

# Comptonia peregrina

Sweet Fern

Native to Maine

Upland  
Forests, Fields, and Developed Areas

## Leaves



Sten Porse



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.

## 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.

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

## 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.

[www.vitalsignsme.org](http://www.vitalsignsme.org)

## 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.

## Fun Fact

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