PLANT FACT SHEET

Athyrium atkinsonii Bedd.

GENUS *Athyrium* **FAMILY** Athyriaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are used as a vegetable.

DESCRIPTION

A fern. It has a short creeping rhizome. The fertile fronds are 60-100 cm long. They are pale purplish red in the upper parts. The fronds are divided 2-4 times.

HABITAT

It is a temperate plant.

REFERENCES

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

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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/6c218f9b-60a3-45c1-8c59-e0e3ef15c4df