

Deer Fern

Blechnum spicant

North American Native



Blechnum (blek-num) from the Greek *blechnon*, a fern.

spicant (spee-kant) meaning tufted.



About the Species:

Zones: 5 - 8 **Height:** 18" **Spacing:** 18"

Family: *Blechnaceae*

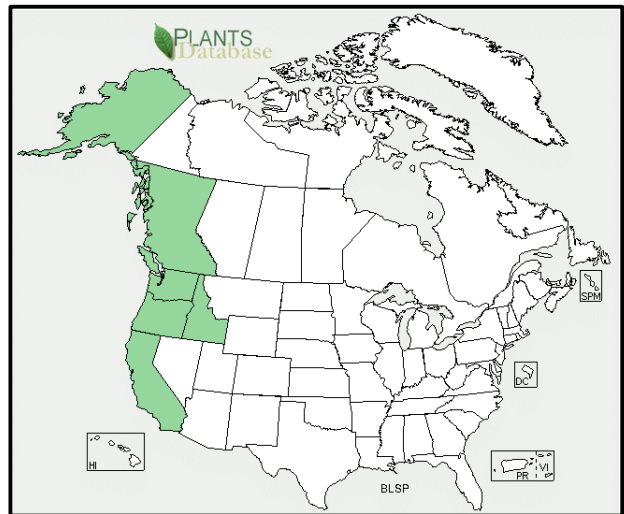
Narrow, lance-shaped evergreen fronds characterize the Deer fern. This sturdy fern forms a rosette of glossy green fronds at 8-20", and prefers the shady, acidic soil typical of its native northwestern U.S. environment.

Habitat: Moist dense woods of the northwestern coastal mountain ranges of the United States.

In the Garden: Plant in moist, acidic soil in full shade.

Other Uses:

Native Americans chewed Deer Fern leaves to treat lung and stomach disorders. Leaves were also used as a fiber for bedding and were eaten in times of food scarcity.



USDA Plants Database