



Summer Flowers of La Plagne

Identification Guide for midsummer, arranged by colour



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Summer Flowers of La Plagne

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Warning – some plants are poisonous, never eat wild plants!

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Summer Flowers of La Plagne

Veratrum album

White Hellibore

Vératre de Lobel



Similar species: Docks (*Blitum bonus-henricus* & *Rumex alpinus*) also have large leaves, but without the concertina folds. They also have dense spikes of small flowers, but they are much darker-coloured

Melanthiaceae

bunchflowers

Concertinaed, broad, ovate Hosta-like leaves, and tall white or pale yellow spikes of small flowers will be produced later in the summer

An extremely poisonous plant, once used medicinally, but only on a 'kill or cure' basis. Indians selected their new chief with it - the last man standing. Alexander the Great may have been poisoned with it

Veratrum comes from Latin vera (truly) and atra (black), because of its very dark roots, while album means white



Summer Flowers of La Plagne

Anemone halleri

Ranunculaceae

Haller's Anemone

buttercups

Pulsatille de Haller



Spring flowers with 4 purple petals that fade to brown by summer. Feathery seed heads then grow above hairy stems and buttercup-like leaves

Other species have medicinal uses, but this species is known mainly for its horticultural use as an ornamental early-flowering spring bulb

Anemone means daughter of the wind (anemos) in Greek. Dr Albrecht von Haller was a Swiss 18th Century doctor, botanist and poet

*Similar species: Alpine avens (*Geum montanum*) also develops large balls of feathery seeds, but they are browner, and the flowers are yellow, not purple*



Summer Flowers of La Plagne

Centaurea nervosa

Asteraceae

Feathered Knapweed

daisies

Centaurée nervée



Single flower heads with long, feathered bract tips below, and short leaf spines. Long, ragged petals like those of Mountain Knapweed, *C. montana*, but pink, will appear later

Similar knapweeds are used medicinally for treating problems with eyes and the digestive system, and they are all good pollen producers for butterflies and bees

Similar species: Mountain Knapweed lacks feathered bracts and has spineless leaves. Alpine Thistle (*Carduus defloratus*), Marsh Thistle (*Cirsium palustre*) and The Really Really Spiny Thistle (*Cirsium spinosissimum*) all have far more spines on the leaves or the stems

'Centaury' plants were found to have healing powers by a wise old Centaur (half horse, half man) of Greek mythology. Prominent ribs ('nerves') beneath the leaves give rise to the species name, *nervosa*, and knap means knot



Summer Flowers of La Plagne

Cirsium spinosissimum

Asteraceae

The Really Really Spiny Thistle

daisies

Cirse très épineux



Bright spiny leaves, and cream-coloured, leaf-like bracts that enclose the short and much less conspicuous dull brown flower heads

Shepherds in the Alps used to cook up the large heads as a vegetable

*Similar species: Alpine Thistle (*Carduus defloratus*) has purple petals. Marsh Thistle (*Cirsium palustre*) has multiple purple flower heads. Feathered Knapweed (*Centaurea nervosa*) has feathered bracts and longer, purple petals.*

Cirsium is from the Greek for thistle, but also for swollen veins, which were treated with thistle extracts, as were liver problems. This species is really really spiny, hence the species name, meaning the most spiny in Latin



Summer Flowers of La Plagne

Gentiana punctata

Gentianaceae

Spotted Gentian

gentians

Gentiane ponctuée



Clusters of bell-shaped yellow-green flowers with darker purple or brown spots. Large, broad leaves grow right up the stem to the flowers, which will open further later in the summer

The very bitter root extracts of gentians have been used in traditional medicine for a very wide range of disorders of the skin, stomach, nerves and joints

Gentiana commemorates Gentius, a king of Ancient Greece, while punctata refers to the spots on the flowers from Latin for spotted (punctatus)

Similar species: none



Summer Flowers of La Plagne

Listera ovata

Orchidaceae

Twayblade

orchids

Grande listère



Tiny pale green inconspicuous flowers with small petals, and paired ovate leaves arising close together at stem base

No uses

Similar species: Small White Orchid (Pseudorchis albida) has larger, creamier flowers and single narrow leaves up the stem

Listera was named in honour of Dr Martin Lister from Buckinghamshire, physician to Queen Anne, botanist, spider and mollusc expert, initiator of geological maps; ovata is for the leaf shape



Summer Flowers of La Plagne

Pseudorchis albida

Orchidaceae

Small White Orchid

orchids

Orchis blanc



Small white to pale green or pale yellow flowers, partially turning brown amid broad bracts with long leaves

No known uses

Pseudorchis comes from Greek pseudes (false) and Orchis, and albida is Latin for whitish

Similar species: Twayblade (Listera ovata) has greener flowers and ovate leaves in basal pairs



Summer Flowers of La Plagne

Polygonatum verticillatum

Asparagaceae

Whorled Solomon's Seal

asparagus

Sceau de Salomon verticillé



Bell-like greenish-white tubular flowers dangle below whorls (verticels) of narrow leaves that encircle the upright stem

The plant parts have been used for very many medicinal purposes for most parts of the body, even including the removal of unwanted freckles

Polygonatum is from the rhizomes with many (poly) joints like knees (gonato in Greek). They also have round scars like the Star of David emblem on the signet ring of King Solomon, used for sealing documents with wax

Similar species: none



Summer Flowers of La Plagne

Luzula nivea

Snowy Woodrush

Luzule couleur de neige



Similar species: none



Juncaceae

rushes

White flowers with bracts rather than petals are borne in clusters, and leaves are very long and grass-like

The member of the Rush family with the showiest flowers, growing in damp places

Luzula is probably derived from the Latin for light, lux, + diminutive -ula for their luminance, like little lights in the shade, and nivea is Latin for snow-white



Summer Flowers of La Plagne

Galium album

Rubiaceae

Hedge Bedstraw, White Bedstraw

bedstraws

Gaillet blanc



Tall smooth square stems, upright branches, small white flowers, a starburst of narrow non-sticky leaves radiating from the stems, and sticky hooked seeds

Dried bedstraws make a springy mattress with a pleasant aroma. Used for pretty much every known ailment, even freckles. They can also be eaten and the roots make a red dye

Similar species: Pearlwort (Sagina glabra) has similar small white flowers but the petals are rounded, not pointed, and the leaves are not in whorls. Field Chickweed (Cerastium arvense) and Rock Champion (Atocion rupestre) have notched petals and unwhorled leaves

Galium is from the Greek for milk (gala), from the milky appearance of the mass of small white flowers, album is Latin for white



Summer Flowers of La Plagne

Sagina glabra

Pearlwort

Sagine glabre



Similar species: The Campions and Field Chickweed (Cerastium arvense) all have similar flowers but notched petals, while Goosegrass (Galium album) has similar flowers but pointed petals, and whorled leaves

Caryophyllaceae

pinks

*Mat-forming with unnotched petals, and short, single grass-like leaves from creeping stems.
Egg-shaped flower buds on narrow stalks*

Sometimes grown as a ground-cover for paths, steps and rockeries, producing smooth moss-like mats or humps, sometimes using a yellow-leaved cultivar

Sagina is Latin for fattening—a related species was once used as animal fodder, glabra is Latin for hairless, and pearlwort comes from the pearly shape of the flower buds



Summer Flowers of La Plagne

Cerastium arvense

Caryophyllaceae

Field Chickweed

pinks

Céraiste des champs



Extremely delicate, partially transparent notched petals, straggling habit, and paired, flat, narrow leaves

Traditionally used as a general astringent to reduce bleeding, and specifically during pregnancy to avoid miscarriage. Prefers alkaline soils

Similar species: Rock campion (*Atocion rupestre*) has similar flowers, but the petals are not translucent and have coronal scales. Pearlwort (*Sagina glabra*) has unnotched petals. The other white campions have long or swollen calyx tubes behind the petals, deeper notches, and are taller

Cerastium comes from the Greek for horn (*keras*) because of the seed shape, and *arvense* is Latin for "of the fields"



Summer Flowers of La Plagne

Atocion rupestre

Caryophyllaceae

Rock campion

pinks

Silène des rochers



Pure white, oval, shallowly notched petals with distinct central corona of small scales, mat-forming habit with thick, paired, cupped, waxy, blue-green ovate leaves

Prefers stony or shallow infertile soils, such as those on quartzite, here shown on stony glacial debris (till) deposited by a retreating glacier

Similar species: Field Chickweed (*Cerastium arvense*) has similar flowers, but the petals are translucent and lack coronal scales, as do those of Pearlwort (*Sagina glabra*) which has narrow, grass-like leaves. The other white campions have long or swollen calyx tubes behind the petals, and are taller

Atocion comes from Latin for childbirth (*tocos*) with 'a' for lack or absence, from a different species once thought to lead to sterility, while *rupestre* means 'of the rocky cliff' (*rupes*)



Summer Flowers of La Plagne

Lamium album

Lamiaceae

White Dead-nettle

mints

Lamier blanc



Small, very sparse white or centrally yellowish flowers and nettle-like leaves, but with no sting to the leaf hairs

Leaves are used as salad, and traditionally 'to make the heart merry, to make a good colour in the face, and to make the vital spirits more fresh and lively'

Lamium comes from lamia, Greek for an open mouth, because of the shape of the flowers, while album is Latin for white

Similar species: none



Summer Flowers of La Plagne

Paradisea liliastrum

Asparagaceae

St Bruno's Lily

asparagus

Lis de Saint-Bruno



Narrow, almost grass-like leaves, and large trumpet-shaped flowers with bright yellow anthers

No known uses, although Dioscorides recorded the use in ancient Rome of the root of a similar species, St Bernard's Lily (Anthericum liliago) for treating spider bites and scorpion stings

St Bruno started the Carthusian monasteries in 1084, high in the Chartreuse Mountains near Chambéry. The reclusive monks wore tall white trumpet-shaped hats, rather like these flowers

Similar species: St Bernard's Lily (Anthericum liliago) has smaller flowers with narrower petals



Summer Flowers of La Plagne

Bistorta vivipara

Polygonaceae

Alpine Bistort

knotweeds

Renouée vivipare



Thick upright leaves with serrated edges and papery sheaths, spikes of small white flowers with purple anthers

Eaten as vegetable or grain, and used in Iceland for bad breath and loose teeth, and in China for diarrhoea and snake bites, among other things

Bistorta is from Latin twice (bis) and twisted (tortus), for the roots, and vivipara is from vivus (alive) and parere (to beget), from the viviparous seed, growing on the parent plant

Similar species: Alpine Bistort (Bistorta officinalis) is taller with pink flowers



Summer Flowers of La Plagne

Silene vulgaris

Bladder Campion

Silène enflé



Similar species: Nottingham Catchfly (*Silene nutans*) has much thinner bladders with sticky hairs

Caryophyllaceae

pinks

White flowers with broad petals on short stems, with a very swollen, bladder-like, hairless calyx tube with a network of veins

No known uses

Silene comes from the old Greek God Silenus, who had a rotund body behind a white ring of hair & beard, and vulgaris is Latin for common



Summer Flowers of La Plagne

Silene nutans

Nottingham Catchfly

Silène penché



Similar species: Bladder Campion (*Silene vulgaris*) has much larger bladders



Caryophyllaceae

pinks

White flowers on tall stems, with narrow petals that unfurl at dusk, releasing a scent for night-flying insects. The slender, striped calyx tube has sticky hairs that can trap insects

No known uses

Silene comes from old Greek God, Silenus, who had a rotund body behind a white ring of hair & beard, and nutans is Latin for nodding. Once abundant on the walls of Nottingham Castle



Summer Flowers of La Plagne

Trifolium montanum

Fabaceae

Mountain Clover

legumes

Trèfle des montagnes



Dense heads of white to light pink flowers on tall, often branched hairy stems, and narrow or oval, finely toothed leaves

Useful as a nitrogen-fixing pasture plant

Trifolium means 3-leaved from Latin for leaf (folium)

Similar species: White Clover (Trifolium repens) is much shorter with leaves that are nearly round. Kidney Vetch (Anthyllis vulneraria) has looser heads and narrower leaves in larger numbers



Summer Flowers of La Plagne

Trifolium repens

Fabaceae

White Clover

legumes

Trèfle blanc



Dense heads of white flowers on short, hairless, often creeping stems, with round, completely hairless leaves

Very widely planted in pasture seed mixes for its nitrogen fixing ability, and also has antiparasitic activity

Trifolium means 3-leaved from Latin for three (tres) and leaf (folium), while repens is Latin for creeping

Similar species: Alpine Clover (Trifolium montanum) is much taller with much longer, narrower leaves. Kidney Vetch (Anthyllis vulneraria) has looser heads and narrower leaves in larger numbers than 3



Summer Flowers of La Plagne

Gymnadenia conopsea var. alba

Orchidaceae

(White) Fragrant Orchid

orchids

Orchis moustique



Narrow leaves and wide unmarked flowers with very long nectar spurs, flowers white in this variety rather than the more usual pink

Gymnadenia tubers have been used as a general tonic, and as an aphrodisiac

Similar species: the pink flowered variety of this species, and Early Purple Orchid (Orchis mascula) and Broad-leaved Marsh Orchid (Dactylorhiza alpestris), both of which have darker flowers and lack the long nectar spur behind each flower

Gymnadenia is from Greek gymnos (naked) and aden (gland) for the hairless nectar secreting gland, and conopsea is from the Greek for mosquito (conops), for the long spur



Summer Flowers of La Plagne

Anthriscus sylvestris

Umbelliferae

Cow Parsley

umbels

Cerfeuil des bois



Soft, dissected fern-like leaves, ribbed hairy stems and no bracts below the main umbel branches that bear loose heads of small flowers

Contains deoxypodophyllotoxin, which can be converted to epipodophyllotoxin, for semi-synthesis of the cytostatic agents etoposide and teniposide. Also used for making pea shooters

Anthriscus comes from anthriskos, the Greek name for a plant, possibly chervil, A. cerefolium, while sylvestris means 'of the woods', from sylva, Latin for a forest

Similar species: other white-flowered species with no bracts below the umbel, Common Hogweed (Heracleum sphondylium) and Masterwort (Imperatoria ostruthium) have less divided leaves. Haller's Laserwort (Laserpitium halleri) has more fern-like and divided leaves and prominent bracts below the umbel



Summer Flowers of La Plagne

Heracleum sphondylium

Umbelliferae

Common Hogweed
Grande berce

umbels



Plants to 2m tall with divided leaves, lightly hairy, lightly purple-blotched sheaths on the deeply grooved stem, irregular petals, and no bracts below up to 20 main umbel branches

Young stems, young leaves, seeds and unopened flower heads are edible steamed or fried. Not as dangerous as Giant Hogweed, but avoid the irritant hairs and the slightly phytotoxic sap

Similar species: it is most important to distinguish this from Giant Hogweed, which has highly phytotoxic sap. That species has smoother stems, sheaths with more purple, a denser nodal hair ring, and it eventually becomes much larger, to 4m tall with 30-100 main umbel branches, and leaves up to 2m long

Heracleum is named after the strong hero of Greek mythology Heracles (Hercules), and sphondylium is from the Latin for vertebra (sphondylus) because of the swollen stem nodes



Summer Flowers of La Plagne

Imperatoria ostruthium

Umbelliferae

Masterwort

umbels

Impérateire



Flower heads becoming a mass of globular subsections, leaves divided into 3 main units, stems hairless and grooved, branches sheathed

Many uses for problems of the stomach, skin and heart, and for infections, flu and colds, and in ancient times considered an elixir of youth

*Similar species: other species with white umbels have progressively more divided leaves in this order: Common Hogweed (*H. spondylium*), Cow Parsley (*A. sylvaticus*), and Haller's Laserwort (*Laserpitium halleri*). Greater Burnet-saxifrage (*Pimpinella major*) has pink umbels*

Imperatoria is emperor in Latin, from its great medicinal importance, while IMO ostruthium is from Latin for ostrich (struthio), from the fluffy round white sub-umbels on long stalks, like a group of long-necked ostrich heads



Summer Flowers of La Plagne

Laserpitium halleri

Haller's Laserwort

Laser de Haller



The long hanging bracts below the umbel of flowers and the much divided fern-like leaves are very distinctive

Laser was a term for resin obtained from a species like this grown in North Africa in ancient times, which was used for seasoning and medicine

Discovered by Dr Albrecht von Haller of Switzerland, who lived in the 18th Century. As well as being a very distinguished botanist and a poet he also pioneered the understanding of human nerves and respiration

*Similar species: Other species with white umbels have no bracts below the umbel, and progressively less divided leaves in this order: Cow Parsley (*A. sylvaticus*), Common Hogweed (*H. spondylium*), and Masterwort (*I. ostruthium*). Greater Burnet-saxifrage (*Pimpinella major*) has pink umbels*

Umbelliferae

umbels



Summer Flowers of La Plagne

Tussilago farfara

Asteraceae

Coltsfoot

daisies

Tussilage



Yellow flowers early in spring turn into white globular seed heads by summer. Hoof-shaped leaves, white downy beneath, appear after the flowers

Used as a herbal remedy for several disorders, especially coughs, but found to be very toxic unless specially bred modern plants are used

Tussilago comes from Latin for cough, tussis, while farfara was the Romans' name for Coltsfoot

Similar species: Butterbur has similar leaf shape, but they are thinner, with sharply toothed edges. Dandelion has similar flowers and seed heads, but narrower, thinner, deeply toothed leaves



Summer Flowers of La Plagne

Ranunculus aconitifolius

Ranunculaceae

Aconite-leaved Buttercup

buttercups

Renoncule à feuilles d'Aconit



Tall much-branched stems bearing white buttercup flowers, with deeply divided leaves with long segments

Most buttercups are toxic and avoided by livestock. Their potent constituents have been used externally to treat fevers and rheumatism

Ranunculus is Latin for tadpole, from rana (frog), IMO as the stamens are rather like little tadpoles, and this species has leaves (Latin folius) similar to those seen in aconites such as monkshood, Aconitum napellus

Similar species: Glacier Buttercup (Ranunculus glacialis) has creamier flowers on shorter stems and short, fleshy leaves



Summer Flowers of La Plagne

Erigeron uniflorus

Asteraceae

daisies

One-flowered Fleabane

Vergerette uniflore



Tiny daisies. The dense white hairs below the flower heads are almost as long as the often upright petals

Fleabane is a name given to several plants that were used to keep fleas away, because of their natural insect-repellent properties

Erigeron is from Greek for earliness 'eri' and old man 'geron', which could be from the white petals and hairs, like hair and grizzled beard on a bald head, while uniflorus indicates single rather than multiple flower heads

Similar species: the other small white daisy, Common Daisy (Bellis perennis) has broader petals, while Alpine Moon-daisy (Leucanthemopsis alpina) and Ox-eye Daisy (Leucanthemum vulgare) have much larger flowers



Summer Flowers of La Plagne

Leucanthemopsis alpina

Asteraceae

Alpine Moon-daisy

daisies

Leucanthème des Alpes



Small daisies with broad petals and thick leaves divided into lobes like little fingers, almost like those of a succulent

Liking shallow infertile soils on stony sites, this species is a coloniser that takes advantage of landslides and retreating glaciers

Leucos is Greek for white, anthemon is Greek for flower, and -opsis means looking like, so this is looking like Leucanthemum, the Ox-eye daisy.

Similar species: the other white daisies are the Common Daisy (Bellis perennis), with smaller flowers, and Ox-eye Daisy (Leucanthemum vulgare), with larger flowers. Both have less divided leaves.



Summer Flowers of La Plagne

Bellis perennis

Daisy

Pâquerette



Similar species: Fleabane (*Erigeron uniflorus*) has narrower, more upright petals. Other white daisies here, Alpine Moon-daisy (*Leucanthemopsis alpina*), and the Ox-eye Daisy (*Leucanthemum vulgare*) have larger flowers

Asteraceae

daisies

Just the same common or garden daisy as found in lawns throughout the world, with small flowers and a rosette of oval leaves

Widely used for making daisy chains of course! Also once used for healing wounds and sometimes used for making herbal tea

Bellis is Latin for beautiful, perennis (perennial) is from 'per' Latin for through, and 'annus' year. Daisy comes from 'day's eye', because it opens in the morning, and closes at the end of the day



Summer Flowers of La Plagne

Leucanthemum vulgare

Asteraceae

Ox-eye Daisy

daisies

Grande marguerite



Medium-sized white daisy flower heads with narrow, dark, toothed undivided leaves, often found in large drifts

Used as a herbal remedy like chamomile for a wide range of ailments, e.g. Nicholas Culpeper noted in 1653 that 'a decoction thereof giveth great ease in palsy, sciatica or gout'

Leucos is Greek for white, anthemon is Greek for flower, while vulgare is Latin for common

Similar species: Alpine Moon-daisy (Leucanthemopsis alpina) is shorter with smaller flowers and lighter green, more divided leaves



Summer Flowers of La Plagne

Dryas octopetala

Rosaceae

Mountain Avens

roses

Dryade à huit pétales



Mat-forming with small, toothed, stalked leaves like those of the oak, and white flowers with 8 petals

Astringent, stomach tonic, and gargle for gum disease. Dryas has given its name to 3 periods of intense cold during the last Ice Age, when it was very widespread over huge areas of tundra

Dryas is named after the Greek nymphs of oak trees, the dryads, beautiful nubile maidens who punished those who harmed oak trees

*Similar species: Glacier Buttercup (*Ranunculus glacialis*) has only 5 petals and more divided, fleshy leaves*



Summer Flowers of La Plagne

Ranunculus glacialis

Ranunculaceae

Glacier Buttercup

buttercups

Renoncule des glaciers



Large creamy-white buttercup flowers on a small plant with a mat of fleshy, lobed, succulent-like leaves

Can grow as high as any other flower in the Alps, up to 4000m or more

Similar species: Aconite-leaved Buttercup (Ranunculus aconitifolius) has flowers on longer, more branched stems and larger, less fleshy leaves

Ranunculus is tadpole in Latin, from rana (frog), IMO as the stamens are rather like little tadpoles in shape. This species is found on moist rocky alpine slopes, hence glacialis (of the glacier in Latin)



Summer Flowers of La Plagne

Alchemilla alpina

Rosaceae

Alpine Lady's Mantle

roses

Alchémille des Alpes



Low-growing with inconspicuous flowers in frothy clusters, with small leaves with 7-10 separated lobes, silver-silky on the edges and underneath

Lady's mantles have antirheumatic, astringent, diuretic, febrifuge, and sedative properties and are used for women's problems

Alchemilla comes from alchemy, as the dew drops on the leaves were believed to allow base metals to be changed into gold

Similar species: Hairy Lady's Mantle (Alchemilla monticola) has similar flowers but leaves that are not deeply divided into lobes. Dwarf Yellow Cinquefoil (Potentilla aurea) has leaves in fives, and larger flowers with bright yellow petals



Summer Flowers of La Plagne

Alchemilla monticola

Rosaceae

Hairy Lady's Mantle

roses

Alchémille velue



Dense drifts of strawberry-like leaves, softly hairy beneath, gathering water drops, with frothy yellow flower clusters

Lady's mantles have antirheumatic, astringent, diuretic, febrifuge, and sedative properties and are used for women's problems

Alchemilla comes from alchemy, as the dew drops on the leaves were believed to allow base metals to be changed into gold, and monticola means living in the mountains

Similar species: Alpine Lady's Mantle (Alchemilla alpina) has similar flowers but leaves that are deeply divided into lobes and silvery underneath



Summer Flowers of La Plagne

Plantago maritima

Plantaginaceae

plantains

Narrow-leaved Plantain

Plantain serpentant



Very narrow, thickened leaves and tall spikes of small, dense flowers with inconspicuous petals but prominent yellow anthers

Plantain roots can treat diarrhoea, dysentery, ulcers, irritable bowel, haemorrhage, wounds, haemorrhoids, cystitis, bronchitis, catarrh, sinusitis, coughs, asthma and hay fever

Plantago comes from Latin for sole of the foot (planta) from leaf shape of the common plantain, maritima relates to the sea, where the species is found on similar sunny dry sites

Similar species: none. Grasses have chaffy flowers, Bistorts and Knotweeds have wider leaves and coloured petals, Docks are larger with redder flowers, while Sedges and Rushes have spikier flowers



Summer Flowers of La Plagne

Melampyrum sylvaticum

Orobanchaceae

Small Cow-wheat

broomrapes

Mélampyre des forêt



Narrow tapering reddish leaves in pairs right up the stem, each leaf with a hooded yellow flower at the base

A partially parasitic plant, which can live off the roots of other plants, or produce its own food

Melampyrum comes from Greek melos (black) and pyros (wheat). Contamination of wheat with its rather similar seed turns bread black, and the seed is better fed to cows instead

Similar species: none



Summer Flowers of La Plagne

Digitalis grandiflora

Scrophulariaceae

Yellow Foxglove

figworts

Digitale à grandes fleurs



Tall spikes of large yellow foxglove flowers with brown markings inside, and ovate leaves well up the hairy stems

All foxgloves contain strong chemicals that can be very poisonous, but are of medicinal value in controlled doses, especially as a heart stimulant

Digitalis comes from digitus, the Latin for finger, because the flower resembles a thimble, and grandiflora means large-flowered

Similar species: Purple Foxglove (Digitalis purpurea) has purple flowers



Summer Flowers of La Plagne

Hieracium intybaceum

Asteraceae

Chicory-leaved Hawkweed

daisies

Epervière fausse chicorée

Single pale yellow flowers and thickened leaves, which, like the stem, have dark sticky hairs



Despite their legendary effects on the eyesight of hawks, hawkweeds have rarely been used medicinally. This species likes silica-rich soils such as those from quartzite

Similar species: dandelion, hawksbeard, and all the other hawkweeds here have darker yellow flowers

Hieracium comes from hierax, Greek for hawk, as hawks reputedly ate hawkweeds to sharpen their eyesight. Species intybaceum means like Chicory, called intibus by the Romans, as the leaves are vaguely similar in shape



Summer Flowers of La Plagne

Rhinanthus alectorolophus

Orobanchaceae

broomrapes

Cockscomb Rattle

Rhinanthe crête-de-Coq



Nettle-like plant with pale upper leaves and bright yellow hooded flower parts projecting from a very hairy calyx

Cockscomb Rattle is a pretty but parasitic plant that feeds off grass roots. By suppressing their growth, it enables a range of wild flowers to flourish, and so is good for biodiversity

Rhinanthus is from Greek for nose (rhinos) and flower (anthos), while alectorolophus is from Greek for cockerel (alector) and crest (lophos)

Similar species: Yellow Archangel or Dead-nettle (Lamium galeobdolon) has a broader upper lip and greener leaves, but is not common in the Alps



Summer Flowers of La Plagne

Verbascum phlomoides

Scrophulariaceae

figworts

Orange Mullein

Molène faux Phlomis



Petals yellow, some with purple marks, to 1cm, in branched flower heads, leaves not stalked or downy, free from stem, stamen hairs white, lower stamens longer, anthers short

Verbascum species have been used for coughs, catarrh, cystitis, stomach, skin, muscle and joint problems, and as a fish poison

Verbascum was the Romans' name for a mullein, while phlomoides comes from the Greek name for a mullein, phlomos

Similar species: Yellow Foxglove (Digitalis grandiflora) is of similar height and has similar coloured flowers, but they are tubular



Summer Flowers of La Plagne

Pilosella officinarum

Asteraceae

daisies

Mouse-eared Hawkweed

Piloselle



Single lemon-yellow flowers above rounded leaves with very long, soft, white hairs. Spreading with creeping, hairy, horizontal stems

Compounds in the plant have properties useful as an antibiotic, as a sunscreen and for reducing high blood pressure

Similar species: Chicory-leaved Hawkweed (Hieracium intybaceum) has lighter yellow flowers. Dandelion, Hawksbeard, and all the other hawkweeds here have darker flowers

Pilosella is from pilosus, having long soft hairs, with -ella (small), and officinarum indicates plants that have uses



Summer Flowers of La Plagne

Barbarea intermedia

Brassicaceae

Early Wintercress

mustards

Barbarée intermédiaire



Flowers with 4 bright yellow petals and leaves divided into narrow rather than rounded segments

Wintercress leaves are used as a salad, and the seeds can provide oil

St Barbara is the patron saint of those who might be injured by explosions, such as artillerymen and miners, whose burns were bound with wintercress leaves to soothe them

*Similar species: Buckler Mustard (*Biscutella laevigata*) has similar flowers but undivided leaves*



Summer Flowers of La Plagne

Biscutella laevigata

Brassicaceae

Buckler Mustard

mustards

Biscutelle commune, Lunetière



Four-petalled flowers in open clusters on long stems lead to flat seed like a pair of tiny biscuits or spectacles, leaf edges smooth or coarsely toothed and coarsely hairy beneath

Not traditionally used for food or medicine, but recently found useful for removing a toxic heavy metal from contaminated soils

Biscutella comes from 3 Latin parts, bi (2), scutum (shield), and -ella (small), while laevigata means smooth. A buckler was a small mediaeval shield

Similar species: Early Wintercress (Barbarea intermedia) has similar flowers but deeply divided leaves



Summer Flowers of La Plagne

Viola tricolor

Violaceae

Heart's Ease

pansies

Pensée tricolore



Flowers of different colours, but more commonly yellow and white here with less mauve, without long spurs, and leaves very variable in shape/size

Viola tricolor is the the original pansy, with many traditional medicinal uses, for epilepsy, skin disorders, respiratory problems, cystitis & rheumatism, and now also used for cancer

Similar species: Mountain Violet (Viola calcarata) has a much longer spur behind the petals, often mainly mauve flowers, and smaller leaves

Viola was the Romans' name for the violet, and tricolor is for the 3 colours. Heart's Ease is from cardiovascular effects, while pansy & pensée are from supposed effects on feelings, e.g. as used by Oberon & Puck in A Midsummer Night's Dream



Summer Flowers of La Plagne

Hieracium piliferum

Asteraceae

daisies

Hairy Hawkweed

Epervière poilue



A small non-spreading hawkweed with single flower heads, and long white hairs on leaves and stems, and below the flowers

Despite their legendary effects on the eyesight of hawks, hawkweeds have rarely been used medicinally

Hieracium comes from hierax, Greek for hawk, as they reputedly ate hawkweeds to sharpen their eyesight, and piliferum means bearing hairs.

Similar species: Dandelion, Hawksbeard, and all the other hawkweeds here have less hairy leaves and stems, or black hairs



Summer Flowers of La Plagne

Trollius europaeus

Ranunculaceae

Globe Flower

buttercups

Trolle d'Europe



Large globe-shaped flowers with brilliant yellow petals that scarcely open at all, and dissected leaves

Like other buttercups it is poisonous to livestock and has been used as a laxative and as a rub for aches and pains

Trollius comes from the German, trollen, to roll, and it is found throughout Europe, hence the species name europaeus

Similar species: Marsh Marigold (Caltha palustris) and the Common Buttercup (Ranunculus repens) have flowers that are dish-shaped, not globular



Summer Flowers of La Plagne

Helianthemum grandiflorum

Cistaceae

Large-flowered Rockrose

rock roses

Hélianthème à grandes fleurs



Delicate and silky brightest yellow petals that last for one day only, emerging from pendulous, boldly striped buds, the leaves small and oval

Widely cultivated as a garden ornamental, this plant loves the sunniest sites

Similar species: Dwarf Yellow Cinquefoil (Potentilla aurea) has similar flowers, but with orange centres, and the leaves are palmate, with 5 lobes

Helianthemum comes from Greek for sun (helios) and flower (anthos) and grandiflorum is Latin for having large flowers



Summer Flowers of La Plagne

Taraxacum officinale

Asteraceae

Dandelion

daisies

Pissenlit officinal



Dense heads of petals with a ring of long bracts below, deeply divided leaves, and globular white heads for dispersal of the seed in the wind

Common throughout much of the temperate world, this has long been used as a salad and as a mild herbal remedy, and of course as a clock

*Similar species: Coltsfoot (*Tussilago farfara*) has heart-shaped leaves. Golden Hawkbeard (*Crepis aurea*) has orange flowers, and like all the hawkweeds, has fewer petals*

Taraxacum is from tarashaquq, an old Persian or Arabic name. Dandelion comes from an old French name, as leaf lobes look like lions' teeth, and piss-en-lit is from its diuretic properties



Summer Flowers of La Plagne

Ranunculus repens

Ranunculaceae

Buttercup

buttercups

Renoncule rampante



Creeping plant with runners, dissected leaves, and small yellow dish-shaped flowers, the common buttercup

Most buttercups are toxic and avoided by livestock. Their potent constituents have been used externally to treat fevers and rheumatism

Ranunculus is Latin for tadpole, as diminutive of rana, the frog, IMO as the stamens are rather like little tadpoles in shape. Creeping is repens in Latin

Similar species: Flowers of the Marsh Marigold (Caltha palustris) are larger, and the leaves are undivided. Flowers of the Globe Flower (Trollius europaeus) are globular



Summer Flowers of La Plagne

Leontodon hispidus

Asteraceae

daisies

Rough Hawkbit

Liondent hispide



Thick, roughly hairy leaves, stems widening below flowers, fewer petals than dandelions, often with cinnamon tips, and no milky sap

In mythology hawkbits, like hawkweeds, were reputedly eaten by hawks to improve their eyesight

*Similar species: the other species with similar single yellow flowers are Hairy Hawkweed (*Hieracium piliferum*), which is hairier, and Dandelion (*Taraxacum officinale*), which has more petals and thinner leaves*

Leon is Greek for lion and odon is Greek for tooth, while hispidus is Latin for roughly hairy



Summer Flowers of La Plagne

Jacobaea vulgaris

Asteraceae

daisies

Ragwort, Stinking Willie

Sénéçon jacobée



Slightly irregular flowers and curly-edged, green leaves. A common weed of pastureland, with an unpleasant smell

Poisonous for animals if too much is eaten. Used to die fabrics green and yellow. An important food source for insects, and reputedly used by fairies to travel from Scotland to Ireland

Similar species: Broadleaved Ragwort (Senecio sp.) has broad leaves, Grey Ragwort (Jacobaea incana) has grey leaves, and Chamois Ragwort (Senecio doronicum) has broader petals and leaves

Jacobaea comes from Jacob (St James) because it flowers around his holy day in mid-summer, and vulgaris is Latin for common. National flower of the Isle of Man



Summer Flowers of La Plagne

Senecio sp.

Unidentified Ragwort

Asteraceae

daisies



A ragwort with broad, undivided petiolate leaves with ciliate margins, the lower leaves coarsely toothed, hairy reddish stems, narrow petals and many long involucral bracts

The ragworts have bitter leaves with toxins that repel livestock, and were once used to heal wounds

Senecio comes from Latin senex, old man, from the white hairs around the seed heads, and sp. just stands for 'a species'

*Similar species: Stinking Willie (*Jacobaea vulgaris*) has curly-edged green leaves and more regular flowers. Grey Ragwort (*Jacobaea incana*) has grey leaves. Chamois Ragwort (*Senecio doronicum*) has broader petals and greyer leaves*



Summer Flowers of La Plagne

Hieracium lachenalii

Asteraceae

Common Hawkweed

daisies

Épervière vulgaire



Flowers loosely clustered on open branches with short dark hairs, above largely leafless stems and basal leaves that are densely hairy below

Despite their legendary effects on the eyesight of hawks, hawkweeds have rarely been used medicinally. This species is considered a noxious introduced weed in some countries

Hieracium comes from hierax, Greek for hawk, as they reputedly ate hawkweeds to sharpen their eyesight. This species is named after Werner de Lachenal (1736-1800), professor of anatomy and botany at the University of Basel

Similar species: Dandelion, Hawksbeard, and all the other hawkweeds here have single flowers



Summer Flowers of La Plagne

Anthyllis vulneraria

Fabaceae

Kidney Vetch

legumes

Anthyllide



Variably coloured yellow, pink, or white flower heads, woolly in the centre, and narrow, silky, pinnate leaves

Used for drying wounds, skin complaints, coughs and as a laxative

Similar species: Clovers have broader leaves and sharper flowers in denser heads, except for Alpine Clover (Trifolium alpinum), which has deep pink or purple flowers

Anthyllis comes from Greek for flower (anthos) and beard (ioulos) for the fluffy flowers, while vulneraria comes from the Latin for wound (vulnus) because it was used for healing wounds



Summer Flowers of La Plagne

Hypericum richeri

Alpine St John's Wort
Millepertuis de Richer



Similar species: Mountain St John's Wort (*H. montanum*) has smaller flowers and leaves with translucent spots



Hypericaceae

St John's worts

Spotted flower buds open to star-like flowers with very long stamens around large central ovaries, and opposite leaves without translucent spots

St John's Worts have long been used for many disorders and as a magic charm, and recently shown to help in problems such as depression. May be toxic to livestock, notably if pregnant

Hypericum is from Greek for above (hyper), and image (eikon), for its ritual placement, while richeri commemorates Pierre Richer de Belleval. Millepertuis refers to spots on the leaves. At its best if picked around St John's Day in late June



Summer Flowers of La Plagne

Geum montanum

Rosaceae

Alpine avens

roses

Benoîte des montagnes



Rounded leaves with much smaller basal lobes, hairy stems, small yellow flowers and large, long-lasting balls of sinuous, feathery seeds

In traditional medicine it has been used for rheumatism, gout, infections, and fever

Geum is from the Romans' name for avens plants, gaeum

Similar species: Haller's Anemone (Anemone halleri) also develops large balls of feathery seeds, but they are whiter, and the flowers, which appear in spring, are purple, not yellow. Buttercups do not have hairy stems



Summer Flowers of La Plagne

Potentilla aurea

Rosaceae

Dwarf Yellow Cinquefoil

roses

Potentille dorée



Petals of deep yellow with orange centres, leaves palmate with leaflets in fives, narrow and folded, margins with silky fringes

A plant with astringent and antispasmodic properties that grows on shallow infertile acidic soils such as those from quartzite

Potentilla comes from the Latin for potent (potens) with small (-illa) from its herbal properties, while aurea is Latin for yellow

Similar species: Large-flowered Rockrose (Helianthemum grandiflorum) has similar flowers, but without orange centres, and the leaves are small and oval, not palmate



Summer Flowers of La Plagne

Euphorbia cyparissias

Euphorbiaceae

Cypress Spurge

spurges

Euphorbe petit-cyprès



Very narrow leaves, with bright yellow and orange petal-like bracts around very small and inconspicuous flowers

The milky sap was used as a powerful purgative, and the seeds treated many disorders, but toxicity is high, so no longer used medicinally, although powerful compounds can be extracted

Euphorbia was named after Euphorbos, doctor to a N African king, who successfully treated his constipation with E. obtusifolia in 12BC, and cyparissias is from cypress, for its narrow leaves

Similar species: none



Summer Flowers of La Plagne

Trifolium badium

Fabaceae

legumes

Brown Clover

Trèfle bai



Dense yellow flower heads turning chocolate brown from the bottom upwards, and oval glabrous leaves

Useful as a hardy nitrogen-fixing pasture plant

Trifolium means 3-leaved, from Latin for leaf (folium), and badium is from Latin for brown (badius)

Similar species: other clovers have pink or white flowers. Kidney Vetch (Anthyllis vulneraria) can have yellow flowers, but has looser heads and narrower leaflets in larger numbers than 3



Summer Flowers of La Plagne

Jacobaea incana

Asteraceae

Grey Ragwort

daisies

Sénéçon blanchâtre



Grey, curly leaves and short flowering stems with ragged, bunched flowers

No known uses. This is a species that favours infertile acidic soils from silica-rich rocks such as the quartzite shown here, which produces silicic acid on weathering

Similar species: Broadleaved Ragwort (Senecio sp.) has broad green undivided leaves, Stinking Willie (Jacobaea vulgaris) has curly-edged green leaves and more regular flowers, and Chamois Ragwort (Senecio doronicum) has more regular flowers and broad leaves

Jacobaea comes from Jacob (St James), because it flowers around his holy day in mid-summer, and incana is Latin for grey



Summer Flowers of La Plagne

Senecio doronicum

Asteraceae

Chamois Ragwort

daisies

Séneçon doronic



A big yellow daisy with tough, grey-green, oval, hairy, alternate leaves, and a little branching of the flowering stems

More common on alkaline soils, and a favourite food of mountain goats. Flowers can be used to treat asthma

*Senecio comes from Latin senex, old man, from the white hairs around the seed heads, and doronicum refers to a similarity to Leopard's bane, *Doronicum orientale**

*Similar species: Mountain Arnica (*Arnica montana*) has similar flowers but smaller, greener leaves. Other yellow-flowered members of the daisy family such as the hawkweeds and Dandelion have narrower petals in much larger numbers*



Summer Flowers of La Plagne

Lotus corniculatus

Fabaceae

Birdsfoot Trefoil

legumes

Lotier corniculé



Mat-forming, with bright yellow to orange pea-type yellow flowers, often streaked with red, and 3 clover-like leaves

Can be used as a sedative, but very careful preparation is required to reduce cyanide content

Similar species: none

Lotus is from lota, a round brass Indian water vessel, and corniculatus means horned, from Latin cornus (horn), for the curved seed pods, which are like horns, or a bird's foot. The trefoil is an old 3-leaved symbol, once Christian



Summer Flowers of La Plagne

Caltha palustris

Ranunculaceae

Marsh Marigold

buttercups

Populage des marais



Large rich yellow to orange buttercup-like flowers, and kidney-shaped leaves with serrated edges

Always found near water. Young leaves and buds are cooked as a vegetable, but older parts develop toxins that can cause convulsions and serious damage to the mouth and gut.

Caltha is from Greek kalathos (goblet), and palustris is Latin, meaning 'of the marsh'

Similar species: Flowers of the Common Buttercup (Ranunculus repens) are smaller and the leaves are divided. Flowers of the Globe Flower (Trollius europaeus) are globular and its leaves are also divided



Summer Flowers of La Plagne

Arnica montana

Asteraceae

daisies

Mountain Arnica

Arnica



Bright yellow sunflower-like flowers, hairy stems, and a basal rosette of small, thick, oval leaves

Extracts from the roots and flowers are still widely used to treat minor ailments such as strains and sprains. Over-collection has led to this becoming a rare and protected species

Arnica is from leaves like lamb's ears (arni is Greek for a lamb). Preferring infertile stony acidic soils from the quartzite rocks

Similar species: Chamois Ragwort (*Senecio doronicum*) has a larger number of larger, greyer leaves. Other yellow-flowered members of the daisy family such as the hawkweeds and Dandelion have narrower petals in much larger numbers



Summer Flowers of La Plagne

Crepis aurea

Golden Hawksbeard

Crépide dorée



Similar species: this is the only daisy or dandelion-like species here with bright orange flowers.



Asteraceae

daisies

Single orange flowers with red tinges make this common species of the alpine meadow very easy to recognise

The leaves are like those of the dandelion, and can also be eaten as a salad. The buds and the leafless stems have very dark bristly hairs

Crepis means sandal in Greek, and comes from the flattened, curving seeds. The species name aurea means golden, as this species is a richer golden-yellow than the other Crepis species, which are a lighter yellow



Summer Flowers of La Plagne

Orobanche minor var. flava

Orobanchaceae

Yellow Broomrape

broomrapes

Petite Orobanche



Asparagus-like stems will develop short, yellow hooded flowers, and have brown bracts but no green leaves at all

A parasitic plant that requires the roots of other species, from which it extracts the nutrients it needs. Favourite hosts are members of the legume and daisy families

Orobanche comes from Greek for vetch (orobos), and to strangle (ankho), while minor is Latin for small, and flavus is Latin for yellow

Similar species: none



Summer Flowers of La Plagne

Vaccinium vitis-idaea

Ericaceae

Cowberry

heathers

Airelle du Mont Ida



Small pink-white bell-like flowers, and small alternate leaves on creeping woody stems, with red berries in autumn

Antiseptic, astringent, diuretic, and febrifuge, used for arthritis, rheumatism, diabetes and diarrhoea, sore throats, coughs and colds. Yellow and purple dyes are made from leaves & fruit

Vaccinium, a plant name used by the Romans, means having small berries, from Latin for berry, baccus. Vitis is the vine or grape, and idaea relates to Mt Ida, where the berries were used for making alcohol

Similar species: none



Summer Flowers of La Plagne

Pyrola minor

Common Wintergreen

Petite pyrole



Similar species: none



Ericaceae

heathers

Tiny round pendulous pinkish-white flowers above small flat pear-shaped shiny, evergreen leaves. Prominent stigmas emerge like bell clappers when the flowers open

Damp soil is required, as the plant grows in conjunction with a fungus that provides it with water and nutrients. Traditionally used as an antispasmodic, diuretic, and astringent

Pyrola comes from the Latin for a small pear (pyrus) from the leaf shape, and minor is small in Latin



Summer Flowers of La Plagne

Trifolium pratense

Fabaceae

legumes

Red Clover

Trèfle violet



Dense heads of light to dark rosy pink flowers on short, very hairy stems, with oval, very hairy leaves

Widely planted in pasture seed mixes for its nitrogen fixing ability, and traditionally used for a variety of disorders

Trifolium means 3-leaved from Latin for three (tres) and leaf (folium), while pratense means 'of the meadow'

Similar species: Kidney Vetch (Anthyllis vulneraria) has looser heads and narrower leaves in larger numbers than 3



Summer Flowers of La Plagne

Bistorta officinalis

Polygonaceae

knotweeds

European Bistort

Bistorte



Soft spear-shaped leaves with wavy edges, with papery sheaths, and spikes of small dense pink flowers

Used both as a vegetable and medicinally, for treating wounds

Bistorta is from Latin twice (bis) and twisted (tortus), for the roots, officinalis means medicinal, and knotweeds have knots (visible joints or nodes) up the stem

Similar species: Alpine Bistort (Bistorta vivipara) is shorter with white flowers



Summer Flowers of La Plagne

Antennaria dioica

Asteraceae

daisies

Mountain Everlasting

Antennaire dioïque



Tiny flower heads that are very variable in appearance and colour, on short stems over a carpet of small, soft, pale green leaves

Many medicinal uses, and used in flower arrangements as the dried flowers can last for a very long time, if not quite for ever. Very important for some butterflies

Antennaria is from the male flowers, which have projecting stamens like antennae. The species is dioecious, male and female plants having different flowers, hence the species name, from di- and -oicos, Greek for 2 and house

Similar species: none



Summer Flowers of La Plagne

Pimpinella major

Umbelliferae

Greater Burnet-saxifrage

umbels

Boucage



Flat pink umbels of flowers above slender channelled stems, and bright green twice-pinnate leaves

Leaves, roots and seeds been all been used for treatment of many disorders, including toothache and flatulence. Roots are used as a flavouring in sweets and liqueurs

Similar species: the other species in the umbel family have white flowers. Yarrow (Achillea millefolium) can also have pink flowers in a superficially similar form to the umbels, but there are leaves up the flowering stem, and the flower head stalks start at slightly different levels

Pimpinella comes from pimpinus, Latin for a grape vine shoot or tendril, plus -ella meaning small, for the narrow twisting upper leaves of P. saxifraga, while major means a larger version



Summer Flowers of La Plagne

Achillea millefolium

Asteraceae

Yarrow

daisies

Achillée millefeuille



White or pink heads of dense, tiny compound flowers supported by leafy bracts, with feathery leaves having thousands of small, soft leaflets

Used medicinally for many purposes, though best known for reducing bleeding from wounds, hence names such as Soldier's Woundwort

*Similar species: white umbels such as Cow Parsley (*Anthriscus sylvestris*) and Haller's Laserwort (*Laserpitium halleri*) are similar, but they do not have proper leaves high up the stem. Greater Burnet-saxifrage (*Pimpinella major*) has pink flowers, frothy with long stamens, and much less divided leaves*

Achilles, the warrior chief whose weakness was a vulnerable heel, carried this around to treat his wounded soldiers. Thousands (mille in Latin) of tiny leaves (folium) give the name millefolium



Summer Flowers of La Plagne

Gymnadenia conopsea

Orchidaceae

Fragrant Orchid

orchids

Orchis moustique



Narrow, unspotted leaves and wide, unmarked flowers with very long nectar spurs, often growing in large drifts

Gymnadenia tubers have been used as a general tonic, and as an aphrodisiac

Similar species: Early Purple Orchid (Orchis mascula) and Broad-leaved Marsh Orchid (Dactylorhiza alpestris) have darker flowers and lack the long nectar spur behind each flower

Gymnadenia is from Greek gymnos (naked) and aden (gland) for the hairless nectar secreting gland, and conopsea is from the Greek for mosquito (conops), for the long spur



Summer Flowers of La Plagne

Traunsteinera globosa

Orchidaceae

Globe Orchid

orchids

Orchis globuleux



Rounded or semi-circular flower heads of pink flowers with club-shaped projections and red spots, the broad leaves having no spots

No known uses

Similar species: Fragrant Orchid (Gymnadenia conopsea) has taller spikes of pink flowers with no out spots on the lips

Traunsteinera was named in honour of Joseph Traunsteiner, a 19th century pharmacist and botanist from Kitzbühel, while globosa indicates the rounded shape of the flower head



Summer Flowers of La Plagne

Silene dioica

Red Campion

Silène dioïque



Similar species: Nottingham Catchfly (*Silene nutans*) and Bladder Campion (*Silene vulgaris*) are similar but with pure white flowers

Caryophyllaceae

pinks

Pink to red flowers on tall branched stems, with a fairly slender hairy calyx tube, not bulbous or bladder-like

No known uses

Silene comes from old Greek God, Silenus, with a rotund body behind a white ring of hair & beard, and dioica indicates the presence of separate male and female plants (dioecious), from di- and -oicos, Greek for 2 and house



Summer Flowers of La Plagne

Epilobium angustifolium

Rosebay Willowherb

Epilobe à feuilles étroites



Similar species: Purple Foxglove (*Digitalis purpurea*) is of similar height and has similar-coloured flowers, but they are tubular, and the leaves are much broader

Onagraceae

willowherbs

Tall spikes of mauve flowers with darker, narrow sepals, and long narrow leaves spiralling up the stem, leading to drifts of white seed on the wind later in the summer

Can be eaten entire, sometimes considered anti-inflammatory, and used in confectionery after extracting a sweetener from the stems and sap

Epilobium comes from Greek epi- (upon) and lobos (seed pod) from the flower position in front of the seed pod, while angustifolium comes from Latin angustus (narrow) and folium (leaf)



Summer Flowers of La Plagne

Petasites hybridus

Asteraceae

daisies

Butterbur

Pétasite officinale



Most of the pink flower spikes appear before the leaves in spring. Only a few flowers will be found in summer. Leaf edges have long soft points

A plant with potent toxic compounds in leaves and roots, having many uses in traditional medicine, especially for pain and allergies, such as migraine and hay fever, and for the plague

Petasites is from petasos, Greek for a wide hat, from the leaf shape, and hybridus is from its intermediate characteristics. Butterbur may come from the common use of the leaves to wrap pats of butter

Similar species: Coltsfoot (*Tussilago farfara*) has similar large leaves, but they are downy underneath without serrated edges, and there are yellow flowers in the spring with dandelion-like seed heads later



Summer Flowers of La Plagne

Sempervivum montanum

Crassulaceae

Mountain Houseleek

stonecrops

Joubarbe des montagnes



Tight rosettes of fleshy cactus-like succulent leaves with very short hairs, producing bract-bearing stems topped by starry flowers with narrow petals

*Grows in rock cracks and on scree. Like *S. tectorum*, planted on house roofs for good luck, to fend off lightning, fire and witches, and used like Aloe vera for stings and inflammation*

Sempervivum is from Latin for always (semper) and alive (vivum), because it a real survivor, tolerating -25 to 60°C , drought and exposure. Houseleek just means houseplant, and Joubarbe is from Jove's beard

*Similar species: Common Houseleek (*S. tectorum*) has more glabrous leaves with ciliate edges, and Cobweb Houseleek (*S. arachnoideum*) has leaves with long matted hairs*



Summer Flowers of La Plagne

Onobrychis montana

Fabaceae

Mountain Sainfoin

legumes

Sainfoin montagnard



Spikes of striped pink and red pea-type flowers with narrow pointed sepals in the calyx tube, on tall stems with leaves including many small leaflets

Widely used as a nitrogen-fixing fodder plant in pasture seed mixes, with strong antiparasitic properties

Onobrychis means guzzled by donkeys, from *onos* (donkey), while *viciifolia* means having leaves like a vetch (*Vicia* sp.) Sainfoin is from Medieval Latin *sanum faenum*, wholesome hay

Similar species: Alpine Clover (*Trifolium alpinum*) has leaves in threes, and longer flowers in shorter heads. Alpine Broomrape (*Pedicularis cenisia*) has similar flowers, but with the narrower lip on top and woolly flower heads, as well as more divided, fernlike leaves.



Summer Flowers of La Plagne

Dactylorhiza alpestris

Orchidaceae

orchids

Broad-leaved Marsh Orchid

Orchis alpestre



Broad leaves, usually with large dense purple spots, and large flowers with poorly defined lip lobes and a white throat

Dactylorhiza tubers have been used as food, and also as a general tonic and a treatment for mild stomach disorders

Dactylorhiza is from Greek dactylos (finger) and rhiza (root) for the many-lobed tubers

Similar species: Early Purple Orchid (Orchis mascula) is similar in shape and colour of the flower spike, but it does not have prominent bracts between the flowers, and the lower lip is clearly separated into 3 lobes



Summer Flowers of La Plagne

Orchis mascula

Orchidaceae

Early Purple Orchid

orchids

Orchis mâle



Similar species: Broad-leaved Marsh Orchid (*Dactylorhiza alpestris*) is similar in the shape and colour of the flower spike, but has prominent bracts between the flowers, and the lower lip is not clearly separated into 3 lobes

Leaves broad and short, sometimes spotted, flowers chunky on stout stems, with spots at the mouth

Producing no nectar, this species attracts insects purely by looking like other species that do

Orchis is the Greek for testicle, from the bilobed tuber shape, mascula is probably for the rather masculine shape of the 3 lobes of the lower petal (the lip)



Summer Flowers of La Plagne

Carduus defloratus

Asteraceae

Alpine Thistle

daisies

Chardon à pédoncules nus



A small short thistle. Single flowers (hence defloratus - missing the other flowers) with short sharp spines on the bracts below them

Thistles are invasive weeds and can spread if the meadows are overgrazed and the soil is eroded. As the leaves are so prickly they are not eaten by grazing animals

Carduus was the Romans' name for a thistle. The French names for thistles, Chardon, and for the Chardonnay grape and wine varieties, come from the same Latin root. Poor soils that only grow thistles are good for growing grapes

Similar species: Marsh Thistle (Cirsium palustre) has multiple flower heads. Feathered Knapweed (Centaurea nervosa) has feathered bracts below the flower heads, and longer petals. The Really Really Spiny Thistle (Cirsium spinosissimum) has brown flowers



Summer Flowers of La Plagne

Cirsium palustre

Asteraceae

Marsh Thistle

daisies

Cirse des marais



Growing by forest streams this is a very tall thistle with multiple flower heads and very spiny leaves and stems

It grows as a rosette on the ground for a few years until it has the strength to send up a tall flowering shoot

Similar species: Alpine Thistle (*Carduus defloratus*) has single flower heads. The Really Really Spiny Thistle (*Cirsium spinosissimum*) has brown flowers. Feathered Knapweed (*Centaurea nervosa*) has feathered bracts below the flower heads and longer petals

Cirsium is from the Greek for thistle and also for swollen veins, which were treated with thistle extracts, as were liver problems. Species name *palustre* is from the Latin for a marsh



Summer Flowers of La Plagne

Trifolium alpinum

Fabaceae

Alpine Clover

legumes

Trèfle alpin



Clover with very narrow pointed leaves and sparse, pendulous, very long and narrow purple flowers

Valued as good animal fodder, this hardy clover also has soil protection benefits because of its very deep, strong taproot that helps reduce erosion

Trifolium means 3-leaved from Latin for leaf (folium)

Similar species: Mountain Sainfoin (Onobrychis montana) has leaves in threes and shorter flowers in longer heads



Summer Flowers of La Plagne

Silene acaulis

Moss Campion
Silène acaule



Similar species: none

Caryophyllaceae

pinks



Narrow, short leaves spreading and forming moss-like mats or cushions, with notched pink petals

No known uses, though nibbled by reindeer in the arctic

Silene comes from the old Greek God Silenus, who had a rotund body behind a white ring of hair & beard, and acaulis indicates the absence of a stem, caulos in Greek



Summer Flowers of La Plagne

Pedicularis verticillata

Orobanchaceae

Whorled Lousewort

broomrapes

Pédiculaire verticillée



Short square stems with hairy angles and deeply divided, nearly fern-like leaves in fours right up to the light- to mid-pink flowers

A partially parasitic plant. Pedicularis species possess antitumour, hepatoprotective, anti-oxidative, antihæmolytic, fatigue relief, and nootropic effects, and antibacterial activity

Pedicularis is Latin for a louse, the plants once being used to deter parasites, and verticillata refers to the leaves being in verticels of 4 around the stem

Similar species: Alpine Betony (Betony hirsuta) has less deeply divided, hairier leaves in pairs, and flowers with broader upper lips on taller stems that are hairy all around



Summer Flowers of La Plagne

Blitum bonus-henricus

Amaranthaceae

Good King Henry

amaranth

Chénopode Bon-Henri



Rounded red flowers clustered in a spike, and pointed, arrowhead-shaped leaves with white veins

Also known as Poor Man's Asparagus and Lincolnshire Spinach, this was once widely cultivated as a vegetable.

The reason for the reference to King Henry is lost in the mists of time. Names Perennial Goosefoot and Chénopode are from the 3-pointed leaf shape

Similar species: Alpine Dock (Rumex alpinus) has blunter leaves with red veins



Summer Flowers of La Plagne

Rumex alpinus

Polygonaceae

Monk's Rhubarb/Alpine dock

knotweeds

Rhubarbe des moines



Small yellow and red pendulous flowers in large flower heads above very large rounded leaves with red veins

Dense where fertility is high from livestock droppings. Eaten as a vegetable, with value as astringent and laxative and for treating viral infections

Similar species: Good King Henry (Blitum bonus-henricus) has more pointed leaves with white veins

Rumex was the Romans' name for a dock, from the Latin for a dart or spear, because of the more pointed leaf shape of certain other species



Summer Flowers of La Plagne

Thymus serpyllum

Lamiaceae

Creeping Thyme

mints

Thym serpolet



Creeping carpet of ovate, glabrous leaves with sparsely ciliate edges, and round flower heads on short hairy square stems

As well as its use as a herb, extracts are antibacterial, antispasmodic and expectorant, so good for coughs and sore throats, while the pollen gives honey with excellent flavour

Thymus is from the Greek name for the plant (thymos), while serpyllum is the name the Romans used

Similar species: none



Summer Flowers of La Plagne

Pedicularis cenisia

Orobanchaceae

Alpine Broomrape

broomrapes

Pédiculaire du Mont Cenis



Hairy flower heads of pink flowers with purple hoods. Floral bracts and the basal rosette of leaves are fern-like

A partially parasitic plant that has green leaves but also aggressive roots that seek out those of host plants, such as Broom

Pedicularis is from a connection with lice, pediculis in Latin, either the plant giving livestock lice or curing infestations on people, while cenisia relates to Mount Cenis on the border of France and Italy

Similar species: Mountain Sainfoin (Onobrychis montana) has similar flowers, but with the broader lip on top and lacking the woolliness of the flower heads. The leaves are also divided but they are not so fern-like.



Summer Flowers of La Plagne

Betonica hirsuta

Lamiaceae

Alpine Betony

mints

Epiaire du Monte Prada



Tall, very hairy square stems with short flower heads and distinctive bluntly toothed leaves in pairs

Betonies have long been used for very many disorders, and also to protect against drunkenness, ghosts and witches

*Similar species: Whorled Lousewort (*Pedicularis verticillata*) has more deeply divided, less hairy leaves in fours, and flowers with narrower upper lips on shorter stems that are only hairy on the corners*

*Betonica comes from the use of plants by the Vettones, an ancient group from central Spain, while *hirsuta* is Latin for hairy, and Mt Prada is in the Italian Alps above Brescia*



Summer Flowers of La Plagne

Rhododendron ferrugineum

Ericaceae

Rusty-leaved Alpenrose

heathers

Rhododendron ferrugineux



Deep pink flowers on small bushes with woody stems, and leaves having dense rusty brown felted scales underneath

This species requires acidic soils from rocks such as quartzite. Although used traditionally to treat arthritis and rheumatism, it has strong side effects and is poisonous to horses

Rhododendron comes from Greek for rose (rhodos) and tree (dendron), while ferruginium comes from Latin for rust-coloured (ferrugine) from iron (ferrum)

Similar species: Hairy Alpenrose (R. hirsutum) has leaves with ciliate edges and no rusty leaf undersides, and can grow on alkaline soils



Summer Flowers of La Plagne

Gymnadenia rhellicani

Orchidaceae

Black Vanilla Orchid

orchids

Nigritelle noire



Short orchid with conical or pyramidal red flowers and star-like flower parts, and a smell of vanilla or chocolate

No known uses for this species, unlike the real Vanilla orchids of tropical areas from which vanilla flavouring is extracted

Gymnadenia is from Greek gymnos (naked) and aden (gland) for the hairless nectar secreting gland, and rhellicani commemorates a Swiss historian

Similar species: none



Summer Flowers of La Plagne

Centaurea montana

Asteraceae

daisies

Mountain Knapweed

Centaurée de montagne



Round knot-like thistle flower heads with short dark bristles on edges of bracts below, producing long ragged blue-purple petals. The hairless spine-less leaves have smooth edges

Traditionally used for coughs, rinsing eyes, and irregular periods. A good pollen producer for butterflies and bees

Similar species: Feathered Knapweed (Centaurea nervosa) has spiny leaves, long-feathered bracts, and pinker flowers.

'Centaur' plants were found to have healing powers by a wise old Centaur (half horse, half man) of Greek mythology. Knap is an old word for knot, from the rounded flower heads



Summer Flowers of La Plagne

Bartsia alpina

Alpine Bartsia, Velvet Bells
Bartsie des Alpes



Similar species: Alpine Betony (Betonica hirsuta) and Bugle (Ajuga reptans) also have square stems and opposite leaves with purplish colouration, but their flowers are shorter with much lighter shades of pink and blue respectively

Orobanchaceae

broomrapes

Purple velvety flowers with narrow hooded beak and white projection, with square hairy stems and purple-green opposite mint-like leaves

Partially parasitic plants that can steal nutrients from the roots of other plants to thrive in infertile boggy sites

Linnaeus named Bartsia in honour of his young friend and colleague, the German doctor and botanist Johann Bartsch, who died at 29 in South America after he 'fell victim to the insalubrity of the climate' while collecting plants



Summer Flowers of La Plagne

Linaria alpina

Alpine Toadflax

Linaire des Alpes



Similar species: none



Plantaginaceae

plantains

Carpets of small blue-green leaves and small rather froggy flowers with pairs of bulging vivid orange 'eyes'

Toadflaxes have traditionally been used for the treating of ailments from haemorrhoids to sore throats and much in-between, and the flowers have also been used for dyeing cloth

Linaria is from Linum, flax, from leaf similarity in the lower altitude species, Linum vulgaris, rather than this shorter-leaved alpine species



Summer Flowers of La Plagne

Geranium sylvaticum

Geraniaceae

Wood Cranesbill

geraniums

Géranium des bois



Clusters of bright mauve flowers on straggly stems, much-branched stems, with moderately divided leaves

The flowers were once used to dye Norse soldiers' cloaks a blue-grey colour

Similar species: Buttercups have similar leaves but their flowers are yellow or white

Geranium comes from the Greek for a crane, geranos, because the long seed heads resemble the bill of a crane, while sylvaticum means 'of woodland' from the Latin for a wood (sylva)



Summer Flowers of La Plagne

Lactuca alpina

Alpine Blue Sow-thistle

Laiteron des Alpes



Similar species: no other species has thin lettuce-like leaves and multiple blue flowers

Asteraceae

daisies

A very distinctive blue-flowered lettuce with arrowhead-shaped leaves, found on rich moist forest soils

Leaves tend to be rather bitter, but young leaves can be eaten as a salad, and in Finland older leaves are made more palatable by first boiling them in reindeer milk

Lactuca is Latin for lettuce, from lac (milk in Latin) because of its milky sap, which led to this and similar plants being fed to lactating sows in the hope of improving their milk production



Summer Flowers of La Plagne

Aster alpinus

Alpine Aster

Aster des Alpes



Asteraceae

daisies

Generally unmistakable with its mauve intermediate-sized daisy flowers, short stems and small leaves

Widely cultivated in gardens in a variety of colours and forms. In the wild the colour can sometimes vary from pink to purple

Aster comes from astra, Latin for star, and has given its name to the whole Daisy Family, Asteraceae

Similar species: no other daisies here have single mauve flowers



Summer Flowers of La Plagne

Scabiosa lucida

Scabious, Pin-cushion Flower
Scabieuse luisante



Similar species: none

Caprifoliaceae

honeysuckles

Single mauve flower heads like pincushions on rough stems with divided basal leaves with pointed, toothed segments

Similar species were traditionally used for the treatment of scabies and a wide range of other ailments, and they are still sometimes used as a herbal remedy for chest infections

Scabiosa comes from Latin for rough or scabby (scaber), from the rough stem or from use to treat scabies, or both, and lucida comes from Latin for bright (lucidus), from the colour



Summer Flowers of La Plagne

Viola calcarata

Violaceae

pansies

Mountain Violet

Pensée des Alpes



Generally mauve flowers with yellow eyes, dark veins, and a long spur, on short stems with tiny leaves. Flowers may be largely yellow or white

Despite their small size, many violas have powerful medicinal properties, and are also used in perfumes.

Viola was the Romans' name for the violet, and calcarata is from calcar, Latin for a spur

Similar species: Heart's Ease (Viola tricolor) has a shorter spur behind the petals, mainly yellow flowers, and larger leaves



Summer Flowers of La Plagne

Globularia repens

Thyme-leaved Globe Daisy
Globulaire naine



Similar species: none



Plantaginaceae

plantains

Mat-forming with small folded narrow leaves and fluffy lilac-blue spherical flower heads of long narrow petals

This ornamental alpine is planted in rock gardens and stone troughs

Globularia comes from Latin for a small ball (globulus), while repens means creeping



Summer Flowers of La Plagne

Ajuga reptans

Bugle

Bugle rampant



Similar species: Meadow Clary (*Salvia pratensis*) is a similar colour, but much taller, with a prominent upper lip to the flowers



Lamiaceae

mints

Mauve or light blue flowers clustered in leaf axils at the top of square stems with hairs on only 2 faces

Used to stop bleeding and for coughs

Ajuga is from Latin prefix a-, meaning without, and jugum (yoke), for the missing upper half of the normal mint flower, and reptans means creeping



Summer Flowers of La Plagne

Salvia pratensis

Lamiaceae

Meadow Clary

mints

Sauge des prés



Square stems and well-spaced, large, curving, bright blue flowers, spring-loaded to deposit pollen on visiting insects and birds

Paste from the seed was used to clear red colour from the eyes, as a toothpaste, and as a gargle for sore throats

Salvia comes from the Latin for health, salus, while pratensis means 'of the meadows'. Clary comes from clear-eye, because of its use to remove red colour from the eyes

Similar species: Bugle (Ajuga reptans) is a similar colour, but much shorter, without a distinct upper lip to the flowers



Summer Flowers of La Plagne

Phyteuma betonicifolium

Campanulaceae

bellflowers

Betony-leaved Rampion

Raiponce à feuilles de bétoine



Narrow stalked leaves are only found near the base of the stems, which bear a cone of blue flowers

No known uses

Similar species: Egg-shaped Rampion (P. ovatum) has shorter, heart-shaped leaves. Hemispherical Rampion (Phyteuma hemisphaericum) is much smaller, with rounded flower heads

Phyteuma is a Greek name just meaning "being planted", from phytos (plant), and species name betonicifolium means having leaves like betony, Betonica officinalis



Summer Flowers of La Plagne

Phyteuma ovatum

Campanulaceae

bellflowers

Egg-shaped Rampion

Raiponce ovale



Curved purple flowers in ovate heads, leaves right to the top of the stem, lower leaves broad and heart-shaped with coarsely toothed edges

Found on moister sites, a species of streams and forest margins rather than open meadow, and prefers alkaline soils. No known uses

Phyteuma is a Greek name just meaning "being planted", from phytos (plant), and ovatum means oval or egg-shaped from the shape of the flower heads

Similar species: Betony-leaved Rampion (P. betonicifolium) has longer, narrow leaves. Hemispherical Rampion (P. hemisphaericum) is much smaller, with rounded flower heads



Summer Flowers of La Plagne

Phyteuma hemisphaericum

Campanulaceae

bellflowers

Hemispherical Rampion

Raiponce hémisphérique



Small plants with very narrow grass-like leaves found mainly at the base of short stems bearing small rounded blue flower heads.

No known uses. Found more on acidic soils such as those from quartzite than alkaline soils such as those from gypsum

*Similar species: Betony-leaved Rampion (*P. betonicifolium*) and Egg-shaped Rampion (*P. ovatum*) are much larger species, with taller flower heads*

Phyteuma is a Greek name just meaning "being planted", from phytos (plant), and species name hemisphaericum comes from the rounded, nearly hemispherical flower heads



Summer Flowers of La Plagne

Campanula rhomboidalis

Campanulaceae

Broad-leaved Harebell

bellflowers

Campanule rhomboïdale



Several broad bells with long narrow sepals are clustered at the top of stems with small leaves to the top, and broad leaves at the base

Found in forest sites at lower elevations

Similar species: Peach-leaved Bellflower (*C. persicifolia*) has fewer bells and narrower leaves. Harebell (*C. rotundifolia*) and Bearded Bellflower (*C. barbata*) have narrower, less open bells

Campanula is Latin for bell, *campana*, and small, *-ula*, while *rhomboidalis* is from the rather rhomboid leaf shape



Summer Flowers of La Plagne

Campanula rotundifolia

Campanulaceae

Harebell

bellflowers

Campanule à feuilles rondes



Similar species: Bearded Bellflower (*C. barbata*) has hairs inside, while Peach-leaved Bellflower (*C. persicifolia*) and Broad-leaved Harebell (*C. rhomboidalis*) have broader, more open bells

One or two delicate bell flowers with narrow sepals dangle from the top of thin stems, with narrow, rolled leaves

American Indians used parts of the plant, especially the roots, for heart and lung problems, as well as sore eyes and ears

Campanula is Latin for bell, campana, and small, -ula, and rotundifolia is from the Latin for round, rotundus, and folia, leaf, because the leaves are rolled



Summer Flowers of La Plagne

Campanula barbata

Campanulaceae

Bearded Bellflower

bellflowers

Campanule barbue



Several bells, bearded inside at the opening, are borne on short, thick stems, with narrow, upright, soft, hairy leaves

Preferring acidic soils this is a more resilient bellflower of shallow rocky soils, rather than alpine meadows

*Similar species: Harebell (*C. rotundifolia*) has no hairs inside, while Peach-leaved Bellflower (*C. persicifolia*) and Broad-leaved Harebell (*C. rhomboidalis*) have broader, more open bells*

Campanula is Latin for bell, campana, and small, -ula, while barbata comes from the Latin for bearded, barbatus



Summer Flowers of La Plagne

Campanula persicifolia

Campanulaceae

Peach-leaved Bellflower

bellflowers

Campanule à feuilles de pêcher



Single to few, very broad mauve-blue bell flowers with broad sepals and narrow, flat leaves.

The cultivars grown in cottage gardens are generally more robust with many flowers, and can be white to purple or double-flowered

*Similar species: Broad-leaved Harebell (*C. rhomboidalis*) has more bells and broader leaves. Harebell (*C. rotundifolia*) and Bearded Bellflower (*C. barbata*) have narrower, less open bells*

Campanula is Latin for bell, campana, and small, -ula, while persicifolia comes from the botanical name for peach, Prunus persica, and folia, leaf



Summer Flowers of La Plagne

Gentiana clusii

Trumpet/Stemless Gentian
Gentiane acaule



*Similar species: The very similar *G. acaulis*, which is usually also called Stemless Gentian, has distinct green colouration inside the trumpet, and only grows on acidic rather than acidic or alkaline soils*



Gentianaceae

gentians

Broad, deep blue trumpet flowers with black rather than green colour inside, on very short stems, with ovate, folded leaves

Preferring areas with alkaline soils. The very bitter root extracts of gentians have been used in traditional medicine for a very wide range of disorders of the skin, stomach, nerves and joints

Gentiana commemorates Gentius, a king of Ancient Greece, while clusii commemorates Charles de l'Écluse, a Flemish 16th century botanist



Summer Flowers of La Plagne

Gentiana rostanii

Gentianaceae

Rostan's Gentian

gentians

Gentiane de Rostan



Bright blue star-like flowers with snow-white centres and slightly overlapping petals, and long, narrow leaves

The very bitter root extracts of gentians have been used in traditional medicine for a wide range of disorders of the skin, stomach, nerves and joints.

Similar species: Bavarian Gentian (*G. bavarica*) has shorter, more ovate leaves, only in a basal rosette, and narrower petals

Gentiana commemorates Gentius, a king of Ancient Greece, while *rostanii* commemorates a 19th Century Italian doctor P. E. Rostan



Summer Flowers of La Plagne

Gentiana bavarica

Gentianaceae

Bavarian Gentian

gentians

Gentiane de Bavière



Brilliant blue star-like flowers with snow-white centres and separated petals, and a rosette of rounded leaves

The very bitter root extracts of gentians have been used in traditional medicine for a very wide range of disorders of the skin, stomach, nerves and joints

*Similar species: Rostan's Gentian (*G. rostanii*) has narrower leaves that extend further up the stem, and broader petals*

Gentiana commemorates Gentius, a king of Ancient Greece, while bavarica relates to the region of Bavaria in S Germany



Summer Flowers of La Plagne

Myosotis alpestris

Alpine Forget-me-not
Myosotis des Alpes



Similar species: no other flowers here have such tiny, bright blue flowers with yellow centres

Boraginaceae

forget me nots

Tiny blue flowers with yellow centres and strap-like hairy leaves

Once worn as the universal sign of remembrance and devotion, but superseded by the poppy to remember war dead

Myosotis comes from Greek for mouse, mus, and ot, for ear, while alpestris means from the Alps



Summer Flowers of La Plagne

Chris is a forester, botanist and bamboo specialist who has worked for forestry departments and botanic gardens in the UK and Himalayas.

*download and make £3 donation at
www.bamboo-identification.co.uk/html/summer_flowers_of_la_plagne.html*

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