PLANT FACT SHEET

Pteridium aquilinum var. pubescens Underwood

GENUS *Pteridium* **FAMILY** Dennstaedtiaceae

COMMON NAMES Hairy bracken fern

EDIBLE PARTS AND USES

The rhizomes are roasted and peeled and the starchy centre eaten.
The young tops are cooked and eaten as greens.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

NOTES

This name is accepted in The Plant List.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 453

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/e196e728-fd88-415a-be40-4ed1d03a8327