PLANT FACT SHEET

Christella parasitica (Linn.) Lev.

GENUS *Christella* **FAMILY** Thelypteridaceae

COMMON NAMES Daa

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Rhizomes, Roots

The young fronds and rhizomes are cooked and eaten. They are also used in chicken soup.

DESCRIPTION

A fern.

HABITAT

It is a tropical plant.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.
Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e2f08ce5-f3dd-4a66-96d7-6e00340e2600