PLANT FACT SHEET

Athyrium kuratae Seriz.

GENUS *Athyrium* **FAMILY** Athyriaceae

EDIBLE PARTS AND USES

Edible parts: Stem, Leaves, Roots

The young stem, leaves and roots are eaten as a vegetable.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

REFERENCES

Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. Journal of Ethnobiology and Ethnomedicine. 12:39

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/ed3c86ca-8733-4e54-aea7-5fb970d59d25