PLANT FACT SHEET

Onoclea orientalis (Hook.) Hook.

GENUS *Onoclea* **FAMILY** Onocleaceae

COMMON NAMES fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds

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

DESCRIPTION

A fern. The fern fronds have 12 or more leaflets in alternate pairs and these are divided into small lobes or divisions.

HABITAT

It is a temperate plant.

NOTES

There are 3 or 4 Matteuccia species. Also put in the family Woodsiaceae.

REFERENCES

Atti Reale Ist. Veneto Sci. Lett. Arti ser. 3, 14:586. 1869 (As Matteuccia orientalis)

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

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/ (As Matteuccia orientalis)

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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/d4909179-944f-44a7-9341-6e46c9d9fbb6