PLANT FACT SHEET

Psilotum nudum (L.) P. Beauv.

GENUS *Psilotum* **FAMILY** Psilotaceae

COMMON NAMES Whisk fern, Reed fern

EDIBLE PARTS AND USES

Edible parts: Plant - tea

The whole plant is used to make tea.

DESCRIPTION

A naked herb without roots. The stems are like chickens feet. It grows 60 cm long. It can be erect or hang down. It can grow attached to other plants. It has creeping rhizomes.

HABITAT

A tropical and subtropical plant. In the tropics it grows from sea level to 1,300 m in Guatemala. If growing in soil it is best in a slightly acid soil. In Argentina it grows from sea level to 1,000 m above sea level. It can grow on wet mossy rocks and the base of coconuts. It grows on atolls.

NOTES

There are 2 Psilotum species. They grow throughout the tropics. It probably has anti-bacteria properties.

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