PLANT FACT SHEET

Coniogramme emeiensis Ching & K. H. Shing

GENUS *Coniogramme* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

Edible parts: Rhizome - starch, Root, Leaves, Fronds

The starch in the rhizome is used to make noodles.

DESCRIPTION

A fern. It grows 1.5 m tall.

HABITAT

It is a tropical and subtropical plant. It grows in broad-leaved forests and shady places between 600-1,800 m above sea level.

NOTES

Also put in the family Hemionitiaceae and Adiantaceae.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 27

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a44a58ea-2496-4590-aa77-808cdeedd15c