

Growing and caring for Adiantums

Adiantums are among the most popular ferns and make ideal pot plants in the right conditions. There is a wide range of species and a huge range of cultivars which produce an amazing variation of fronds.



Common name Maidenhair

Cultivation Adiantums grow in a wide variety of habitats but are always where there is adequate moisture; some grow in shade while others tolerate bright sunny situations; some grow along streams/creeks; others on crevices on rock faces. Generally Adiantums prefer a well lit growing area with filtered sunlight or exposure to morning sun. Avoid sun burning. Adiantums like air movement around them but need protection from winds. Many Adiantums grow well under 70% shade cloth.

Adiantums are most commonly grown in pots/baskets in potting mix and some species and cultivars grow well in the ground.

Potting Mix Adiantums grow best in a well drained open good quality potting mix containing humus such as cow manure, tree fern fibre, leaf mould, peatmoss, or perlite to improve water holding capacity. A small amount of lime or dolomite is beneficial. Adiantums are better underpotted than overpotted and usually only need repotting each year or two; best done in spring at the beginning of the growing season.

Watering Adiantums require regular watering in summer but less in winter when growth is slow or absent. Avoid wetting the foliage; this is done by raising the fronds with the back of the hand and watering underneath. Waterwell pots and wicks are used by many fern enthusiasts. Standing pots on pebbles in a saucer of water helps to increase humidity.

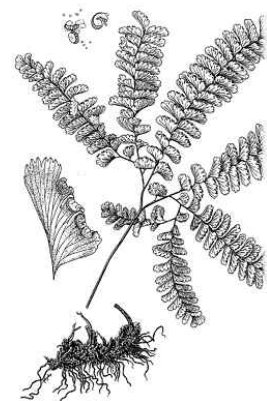
Fertilisation From spring to autumn Adiantums benefit from fertilizing in small doses at half-strength fortnightly or monthly. Fish emulsion, seaweed extracts and liquid cow manure are all good. Slow release fertilizers can be added to the potting mix. Fertiliser only when the mix is moist. It is useful to turn the fern regularly to promote even growth.

Some hardy Adiantums to grow

Adiantum raddianum and its many cultivars - pots/baskets/ground

Adiantum capillus veneris and its many cultivars -
pots/baskets/ground

Adiantum hispidulum - pots/baskets



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