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Pteris ensiformis

[Synonyms : *Phorolobus chinensis*, *Pteris crenata*, *Pteris ensiformis* var. *victoriae*, *Pteris merrillii*, *Pteris stricta*]

SWORD BRAKE FERN is an evergreen fern. Native from the Himalayas to Africa, and to Japan, the western Pacific and tropical Australia, it has longish fronds.

It is also known as *Paku padang* (Malaysian), *Paku pelandok* (Malaysian), Slender brake, Snow brake, Sword brake, and Table fern.

The sterile fronds are shorter than the fertile fronds.

Ensiformis is derived from Latin *ensi-* (straight sword) and *-formis* (shape) components meaning ‘quite straight and sharply pointed, or sword-shaped’.

In India the edible young fronds have been eaten as a vegetable.

For experts on south-eastern Asia this fern is viewed as a source of vegetable and medicine.

Medicinally, local herbalists have included this fern in their range of medicinal plants. For the Chinese it offers a treatment for liver disorders.