PLANT FACT SHEET

Microlepia firma Mett.

GENUS *Microlepia* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young fronds are cooked and eaten as a vegetable.

DESCRIPTION

A fern.

HABITAT

It is a subtropical plant.

REFERENCES

Dorji, R., et al, 2022, Enumeration of edible and useful ferns (Pteridophytes) in the Bhutan Himalayas. Korean Journal of Plant Taxonomy 52(4): 235-245

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2cf7c0bc-c7dc-4ef6-998d-f8fb025f7420