



***Diplazium esculentum* (Retz.)Sw**

Family: Athyriaceae

Common name: Lingadu



Description:

The vegetable fern plant (*Diplazium esculentum*) is a species found and used in East to South Asia and Oceania. It has an erect stout caudex and a tuft of bipinnate fronds, 3-6ft long.

Utilization:

It is probably the most commonly used fern (Anonymous, 2011) . The young fronds are eaten as a "vegetable" after cooking, or also used as salad. It is some time grown as a house plant. It have anticoagulant activities (Paul *et al.*, 2015).

Part	Uses
Leaf	Anticoagulant activities

References:

Anonymous; (2011). "Vegetable fern" Use and production of *D. esculentum*. AVRDC (The World Vegetable Center).

Paul B, Bhuyan B, Purkayastha D.D and Dhar S.S (2015) Green synthesis of silver nanoparticles using dried biomass of *Diplazium esculentum* (retz.) sw. and studies of their photocatalytic and anticoagulative activities Journal of Molecular Liquids 212: 813–817.