

*Elaine Mills, Extension Master Gardener*

### Common Ferns of Mid-Atlantic

#### Clumping

- [Ebony Spleenwort \(\*Asplenium platyneuron\*\)](#)
- [Marginal Wood Fern \(\*Dryopteris marginalis\*\)](#)
- [Christmas Fern \(\*Polystichum acrostichoides\*\)](#)

#### Slow-Spreading

- [Maidenhair Fern \(\*Adiantum pedatum\*\)](#)
- [Interrupted Fern \(\*Osmunda claytoniana\*\)](#) [new designation *Claytosmunda claytoniana*]
- [Cinnamon Fern \(\*Osmundastrum cinnamomeum\*\)](#)
- [Royal Fern \(\*Osmunda spectabilis\*\)](#) [formerly *Osmunda regalis*]

#### Fast-spreading

- [Hay-scented Fern \(\*Dennstaedtia punctilobula\*\)](#)
- [Lady Fern \(\*Athyrium asplenioides\*\)](#) [formerly *Athyrium felix-femina*]
- [Ostrich Fern \(\*Matteuccia struthiopteris\*\)](#)
- [Sensitive Fern \(\*Onoclea sensibilis\*\)](#)

### Additional Ferns of Northern Virginia

Native Ferns. Plant NOVA Natives.

<https://www.plantnovanatives.org/native-ferns>

- Evergreen Wood Fern (*Dryopteris intermedia*)
- Spinulose Wood Fern (*Dryopteris carthusiana*)
- Marsh Fern (*Thelypteris palustris*)
- New York Fern (*Parathelypteris noveboracensis*)
- Bracken Fern (*Pteridium aquilinum*)

[“The Shade Garden Showcases Ferns”](#) (ferns at Quarry Shade Demonstration Garden)



Glossary terms:

- Spores (tiny structures containing genetic material for new fern)
- Rhizome (underground stems, serve function of roots)
- [Fiddlehead or crozier](#) (coiled frond of young fern)
- [Ramentum](#) (thin brown scales protecting young fronds of ferns)
- [Frond](#) (leaf)
- [Stipe](#) (leafstalk)
- Lamina (blade or leafy area of frond)
- [Rachis](#) (midrib, vein)
- Pinna/pinnae (leaflets)
- Pinnatifid (frond lobed, remaining connected)
- Pinnate (frond divided into separate sections)
- Pinnule (secondary division of pinnate frond)
- Sorus/sori (cluster of sporangia, spore-producing receptacles)
- Sporangium/sporangia (enclosure in which spores are formed)

