PLANT FACT SHEET

# *Athyrium filix-femina* (L.) Roth. ex Mert.

**GENUS** *Athyrium* **FAMILY** Athyriaceae

**COMMON NAMES** Lady fern, Female fern

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fronds, Root

The young fiddleheads are steamed and eaten.
The underground rootstock and stem are peeled and roasted then eaten.
The starch is also extracted.

## DESCRIPTION

A clumping fern. It grows 45-90 cm high and wide. The fronds arise from erect rhizomes. They are usually divided into long pointed leaflets. They are finely divided and brittle. They break easily. It loses its fronds in winter months. There are many cultivated varieties.

## HABITAT

A temperate plant. It is frost hardy. It suits shady, moist situations. It suits hardiness zones 4-9.

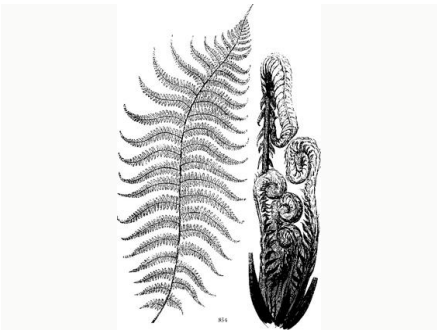
## NOTES

There are about 180 Athyrium species. Also put in the family Aspleniaceae and Woodsiaceae.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/dae3cad3-2e5b-476b-ace5-d675c426fce4