



photo: Arthur Haines

LADY FERN

Athyrium filix-femina

Lacy, light-green, arching fronds with finely-divided, pointed leaflets grace this shade-loving fern. Easy to grow and is low maintenance.

Benefits for Wildlife

- Food source for insects and snails, as well as deer and bears
- Provides shelter for toads, birds, and small mammals

Host to 4 caterpillar species:
(common names) Blackberry Leafminer Moth;
Gold-spotted Ghost Moth; Ghostly Fern
Moth; Conifer Swift Moth

Benefits for People

- Will spread by spores
- Protect from harsh winds as the fronds are somewhat brittle
- Great for erosion control

Growing Information

<i>Sunlight</i>	Part to full shade; will tolerate full sun if soil is kept constantly moist
<i>Soil Type</i>	Medium to moist, well-drained soil
<i>Height</i>	1-3'
<i>Width</i>	1-3'

Natural Habitat

- Rich, moist woods and thickets

