PLANT FACT SHEET

Asplenium septentrionale (L.) Hoffm.

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Forked spleenwort

EDIBLE PARTS AND USES

Edible parts: Fronds

The fronds are used to make a drink (Ratafia) in Spain.

DESCRIPTION

A fern. It grows 8-15 cm tall. It has a short creeping rhizome or underground stem. It has dark brown narrowly triangle shaped scales. The leaves are crowded in tufts. They are slender and 5-15 cm long.

HABITAT

It is a temperate plant.

REFERENCES

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7bfa5bc2-33f6-4685-b9a4-c3685714e5d8