PLANT FACT SHEET

Nephrolepis biserrata (Sw.) Schott

GENUS *Nephrolepis* **FAMILY** Nephrolepidaceae

COMMON NAMES Ladder fern, King weeper

EDIBLE PARTS AND USES

Edible parts: Roots, Fronds, Rhizome, Vegetable, Leaves

The young shoots and rhizomes are eaten. It is the young uncurled leaves that are used.
The rots are pounded into flour.

DESCRIPTION

A tufted fern with slender runners. The rhizomes have scales. The fronds can be up to 2.5 m long, erect and bright green. They are divided once. It is a coarse woody fern that grows in tangled colonies. These small plants grow from the branched wiry runners. The spore bearing bodies are round and lie in a row between the midrib and leaf edge.

HABITAT

It is a tropical plant. It prefers open or lightly shaded areas often along rocks. It can grow as an epiphyte on the trunks of palms. It is very frost tender. It probably grows up to about 1000 m altitude. It can tolerate some salt. Often it is in wet areas in soil with a high humus content.

PRODUCTION

Cultivation

The ferns are easily grown in warm areas, but they are not easily transplanted. They can be grown from spores or more commonly by separating off the small plants.

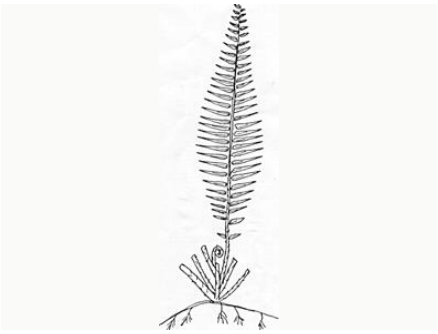
NOTES

There are about 20 Nethrolepis species. They grow in the tropics. Also put in the family Davalliaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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