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Dryopteris expansa

[Synonyms : *Dryopteris assimilis*, *Dryopteris dilatata*, *Dryopteris dilatata* subsp. *americana*, *Dryopteris spinulosa* subsp. *assimilis*, *Dryopteris spinulosa* var. *dilatata*, *Lastrea expansa*, *Nephrodium expansum*]

NORTHERN BUCKLER-FERN is a fern. Native to northern temperate regions it has egg-shaped green fronds.

It is also known as Broad buckler-fern, *Kaprad' horská* (Czech), *Kaprad' podobná* (Czech), *Nordbräken* (Swedish), *Nordlig lundbräken* (Swedish), *Paprad'* (Slovak), *Raineach nan radan thuathach* (Scots Gaelic), Shield fern, Spiny woodfern, and Spreading woodfern. *Expansa* means 'expanded or spread out'.

The underground stems have provided food for the Thompson, Klallam and Cowlitz North American Indian tribes while the Alaskan Inuits used the foliage as a vegetable or an ingredient in soup.

The Snohomish Indians used a leaf infusion as a hair wash (and the root has been used to treat dandruff).

For the Klallam tribe the fern was also a source of medicine as the pounded roots were applied to cuts.