PLANT FACT SHEET

Athyrium yokoscense (Franch. & Sav.) Christ.

GENUS *Athyrium* **FAMILY** Athyriaceae

COMMON NAMES fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

The leaves or fronds are cooked and eaten in stir-fries, cooked with other foods or used in soups.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant. It grows in rock crevices in forests in north China between 100-2,400 m above sea level.

NOTES

There are about 180 Athyrium species. They are also put in the family Woodsiaceae.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cd0d15b5-c911-4f42-a313-b0d23788ff96