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Cystopteris montana

[Synonyms : *Aspidium montanum*, *Athyrium montanum*, *Cyathea montana*, *Cyste montana*, *Cystopteris allioni*, *Cystopteris myrrhidifolium*, *Filicula montana*, *Filix montana*, *Polypodium montanum*, *Polypodium myrrhidifolium*]

BLADDER MOUNTAIN-FERN is a deciduous fern. Native to the temperate northern hemisphere it has triangular green fronds.

It is also known as *Finbräken* (Swedish), Mountain bladder, Mountain bladder fern, Mountain-lace fern, and *Vuoriloikko* (Finnish).

Bladder mountain-fern is considered to be threatened in the wild in Britain.

Montana is derived from Latin *mons* (mountain) meaning ‘of or from mountains’.

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

Bladder mountain-fern is cultivated as an ornamental plant.