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.

Pteris vittata L.

GENUS *Pteris* **FAMILY** Pteridaceae

COMMON NAMES Chinese brake

EDIBLE PARTS AND USES

Edible parts: Shoots

Caution: It can accumulate arsenic.

DESCRIPTION

A fern. It has a short creeping rhizome. It is thick and covered wit papery scales. The fronds are 30-80 cm long. The upper leaflets are 10-15 cm long by 1 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

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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/c99ab887-d8d0-4152-bd31-52411e925cd8