PLANT FACT SHEET

Pellaea calomelanos (Sw.) Link

GENUS *Pellaea* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

Edible parts: Stems - tea

The stems are used for tea.

DESCRIPTION

A fern. The rhizome or underground stem is 4-8 mm across. The fronds are in tufts. They are 30 cm long.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 93

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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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/4df8d6cf-7939-4707-b852-93c00bd8072c