

Ferns



Adiantum aleuticum - Maidenhair Fern

Height: 60 cm **Hardiness:** Zone 3b
Exposure: Full-Partial shade **Soil:** Moist-Wet
Native Range: Canada: BC and AB
US: AK, AZ, CA, CO, ID, MT, NV, OR, UT, WA and WY

Hardy, yet delicate looking deciduous fern with liquorice black stems. Grow under native vine maples, near ponds or woodland gardens or in containers. Grows best in moist areas but will tolerate drier shady sites once well established. Mixed with yarrow, it is used as a hair rinse that adds body and lustre.

Price:
9/10 cm pot \$3.60 **15 cm pot** \$8.00



Athyrium filix-femina - Lady Fern

Height: 1.5 m **Hardiness:** Zone 3b
Exposure: Full -Partial shade **Soil:** Moist-Wet
Native Range: Canada: BC, NT, AB, SK, MB, YT, ON and QC
US: West and mid-western states.

Variety *cyclosorum*. A deciduous vase-shaped fern with erect fronds. One of the few native ferns that spreads readily on its own. Its lush green fronds make a lovely background for shady gardens, near wetlands or as a summer screen along shaded fence lines.

Price:
10 cm pot \$3.60 **15 cm pot** \$8.00



Blechnum spicant - Deer Fern

Height: 80 cm **Hardiness:** Zone 5b
Exposure: Full - Partial Shade **Soil:** Moist-Wet
Native Range: Canada: BC
US: AK, CA, ID, OR and WA

An elegant fern which sends upright fruiting fronds from a lower (30 cm) horizontal evergreen base. Deer fern grow well in poor, water-logged soils that dry slightly in summer. Rarely troubled by browsing deer, it makes a very attractive accent on its own under trees, along the north side of homes, edging shady paths or in containers that are kept moist.

Price:
9/10 cm pot \$3.60

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Gymnocarpium dryopteris - Oak Fern

Height: 25 cm **Hardiness:** Zone 3b
Exposure: Shade **Soil:** Moist
Native Range: Canada: All
US: Northern states plus AZ, CO, NM and UT

A small deciduous creeping fern that acts like a groundcover, forming dainty masses around taller woodland perennials and ferns. This precious fern grows well in moist woodland sites or on moist shaded rocky slopes and ledges. The Cree used the crushed fronds to soothe mosquito bites.

Price:
10 cm pot \$3.60



Matteuccia struthiopteris - Ostrich Fern

Height: 1-1.7 m **Hardiness:** Zone
Exposure: Shade **Soil:** Moist
Native Range: Canada: All
US: Eastern states.

Native fern along the Fraser River lowlands in Chilliwack. This is the true fiddlehead fern, grown for edible markets. It has a very attractive vase habit with broad fronds spreading gracefully outwards. This fern spreads by an underground stolon forming impressive stands under deciduous trees. Perfect for the moist soils on the shady side of a house with an under planting of oxalis.

Price:
10 cm pot \$3.60 **15 cm pot** \$10.00



Polypodium glycyrrhiza - Licorice Fern

Height: 20 cm **Hardiness:** Zone 7a
Exposure: Full-Partial shade **Soil:** Moist
Native Range: Canada: BC
US: AK, AZ, CA, ID, OR and WA

An evergreen fern that loves moist mossy ground with woody debris, or abundant bark mulch mixed in. Perfect for Xerces-scaping, this fern remains green during abundant moisture periods from fall to early summer and will become dormant during hot, dry spells in summer, then hardily rebound with the fall rains. The creeping rhizome has a licorice flavour and contains a compound 3000 times sweeter than sucrose. It was often used as a sweetener by coastal peoples.

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Polystichum munitum - Sword Fern

Height: To 1.5m **Hardiness:** Zone 5a
Exposure: Full - Partial shade **Soil:** Dry - Moist
Native Range: Canada: BC
US: AK, CA, ID, MT, OR, PA, SD and WA

Popular large, evergreen fern with graceful arching fronds that reach up to 1.5 meter in spread. Very tough fern for any shade or woodland garden and is useful as a background for shady beds. Some gardeners like to remove the old fronds in early spring, but when the evergreen leaves are left they form a mulch that is able to compete with buttercup. The leaves were used for lining boxes, baskets, fruit drying racks and as a stuffing material in bedding. Rarely troubled by browsing deer.

Price:

10 cm pot	\$3.60	15 cm pot	\$8.00
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