PLANT FACT SHEET

Edibility uncertain
It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Gymnocarpium dryopteris (L.) Newman

GENUS *Gymnocarpium* **FAMILY** Woodsiaceae

COMMON NAMES Western oakfern, Common oak fern

EDIBLE PARTS AND USES

Edible parts: Medicine

DESCRIPTION

A fern. It has slender creeping black rhizomes. It has small delicate fronds up to 40 cm long.

HABITAT

It is a temperate plant. In north China it grows between 300-2,900 m above sea level in damp areas in pine forests. It suits hardiness zones 4-8.

REFERENCES

Jackes, D. A., Edible Forest Gardens

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 33

www.eFloras.org Flora of China

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/72b5af08-a9df-4291-914f-cc538ffa2d0f