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Linum perenne

[Synonyms : *Linum altaicum*, *Linum lewisii*, *Linum sibiricum*]

PERENNIAL FLAX is a perennial. Native to Europe and North America it has small, blue flowers.

It is also known as *Berglin* (Swedish), *Blauer Staudenlein* (Swedish), Blue flax, Flax, *Lan* (Slovak), *Len vytrvalý* (Czech), *Sinipellava* (Finnish), Wild blue flax, and Wild flax.

Its seeds are smaller than flax (*Linum usitatissimum*) and its fibre is coarser.

Perenne means ‘perennial’.

Medicinally, the fresh plant has been used in folk medicine for easing colds, coughs, fluid retention and rheumatic pain. It has also been used as a tincture for treating diarrhoea.