PLANT FACT SHEET

Blechnum occidentale L.

GENUS *Blechnum* **FAMILY** Blechnaceae

COMMON NAMES Bristle fern

EDIBLE PARTS AND USES

Edible parts: Rhizome, Stems

The stems (rhizomes) are roasted and eaten.

DESCRIPTION

A fern. The fronds are 1 m long. The fronds are broad.

HABITAT

It is a temperate plant. It grows in rainforest.

REFERENCES

Dunkm G., 1982, A Practical Step-by-Step Guide to Ferns for the Home and Garden. Cornstalk Publishing p 23 (As Blechnum cartilagineum)
Pearson, S. & A., 1992, Rainforest Plants of Eastern Australia. Kangaroo Press p 42 (As Blechnum cartilagineum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cfe9b09b-8654-419d-a344-14820ac19bb7