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Anemone quinquefolia

WINDFLOWER is a perennial. Native to eastern North America it has white flowers (often pink beneath) and many stamens.

It is also known as American wood anemone, Bow-bells, Drops of snow, European wood anemone, Granny's nightcap, Little buffalo medicine, Mayflower, Nightcaps, Nimbleweed, Smell boxes, Snowboys, Snowdrops, Thimbleweed, Wild cucumber, Wildflower, Wood anemone, Wood crowfoot, and Woodflower.

Warning – taken internally, windflower can cause inflammation of the stomach and intestines.

Quinquefolia is derived from Latin *quinque* (five) and *-folia* (leaved) components.

Authorities note that windflower has never been used medicinally by local North American Indian tribes.

Medicinally, it is said however that North American herbalists have used the windflower in the past like the pasqueflower (*Anemone pulsatilla*) and that it has been involved in the treatment of more ailments than virtually anything else in the herbalist repertoire.