PLANT FACT SHEET

Pentarhizidium intermedium (C. Chr.) Hayata

GENUS *Pentarhizidium* **FAMILY** Onocleaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The leaves or fronds are cooked and eaten in stir-fries and soup.

DESCRIPTION

A fern. It is covered with dark brown scales.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Woodsiaceae.

REFERENCES

Kang, Y., et al, 2014, Wild food plants used by the Tibetans of Gongba Valley (Zouqu country, Gansu, China) Journal of Ethnobiology and Ethnomedicine 10:20 (As Matteuccia intermedia)

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8bbf530d-7bbf-4668-acb7-033102e772ca