PLANT FACT SHEET

Polypodium virginianum L.

GENUS *Polypodium* **FAMILY** Polypodiaceae

COMMON NAMES Rock polypody

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root

The rhizome is sun dried and stored for later use.
The rhizome can be eaten fresh. They have been used as a substitute for sugar.

DESCRIPTION

A fern. The leaves are 40 cm long and leathery.

HABITAT

It is a temperate plant. It grows on cliffs and rocky slopes. It suits hardiness zones 5-8.

REFERENCES

Jackes, D. A., Edible Forest Gardens

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 381

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 425

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 35

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f5fba26c-6906-4fd1-b672-576a70531a3f