

# School-to-Nature

## Solomon's Seal (Wildflower)



- This wildflower grows on long (1-2Ft.) fronds that look a little like palm branches growing from the forest floor. It likes sunny to partly-sunny wooded areas with moist to medium-moist soils.
- It blooms in spring, small, pale white flowers that are sweet scented. In fall, flowers turn into small berries about the size of a pea that turn from blue to purple and red. They are edible but quite bitter.
- Historically, the roots (rhizomes) have been used to make a salve to treat joint pain and injury, and also to brew a tea used as a laxative.
- Solomon's Seal gets its name from the wise Hebrew King Solomon. The legend is that he placed his royal seal upon this plant because of its great value in medicine.
- It is found on Conservancy lands at Tabor Woods, Trout Ponds Prairie, and Short Road Trailhead.