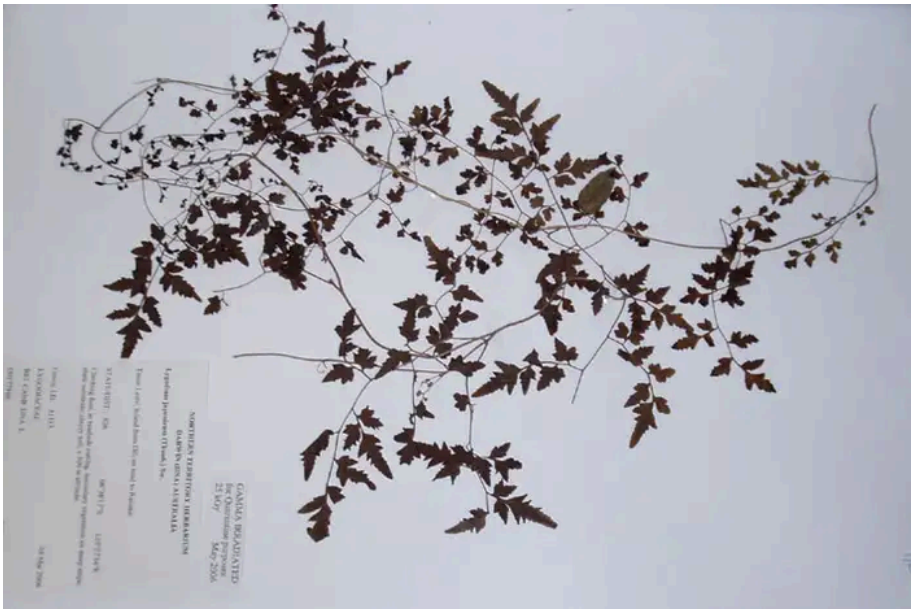
Cultivation

Plants are grown from spores. They are more commonly grown from rooted layers. Plants respond to fertiliser.

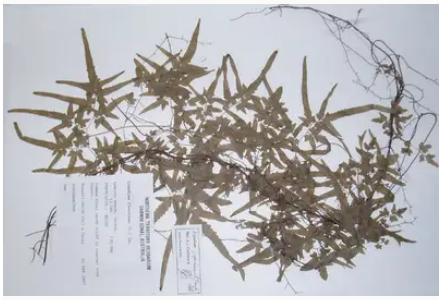
NOTES

There are about 30-40 Lygodium species. They occur in the tropics and subtropics. It can be invasive.
Also put in the family Schizaeaceae.

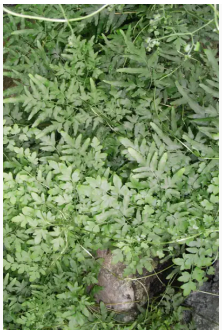
PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/90c2e2a9-5454-49e7-b1b8-7cb38398d1b8