

CINNAMON FERN

Osmundastrum cinnamomeum



FERN

Family:	Frn
Native to:	Canada to Mexico, Eastern Asia, West Indies
Hardiness Zones:	3 to 10
Bloom Time:	April to May
Height:	2 to 5 feet

Culture:

Cinnamon fern thrives best in acidic, rich, swampy soil, in sun or shade. It is an erect, statuesque, clump forming fern with arching fronds in a vase-shape circle from a crown-forming rhizome. In mid-spring, the fuzzy emerging fronds, known as croziers or fiddleheads, unfurl from the base of the plant into large, erect, pinnately-compound, yellowish-green, sterile fronds. Fertile fronds begin bright green in spring, turning to cinnamon brown throughout the summer.

Did you know?

Osmundastrum cinnamomeum is considered a living fossil because it has been identified in the geologic record value up to 180 million years ago.

Cinnamon Ferns do not produce cinnamon; they are named for the color of the fertile fronds fibers found near the frond bases.

Osmunda fiber which comes from the roots of these ferns is used in the potting of orchids.

Cinnamon fern has been historically used by the Abnaki and Menominee tribes as a food source. The Iroquois and Cherokee tribes used the fern for a wide variety of medicinal purposes including as a cold remedy, gynecological and venereal treatment, and as a remedy for snake bites.