PLANT FACT SHEET

Dryopteris stewartii Fraser-Jenk

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The leaves are cooked as a vegetable.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

REFERENCES

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6792b283-6ded-4931-944e-c3a113eeccdf