PLANT FACT SHEET

Austroblechnum lanceolatum (R.Br.) Gasper & V.A.O.Dittrich

GENUS *Austroblechnum* **FAMILY** Blechnaceae

COMMON NAMES Lance water fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young fronds are cooked and eaten.

DESCRIPTION

An evergreen fern. It grows 50 cm high and spreads 1 m wide. The underground stem or rhizome is short and creeping. The fronds hang down. They are dark green and have leaflets along the stalk.

HABITAT

It is a temperate plant. It is best with moist, humus-rich soils. It needs a shaded position. It is sensitive to drought and frost.

PRODUCTION

Cultivation

It can be grown from spores on sphagnum moss.

REFERENCES

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 150 (As Blechnum chambersii)

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 120 (As Blechnum chambersii)

Tasmanian Herbarium Vascular Plants list p 94 (As Blechnum chambersii)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f13753d5-b1f6-46a3-b3c6-ccd88c598d16