PLANT FACT SHEET

Dryopteris splendens (Hook. ex Bedd.) Kuntze

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

It is used as a vegetable.

DESCRIPTION

A fern. It grows 1.2-1.8 m tall. It has a creeping rhizome.

HABITAT

It is a temperate plant.

REFERENCES

Ojha, R. & Devkota, H. P., 2021, Edible and Medicinal Pteridophytes of Nepal: A Review. Ethnobotany Research & Applications 22:16

PROVIDED BY **Food Plants International**

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/3ff7a3f0-8cbe-42a4-8326-d6cca8438396