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Adiantum aleuticum

[Synonyms : *Adiantum boreale*, *Adiantum pedatum*, *Adiantum pedatum* var. *aleuticum*,
Adiantum pedatum subsp. *calderi*, *Adiantum pedatum* var. *subpumilum*]

ALEUTIAN MAIDENHAIR is a semi-evergreen fern. Native to western North America and eastern Asia it has black stems bearing a fan-shape arrangement of fingered green fronds. It is also known as Aleutian maidenhair fern, Bird's foot maidenhair fern, Five-fingered maidenhair, Maidenhair fern, Northern maidenhair fern, and Western maidenhair.

Aleuticum means 'of or from the Aleutian Islands in the northern Pacific'.

The stems were used by several North American Indian tribes including the Quinault Indians and the Makah, Tolowa, Karok and Yurok tribes from the California and Washington areas in the west respectively for basketry. The Californian Pomo tribe on the other hand used the stems as a form of jewelry as they were worn (often decorated with feathers) in the ear lobes as keepers to ensure the ear ring hole did not close.

The leaves of aleutian maidenhair were used as a hair wash by the Skokomish, the Lummi and the Makah Indians.

As a medicine the Makah tribe chewed the leaves to ease some stomach problems and to alleviate internal haemorrhaging. Some Indian tribes also used the underground stem in treatments for coughs and catarrh.

Aleutian maidenhair is cultivated as an ornamental plant.