PLANT FACT SHEET

Marattia excavata Underw.

GENUS *Marattia* **FAMILY** Marattiaceae

EDIBLE PARTS AND USES

Edible parts: leaves

The fleshy base of the leaves are used as food along with corn dough.

DESCRIPTION

A fern. It has short rhizomes. The leaves are 1.5-3 m long.

HABITAT

It is a tropical plant.

REFERENCES

Barrios, J. & Barrios, B. J., 2009, Baja Cloud Forest Verapaz, Guatemala. Costa Rica Instituto Nacional de Biodiversidad.

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/ba206133-c888-4754-877e-9195c550b429