PLANT FACT SHEET

Cystopteris fragilis (L.) Bernh.

GENUS *Cystopteris* **FAMILY** Cystopteridaceae

COMMON NAMES Brittle bladder fern

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A fern. It grows 20-25 cm high. It forms clumps. The brown rootstock is covered with broad brown scales. The fronds occur in tufts and are grey-green. They are lacy and divided once. The segments have irregular lobes and teeth along the edge.

HABITAT

It is a temperate plant. It is frost hardy. It grows in wet rocky crevices at high altitudes. It needs cool, moist, humid conditions. It needs a shady position. In China it has been recorded between 1,500-4,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by spores. Plants are difficult to grow and resent disturbance.

NOTES

There are between 10 and 20 Cystopteris species.

PICTURES



Credit: Food Plants International (Bruce French)



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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/86948d0d-ee63-4796-a188-1bf873ba82bb