

Comptonia peregrina

Sweet Fern

Native to Maine

Upland
Forests, Fields, and Developed Areas

Leaves



Vital Signs user cupcake scars 1



Look for lobed leaves 5 to 12 cm long that resemble ferns and are hairy. The leaves alternate on the stem and are very fragrant when crushed.

LEAF ARRANGEMENT	LEAF TYPE	LEAF/LEAFLET SHAPE	LEAF/LEAFLET EDGE
 ALTERNATE	 SIMPLE	 PALMATE	 LOBATE
 OPPOSITE	 COMPOUND-PALMATE	 LOBED	 TOOTHED
 WHORLED	 COMPOUND-PINNATE	 ROUND	 WAVY

Plant



Sten Porse



Look for a low-growing shrub reaching 1.5 m tall. This plant grows in dry pine forests and sunny areas with sandy soil.

Stem



www.nativehaunts.com

PERMITTED USE

Look for stems that are reddish-brown when young, turning coppery-brown with age. The bark has numerous lenticels (pores).

Seasonal Change



Jomegat



In spring look for small tassel-like flowers (catkins). In fall look for small clusters of edible nutlets that change from green to brown as they ripen.

Similar Species

Sweet Fern is not a true fern. It looks similar to ferns commonly found but can be distinguished from true ferns by its woody stem and shrublike growth habit.

Did You Know?

Sweet Fern has been used by North American Indians and settlers to treat a variety of skin conditions and other ailments.