PLANT FACT SHEET

Dryopteris crassirhizoma Nakai

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Crown wood fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The stem is used in soups after the itchy trichomes are removed.

DESCRIPTION

A fern. It grows 1 m tall. The fronds are oblong and 50-120 cm long by 15-30 cm wide.

HABITAT

It is a temperate plant. In northern China it grows in forests in the hills.

NOTES

There are about 200 Dryopteris species. It is used in medicine.

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