<table>
<thead>
<tr>
<th><strong>Adiantum</strong></th>
<th>Maidenhair ferns range from very tender tropica to species that grow in Alaska. A couple types are fine here with adequate moisture.</th>
</tr>
</thead>
</table>
| capillis-veneris | *Southern maidenhair*  
Hardy outdoor maidenhair. Spreads freely when happy. |
| raddianum | ‘Fragrantissimum’ is a variety with dark green fronds. |

<table>
<thead>
<tr>
<th><strong>Alsophila</strong></th>
<th></th>
</tr>
</thead>
</table>
| australis | *Australian tree fern*  
Also sold as Cyathea cooperi. Not hardy here: will be badly damaged in a normal winter. |

<table>
<thead>
<tr>
<th><strong>Asplenium</strong></th>
<th></th>
</tr>
</thead>
</table>
| bulbiferum | *Mother fern*  
Slightly tender; damaged most winters, killed in very cold ones. Soft green foliage is very pretty. Little fernlets that sprout on fronds can be rooted in sand or soil. Grown as house plant. |
| nidus | *Bird's nest fern*  
Very easy house plant. Hardy enough to be on a protected porch. |

<table>
<thead>
<tr>
<th><strong>Athyrium</strong></th>
<th></th>
</tr>
</thead>
</table>
| nipponicum | ‘Pictum’  
*Japanese painted fern*  
Very hardy little accent fern grown for the colorful foliage which changes color as it ages. |

<table>
<thead>
<tr>
<th><strong>Blechnum</strong></th>
<th></th>
</tr>
</thead>
</table>
| spicant | *Deer fern*  
North coast native fern. Can grow in deep shade. |

<table>
<thead>
<tr>
<th><strong>Cyrtomium</strong></th>
<th></th>
</tr>
</thead>
</table>
| falcatum | Very tough plant. Most people don’t think it’s a fern. Normal garden watering is fine. Can take a fair amount of sun. Frost tolerant. Bold textured foliage. Weird bumps on the back are the sporangia.  
‘Rochfordianum’ is a selected form that stays more compact. |

*ferns for Sacramento Valley gardens*
Davallia

*trichomanoides*

*Squirrel's foot fern*

Dicksonia

*antarctica*

*Tasmanian tree fern*
The hardiest tree fern. Only one recommended here.

Doodia

*media*

*Rasp or Hacksaw fern*
Cute little accent fern. Not fussy. New fronds tinged pink. Being reclassified as Blechnum, so it will change to Blechnum medium.

Dryopteris

*erythrosora*

*Autumn fern*
Easy rosette-forming fern that makes a nice dark accent. Cold hardy. New fronds in spring are warm, “autumn” colors.

Microlephia

*strigosa*

*Lace fern*
Attractive little fern to about 2 x 2 feet. A little tender, but rarely killed by cold.

Nephrolepis

*cordifolia*

*Southern Sword Fern*
Very vigorous spreading fern. Tough, drought tolerant, almost invasive.

*exaltata*

*Southern sword fern*
N. cordifolia is similar. Foliage may be damaged by frost, but recovers.

ferns for Sacramento Valley gardens
Platycerium

*bifurcatum*

*Staghorn fern*
Fern with very odd growth habit of specialized fronds that wrap around whatever it’s growing on. So plan ahead. Considered tender but sometimes overwinters in protected spot. Grown as houseplant.

Polystichum

*munitum*

*Western sword fern*
Our native Western sword fern. Can get quite large, but usually about 3 to 4’ across here. Can take some drought. Cold hardy.

*setiferum*

*Soft shield fern*
Very divided fronds give a lacy effect. Cold hardy. Sometimes sold as English fern.

Pteris

*species*

Most species are somewhat frost tender. Great house plants.

Rumohra

*adiantiformis*

*Leatherleaf fern*
Same as Aspidium capense. Very tough fronds used in flower arrangements. Tolerate dry climate very well. Spreads slowly by rhizomes. Easy. Can be grown as house plant.

Woodwardia

*fimbriata*

*Giant chain fern*
Attractive upright grower to 3 - 4’. Will tolerate sun, somewhat dry conditions. One of the toughest ferns for our area.