PLANT FACT SHEET

Ampelopteris prolifera (Retz.) Copeland

GENUS *Ampelopteris* **FAMILY** Thelypteridaceae

COMMON NAMES Dheki Shak

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Vegetable

The young tips of fronds are eaten as a vegetable. They are also cooked in stir-fries and soup.

DESCRIPTION

A fern. It forms large colonies. It has a creeping, scaly rhizome. This is about 1 cm thick. The scales are dark brown and oval shaped but fall off older parts. The fronds form tufts. There are 2 kinds of fronds. One has a leaflet at the end and the other grows indefinitely to about 4 m long.

HABITAT

It is a tropical and subtropical plant. It grows on land but usually near water and in wet ground. It can grow in shady and sunny locations. In southern China it grows between 100-1,000 m above sea level.

NOTES

There is only one Ampelopteris species.

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