PLANT FACT SHEET

Stenochlaena palustris (Burm.f.) Bedd

GENUS *Stenochlaena* **FAMILY** Blechnaceae

COMMON NAMES Climbing swamp fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young shoots and leaves are eaten raw or cooked.
They can be used in sweet and sour curries and in vegetable soups.

DESCRIPTION

A climbing or scrambling fern with a thin smooth rhizome which climbs up sago palms and tree trunks. It can be 20 m long. The stems are brown smooth and less than 1 cm across. They are only sparingly branched. The fronds are up to 80 cm long and have leaflets. The fronds droop. The fronds have several leaflets and are often red in colour when young. Fertile fronds when they occur, are at the top and are thin.

HABITAT

It is a tropical plant. It is widely distributed in areas of shrub especially in swampy coastal areas. It likes warm, waterlogged partly cleared forest sites. It is frost sensitive. In Indonesia it grows up to 500 m above sea level. In southern China it grows up to 400 m above sea level.

PRODUCTION

Cultivation

It is easily grown. Sections of the rhizomes or stems can be planted in wet soils.

NOTES

There are about 6 Stenochlaena species. They are swamp loving ferns of the tropics and subtropics. It contains 5 flavonol glycosides. It is rich in polyphenols.

PICTURES



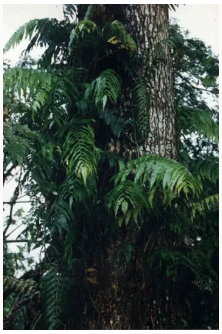
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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