



PLANT FACT SHEET

Polystichum aculeatum (L.) Roth.

GENUS *Polystichum* FAMILY Dryopteridaceae

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

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The tender parts are used as a vegetable. They are used in curries.

DESCRIPTION

A medium sized fern. It grows 60-90 cm high and 30-74 cm wide. The rhizome is tufted. It has broad, arching, vase shaped shuttlecocks. These are formed by the narrow, sword shaped, divided fronds. The fronds are leathery and dark green. They produce clear rows of brown spores underneath.

HABITAT

It is a temperate plant. It is frost hardy. It grows in damp rocky country. In NW China it grows in Picea forests at about 1,900 m above sea level.

NOTES

There are about 200 *Polystichum* species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fd9fb76d-06e2-40e4-8208-176bf2983466>