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Asplenium nidus

[Synonyms : *Asplenium antiquum*, *Asplenium australasicum*, *Asplenium ficifolium*, *Neottopteris mauritiana*, *Neottopteris musaeifolia*, *Neottopteris nidus*, *Neottopteris rigida*, *Thamnopteris nidus*]

BIRD’S-NEST FERN is a fern. Native to tropical south-eastern Asia and tropical Africa, it has a shuttlecock-like arrangement of black stalked long, glossy green fronds.

It is also known as *Asplenio* (Italian), Birdnest fern, *‘Ekahakaha* (Hawaiian), *Fågelbobräken* (Swedish), *Fougère doradille* (French), *Fugleredebregne* (Danish), Hawai’i birdnest fern, *Helechos* (Spanish), *Nestfarn* (German), *Nestvaren* (Dutch), *Pesäraunoinen* (Finnish), *Sezník hniezdový* (Slovak), *Sleziník hnízdnatý* (Czech), *Sleziník ptačí hnízdo* (Czech), and *Vogelnestvaren* (Dutch).

Nidus is Latin meaning ‘nest’.

Bird’s-nest fern is popular in the West as an ornamental indoor plant.

In the Micronesian Caroline and Marshall Islands of the western Pacific the young leaves are eaten as a famine food when alternatives are scarce.

Hawaiians use the fronds at various rituals including funerals.

The Hawaiians put the fern to medicinal use. The leaves were an ingredient in a potion applied to ulcers and sores (both external and oral) especially for children, and the fern also played a part in remedies for tuberculosis.