PLANT FACT SHEET

Isoetes hypsophila Hand.-Mazz

GENUS *Isoetes* **FAMILY** Isoetaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

REFERENCES

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People in Gyirong Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine 18:67 p 8

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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/5c3917ce-dfe3-43ff-8104-0536bce001cb