PLANT FACT SHEET

Sceptridium daucifolium (Wall. ex Hook. & Grev.) Lyon

GENUS *Sceptridium* **FAMILY** Ophioglossaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are fried or used in soup.

DESCRIPTION

A fern. It has an erect rhizome. It has many fleshy roots. The fronds are 30-40 cm tall with a stalk 10-12 cm long. The blades are divided 2 or 3 times. There are 6 or 7 pairs of leaflets.

HABITAT

It is a temperate plant.

REFERENCES

Ding, X., 2021, Collection calendar: the diversity and local knowledge of wild edible plants used by Chenthang Sherpa people to treat seasonal food shortages in Tibet, China. Journal of Ethnobiology and Ethnomedicine 17:40 (As Botrychium daucifolium)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5e308323-0a49-4f46-85ad-e6526117f32f