PLANT FACT SHEET

Athyrium monomachii (Kom.) Kom.

GENUS *Athyrium* **FAMILY** Athyriaceae

COMMON NAMES Monkey-legged athyrium

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The young fronds are eaten as a pot herb. They are also used in stir-fries and soups.

DESCRIPTION

A fern. It grows 60-160 cm high. The underground stems or rhizomes are short. The blade is oval and 40-60 cm long by 20-30 cm across. It is divided 3 times.

HABITAT

It is a temperate climate plant. It grows in the forests in north China between 300-900 m altitude.

NOTES

Also put in the families Aspleniaceae and Woodsiaceae.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 273 (As Athyrium multidentatum)

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270 (As Athyrium multidentatum)

Wujisguleng, W., & Khasbagen. K., 2010, An integrated assessment of wild vegetable resources in Inner Mongolian Autonomous Region, China. Journal of Ethnobiology and Ethnomedicine 6:34 (As Athyrium multidentatum)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5a517a5c-7796-48a8-8c46-0c20eefe9039