PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Dryopteris filix-mas (L.) Schott.

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Male fern, Sweet Brake

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Root

Caution: This fern is toxic. It is used in medicine.
The root is crushed and used in porridge and bread.
The leaves are used in pickles and a walnut dish in Georgia. They are also cooked as a vegetable.

DESCRIPTION

A large fern. It grows 60-120 cm high and wide. The fronds are spear-shaped and deep glossy green. They are finely divided and they arch so that the tips almost touch the ground. It forms spores prolifically. There are some named cultivated varieties.

HABITAT

It is frost hardy. It suits temperate regions and needs moderate shelter. It can grow in moist soils but also survive quite dry conditions. It suits hardiness zones 4-8.

PRODUCTION

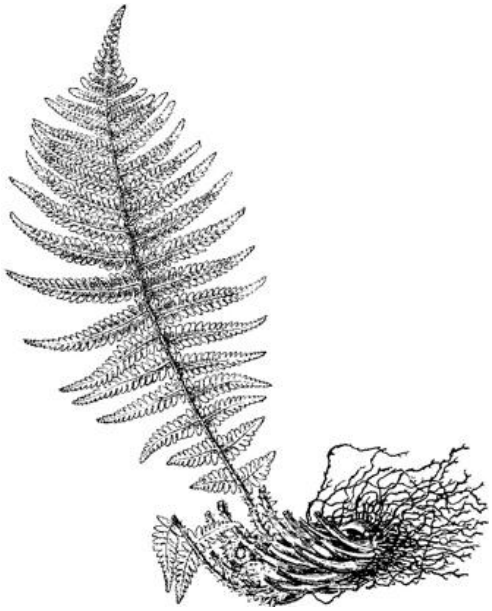
Cultivation

Plants can be grown from spores at a temperature of 15°C. They can also be grown by division of the plant.

NOTES

There are about 200 Dryopteris species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bd3fffb9-36c5-467d-b06f-34f54c27ce13