PLANT FACT SHEET

Coniogramme taipaishanensis Ching et Y. T. Hsieh

GENUS *Coniogramme* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

Edible parts: Rhizome - starch, Root, Leaves, Fronds

The fronds or leaves are cooked as a vegetable.
The rhizomes are used for starch to make noodles.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant. It grows in north China.

NOTES

Also put in the family Hemionitiaceae and Adiantaceae.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 28

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/810d86e6-1ce8-476e-91dc-477042da58a3