PLANT FACT SHEET

Huperzia lucidula Michx.

GENUS *Huperzia* **FAMILY** Lycopodiaceae

COMMON NAMES Shining club moss, Shining firmoss

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A moss that forms tufts 14-20 cm long. It has a creeping and branching underground rhizome. The leaves are 7-11 mm long and shorter at the nodes. They are narrow and sword shaped and shiny. There are irregular teeth along the edge.

HABITAT

It is a temperate plant. It grows in acid soils in pine and hardwood forests. It is often near streams.

NOTES

There are about 250-450 Lycopodium species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994) (As Lycopodium lucidulum)

Kuhnlein, H. V. and Turner, N. J., 1991, Traditional Plant Foods of Canadian Indigenous Peoples. Food and Nutrition in History and Anthropology Volume 8. Gordon and Breach. p 31 (As Lycopodium lucidulum)

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

PROVIDED BY **Food Plants International**

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/d9cec143-d822-4307-91c7-acc9463e6c7c