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Baccharis halimifolia

[Synonyms : *Baccharis halimifolia* var. *angustior*]

CONSUMPTION WEED is a deciduous shrub. Native to south-eastern North America it has tiny, greenish white flowers.

It is also known as Baccharis, Bush groundsel, Cotton bush, Cotton seed tree, Eastern baccharis, Groundsel bush, Groundsell tree, Groundsel tree, Kink bush, Lavender, Mangle, Mangrove, Marsh elder, Marsh laurel, Mung, Oil willow, Pencil tree, Plowman's spikenard, Saltwater bush, Sand myrtle, Sea-island myrtle, Sea myrtle, Silverling, Silver tuft, Tree groundsel, Waterbush, and Water-gall.

Warning – the leaves and flowers have caused diarrhoea, weakness, inco-ordination, respiratory and heart disturbance and possibly death when eaten in quantity by some animals and birds.

Halimifolia is derived from the genus name *Halimium* and Latin *-folia* (leaved) components meaning 'with leaves resembling those of tree purslane *Atriplex halimus* (lance-shaped, soft and silvery), a species once part of the *Halimium* genus'. (As yet *Atriplex halimus* has not been included in this text.)