PLANT FACT SHEET

Asplenium ensiforme Wall. ex Hook. & Grev.

GENUS *Asplenium* **FAMILY** Aspleniaceae

EDIBLE PARTS AND USES

Edible parts: Fronds

DESCRIPTION

A fern. It grows 30-45 cm tall. It has a short erect rhizome. The fronds are simple and clustered. The leaves are narrowly sword shaped and 20-40 cm long by 1.5-2,5 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

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Yusuf, U. K., 2010, Ferns of Malaysian Rain Forest. A Journey Through the Fern World. Universiti Putra Malaysia Press p 34

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c27f3f28-1a6a-4137-b9fd-f610f97dce2a