PLANT FACT SHEET

Stenochlaena areolaris (Harr.) Copel.

GENUS *Stenochlaena* **FAMILY** Blechnaceae

COMMON NAMES Fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. It often grows in the crown of palms where there is water. It can also grow on pandanus. The rhizome is 30-90 cm long. The leaf blade has about 7 pairs of sterile leaflets. The fertile leaflets (pinnae) are narrow. The edges are curled back.

HABITAT

A tropical plant. It grows from sea level to 1,500 m above sea level.

NOTES

There are about 6 Stenochlaena species. They are swamp loving ferns of the tropics and subtropics.

REFERENCES

Chambers, T. C., 2013, A review of the genus Stenochlaena. Telopea 15:13-16
Croft,

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/c96fb392-9452-4eeb-b76b-02eb6e6f979a