

# GOLDEN POLYPODY/RABBIT'S FOOT FERN

*Phlebodium aureum*

- This is an epiphytic fern native to tropical and subtropical regions of the Americas.
- It is sometimes referred to as cabbage palm fern because it is often found growing in the boots of cabbage palms.
- It is a rhizomatous fern, with the creeping rhizome densely covered in golden-brown scales which look hairy like a rabbit's foot—sometimes called rabbit's foot fern.
- Ferns do not flower but provide spores. The minute golden-colored spores on the back of the leaves are wind-dispersed.
- The fronds are evergreen in areas with year-round rainfall, semi-evergreen or briefly deciduous in areas with a marked dry season.
- Extracts have been commercially available since 1982 in Europe for medicinal purposes.

