

Haplopteris elongata (Sw.) E. H. Crane

This fern is commonly found in often in shady and moist environments, such as rainforests, forest undergrowth, and along streams or riverbanks. The fronds of *Haplopteris elongata* are elongated and narrow, typically measuring 30-90 centimeters (12-36 inches) in length. They have a lanceolate shape. Like most ferns, *Haplopteris elongata* reproduces via spores, which are produced on the underside of the fronds in structures called sporangia. It is a low-growing fern that can form dense clumps on the forest floor or along the base of trees. Used as a medicine in various traditional medicinal practices



Native to

Tropical East Africa, India, South China, Continental Southeast Asia, Australia



Geo. Distribution

Asia, Pacific Islands, Australia

