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Cryptogramma crispa

[Synonyms : *Allosurus crispus*, *Cryptogramma sitchensis*, *Osmunda crispa*, *Pteris crispa*]

PARSLEY FERN is a deciduous fern. Native to Europe (including Britain) it has small feathery, bright green fronds.

It is also known as Curled allosorus, Curled rock brake, European parsley fern, *Jinořadec kadeřavý* (Czech), *Krusbräken* (Swedish), *Kučeravec čiarkovitý* (Slovak), Mountain parsley fern, and Sitka rockbrake.

Parsley fern is a protected plant in the Irish Republic under the Flora Protection Order 1987.

Crispa means ‘closely curled, finely or irregularly wavy’.

It would seem that parsley fern came to be known to the North American Thompson Indians who recognized medicinal qualities in it. They took an infusion of strained fronds as a remedy for gallstones – and applied it externally as an eyewash.