PLANT FACT SHEET

Alsophila spinulosa (Hook.) R. M. Tryon

GENUS *Alsophila* **FAMILY** Cyatheaceae

COMMON NAMES Pugjik

EDIBLE PARTS AND USES

Edible parts: Pith, Stem - starch, Shoots, Leaves

The soft watery pith is eaten. It is the starch in the stem that is used as flour in cakes or mixed with other foods. Young shoots are used for pickles.

DESCRIPTION

A tree fern. The trunk is 5 m high and 15 cm across. The fronds are divided 3 times. They are 2-3 m long.

HABITAT

A tropical and subtropical plant. It grows in forests between 600-1800 m altitude.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/40d12d84-7621-4f6b-b5ec-5bbbbf100001