PLANT FACT SHEET

Cyathea vittata Copeland

GENUS *Cyathea* **FAMILY** Cyatheaceae

COMMON NAMES Kwa'e bala

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Stem heart

The young leaf shoots and stem heart is cooked and eaten.

DESCRIPTION

A tree fern. The trunk can be up to 10-20 m tall. The fronds or leaves 4-5 m long. They are divided 3 times. The leaflets or pinnae can be 90 cm long with 30 alternate leaflets. The leaf stalk and trunk are covered with light brown hairs giving the fern a light colour.

HABITAT

A tropical plant. It occurs in Bougainville and the Solomon Islands. It grows in rainforest up to about 800 m altitude.

PRODUCTION

Cultivation

Before harvesting the leaves are cut off then about 2 months later the new young leaf heart or cabbage is cut.

NOTES

There are about 800 Cyathea species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c024ff3e-64cf-486f-b520-fe2c0b2ba746