



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.

## Growing Information

- Sunlight** Part to full shade; will tolerate full sun if soil is kept constantly moist
- Soil Type** Medium to moist, well-drained soil
- Height** 1–3'
- Deer resistant**
- Flowering calendar** Non-flowering

## Benefits for People

- Will spread by spores
- Protect from harsh winds as the fronds are somewhat brittle

## Natural Habitat

- Rich, moist woods and thickets

## Benefits for Wildlife

- Leaves** Host plant for 4 species of moths
- Flowers** No
- Fruit** No
- Seeds** No
- Host to 4 caterpillar species:**  
(common names) Blackberry Leafminer Moth; Gold-spotted Ghost Moth; Ghostly Fern Moth; Conifer Swift Moth

