PLANT FACT SHEET

Polystichum lonchitis (L.) Roth

GENUS *Polystichum* **FAMILY** Dryopteridaceae

COMMON NAMES Northern hollyfern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

Young leaves are cooked as a vegetable.

DESCRIPTION

A fern. It has stiff shiny green fronds that are erect. They are 60 cm long.

HABITAT

It is a temperate plant. It grows in moist shady places.

NOTES

Also put in the family Polypodiaceae and Aspidiaceae.

REFERENCES

Redzic, S. & Ferrier, J., 2014, The Use of Wild Plants for Human Nutrition During a War: Eastern Bosnia (Western Balkans). Chapter 9 in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans,Springer Science

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/94f1b586-5f72-4a97-a418-bdfbc8b87c6f