PLANT FACT SHEET

Dryopteris sieboldii (T. Moore) Kuntze

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Japanese wood fern

EDIBLE PARTS AND USES

Edible parts: Roots - flour

A flour is made from the roots.

DESCRIPTION

A fern. It grows 50 cm high and spreads 50 cm wide. The fronds are large and have leaflets along the stalk. There are 5-7 leaflets. These are blue-green in colour. The leaflets are oblong or sword shaped. The edges are irregular with fine teeth. The fertile fronds are larger.

HABITAT

A hardy fern. In China it grows between 400-900 m above sea level. It suits hardiness zones 7-10.

NOTES

There are about 200 Dryopteris species.
Also put in the family Polypodiaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ee6c2dfa-3255-4599-a98c-188c1c02c4a9