PLANT FACT SHEET

Athyrium niponicum (Mett.) Y. C. Liu, W. L. Chiou & M. Kato

GENUS *Athyrium* **FAMILY** Athyriaceae

COMMON NAMES Painted fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. The rhizome is creeping. It grows 30-45 cm high and spreads 50-60 cm wide. The fronds arise individually from this rhizome. It is 30 cm high. The fronds are coarsely divided and green. Their stems are yellow.

HABITAT

It is hardy in cool climates. It needs a well drained soil rich in organic matter. It needs a sheltered position. It suits hardiness zones 3-6.

NOTES

There are about 180 Athyrium species. Also put in the family Aspleniaceae and Woodsiaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3f5dc624-845d-4d4a-9b6f-3ff8eccd7071