PLANT FACT SHEET

Diplazium sammatii (Kuhn) C. Chr.

GENUS *Diplazium* **FAMILY** Athyriaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Fronds

The young leaves are cooked and eaten as a leafy vegetable.

DESCRIPTION

A fern. It is a herb.

HABITAT

It is a tropical plant. It grows in mud by streams.

NOTES

They have also been put in the families Aspleniaceae and Woodsiaceae.

REFERENCES

Bassey, M. E., et al, 2001, Diplazium sammatii: Athyriaceae ('Nyama idim'): Age-related nutritional and antinutritional analysis. Plant Foods for Human Nutrition 56:7-12

Gallois, S., et al, 2020, Methodological priorities in assessing wild edible plant knowledge and use – a case study among the Baka in Cameroon.

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 34

Maroyi, A., 2014, Not just minor wild edible forest products: consumption of pteridophytes in sub-Saharan Africa. Journal of Ethnobiology and Ethnomedicine. 10:78

Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618

Ubom, R. M., 2010, Ethnobotany and Diversity Conservatioon in the Niger Delta, Nigeria. International Journal of Botany. 6(3): 310-322

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/704ac899-ecc3-421c-87e8-74a6657fcb6d