

Osmunda cinnamomea
Cinnamon fern



Spring Foliage



Mature spores

Characteristics: Herbaceous, perennial, non-persistent fern.

Appearance:

Height – Up to 5 ft.

Aerial Spread – 2-3 ft.

Fruiting period – Spring (March-May)

Habitat (Community): Forested wetlands, stream banks, seepage slopes, bog edges.

Hydrology:

Indicator Status – Facultative wetland

Salinity – Fresh water; less than .5 ppt.

Non-Tidal Regime – Irregularly, seasonally, regularly, or permanently saturated

Wildlife Benefits: Leaves can be used as food for upland gamebirds and mammals (snowshoe hare, deer)

Distribution: Newfoundland to Minnesota, south to Florida, Texas, and New Mexico