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Eryngium planum

[Synonyms : *Eryngium coeruleum*]

PLAIN ERYNGO is an evergreen perennial. Native to central Europe and western Asia it has thistle-like tiny bluish flower heads framed by prominent spiky leaf-like bracts.

It is also known as Blue eryngo, *Christus-Dorn* (German), *Daggtorna* (Swedish), Eryngo, *Flachblättriges Mannstreu* (German), Flat-leaved eryngium, Flat sea holly, *Kotúč ploskolistý* (Slovak), *Kruisdistel* (Dutch), *Máčka plocholistá* (Czech), Plain coyote thistle, Plains eryngo, *Rysk martorn* (Swedish), Sea holly, and *Sinipiikkiputki* (Finnish).

Planum is Latin (flat, even, level) meaning ‘flat or in one plane’ with reference to the leaves.

The flowers have been incorporated into dried flower arrangements and are particularly popular among commercial European florists.

In Turkey plain eryngo has acquired a name as an aphrodisiac.

Medicinally, in Europe herbalists have turned to the roots for a treatment for whooping cough and fluid retention.