PLANT FACT SHEET

# *Athyrium pachyphyllum* Ching

**GENUS** *Athyrium* **FAMILY** Athyriaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds

The leaves or fronds are cooked and eaten in stir-fries or with other foods and in soups.
They are used fresh or dried.

## DESCRIPTION

A fern. It has a short rhizome. The tips have red-brown scales.

## HABITAT

It is a tropical plant. In Yunnan in China it grows between 400-1,500 m above sea level. It grows in evergreen broad-leaved forests.

## NOTES

Also put in the families Aspleniaceae and Woodsiaceae.

## REFERENCES

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270
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/40e2efb9-b59c-4f44-a70d-d01b426e9f34