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*Adiantum tenerum*

[Synonyms : *Adiantum extensum*, *Adiantum tenerum* var. *obtusissimum*, *Adiantum trapezoides*]

**FAN MAIDENHAIR FERN** is an evergreen fern. Native from southern North America to northern South America (including the Caribbean) it has shiny dark purple and black stems bearing glossy purple-black stalked fronds of fan-shaped green leaflets.

It is also known as *Adiantum* (Swedish), Black-stick maidenhair, Brittle maidenhair fern, Brittle maiden's hair, Delicate maidenhair, *Huntuadiantumi* (Finnish), and Maidenhair fern.

*Tenerum* is Latin (delicate, tender, soft) meaning 'slender, tender or delicate'.

Fan maidenhair fern is cultivated as an ornamental plant.

Medicinally, local herbalists (especially in Mexico) prescribed a plant decoction as treatment for some period problems, chest ailments and kidney disorders.