PLANT FACT SHEET

Cyrtomium fortunei J. Sm.

GENUS *Cyrtomium* **FAMILY** Dryopteridaceae

COMMON NAMES Fortune's cyrtomium, Japanese holly fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The leaves or fronds are used in stir-fry and soups.
They are processed for storage.

DESCRIPTION

A tufted fern. It grows 25-50 cm tall. It loses its leaves in colder climates. The fronds are oblong and 20-42 cm long by 8-14 cm wide. It has leaflets along the stalk. These are sickle shaped and dull green.

HABITAT

It is a temperate plant. It grows in cracks in limestone in open areas or in forests. In China it grows between 100-2,400 m above sea level. It can grow in light shade.

REFERENCES

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/640e6bb8-7e19-4732-a35f-ef922a3772d7