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Asplenium ceterach

[Synonyms : *Asplenium officinarum*, *Ceterach officinarum*, *Graminitis ceterach*,
Hemidictyum ceterach, *Scolopendrium ceterach*]

RUSTYBACK is an evergreen fern. Native to Europe and the Middle East (including Saudi Arabia) it has sage green fronds that are silvery turning to reddish-brown veined beneath. It is also known as *Cedracca comune* (Italian), *Ceterach*, Common spleenwort, Fern, Finger fern, *Herbe dorée* (French), *Kattgullbraken* (Swedish), Miltwaste, *Mjaltbraken* (Swedish), Rock fern, Rustyback fern, Scale fern, Scaly fern, Scaly spleenwort, and *Schriftfarn* (German).

Warning – authorities say that rustyback needs to be treated with caution.

Ceterach is an Arabic name.

Medicinally, herbalists once used rustyback for the treatment of some urinary disorders and to prevent kidney ailments.