PLANT FACT SHEET

Cheilanthes capensis (Thunb.) Sw.

GENUS *Cheilanthes* **FAMILY** Pteridaceae

COMMON NAMES Lip fern

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea drinks.

DESCRIPTION

A fern. It grows 23 cm tall. The fronds are closely spaced. They have 2 or 3 divisions of the leaflets.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 93

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/82f2f4d2-02f5-43f2-99ad-54d14b4993c5