PLANT FACT SHEET

Adiantum pedatum L.

GENUS *Adiantum* **FAMILY** Pteridaceae

COMMON NAMES Northern Maidenhair fern, Five fingered fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

DESCRIPTION

A fern. It grows 40-60 cm tall. It forms clumps.

HABITAT

It is a temperate plant. In China it grows between 300-3,500 m above sea level. It suits hardiness zones 3-8.

NOTES

Also put in the family Adiantaceae.
It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Jackes,D. A., Edible Forest Gardens
www.eFloras.org Flora of China

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/99b131db-4e27-4f93-8f7b-b70c5000262e