PLANT FACT SHEET

Adiantum deflectens Mart.

GENUS *Adiantum* **FAMILY** Pteridaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Fronds - tea

DESCRIPTION

A fern. The stems are about 3 mm across. The leaves have 3 levels of divisions.

HABITAT

It is a tropical plant. In Bolivia it grows up to 1,000 m above sea level.

REFERENCES

Fagg, C. W. et al, 2015, Useful Brazilian plants listed in the manuscripts and publications of the Scottish medic and naturalist George Gardner (1812–1849). Journal of Ethnopharmacology 161 (2015) 18–29

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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/d41975da-89b0-445e-b6b1-b6f64a36933f