PLANT FACT SHEET

# *Cyclosorus heterocarpus* (Blume) Ching

**GENUS** *Cyclosorus* **FAMILY** Thelypteridaceae

## EDIBLE PARTS AND USES

**Edible parts:** Fronds, Leaves

## DESCRIPTION

A fern. It grows 60-120 cm tall.

## HABITAT

It is a tropical plant. In China it grows in wet places in forests between 100-1,100 m above sea level.

## NOTES

Also put in the family Dryopteridaceae.

## REFERENCES

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 110 (As Dryopteris heterocarpa)
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew (As Thelypteris heterocarpus)
www.eFloras.org Flora of China

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