PLANT FACT SHEET

Athyrium brevifrons Nakai ex Kitag.

GENUS *Athyrium* **FAMILY** Athyriaceae

COMMON NAMES Glandular ladyfern

EDIBLE PARTS AND USES

Edible parts: Rhizomes - starch, Root, Fronds

The starch in the rhizomes is used for cakes and noodles.
The young fronds are eaten. They are fried or eaten in soup.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Woodsiaceae.

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

Sachula, et al, 2020, Wild edible plants collected and consumed by the locals in Daqinggou, Inner Mongolia, China. Journal of Ethnobiology and Ethnomedicine (2020) 16:60

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8fe0c636-c136-4f91-bfc1-109c8a191c8c