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*Asperula cynanchica*

[Synonyms : *Asperula montana*, *Asperula semiamicta*]

**SQUINANCYWORT** is a perennial. Native to Asia and Europe (including Britain) it has small, vanilla-scented, pinkish or white flowers.

It is also known as *Aspérule des sables* (French), *Herbe à l'esquinancie* (French), *Hügel-Meister* (German), *Kalkbedstro* (Dutch), *Mandon Fechan* (Welsh), *Marinka* (Slovak), *Mařinka psí* (Czech), Quincy-wort, Quinsy-wort, Shepherd's straw, and Waxflower.

*Cynanchica* is made up of Greek *cyno-* (dog) and *-anche* (strangle) components with reference to the plant's 'choking' qualities.

The roots are the source of a red dye that has had occasional use in the past in Sweden.

Medicinally, as its common name implies herbalists recommended it for treating tonsillitis (quinsy). It is not used today.