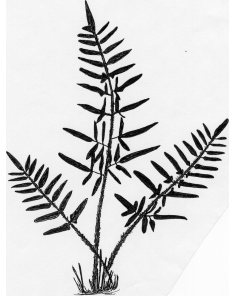


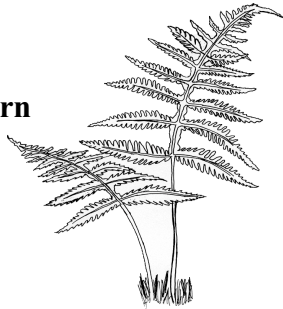
Marginal Shield Fern
MOH



**Purple-stemmed
Cliffbrake**
MBL, R

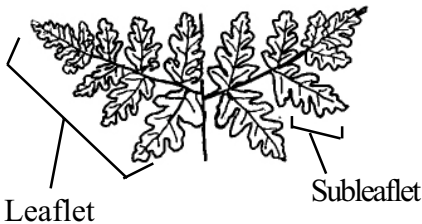


Hairy Lip Fern
MBL, R



Broad Beech Fern
MOH

Thrice-Cut Ferns



Lady Fern
SPS
Root tea used as a
diuretic; stem tea
used to ease labor
pains.



Hayscented Fern
XOH, MBL

Bracken Fern
XOH, MOH
(barren soils,
burned areas)
Various uses,
including a wash to promote hair growth.



Blunt-lobed Woodsia
SPS, R

Wooly Lip-Fern
SPS, R



Fragile Fern
SPS, R



References

North American Wildlife, Reader's
Digest, 1982.

Peterson Field Guide to Ferns, Boughton
Cobb, 1984.

*Peterson Field Guide to Medicinal Plants
and Herbs*. Steven Foster and
James Duke, 2000.

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Ferns

Mount Magazine State Park



Rattlesnake Fern

Artwork by Lori Spencer

Ferns are an attractive and important part of the park's vegetation. Native Americans used several for utilitarian and medicinal purposes. Many ferns have unknown toxicity, however, and may be dangerous to use.

Typically, ferns are found in moist, rich, shady woods on north-facing slopes. Twenty-two species are found within Mount Magazine State Park. Some ferns are abundant, some are rare, and all are protected by law. For simplicity, each fern is designated with a letter code for its community/habitat.

SPS = *Sphagnum seep*. Found on small seepage areas, usually where there is seepage across a sandstone outcrop or where a springfed stream flows. Can be found in parts of Moss-back ridge, north and south rims, and Dripping Springs.

MOH = *Mesic oak-hickory*. Dominants are white oak, N. red oak, and hickories. Mainly found on north slopes and shaded, moist ravines. Includes most trails.

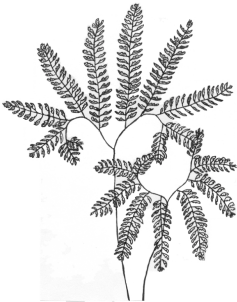
MBL = *Mesic bluffline*. Forest community, with presence of outcropping bluffline. Concentrated on the north rim.

XOH = *Xeric oak-hickory*. Located on dry south slopes, at higher elevations, dominated by post oak and blackjack oak. Extensive on the south side above 2000 feet.

T= ferns growing on trees
R= ferns usually growing in rock crevices

Uniquely Shaped Ferns

Maidenhair Fern
MOH
Stems used as a hair wash for shine.



Cut-Leaved Grape Fern
SPS, XOH

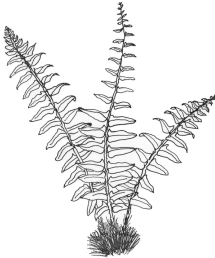
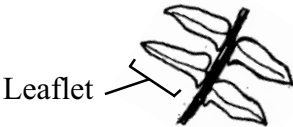


Rattlesnake Fern
SPS, MOH
Root poultice used for snakebites, bruises, cuts, & sores.

Walking Fern
SPS, R



Once-Cut Ferns



Christmas Fern
MBL
Root tea used for chills, fever, stomach-aches, pneumonia.

Common Polypody
MBL, T
Various uses, including root tea for sore throats and tapeworms.

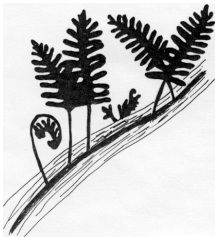


Little Gray Polypody
MBL, T



Maidenhair Spleenwort

MBL, R
Resurrection Fern
MBL, T
Leaf tea used for headaches and bleeding gums.

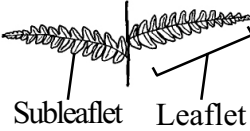


Ebony Spleenwort
MBL, R



Narrow-leaved Spleenwort
MOH

Twice-Cut Ferns



Cinnamon Fern
SPS



Royal Fern
SPS



Rocky Mountain Woodsia
MOH, MBL, R