

Sensitive Fern



**Shade-loving, and
deer Resistant.
Native to the East
Coast.**

Onoclea sensibilis

- **Use:** So named because the fronds turn an autumnal yellow and go dormant with the first frost and are hence “sensitive”. It is a very willing east coast native. It is not fussy about soil types. This is a creeper with wavy lobed sterile fronds of a soft green. Plantings are enhanced with a contrasting framework of darker foliaged plants. They emerge in late summer, turn woody and are held upright throughout the winter.
- **Exposure/Soil:** Best grown in organically rich, medium moisture, well-drained soil in part shade to full shade. Needs consistent moisture. Although native to swampy and marshy areas, it grows quite well in average garden soil as long as soil is not allowed to dry out. Usually grows taller in wet soils which it tolerates well. Spreads by both creeping rhizomes and spores, and can be somewhat aggressive in optimum growing conditions.
- **Growth:** The gracefully arching fronds of this fern are lime to medium-green in color and grow 3-4 ft. high and wide.
- **Hardiness:** Zone 4-8; Perennial
- **Foliage:** Deciduous. The fertile fronds are erect brown stalks with clusters of bead like tan pods enclosing the spores.
- **Flower:** none