



## PLANT FACT SHEET

# *Stenochlaena milnei* Underw.

GENUS *Stenochlaena* FAMILY Blechnaceae

COMMON NAMES Fern

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds

The young leaves are probably occasionally eaten.

## DESCRIPTION

A scrambling creeping fern. It has its base rooted to the ground but climbs up trees. The fronds are widely spaced and come out horizontally but then hang down. The rhizome is 10-15 mm across and pale green. Sometimes it is covered with a bluish bloom. The rhizome is smooth but with dark small circular scales. The fronds are 100 - 150 cm long and 3-5 cm wide. The fertile segments of the divided fronds are 4-7 mm wide and 15-30 cm long. They occur higher on the plant.

## HABITAT

A tropical plant. They occur in well drained lowland rainforest. They can occur in sago swamps and near rivers. They occur between sea level and 300 m altitude. They occur in the Philippines, Papua New Guinea and the Solomon Islands. Often they occur with *Stenochlaena palustris* but tends to be more robust and in less swampy conditions.

## NOTES

There are about 6 *Stenochlaena* species. They are swamp loving ferns of the tropics and subtropics.

## REFERENCES

French, B.R., 2010, Food Plants of Solomon Islands. A Compendium. Food Plants International Inc. p 114  
Leach, G.J., Osborne, P.L., 1985, Freshwater Plants of Papua New Guinea. UPNG Press, p 39  
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

## PROVIDED BY Food Plants International

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fd069f5f-2aa1-4186-a857-65c08e848e75>