PLANT FACT SHEET

Asplenium officinarum Willd.

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Rusty back

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A small fern. It grows 12 cm tall. The fronds are 5-8 cm long by 1-1.6 cm wide.

HABITAT

It is a Mediterranean plant.

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456 (As Asplenium ceterach)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a67b2115-600f-458b-815a-d1b04fcf47d2