PLANT FACT SHEET

Hymenosplenium unilaterale (Lam.) Hayata

GENUS *Hymenosplenium* **FAMILY** Aspleniaceae

COMMON NAMES Pamohe

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root

The rhizomes are eaten as a snack or used in salads.

DESCRIPTION

A fern.

HABITAT

It is a tropical plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f4ecdc5b-1622-41e7-b527-ac73988219b5