

**Athyriaceae (Lady Fern Family) Key**  
**Key to species in Newfoundland and Labrador**  
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- 1a. Fronds bipinnate-pinnatifid, elliptic, widest at or near the middle; stipes shorter than the blades; blades 30–70 cm long by 10–35 cm wide; sori indusiate, straight or J-shaped, with the hooked end towards the tip of each pinnule; sori developing mid-season; common, plants of boreal to subalpine forested habitats.....  
 ..... ***Athyrium filix-femina* var. *angustum*** (northeastern lady fern)
- 1b. Fronds bi- to tripinnate-pinnatifid, narrowly elliptic to oblong-lanceolate, widest below the middle; stipes much shorter than the blades; blades 15–55 cm long by 3–25 cm wide; sori naked, round or oval, lacking an indusium, sori preformed as the fronds emerge from amongst a clump of persistent stipe bases; rare, ferns of rocky alpine habitats and melted snowbeds. .... ***Athyrium distentifolium* var. *americanum*** (American alpine lady fern)

***Athyrium* (Athyriaceae) Comparison Chart**

Species:	<b><i>Athyrium filix-femina</i> var. <i>angustum</i></b>	<b><i>Athyrium distentifolium</i> var. <i>americanum</i></b>
	northeastern lady fern	American alpine lady fern
<b>Stipe</b>	15–55 cm long, shorter than the blade; stipes straw-colored near the blade, darker and swollen at the base	10–30 cm long, much shorter than the blade; stipes straw-colored or red-brown near the blade, darker and swollen at the base
<b>Blade</b>	30–75 cm long × 10–35 cm wide; <b>bipinnate-pinnatifid</b> , elliptic; broadest near or just below the middle, tapering to the base	15–55 mm long × 3–25 cm wide; <b>bi-tripinnate-pinnatifid</b> , oblong-lanceolate; broadest below the middle; ± narrower at base
<b>Pinnae</b>	<b>sessile</b> , oblong-lanceolate, tapering gradually to an acuminate apex; <b>pinnules pinnatifid, margins serrate</b>	<b>short-stalked</b> , narrowly triangular to oblong, apex acute; <b>pinnules deeply pinnatifid, margins crenulate</b>
<b>Sori</b>	<b>straight or hooked (J-shaped) at the tip; indusium attached along the inner margin of the vein</b> , the tip curving outward; sori developing mid-season	<b>round to elliptic</b> ; situated near the pinnae margin; <b>indusia absent; immature sori well developed as fronds unfurl</b>
<b>Habitat</b>	boreal to subalpine <b>forested habitats</b> , meadows, stream margins	<b>talus slopes, rocky alpine slopes, or melting snowbeds</b>