PLANT FACT SHEET

# *Dryopteris carthusiana* (Vill.) H. P. Fuchs

**GENUS** *Dryopteris* **FAMILY** Dryopteridaceae

**COMMON NAMES** Narrow buckler fern

## EDIBLE PARTS AND USES

**Edible parts:** Fronds, Leaves, Root

The young curled fronds are cooked and eaten.
The old leaf stalks on the underground stem are cooked and the inner portion eaten.

## DESCRIPTION

A small fern. It grows 60 cm high and spreads 30 cm wide. The fronds are triangle shaped in outline. They are delicate and divided 3 times. They are pale green in colour.

## HABITAT

It is a temperate plant. It grows in damp, boggy places. In NW China it grows in mountain forests at about 2,000 m above sea level. It suits hardiness zones 6-10.

## NOTES

There are about 200 Dryopteris species. This one is a common glasshouse pest in Australia.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

## REFERENCES


Bull. Soc. Bot. France 105:339. 1959

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 516

Goudey, C.J., 1988, A Handbook of Ferns for Australia and New Zealand. Lothian. p 102

Heller, C. A., 1962, Wild Edible and Poisonous Plants of Alaska. Univ. of Alaska Extension Service. p 14 (As Dryopteris spinulosa (Muell.) Kuntze0

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 380

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/



**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/489552fa-eadf-4fe7-9c38-a772a9b72992