PLANT FACT SHEET

Dryopteris expansa (C.Presl.) Fraser-Jenkins & Jermy

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Spiny Wood Fern, Shield fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Root

The rootstock is cooked and eaten. It is often cooked in a pit.
The fiddleheads are eaten in spring.

DESCRIPTION

A fern. It has stout erect rhizomes. The fronds are erect and delicate. They are 30-40 cm high.

HABITAT

It is a temperate plant. It grows in cool, moist woods. In north China it grows between 700-1,800 m above sea level.

NOTES

There are about 200 Dryopteris species.

REFERENCES

Bowser, M. 2017, Handout on Edible Plants of the Kenai Peninsula. USFWS Kenai National Wildlife Refuge p 7

Kuhnlein, H. V. and Turner, N. J., 1991, Traditional Plant Foods of Canadian Indigenous Peoples. Food and Nutrition in History and Anthropology Volume 8. Gordon and Breach. p 31

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 33

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 380

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Turner, N., 1995, Food Plants of Coastal First Peoples. Royal BC Museum Handbook p 26

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 160

Turner, N. J. et al, 2011, Edible and Tended Wild Plants, Traditional Ecological Knowledge and Agroecology. Critical Reviews in Plant Sciences, 30:198-225

Turner, N., et al, 2011, "Up on the Mountain": Ethnobotanical Important of Montane Sites in Pacific Coastal North America. Journal of Ethnobiology 31(1): 4-43

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 34

www.eFloras.org Flora of China

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3d352786-1b3d-4641-961f-a3e33faf6f33