PLANT FACT SHEET

Cibotium barometz (L.) J. Sm.

GENUS *Cibotium* **FAMILY** Dicksoniaceae

COMMON NAMES Golden chicken fern, Golden lamb fern

EDIBLE PARTS AND USES

Edible parts: Root, Leaves, Fronds

The starch in the rhizomes is processed into flour and used in cakes and also to make liqueur.
The leaves are used in stir fried dishes.

DESCRIPTION

A tree fern. It lies along the ground or can be erect. It has long yellow hairs over the tips. The fronds are twice divided and have hairs at their base.

HABITAT

It is a tropical and subtropical plant. In southern China it grows between 200-600 m above sea level but can be at higher altitudes. It grows on open hill slopes and near streams between 500-1,600 m above sea level. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from the rhizome or by spores.

NOTES

Also put in the family Cibotaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2fa4c697-5ca8-4c37-903d-736d90cb2a4e