PLANT FACT SHEET

Dryopteris arguta (Kaulf.) Watt.

GENUS *Dryopteris* **FAMILY** Dryopteridaceae

COMMON NAMES Yerb del golpe

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root

The rhizomes are eaten.

DESCRIPTION

A fern.

HABITAT

It is a temperate plant.

NOTES

Also in family Aspidiaceae.

REFERENCES

Bocek, B. R., 1984, Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington. Economic Botany 38(2): 240-255

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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/feb5347c-5b7f-4ae0-a732-1f91657f4ad3