PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Pteridium aquilinum (L.) Kuhn

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Rhizomes, Root, Fronds, Leaves

The very young fiddle heads are peeled and boiled and eaten. The water is often changed several times. They are canned for later use.
The rhizomes are used as an ingredient in bread. They are also pickled.
Caution: This plant contains chemicals that cause cancer.

DESCRIPTION

A fern. The leaves are fleshy and simple. They are leathery. The spores are on spikes at the ends of the plant.

HABITAT

It is a temperate plant. It grows in shady places.

NOTES

It causes cancer.

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