PLANT FACT SHEET

Pteridium revolutum (Blume) Nakai

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Rhizomes, Root

The young fronds are cooked or put in stir-fries. They are also used in soups.
The starch from the rhizomes is used to make cakes.

DESCRIPTION

A fern. It grows 1 m tall.

HABITAT

It is a tropical plant. In China it grows between 600-3,000 m above sea level.

NOTES

Also put in the family Pteridaceae.

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