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Cystopteris fragilis

[Synonyms : *Aspidium dentatum*, *Aspidium fragile*, *Aspidium fragile* var. *fumarioides*, *Aspidium viridulum*, *Athyrium dentatum*, *Athyrium fragile*, *Athyrium fumarioides*, *Cyathea anthriscifolia*, *Cyathea cynapifolia*, *Cyathea fragilis*, *Cyclopteris fragile*, *Cystea fragile*, *Cystea angustata*, *Cystea dentata*, *Cystea fragilis*, *Cystopteris acita*, *Cystopteris baenitzii*, *Cystopteris canariensis*, *Cystopteris dentata*, *Cystopteris diaphana*, *Cystopteris dickieana*, *Cystopteris emarginata-denticulata*, *Cystopteris filix-fragilis*, *Cystopteris fragilis* var. *acutidentata*, *Cystopteris fragilis* var. *angustata*, *Cystopteris fragilis* var. *apiiformis*, *Cystopteris fragilis* var. *baenitzii*, *Cystopteris fragilis* var. *dentata*, *Cystopteris fragilis* subsp. *diaphana*, *Cystopteris fragilis* subsp. *dickieana*, *Cystopteris fragilis* subsp. *emarginata-denticulata*, *Cystopteris fragilis* var. *eufragilis*, *Cystopteris fragilis* var. *fragilis*, *Cystopteris fragilis* var. *genuina*, *Cystopteris fragilis* var. *lobulatodentata*, *Cystopteris fragilis* var. *mackayii*, *Cystopteris fragilis* var. *pinnatipartita*, *Cystopteris fragilis* var. *rupestris*, *Cystopteris fragilis* var. *vulgaris*, *Cystopteris fragilis* var. *woodsoides*, *Cystopteris fumarioides*, *Cystopteris orientalis*, *Cystopteris polymorpha*, *Cystopteris translucens*, *Cystopteris viridula*, *Filix fragilis*, *Polypodium anthriscifolium*, *Polypodium cynapifolium*, *Polypodium dentatum*, *Polypodium diaphanum*, *Polypodium filix-fragile*, *Polypodium fragile*, *Polypodium fragile* var. *angustatum*]

BRITTLE BLADDERFERN is a deciduous tufted fern. Native to the temperate northern hemisphere and as far south as Chile, it has broadly lance-shaped green fronds.

It is also known as *Blaasvaren* (Dutch), Bladder fern, Brittle fern, Diaphanous bladderfern, Fragile fern, *Friodh raineach* (Scots Gaelic), *Gemeiner Blasenfarne* (German), Greenish bladder fern, *Haurasloikko* (Finnish), Northern fragile fern, *Plúzgiernik krehký* (Slovak), *Puchýřník křehký* (Czech), Slender fern, *Stenbräken* (Swedish), and *Zerbrechlicher Blasenfarne* (German).

Brittle bladderfern is considered to be threatened in the wild in Britain.

Fragilis is derived from Latin *frango* (to break, break in pieces, shatter) meaning ‘fragile, brittle or (occasionally) wilting quickly’.

For some of the Navajo North American Indians brittle bladderfern offered an ingredient in a lotion applied to wounds, while for the Sotho tribe in southern Africa a decoction of underground stem has provided a medicine for treating worms.

The underground stem is viewed as famine food today – and even then only as a last resort.

Brittle bladderfern is cultivated both as ground cover and as an ornamental plant.