PLANT FACT SHEET

Asplenium trichomanes L.

GENUS *Asplenium* **FAMILY** Aspleniaceae

COMMON NAMES Maidenhair spleenwort

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Vegetable

Caution: Probably only to be eaten in small amounts.
It may need drying or processing by cooking before using.
It is dried and used for tea.
The young tender shoots and leaves are eaten as a vegetable.

DESCRIPTION

A small fern. It grows 5-15 cm high.

HABITAT

A temperate plant. It grows in cracks in rocks and on mossy boulders. It grows in the mountains in the tropics.

NOTES

There are over 600-700 Asplenium ferns. They are mostly tropical and subtropical.

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Khan, M., et al, 2009, Wild Edible Plants of Sewa Catchment Area in Northwest Himalaya. Journal of Plant Development Sciences Vol.1:1-7 p 2

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038

Pieroni, A. & Soukand, R., 2017, The disappearing wild food and medicinal plant knowledge in a few mountain villages of North-Eastern Albania. Journal of Applied Botany and Food Quality 90, 58 - 67

www.eFloras.org Flora of China

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/fed6d94c-0645-4408-9354-17e561c9f19d