

• 中文名稱：廣葉鋸齒雙蓋蕨

• 英文名稱：Widened Twin-sorus Fern

Diplazium dilatatum Blume

• 學名：*Diplazium uraiense* Rosenst.

Allantodia dilatata (Bl.) Ching (毛柄短腸蕨-中國植物誌)

• 科名：蹄蓋蕨科(Athyriaceae)雙蓋蕨屬(Diplazium)

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• 別名：

- **Broad-leaf Serrated Twin-sori Fern (廣葉鋸齒雙蓋蕨):**

- This is the official name used in the *Flora of Taiwan* (臺灣植物誌).
- **The Logic:** "Broad-leaf" refers to its large fronds; "Serrated" describes the jagged edges; "Twin-sori" (雙蓋) refers to the way its spores are arranged in back-to-back pairs.

- **Wulai Fern (烏來蕨):**

- Named after **Wulai (烏來)** in Northern Taiwan, a famous spot where this fern is commonly found in the humid forests.

• 原產地：

日本、中國大陸、印尼及台灣。

- **East Asia:** Japan, Mainland China, and Taiwan.
- **Southeast Asia:** Indonesia.

• 分布：

台灣中、低海拔山區極為常見。

- Extremely common in the **low-to-mid elevation** mountain regions of **Taiwan**.

• 用途：

1. 食用：當嫩芽尚未展開或稍展開而葉柄尚易折取時，摘取其細嫩翠綠莖葉供食用，纖維少，品質佳，烹調法以炒食、煮食為主，為一道健康美味鄉土野菜。產期集中在夏季，雨水越多生長越佳，為颱風天最佳的綠葉蔬菜。
2. 庭園綠化及常被種植在學校教材園中，作為鄉土教學的活教材。
3. 藥用：效用：嫩葉可食，葉汁塗布，治皮膚病。

1. **Edible (食用)**

- **Harvesting:** Pick the **tender, emerald-green fronds and stems** (細嫩翠綠莖葉) when the young buds are still curled or only slightly unfurled, and the stalks (petioles) break easily by hand.
- **Quality:** These are **low in fiber** (纖維少) and of **excellent quality** (品質佳).
- **Cooking:** Primarily prepared by **stir-frying** (炒食) or **boiling** (煮食). It is considered a healthy and delicious **local wild vegetable** (鄉土野菜).
- **Seasonality:** Production peaks in **summer** (夏季). The more rainfall there is, the better it grows, making it one of the **best leafy green vegetables during typhoon season** (颱風天最佳的綠葉蔬菜).

2. Ornamental & Educational (綠化與教學)

- **Landscaping:** Used for **garden greening** (庭園綠化).
- **Education:** Frequently planted in **school educational gardens** (學校教材園) to serve as "living teaching material" for **local heritage/nature education** (鄉土教學).

3. Medicinal (藥用)

- **Edibility:** The young leaves are edible.
- **Application:** The **leaf juice** (葉汁) can be applied topically to treat **skin diseases/conditions** (治皮膚病).

地上生，根莖直立或傾斜，被淡褐色鱗片，鱗片線形，漸尖，邊緣黑色。

• 莖：

- **Habitat: Terrestrial** (地上生—growing on the ground).
- **Rhizome (根莖):** The rhizome is **erect** (直立) or **ascending/oblique** (傾斜).
- **Scales (鱗片):**
 - The rhizome is covered with **light-brown scales** (被淡褐色鱗片).
 - **Shape:** The scales are **linear** (線形) and **acuminate** (漸尖—tapering to a long point).
 - **Distinctive Feature:** The **margins** (邊緣) of these scales are **black** (黑色).

• 葉：

二回羽狀複葉，散生；葉柄長 30~55 公分，強韌，近乎綠色，有縱溝，下部被鱗片；葉軸有凹溝；葉片長 50~80 公分，寬 20~60 公分，三角狀披針形，葉尖尾狀，基部圓形，葉片幼嫩及老化時大小形狀不同；羽片具短柄，長 6~12 公分，寬 1~3 公分，披針形，先端圓

形，邊緣全緣；羽軸有溝，與葉軸、葉柄上的溝相通；葉脈游離。

葉 (Leaf/Frond) 特性翻譯

- **Complexity (複雜度): Bipinnate** (二回羽狀複葉—the leaf is divided into leaflets, which are then divided again).
- **Arrangement (排列): Scattered** (散生—growing individually from the rhizome rather than in a tight circular cluster).
- **Stipe/Petiole (葉柄):**
 - 30–55 cm long, **tough and strong** (強韌).
 - Nearly green in color with **longitudinal grooves** (有縱溝).
 - The lower portion is **covered with scales** (下部被鱗片).
- **Rachis (葉軸):** Features a **concave groove** (有凹溝).
- **Blade (葉片):**
 - 50–80 cm long, 20–60 cm wide.
 - **Shape: Triangular-lanceolate** (三角狀披針形).
 - **Apex & Base:** Tip is **caudate** (尾狀—tapering like a tail); base is **rounded** (基部圓形).
 - **Variation:** Size and shape differ significantly between **young and mature fronds** (葉片幼嫩及老化時大小形狀不同).
- **Pinnae (羽片 - The secondary leaflets):**
 - Feature short stalks (**petiolules**).
 - 6–12 cm long, 1–3 cm wide.
 - **Shape: Lanceolate** with a rounded tip and **entire** (smooth) margins (邊緣全緣).
- **Venation (脈序):**
 - The grooves on the **costa** (羽軸), **rachis** (葉軸), and **stipe** (葉柄) are all **interconnected** (相通).
 - **Veins: Free** (游離—the veins do not loop back or join each other).

• 花：

孢子囊堆線形，著生在葉脈基部二分之一處，除了向軸面基部葉脈外，通常單獨生長。

• 果：

- **Shape (形狀): Linear** (線形—forming straight lines along the veins).
- **Position (位置): Attached to the basal half of the leaf veins** (著生在葉脈基部二分之一處).
- **Arrangement (排列):**
 - Usually **solitary** (單獨生長—appearing as a single line).
 - **Exception:** Except for the veins at the **basal part of the acroscopic side** (向軸面基部葉脈—the side of the leaflet facing toward the tip of the main leaf axis), where they might show a different pattern.

根莖橫走或短而直立，具淡褐色線形鱗片。葉近生；葉柄長 30~70 公分，基部被鱗片；葉片三角狀卵形，長 50~90 公分，寬 30~70 公分，二回羽狀複葉至三回羽狀分裂；羽片具短柄，長 15~45 公分，寬 5~10 公分，羽軸有溝，與葉軸上的溝相通；小羽片淺裂至中裂，葉脈游離，側脈羽狀分叉；孢膜線形，位在裂片側脈上，最基部之側脈常可見成對出現的靠背雙蓋形。幼葉和過溝菜蕨一樣可供食用。

• 特徵：

- **Rhizome (根莖):** Creeping horizontally (**creeping**) or short and **erect** (直立); covered with **light-brown linear scales**.
- **Leaf Arrangement: Sub-approximate** (近生—growing close together from the rhizome).
- **Stipe/Petiole (葉柄):**
 - 30–70 cm long.
 - The base is **covered with scales**.
- **Blade (葉片):**
 - **Shape:** Triangular-ovate, 50–90 cm long, 30–70 cm wide.
 - **Complexity: Bipinnate** (二回羽狀複葉) to **tripinnate-pinnatifid** (三回羽狀分裂).
- **Pinnae (羽片):**
 - Feature short stalks, 15–45 cm long, 5–10 cm wide.
 - The **costa** (羽軸/midrib of the pinna) has a groove that is **continuous** (相通) with the

groove on the main rachis (葉軸).

- **Pinnules (小羽片):**
 - Shallowly to moderately lobed (淺裂至中裂).
 - **Venation:** Veins are **free** (游離); lateral veins are **pinnately branched** (羽狀分叉).
- **Sori & Indusia (孢膜):**
 - **Linear** in shape, located on the lateral veins of the lobes.
 - At the **basalmost lateral veins**, sori are often seen in **pairs**, appearing in the **back-to-back "diplazioid" form** (靠背雙蓋形).
- **Edibility:** The **young fronds** (幼葉) are edible, similar to the **Vegetable Fern** (*Diplazium esculentum* / 過溝菜蕨).