PLANT FACT SHEET

Lophosoria quadripinnata (J. F. Gmel.) C. Chr.

GENUS *Lophosoria* **FAMILY** Dicksoniaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Rhizome, Roots

The shoots are cooked and eaten.
The rhizome or roots have been mixed with maize dough for tortillas.

DESCRIPTION

A tree fern.

HABITAT

It is a temperate plant. It grows along the edges of streams and in humid valleys in the cloud forest.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3c2553be-a50f-4e72-b1e9-350bc7c92721