Osmundastrum cinnamomeum* Cinnamon Fern

Tried and True Native Plant Selections for the Mid-Atlantic

Whether on the woodland floor or coming through shade-tolerant ornamentals, Cinnamon Fern fronds are beautiful when they unfurl in spring and then turn vibrant shades of gold and orange in fall. Fossil records date back 75-180 million years. This versatile, easy to grow <u>native</u> is found frequently to commonly throughout much of the Mid-Atlantic Region.



Height: 2–3 feet Spread: 2–3 feet Bloom Color: Non-flowering Characteristics Deciduous perennial in vase-shaped clump with massive rootstocks of densely matted, wiry roots Woolly hairs cover emerging fiddleheads Outward arching, lanceolate, pinnate-pinnatifid, sterile fronds w/ persistent hair tuft at pinna base Erect, fertile fronds with bead-like sporangia clusters appear early spring maturing from green to cinnamon, releasing spores, then promptly withering Vibrant fall foliage from golden to burnt orange Spreads slowly by rhizomes Attributes Tolerates dense shade and rabbits; no serious pests or diseases; deer rarely damage Root fiber used for potting orchids Ethnobolanic uses; eating fiddleheads may be unsafe Provides food for a few insects, nesting material (woolly fiddlehead covering) for birds, and protective cover when large colonies form Growing and Maintenance Tips Excellent Replacement for Dryopteris erythrosora - Japanese Shield Fern Hedera helix - English Ivy Water Requirements: Partial Shade, Shade Hedera helix - English Ivy Liriope spicata - Creeping Liriope * Formerly classified as Osmunda cinnamomea * To its suitable for a container with ora ora container with ora ora orangen with ora orangen bele. For eye-catching effect, set plants apant to accentuate their	Fern	Fiddleheads, Fertile & Sterile Fronds, Fall Foliage
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	Hardiness: USDA Zones 3–9	

developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria

Images by Mary Free (top), private garden, Arlington, VA and by Elaine Mills, Ladew Gardens, MD & Longwood Gardens, PA



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