PLANT FACT SHEET

Angiopteris helferiana Presl.

GENUS *Angiopteris* **FAMILY** Marattiaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Vegetable

The roots are boiled as a vegetable.

DESCRIPTION

A herb. It is a fern. The fronds are 2-3 m long. The blades are twice divided. The leaflets are 60-80 cm long by 20-30 cm wide. These then have 15-20 pairs of smaller leaflets (pinnules). These are 10-20 cm long by 2-6 cm wide. There are sharp teeth along the edge.

HABITAT

It is a tropical plant. It grows in Yunnan in China. It grows in seasonal rain forest and broad-leaved forests between 900-1,400 m above sea level.

REFERENCES

Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17

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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/591d0768-6e22-4072-a75a-0ad3e8ed2cc2