PLANT FACT SHEET

Lepisorus contortus (Christ) Ching

GENUS *Lepisorus* **FAMILY** Polypodiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 10-25 cm tall. The rhizomes are long and creeping. They are scaly when young. The fronds are 1-2 cm apart. The blades are 15-25 cm long by 0.4-1.5 cm wide. There can be teeth along the edge.

HABITAT

It is a subtropical plant.

REFERENCES

Yeshi, K. et al, 2017, Taxonomical Identification of Himalayan Edible Medicinal Plants in Bhutan and the Phenolic Contents and Antioxidant Activity of Selected Plants. TBAP 7 (2) 2017 pp 89 - 106

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5e955abe-1b58-45c7-98cd-f2162a83d8ec