PLANT FACT SHEET

Pteridium arachnoideum (Kaulf.) Maxon

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

COMMON NAMES Tropical brackenfern

EDIBLE PARTS AND USES

Edible parts: Tender shoots

The young fronds are cooked and eaten.

DESCRIPTION

A fern. It has rhizomes that are deep in the soil. The leaves are 3 m long. The blades have 4 levels of leaflets.

HABITAT

It is a tropical plant. It grows between 240-3,200 m above sea level.

PRODUCTION

Cultivation

It can be grown by rhizomes and spores.

NOTES

Medicine,

REFERENCES

da Cruz Alves, Thiago, 2020, Plantas Alimentícias Não Convencionais (PANC) da Travessia Teresópolis - Petrópolis, Serra dos Órgãos, RJ / Thiago da Cruz Alves. - Rio de Janeiro, 2020. p 31, 69 (As Pteridium esculentum subsp. arachnoideum)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9a455a40-912e-4880-af7d-22db0ee88ed2