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*Kalmia polifolia*

[Synonyms : *Chamaedaphne glauca*, *Kalmia glauca*, *Kalmia glauca* var. *microphylla*, *Kalmia microphylla*, *Kalmia microphylla* var. *occidentalis*, *Kalmia occidentalis*, *Kalmia polifolia* var. *microphylla*, *Kalmia polifolia* subsp. *occidentalis*, *Kalmia polifolia* subsp. *polifolia*, *Kalmia polifolia* var. *rosmarinifolia*]

**EASTERN BOG LAUREL** is an evergreen shrub. Native to north-eastern North America, it has small saucer-shaped, pink or rose flowers.

It is also known as Alpine laurel, American laurel, Bog kalmia, Bog laurel, Gold withy, *Kalmia à feuilles d'andromède* (French), Pale laurel, and Swamp laurel.

Warning – all parts of the plant are poisonous except the wood and sometimes the nectar. It should only be used by qualified practitioners.

The flowers are pollinated by bees.

*Polifolia* is derived from Greek *polus* (many) and Latin *-folia* (leaved) components meaning ‘either many-leaved, or grey leaved like Mediterranean germander (*Teucrium polium* – as yet not included in *Plant Biographies*)’.

For one or two North American Indian tribes including the Thompson and Gosiute Indians this plant was a source of medicine. The Tlingit applied a plant infusion to some skin problems, and apart from taking a leaf decoction to stem internal bleeding the Kwakiutl tribe applied it externally on slow-healing sores or wounds.

Today eastern bog laurel is often cultivated as an ornamental plant.