PLANT FACT SHEET

Dryopteris chrysocoma (Christ) C. Chr.

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are cooked as a vegetable.

DESCRIPTION

A fern. It grows 30-120 cm tall. The rhizomes are upright and scaly. These have pale iron coloured scales. They are sword shaped and 2 cm long. The leaves are 20-80 cm long by 10-35 cm wide with 20 pairs of leaflets. These are sword shaped and 15 cm long by 2 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 24

PROVIDED BY **Food Plants International**

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/5fd80611-07a5-4bad-abe3-e9efb056b967