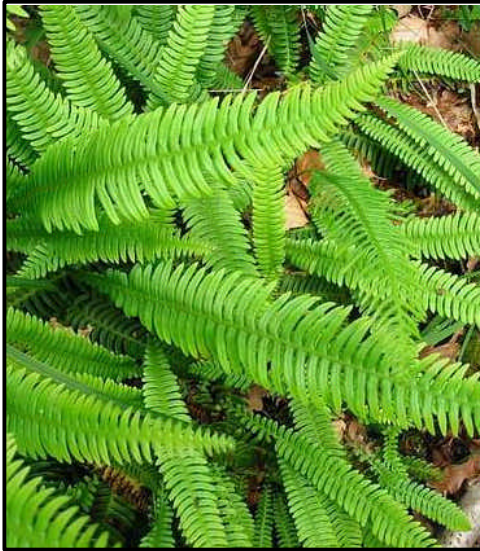


# Deer Fern

## *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*

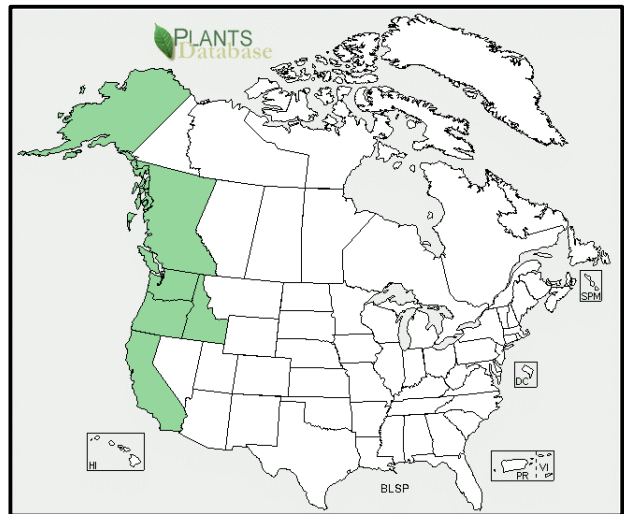
Narrow, lance-shaped evergreen fronds characterize the Deer fern. This sturdy fern forms a rosette of glossy green fronds at 8-20", and prefers the shady, acidic soil typical of its native northwestern U.S. environment.

**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