PLANT FACT SHEET

Athyrium filix-femina subsp. filix-femina

GENUS *Athyrium* **FAMILY** Athyriaceae

COMMON NAMES Alpina lady fern

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

NOTES

It has anti-oxidant potential.

REFERENCES

(As Athyrium alpestre)

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/b09061fd-ebf2-4ed9-a24e-41e032a54538