PLANT FACT SHEET

Pteridium aquilinum var. latiusculum (Desv.) Underw. ex Heller

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

COMMON NAMES Eastern bracken

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The immature fronds are eaten fresh or cooked in stir fries. They are also dried for later use.
The starch in the rhizomes is used to prepare cakes and noodles.

DESCRIPTION

A fern. It is a herb.

HABITAT

It is a temperate climate plant. It grows in Yunnan in China. It also grows in Inner Mongolia. In Sichuan.

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