PLANT FACT SHEET

Matteuccia pensylvanica (Willd.) Raymond

GENUS *Matteuccia* **FAMILY** Onocleaceae

COMMON NAMES Ostrich fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

DESCRIPTION

A fern. The leaves are in a vase like cluster 1.75 m long.

HABITAT

It is a warm temperate plant.

REFERENCES

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 436 (As Matteuccia struthiopteris var. pensylvanica)

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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/aaa41213-854e-46ab-a9aa-c02a01c3ca7a