PLANT FACT SHEET

Diplazium spectabile (Wall. & Mett.) Ching

GENUS *Diplazium* **FAMILY** Athyriaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves or fronds are cooked in stir-fries or soup.

DESCRIPTION

A fern. It has black creeping rhizomes. These are 1 mm thick. The fertile fronds are 1.2 m long and 60 cm across at the base.

HABITAT

It is a tropical plant. In Nepal it occurs at 2,100 m above sea level.

NOTES

Also put in the family Woodsiaceae.

REFERENCES

Chettri, S., et al, 2018, Nutrient and Elemental Composition of Wild Edible Ferns of the Himalaya. American Fern Journal 108(3):95–106

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270

Milliken, W., Ethnobotany of the Yali of West Papua. Royal Botanical Garden, Edinburgh. p 10 (near Baliem)

Milliken, W., 2000, Ethnobotany of the Yali of West Papua. Royal Botanical Garden, Edinburgh. p 10 (Near Baliem)

Ojha, R. & Devkota, H. P., 2021, Edible and Medicinal Pteridophytes of Nepal: A Review. Ethnobotany Research & Applications 22:16

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0c7c1233-8d0e-4d4e-a1be-7087a74dce17