PLANT FACT SHEET

Dryopteris dilatata (Hoffm.) A. Gray

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Broad Buckler Fern, Shield fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Root

The young plant is boiled and eaten with seal oil. It is also added to soup.

DESCRIPTION

A fern. It grows 60-120 cm high and wide. The rhizome is erect. The fronds are arching, triangular and divided. The fronds are pale green when young and become dark green. The midribs are covered with brown scales with buff brown edges.

HABITAT

It is a temperate plant. It is frost hardy. It grows in sheltered gullies in Alaska. It suits hardiness zones 5-8.

PRODUCTION

Harvesting and Seed Production

Young fiddleheads are harvested in the spring.

NOTES

There are about 200 Dryopteris species.

PICTURES



Credit: Food Plants International (Bruce French)

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