PLANT FACT SHEET

Diplazium maximum (D. Don) C. Chr.

GENUS *Diplazium* **FAMILY** Athyriaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Vegetable

The leaves are boiled and eaten as a vegetable. They are cooked and eaten in stir-fries and soup. They are rubbed with a cloth to remove hairs and then fried or used for pickles.

DESCRIPTION

A fern. It grows 1-2 m tall. The rhizome is thick and scaly. It is a large fern with a creeping rhizome. This can be 3 cm across. It has an erect, straw-coloured leaf stalk. The stalks are 40-80 cm long. They are erect in tufts. The blades are 60-120 cm long by 30-60 cm wide. They are divided once or twice. There are 9-12 leaflets 15-30 cm long.

HABITAT

It is a tropical plant. It grows in ravines between 1,200-3,000 m above sea level. In Nepal it grows between 1000-3000 m altitude. It grows in moist, rocky places. In China it grows between 400-2,600 m above sea level near streams.

PRODUCTION

Cultivation

Plants are grown by spores or by splitting the rhizome.

NOTES

Also put in the family Woodsiaceae.

REFERENCES

Chettri, S., et al, 2018, Nutrient and Elemental Composition of Wild Edible Ferns of the Himalaya. American Fern Journal 108(3):95–106

Dorji, R., et al, 2022, Enumeration of edible and useful ferns (Pteridophytes) in the Bhutan Himalayas. Korean Journal of Plant Taxonomy 52(4): 235-245

Jigme, & Yangchen, K., 2023, Ethnobotanical study of the wild edible plants used by the indigenous people of Merak in Bhutan. Asian Journal of Ethnobiology, 6(1):1-6

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038 (As Diplazium frondosum)

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

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 204 (As Diplazium giganteum)

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities–diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Ojha, R. & Devkota, H. P., 2021, Edible and Medicinal Pteridophytes of Nepal: A Review. Ethnobotany Research & Applications 22:16

Rana, D., et al, 2019, Ethnobotanical knowledge among the semi-pastoral Gujjar tribe in the high altitude (Adhwari's) of Churah subdivision, district Chamba, Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2019) 15:10

Rashid, A., Anand, V.K. & Serwar, J., 2008, Less Known Wild Plants Used by the Gujjar Tribe of District Rajouri, Jammu and Kashmir State. International Journal of Botany 4(2):219-244 (As Diplazium frondosum)

Sareen, B., et al, 2020, Nutritional characterization and chemical composition of Diplazium maximum (D. Don) C. Chr.. J. Food Sci Technol.

Thakur, D., et al, 2017, Why they eat, what they eat: patterns of wild edible plants consumption in a tribal area of Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2017) 13:70

Tsherig, K., 2012, Edible Wild Plants of Bhutan and their contribution to Food and Nutrition Security. Ministry of Ag. and Forests, Bhutan. www.fao.org

www.eFloras.org Flora of China (As Diplazium giganteum)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/69aa4c48-5192-42a1-8ec3-7eb8c0bc2e15