PLANT FACT SHEET

Dryopteris sparsa (D. Don) O. Kuntze

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Shield fern, Wood fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young leaves are eaten.

DESCRIPTION

A fern up to 80 cm tall. It forms clumps. The rootstock is erect and becomes tufted. It has large papery scales. The stalks of the fronds are erect, brown and smooth and shiny. The fronds are 30-80 cm tall. They are broadly triangular and divided 2 or 3 times. They are dull green, thin and break easily. The spore bodies are round and have a cover over them.

HABITAT

A tropical plant. It grows in cool shady positions in tropical rainforests. It grows up to 2,000 m above sea level. It is easily damaged by wind.

PRODUCTION

Cultivation

It can be grown from spores which should be sown fresh.

NOTES

There are about 200 Dryopteris species.

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