PLANT FACT SHEET

Cyathea manniana Hook.

GENUS *Cyathea* **FAMILY** Cyatheaceae

COMMON NAMES Spiny tree fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are cooked and eaten as a leafy vegetable.

DESCRIPTION

A tree fern. It has sharp spines on the trunk. The trunk is slender and 10 cm across. It grows 7 m tall. The fronds are leathery. The fronds are 1-3 m long and 0.9-1.3 m wide.

HABITAT

It is a tropical plant. It grows in deep shade near mountain streams. It grows between 900-2,000 m above sea level.

NOTES

The young leaves are used to treat the body for tapeworms.

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