PLANT FACT SHEET

Pteridium centrali-africanum (Hieron.) Alston

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Rhizomes

The young leaves or fronds are eaten.
Caution: It should probably not be eaten in large amounts.

DESCRIPTION

An erect fern. It grows 1-3 m tall. It has long underground rhizomes that put up shoots. The stem is thick, rounded and hairy. The leaf is compound and 45 cm long with loves. Each leaf has about 21 pairs of leaflets.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

It can grow from spores or rhizomes.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e7aa72a2-2fb3-4156-b184-2350215cf79e