PLANT FACT SHEET

Adiantum poiretii Wikstr.

GENUS *Adiantum* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. It has a large creeping rhizome. The fronds arch over and are soft.

HABITAT

It is a tropical plant. It grows between 800-3,100 m above sea level. It grows in shaded forests.

NOTES

It has previously been in the family Adiantaceae.

REFERENCES

Peters, C. R. et al, 1992, Edible Wild Plants of SubSaharan Africa, Royal Botanical Gardens, Kew

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/4a3e281f-dbaf-4cdb-a663-a7363653b5b5