



Washington Association Of Conservation Districts  
**PLANT MATERIAL CENTER**

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**DEER FERN**  
*Blechnum spicant*

**Distribution:** Deer Ferns are native west of the Cascades at low to mid elevations sometimes found in subalpine elevations and/or bogs.

**Growth Habit:** This evergreen resembles a small sword fern with the same growth habits. They enjoy moist to wet forest growing under alder and on stream banks. They do well with consistent moisture, light sunlight and prefer cool weather.

**Uses:** Elders used leaves for healing skin sores. They can be an important winter food source for deer and elk in some areas.

