PLANT FACT SHEET

Coniogramme intermedia Hieron

GENUS *Coniogramme* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

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

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

DESCRIPTION

A fern. It grows 60-120 cm tall.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Hemionitiaceae and Adiantaceae.

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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/ba062596-948a-42b1-a892-961d720a51ea