



PLANT FACT SHEET

Abacopteris nudata (Roxb.) S.E.Fawc. & A.R.Sm.

GENUS *Abacopteris* FAMILY Thelypteridaceae

COMMON NAMES Koche, Rubro-ow

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The tender fronds are cooked as a vegetable.

DESCRIPTION

A fern. It grows 2.5 m tall. It has a creeping rhizome. This is about 5 mm across. The frond stalks are 60 cm long. The fronds are divided into leaflets along the stalk which has short stalks. They are 10-20 cm long. There are teeth near the end. The spore bodies are brown and on either side of the small veins.

A fern. The stipes are 40-80 cm long and the blade 50-100 cm long by 25-50 cm wide. The side leaflets are sword shaped and narrow towards the tip.

HABITAT

A tropical plant. In Nepal they grow between 300-1500 m altitude. It grows in shaded places in forests on slopes between 100-1,600 m above sea level in southern China. It grows on humus rich slopes.

PRODUCTION

Cultivation

Plants can be grown from spores or by splitting the rhizome.

NOTES

There are about 800 Thelypteris species. They grow in the tropics and subtropics. Also put in the family Thelypteridaceae.

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/e7e3a4be-ef50-4a03-98a6-c3b358fe5cf9>