PLANT FACT SHEET

Angiopteris confertinervia Ching

GENUS *Angiopteris* **FAMILY** Marattiaceae

COMMON NAMES fern, Chi lai, Mong trau

EDIBLE PARTS AND USES

Edible parts: Root, Vegetable

DESCRIPTION

A fern with fronds which are twice divided. The fronds are 1.5-2 m long. The small leaflets are 9 cm long by 2 cm wide.

HABITAT

A tropical plant. It grows in southern China between 100-200 m above sea level.

NOTES

There are up to 100 (200) Angiopteris species.
Also put in the family Angiopteridaceae.

REFERENCES

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