PLANT FACT SHEET

Amblovenatum opulentum J. P. Roux

GENUS *Amblovenatum* **FAMILY** Thelypteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A fern.

HABITAT

It is a subtropical plant.

REFERENCES

Phangchopi, U., et al, 2015, Diversity of wild edible plants in Marat Longri Wildlife Sanctuary, Assam. Indian Journal of Natural Products and Resources Vol. 6(4), December 2015 pp. 305-313

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 156 (As Amphineuron opulentum)

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/20e1b2fe-05e6-4561-9b62-6dca5b632c4b