PLANT FACT SHEET

Polypodium glycyrrhiza D. C. Eaton

GENUS *Polypodium* **FAMILY** Polypodiaceae

COMMON NAMES Licorice fern

EDIBLE PARTS AND USES

Edible parts: Root, Rhizome

The root or rhizome has a licorice flavour and is used for flavouring.
The roots can be dried and stored. They are eaten as a famine food.

DESCRIPTION

A fern. It grows attached to other plants. It grows 30-60 cm high and spreads 30-60 cm wide. It loses its leaves in summer. The rhizomes are shallow and branching. They are yellowish-green and 6 mm thick. The fronds are 35 cm long. They are thin and sword shaped and have 10-20 offset pointed segments.

HABITAT

It is a temperate plant. It grows on wet mossy logs and rocks. It suits hardiness zones 6-9.

NOTES

There are about 75 Polypodium species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ee69efc2-70f3-4900-86c6-0ddf0dccf37c