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*Penthorum sedoides*

**VIRGINIAN STONECROP** is a biennial or perennial. Native to eastern North America it has tiny yellowish-green flowers.

It is also known as Ditch stonecrop, and Penthorum.

*Sedoides* is made up of the genus name *Sedum* and Greek *-oides* (like) components meaning 'like plants in that genus'.

Leaves were valued as a vegetable by the North American Cherokee Indians.

The Meskwaki Indian tribe made a cough syrup from the seeds.

Medicinally, the plant was used to treat diarrhoea, cholera in children and haemorrhages, but in the early 20<sup>th</sup> Century it began to attract particular attention in North America as a remedy for catarrh and bronchitis.