PLANT FACT SHEET

Sphaeropteris moluccana (R. Brown ex Desv.) R.M. Tryon

GENUS *Sphaeropteris* **FAMILY** Cyatheaceae

COMMON NAMES Black marsh fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young fronds are eaten as a vegetable.

DESCRIPTION

A tree fern. The trunk is 50 cm tall. The fronds are 1.7-3 m long and divided. The stalk is dark and has scales near the base. The groups of spores are in 2 or 3 rows.

HABITAT

A tropical plant. It grows in forests from sea level to 900 m altitude.

NOTES

There are about 800 Cyathea species.

REFERENCES

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World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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/b831cf72-a3f6-4f7a-859c-f10cbc159d64