PLANT FACT SHEET

Osmundastrum cinnamomeum (L.) C. Presl

GENUS *Osmundastrum* **FAMILY** Osmundaceae

COMMON NAMES Cinnamon fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The young unexpanded fronds are eaten in soups. They are also simmered with deep-fried tofu in soup stock and soy sauce.
The base of the fronds is chewed.

DESCRIPTION

A fern. The fronds grow 40-100 cm high and are 15-25 cm wide. The fronds are twice divided. The fertile and the sterile fronds are separate. The fertile fronds are erect and stout and have light brown spore bearing bodies.

HABITAT

It is a temperate plant. It grows in wet places and along the edges of stream and ponds. It grows in moist, shaded positions.

NOTES

There are about 12 Osmunda species.
Medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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

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