PLANT FACT SHEET

Polystichum acrostichoides (Michx.) Schott.

GENUS *Polystichum* **FAMILY** Dryopteridaceae

COMMON NAMES Christmas fern, Hard shield fern, Prickly shield fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. It grows 45-60 cm high and spreads 45-60 cm wide. It has a tufted rhizome. It has long narrow fronds which are divided into leaflets along the stalk. There fronds are 30-90 cm long and there are up to 50 leaflets on each side. These leaflets are oblong with a lobe near the base on the upper surface. The spore bodies or sori are small and on much reduce leaflets at the tips of the fronds.

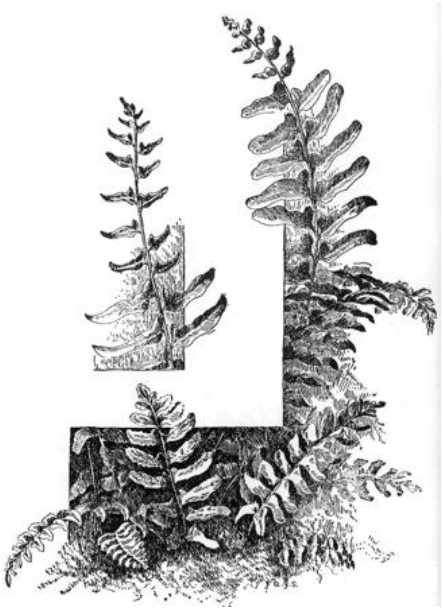
HABITAT

A temperate plant. It grows in moist shaded slopes and damp forest floors. It suits hardiness zones 4-8.

NOTES

There are about 200 Polystichum species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ed00bb62-fa0c-4207-af71-393e4c6837ad