**Nigella damascena**

[Synonyms : **Erobathos damascenum**, **Nigella coerulea**, **Nigella multifida**]

**LOVE IN A MIST** is an annual. Native to southern Europe and to the Mediterranean (including Damascus), it has small black-spotted, light blue or white flowers.

It is also known as **Anigella** (Italian), **Arañuela** (Spanish), Bird’s nest, Black cumin, Blue crown, Blue spiderflower, **Braut im Haar** (German), **Cabelo-de-Vênus** (Brazilian, Portuguese), **Capelli di venere** (Italian), **Černucha damašská** (Czech), **Černuchê damascênská** (Czech), **Černuška damascénská** (Slovak), Chase the devil, **Chernushka damasskaia** (Russian), **Cheveux de Vénus** (French), **Czarnuszka damasceñsca** (Polish), **Damaszener Kümmel** (German), **Damaszener Schwarzkümmel** (German), **Damigella scapigliata** (Italian), Devil-in-a-bush, **Erba bozzolina** (Italian), Fennel flower, Fitch, **Gretchen im Busch** (German), **Gretel im Busch** (German), **Hei zhong cao** (Chinese), Jack-in-prison, Jack in the green, **Jomfruen i det grønne** (Danish, Norwegian), **Juffertje in ’t-groen** (Dutch), **Jungfer im Grünen** (German), **Jungfrun i det gröna** (Swedish), Katherine’s flower, Kiss-me-twine-before-I-rise, **Kuro tanetsou** (Japanese), Lady-in-a-chaise, **Lady-in-the-bower**, Lady-in-the-green, Love-in-a-puzzle, Love-in-a-tangle, Magnolia seeds, **Melanzio** (Italian), **Neidonkukka** (Finnish), **Nigela-de-Damasco** (Portuguese), **Nigela-dos-jardins** (Portuguese), **Nigella** (English, Italian), **Nigella damascena** (Italian), **Nigelle** (French), **Nigelle de Damas** (French), Prick-my-nose. **Puzzle love**, Ragged lady, St. **Catherine’s flower**, St. **Katherine’s flower**, **Schwarzkümmel** (German), **Sieg il-brimba** (Maltese), Spider flower, **Tarhaneito** (Finnish), and **Türkischer Schwarzkümmel** (German); and in flower language is said to be a symbol of embarrassment, and perplexity.

**Warning** – SEE **Nigella GENUS** entry.

**Damascena** means ‘of or from Damascus (Syria)’ – the place from which Robert de Brie is supposed by some to have brought this species in 1570 when he returned from the Crusades to his castle in Champagne (north-eastern France) and introduced it to France.

Today the seeds are used commercially by the confectionery and drinks industries as a flavouring.

Medicinally, in the past, the seeds have been used by herbalists to treat wind and fluid retention.

It is the birthday flower for 13th September.