PLANT FACT SHEET

Dryopteris ramosa (C. Hope) C. Chr.

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Hand fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves are cooked as a vegetable. They are rubbed to remove scales than nut into small pieces and boiled.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

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