PLANT FACT SHEET

Thelypteris tenera (Wall. ex Benth.) Ching

GENUS *Thelypteris* **FAMILY** Aspleniaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The tender fronds are cooked as a vegetable.

DESCRIPTION

An erect fern. The leaf stalk is about 25 cm long. They are covered with fine, soft hairs. The fronds are divided and the leaflets are almost without stalks. The spore bodies are small and brown and near the edge of the frond.

HABITAT

It is a subtropical plant. In Nepal it grows between 500-2400 m altitude.

PRODUCTION

Cultivation

Plants are grown from spores or by splitting the rhizome.

NOTES

There are about (2) 800 Thelypteris species. They grow in the tropics and subtropics. Also put in the family Thelypteridaceae.

REFERENCES

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 454 (As Thelypteris ciliata)

Srivastava, R. C., 2010, Traditional knowledge of Nyishi (Daffla) tribe of Arunachal Pradesh. Indian Journal of Traditional Knowledge. 9(1):26-37 (As Trigonopsora ciliata)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/033e3149-f4fe-45ea-9d70-62e1cd8fc318