PLANT FACT SHEET

Thelypteris esquirolii (Christ) Ching

GENUS *Thelypteris* **FAMILY** Aspleniaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. It grows 90-110 cm tall. It has a short dark brown rhizome. The stalk that has the leaflets is 20-25 cm long. The fronds are 70-85 cm long by 20 cm wide. There are 3-4 pairs of leaflets.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Thelypteridaceae.

REFERENCES

Flora of China. (As Pseudocyclosorus subochthodes)

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 Pseudocyclosorus subochthodes)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/94ee0fed-583d-4c75-b281-4654bae0d933