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*Helianthemum nummularium*

[Synonyms : *Helianthemum arcticum*, *Helianthemum chamaecistus*, *Helianthemum mutabile*, *Helianthemum nummularium* var. *discolor*, *Helianthemum tomentosum*, *Helianthemum variabile*, *Helianthemum vulgare*]

**COMMON ROCK-ROSE** is an evergreen subshrub. Native to Europe it has small, sometimes orange-blotched, yellow flowers.

It is also known as Beauties of the sun, *Cor-rosyn Cyffredin* (Welsh), *Devaterník penízkovitý* (Czech), *Devätorník peniažtekový* (Slovak), Flower-of-the-sun, *Gewöhnliches Sonnenröschen* (German), Goat's foot, *Helianthemum*, *Kissos* (Greek), Rock rose, Soldier's buttons, Sol flower, *Solvända* (Swedish), *Sonnenröschen* (German), Sun daisy, and Sun rose; and in flower language is said to be a symbol of popular favour, and security.

The flowers are pollinated by bees and other insects.

The common rock-rose is a protected plant in the Irish Republic under the Flora Protection Order 1987.

*Nummularium* is derived from Latin *nummus* (a little piece of money) meaning 'coin-shaped' with reference to the leaves.

Medicinally, the plant seems to have been used primarily during childbirth – and it was also to be found as an ingredient in a hair-restorer. Until the beginning of the 20<sup>th</sup> Century a flower tincture was used in homoeopathic remedies prescribed for various nervous disorders including shingles.

It is the birthday flower for 16<sup>th</sup> December.