PLANT FACT SHEET

Cystopteris montana (Lam.) Desv.

GENUS *Cystopteris* **FAMILY** Cystopteridaceae

COMMON NAMES Mountain Bladder Fern

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A small fern. The fronds are bright green and triangle shaped. They are 10-30 cm high.

HABITAT

It is a temperate plant. It prefers a moist, shady location. In China it grows in alpine areas in the mountains in wet forests between 1,700-4,500 m above sea level.

NOTES

There are between 10 and 20 Cystopteris species.

REFERENCES

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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/6bfe5972-5b44-4b77-a2ca-618021bb9428