PLANT FACT SHEET

Lygodium circinnatum (Burm. f.) Swartz

GENUS *Lygodium* **FAMILY** Lygodiaceae

COMMON NAMES Climbing fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are cooked and eaten as a vegetable. They are cooked with meat and other vegetables. The very young still curled shoots are steamed and eaten.

DESCRIPTION

An evergreen fern. It is scrambling or climbing fern. It can be several metres long. It has a short, creeping rhizome. This is covered with black hairs. The fronds are large and climbing. The leaves are 2-10 m long. The stalk is thin, flexible and tough. The side branches are 2-4 cm long and they can divide. The sterile leaflets have 2-7 lobes. They are divided like fingers on a hand. The lobes narrow towards the tip. They can be 20 cm long by 2 cm wide.

HABITAT

It is a tropical plant. It grows in lightly shaded places in forests. It grows in wet soils. It grows from sea level to 1,500 m altitude. In Indonesia it grows up to 1,500 m above sea level. It is often on poor, damp soils. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from spores.

NOTES

A chemical called an antheridiogen has been identified in this plant.
Also put in the family Schizaeaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/eab7c8d3-3660-4c2d-8f52-18e67e59820c