PLANT FACT SHEET

Blechnum spicant (L.) Roth.

GENUS *Blechnum* **FAMILY** Blechnaceae

COMMON NAMES Hard fern, Deer Fern, Ladder fern

EDIBLE PARTS AND USES

Edible parts: Leaves, Fronds, Root

DESCRIPTION

A fern with year round foliage. It grows 30-45 cm high and 45-60 cm wide. It grows in tufts. The sterile fronds form a large flat rosette. They grow almost flat on the ground. They are 15-20 cm long and 3.5 cm across. They have up to 60 pairs of closely set leaflets. The fertile fronds stand very upright from the centre of this. Frond shape can vary. The fertile fronds are 75 cm long.

Probably now Struthiopterus spicant (L.) F.W.Weiss.

HABITAT

It is a temperate plant. It is frost hardy. It grows in wet acidic soils and peat bogs. The soils need to be lime free. It suits hardiness zones 5-9.

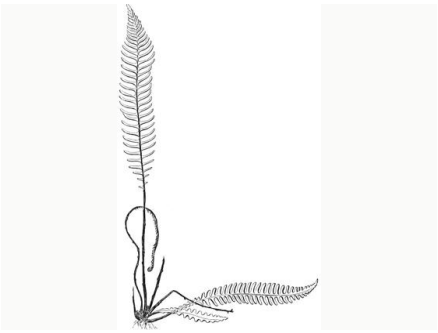
NOTES

There are between 150 and 200 Blechnum species.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4d51b371-5162-490a-b52f-76fad09153a2