

School-to-Nature



Forget-Me-Not

The Forget-Me-Not is really unforgettable once you've seen it growing. This wildflower thrives best in sunny wooded areas and woods edges, in part-shade or shade, in medium to wet soil, often in ditches or along waterways. It can be seen at Tabor Woods.



The loose plant clumps grow about 12 inches tall, blooming with bunches of tiny bright blue flowers with orange-yellow centers. Cultivated Forget-Me-Not varieties for gardens may also be white or pink; but growing wild they are blue.

Flowers bloom from late springtime into late summer, and occasionally even in fall, because it re-seeds itself after blooming. This plant is a biennial in our area, meaning the plant spouts the first year and flowers in the second year, when it makes seeds. Because it makes so many seeds the second year, it is considered invasive in some parts of the U.S.



Forget-Me-Not flowers attract bees, flies, moths, and butterflies, including larvae. The flowers have a scent, but only at night. The flowers are edible as decorative elements in salads; but ingesting large quantities of the plant or flowers can cause stomach pain.

The legend of this flower's name is that in medieval times a knight in shining armor and his lady were walking along a river. He picked a bouquet of these flowers; but because of the weight of his armor, he fell into the river. As he was drowning, he threw the bouquet of flowers to his beloved lady and shouted, "Forget me not!", making it a sad love story. These flowers were often worn by ladies of that era as a sign of faithfulness and enduring love.

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