PLANT FACT SHEET

Coniogramme japonica (Thunb.) Diels

GENUS *Coniogramme* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

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

The fronds or leaves are cooked as a vegetable.
The rhizomes are used for starch to make noodles.

DESCRIPTION

A fern.

HABITAT

It is a subtropical plant. It grows in shaded wet soil in forests and valleys between 100-2,000 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/acd7a70f-45bd-4a60-9628-0087b941779e