PLANT FACT SHEET

Chrystella parasitica (L.) Lev.

GENUS *Chrystella* **FAMILY** Thelypteridaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Rhizomes, Root, Leaves

The young rhizomes and fronds are cooked and eaten and also used to prepare a soup.

DESCRIPTION

A fern. The fronds are erect and are brown and hairy. It has a smell when bruised.

HABITAT

It grows in marsh and damp soil.

REFERENCES

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 163

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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/b9f93ead-1bbb-4c54-8fd7-a9234cbca2c6