PLANT FACT SHEET

Asplenium adiantum-nigrum L.

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Black spleenwort

EDIBLE PARTS AND USES

Edible parts: Leaves - spice

The leaves are used as a spice in sauce.

DESCRIPTION

A fern. The leaves are triangle shaped and thick. They are divided into several segments. The stalk is shiny and slightly hairy. The spores under the leaves are in chains.

HABITAT

It is a tropical plant.

NOTES

It contains antioxidants.

REFERENCES

Brevard country edible acres.

Hammami, S. et al, 2016, Essential Oil Constituents and Antioxidant Activity of Asplenium Ferns. Journal of Chromatographic Science Bol. 54, No. 8, 1341-1345

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/95538aa6-c7bb-416c-9fcb-9d5a730091ae