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Meum athamanticum

SPIGNET is a perennial. Native to Europe (including Britain) it has reddish-tinged, white flowers.

It is also known as Badminnie, Bad money, Baldmoney, *Bärenfenchel* (German), *Bärwurz* (German), Bawdringie, Bear wort, Beast's wort, *Björnrot* (Swedish), *Fenouil d'ours* (French), *Ffenigl Helen Llueddog* (Welsh), Houka, *Koprník štětínolistý* (Czech), *Kôprovník štětínolistý* (Slovak), *Ménu* (French), Meu, Mew, Micken, and *Muilceann* (Irish Gaelic).

Spignet is considered to be threatened in the wild in Britain.

Athamanticum is derived from the genus name *Athamanta* meaning 'like plants in that genus'.

Spignet used to be picked as a flavouring for snuff.

In the past in the Scottish Highlands dried roots were chewed as a digestive aid and were also used as a flavouring spice in the kitchen.