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Parnassia palustris

[Synonyms : *Parnassia multiseta*]

GRASS-OF-PARNASSUS is a perennial. Native to northern temperate areas,(particularly in Europe) it has small light green-veined, white flowers.

It is also known as *Bielokvet močiarny* (Slovak), *Brial y Gors* (Welsh), *Gazon du Parnasse* (French), Marsh grass of Parnassus, *Parnassia močiarna* (Slovak), *Parnassie des marais* (French), *Slätterblomma* (Swedish), *Studentenröschen* (German), *Sumpferzblatt* (German), *Tolije bahenni* (Czech), White buttercup, White liverwort, and Wideworld parnassia.

Palustris is derived from Latin *palus* (bog, marsh) meaning ‘of or from bogs, swamps or marshes’.

The flowers are pollinated by flies.

Medicinally, European herbalists have recommended the plant in the past for treating liver disorders, stomach upsets and kidney stones.