PLANT FACT SHEET

Blotiella glabra (Bory) R. M. Tryon

GENUS *Blotiella* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young leaves are eaten raw or cooked as a leafy vegetable.

DESCRIPTION

A fern. It has a creeping rhizome of underground stem. The fronds are closely spaced and have reddish-brown hairs. The stem is 80 cm long. The blades are 1.3 m long by 0.8 m wide.

HABITAT

It is a tropical plant. It grows in moist and shaded forest floors between 1,600-1,770 m above sea level.

REFERENCES

Maroyi, A., 2014, Not just minor wild edible forest products: consumption of pteridophytes in sub-Saharan Africa. Journal of Ethnobiology and Ethnomedicine. 10:78

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

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/a820e3aa-013a-4d7f-80ce-f242f29927dd