

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Ononis repens

[Synonyms : *Ononis arvensis*, *Ononis hircina*, *Ononis procurrens*, *Ononis repens* subsp. *arvensis*]

COMMON RESTHARROW is a perennial. Native to central and western Europe it has small fragrant, pink or purple flowers.

It is also known as *Arrête-bœuf* (Channel Islander-Guernsey), Field restharrow, Fin, *Gatuna* (Spanish), *Ihlica* (Slovak), *Jehlice plazivá* (Czech), *Kriechende Hauhechel* (German), *Ononide striciante* (Italian), Purple rest-harrow, *Mark-Krageklo* (Danish), Restharrow, *Ricolisse en bouais* (Channel Islander-Jersey Norman-French), Sitfast, *Sreang bogha* (Scots Gaelic), *Tagaradr* (Welsh), and Wild liquorice.

The flowers are pollinated by bees and some butterflies.

Repens means ‘creeping’.

Some authorities note that the tough and sticky, sweet-tasting root has been eaten raw or cooked and report that it has also been used to make a refreshing liquorice-like drink (*Glycyrrhiza glabra*) by steeping it in cold water. It would also appear that the young shoots were popular in parts of Europe as a vegetable for which they were boiled, pickled or eaten fresh as salad.

Medicinally, the whole plant is said to have provided a treatment for some bladder problems.

For some cures the root was chewed – and in Scotland the plant is believed to have been used as a remedy for delirium and kidney stones.