PLANT FACT SHEET

Dryopteris cristata (L.) A. Gray

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Crested woodfern

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root

DESCRIPTION

A fern.

HABITAT

It is a temperate plant. It grows in swamps.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 380

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a34665d5-61ca-4a10-9970-6c196a899cf9