PLANT FACT SHEET

# *Lygodium longifolium* (Willd.) Sw.

**GENUS** *Lygodium* **FAMILY** Lygodiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Stem

The tender stem is used as a potherb.

## DESCRIPTION

A creeping fern. It has a short creeping rhizome. At the base there are black hairs. The fronds are once or twice divided and the leaflets are divided and have 4-7 lobes.

## HABITAT

It is a tropical plant. In Yunnan.

## NOTES

Also put in the family Schizaeaceae.

## REFERENCES

Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56 (As Lygodium digitatum)

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/e80cb628-c5ba-40b6-a597-477f840f52f4