PLANT FACT SHEET

Osmunda japonica Thunb.

GENUS *Osmunda* **FAMILY** Osmundaceae

COMMON NAMES Japanese flowering fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Root, Fiddleheads

Young fronds are eaten. They are cooked in stir fries, soups and with other foods. They are often dried and parboiled.
The starch in the rhizomes is used for making noodles and liqueur.

DESCRIPTION

A fern. It is a large fern. It has 2 kinds of fronds. The blades are twice divided. They are 4-6 cm long by 2 cm wide. The fertile fronds are narrow and covered with brown spore bodies.

HABITAT

It is a temperate plant. It grows in wet places and along the edges of stream and ponds. In China it grows between 100-3,000 m above sea level. In Sichuan.

NOTES

There are about 12 Osmunda species.

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