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*Aruncus dioicus*

[Synonyms : *Actaea dioicus*, *Actaea vulgaris*, *Aruncus aruncus*, *Aruncus plumosus*, *Aruncus silvester*, *Aruncus sylvester*, *Aruncus sylvestris*, *Aruncus vulgaris*, *Spiraea aruncus*]

**GOAT'S BEARD SPIREAE** is a perennial. Native to northern temperate and subarctic regions it has minute, slightly hay-scented, creamy-white (sometimes pinkish) flowers. It is also known as Bride's feathers, Buck's-beard, *Geissbart* (German), Goatsbeard, *Plymspirea* (Swedish), *Töyhtöangervo* (Finnish), *Udatna dvoudomá* (Czech), and *Wald-Geissbart* (German).

The flowers are pollinated by beetles.

Warning – the seeds are poisonous.

*Dioicus* refers to the male and female flowers growing on separate plants ie. dioecious.

Various North American Indian tribes put the plant to medicinal use including the Haihais and Kitasoo (both of British Columbia). It was used by the Thompson Indians for treating influenza and some stomach ailments, and the Cherokee prescribed it for various childbirth problems and urinary disorders. The latter also used it externally in treatments for eye or facial bee stings.

In Britain goat's beard spireae was popular in the 19<sup>th</sup> Century in Victorian flower arrangements.