PLANT FACT SHEET

Adiantum flabellulatum L.

GENUS *Adiantum* **FAMILY** Pteridaceae

COMMON NAMES Fan-leaved maidenhair

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A fern. It grows 20-45 cm tall.

HABITAT

It is a subtropical plant. It grows in acid soils. It grows up to 1,000 m above sea level.

NOTES

Also put in the family Adiantaceae.
It is used as a herbal medicine.

REFERENCES

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00c82677-830e-4c98-a161-ee1057a85ed8