PLANT FACT SHEET

Woodwardia japonica (L.f.) Sm.

GENUS *Woodwardia* **FAMILY** Blechnaceae

EDIBLE PARTS AND USES

Edible parts: Rhizome - starch, Root

The starch in the rhizome is used for cakes and noodles.

DESCRIPTION

A fern. The rhizome is dark brown and lies along the ground. It is 5-6 cm across. The blade is twice divided.

HABITAT

It is a subtropical plant. In eastern China it grows between 300-1,500 m above sea level.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 86

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e911a5e9-8830-4d75-bb17-b51f6403efd4