PLANT FACT SHEET

Polystichum vestitum (G. Forst.) C Presl.

GENUS *Polystichum* **FAMILY** Dryopteridaceae

COMMON NAMES Prickly shield fern, Puniu

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young curled fronds are eaten.

DESCRIPTION

A large tufted fern. It can grow in clumps 2 m across. It is coarse and prickly. The fronds grow 30-100 cm long. They are covered with harsh black-brown scales.

HABITAT

It is a temperate plant. It grows in cold damp locations. It suits hardiness zones 7-10.

NOTES

There are about 200 Polystichum species.

REFERENCES

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Skinner, G. & Brown, C., 1981, Simply Living. A gatherer's guide to New Zealand's fields, forests and shores. Reed. p 34

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dcd465ce-086b-4be7-9884-db0553afd72d