PLANT FACT SHEET

# *Lygodium flexuosum* (L.) Sw.

**GENUS** *Lygodium* **FAMILY** Lygodiaceae

**COMMON NAMES** Climbing maidenhair

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds, Roots - flavouring

The leaves are eaten as a vegetable.
The roots are dried, powdered and used to flavour local fermented drinks.

## DESCRIPTION

A large fern. It has a short creeping rhizome. It is a climber. It grows 2 m tall. There are 2 kinds of leaves, Sterile leaves are narrow to sword shaped. The fertile leaflets are smaller and have frills around the edge.

## HABITAT

It is a tropical plant. In India it grows up to 1,500 m above sea level. It grows on the edge of the rainforest.

## NOTES

Also put in the family Schizaeaceae.

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