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Goodyera repens

[Synonyms : *Epipactis repens*, *Goodyera marginata*, *Goodyera ophioides*, *Goodyera repens* var. *ophioides*, *Neottia repens*, *Peramium ophioides*, *Peramium repens*, *Satyrium repens*]

CREeping LADY'S-TRESSES is an orchid. Native to Europe (rare in Britain) and North America, it has tiny, brownish-pink flushed, greenish or white flowers with short concave lips.

It is also known as Adder's tongue, Creeping root-plant, *Dennenorchis* (Dutch), Dwarf rattlesnake plantain, *Goodyère rampante* (French), *Knärot* (Swedish), *Kriechendes Netzblatt* (German), Lesser rattlesnake plantain, *Mooswurz* (German), Net-leaved plantain, Rattlesnake plantain, *Satirio serpeggiante* (Italian), Small rattlesnake plantain, *Smrkovník plazivý* (Czech), Squirrel-ear, and White plantain.

Repens means 'creeping'.

Some North American Indian tribes valued the plant as a source of medicine. The Potawatomi tribe used it to treat stomach upsets, some female problems, urinary ailments and snake bites. On the other hand the Cherokee chose it for remedies for some kidney problems, blood ailments, colds, sore eyes, toothache and burns. They also took it to enhance appetite.

In Europe this species has been used locally to treat tuberculosis.