PLANT FACT SHEET

Monachosorum henryi Christ

GENUS *Monachosorum* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Nodal lump

DESCRIPTION

A fern with a short rhizome.

HABITAT

It is a subtropical plant.

REFERENCES

Yeshi, K. et al, 2017, Taxonomical Identification of Himalayan Edible Medicinal Plants in Bhutan and the Phenolic Contents and Antioxidant Activity of Selected Plants. TBAP 7 (2) 2017 pp 89 - 106

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/323da9ed-32ab-48ec-aa66-33a19a0aa10c