PLANT FACT SHEET

Woodwardia biserrata C. Presl.

GENUS *Woodwardia* **FAMILY** Blechnaceae

EDIBLE PARTS AND USES

Edible parts: Stems

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

REFERENCES

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

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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/48442d1f-23af-478f-8fe9-8081747dd0d6