PLANT FACT SHEET

Cyclosorus magnificus (Copel.) Ching

GENUS *Cyclosorus* **FAMILY** Thelypteridaceae

COMMON NAMES Fi'i gwau, Samo

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Fronds

The shoots and young leaves are eaten after boiling. The taste is somewhat sour.

DESCRIPTION

A fern. It grows as a non woody fern on land and plants occur singly.

HABITAT

A tropical plant. Plants suit clay soil and shady areas.

NOTES

There are now only 2 recognised Cyclosorus species. Others are now in other genera.

PICTURES

Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fedbf86d-d701-423a-ac4b-a21b0168bb14