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*Helichrysum stoechas*

[Synonyms : *Gnaphalium citrinum*, *Gnaphalium stoechas*, *Helichrysum arenarium*, *Stoechas citrina*]

**GOLDILOCKS** is a perennial. Native to the western Mediterranean it has shiny, yellow (occasionally white) flowers.

It is also known as Common shrubby everlasting, Curry plant, Dwarf everlasting, Eternal flower, *Gelbe Immortelle* (German), God's flower, Golden stoechas, Golden tuft, *Hedblomster* (Swedish), *Hietakikukka* (Finnish), *Smil vlnatý* (Czech), and Straw flower.

*Stoechas* means 'of or from the Stoechades. These are islands off the southern French coast (near Toulon) known today as *Îles d'Hyères*'.

Goldilocks is said by some to be a good moth deterrent.

Medicinally, in the past herbalists recommended the flowers for treating colds. Some note that today it can be used to encourage appetite.