PLANT FACT SHEET

Diplazium bellum (C.B.Clarke) Bir

GENUS *Diplazium* **FAMILY** Athyriaceae

COMMON NAMES He se shuang gai jue

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The young leaves or fronds are cooked and eaten in stir-fries and soup.

DESCRIPTION

A large fern. The rhizome is erect, robust and 70 cm tall by 20 cm across. The fertile fronds are 2.5 m long.

HABITAT

It is a temperate plant. It grows between 800-2,400 m above sea level in southern China.

NOTES

Also put in the family Woodsiaceae.

REFERENCES

Liu, Y., et al, 2012, Food uses of ferns in China: a review. Acta Societatis Botanicorum Poloniae 84(4): 263-270 (As Allantodia himalayensis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cab8d2c5-32a4-4b06-b0ff-d70de2accdaa