

Sword Fern



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Polystichum munitum

PNW Native Plant

Large evergreen fern with erect scaly, lance-shaped leaves that form a crown

Ancient Fern

Cultural Uses:

Leaves are used for preparing food, bedding and flooring. It is also used as a lining between food in storage boxes and baskets. Used as a protective layer in traditional pit ovens. Spores used for medicine and roots for survival food. Roots were dug in the spring, peeled and roasted over a fire or steamed in a baking pit, and served with fresh or dried salmon eggs. Fiddle heads are the new growth on a sword fern. They

Moist to wet soils

Part sun

Full shade

Ecology: Loves moist forests, an abundant evergreen fern

General:

A large evergreen fern with erect leaves forming a crown. Leaves are lance shaped, erect to arching and pointed. The fossil record for ferns goes back 400 million years. They are very common in our Pacific Northwest Forests and extremely resilient.

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