PLANT FACT SHEET

Helminthostachys zeylanica (L.) Hook.

GENUS *Helminthostachys* **FAMILY** Ophioglossaceae

COMMON NAMES Kamraj

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Stalks, Vegetable

The young leaves are eaten raw or steamed.
The young leaf stalks are cooked and eaten like asparagus.

DESCRIPTION

A fern. It is erect and grows in soil. It grows 15-90 cm tall. It has a deep creeping rhizome of underground stem. There are 1-2 leaves. The leaf stalk is thick. It is 10-60 cm long. The sterile part of the leaf is divided 3 times and these each have 2-5 segments. The segments are sword shaped and taper to the tip and have fine teeth along the edge. They are 5-25 cm long by 2-5 cm wide. The fertile spike is at the top. It is on a stalk 3-30 cm long and the spike is 5-21 cm long.

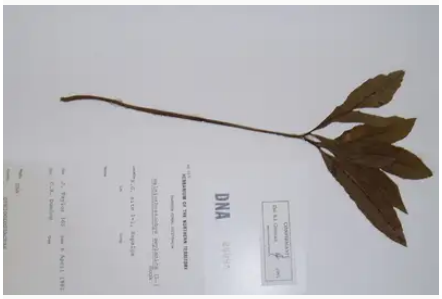
HABITAT

It is a tropical plant. In Indonesia it grows from sea level to 725 m above sea level. It grows in moist poorly drained soil. It is often along rivers and on the edge of forests. It suits the wet tropics.

PICTURES



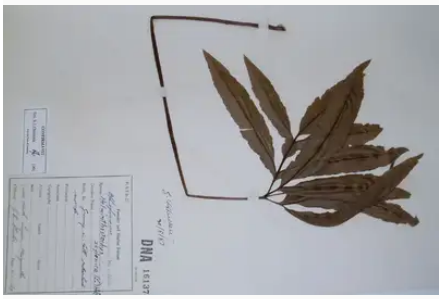
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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e5f66242-289c-4a7e-9934-c7048e33125f