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Cruciata laevipes

[Synonyms : *Cruciata chersonensis*, *Galium cruciatum*, *Valantia cruciata*]

CROSSWORT is a perennial. Native to Europe it has tiny, sweet scented, dull pale yellow flowers.

It is also known as *Briwydden Groes* (Welsh), *Gewimpertes Kreuzlabkraut* (German), *Gewöhnliches Kreuzlabkraut* (German), Honeywort, *Korsmåra* (Swedish), Lady's bedstraw, Maiden's hair, Maywort, Mugwort, Rice, Smooth bedstraw, *Svízelka chlupatá* (Czech), *Svízel křížatý* (Czech), and Yellow bedstraw.

Laevipes is derived from Latin *levis* (smooth) and *-pes* (foot) components meaning 'smooth-footed'.

A red dye can be obtained from the roots.

Medicinally, crosswort used to be recommended by herbalists for the treatment of stomach upsets, rheumatism and fluid retention. They also regarded it as an appetite stimulant – but its most celebrated function was as a salve for wounds.