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*Polygala amara*

[Synonyms : *Polygala amarella*]

**DWARF MILKWORT** is a perennial. Found in Europe it has small blue, pink or purplish to white flowers.

It is also known as *Bittere Kreuzblume* (German), Bitter milkwort, *Bittert jungfrulin* (Swedish), European bitter polygala, European senega snakeroot, Evergreen snakeroot, Flowering wintergreen, Fringed polygala, *Laitier* (French), Little pollom, Milkwort, *Rosettjungfrulin* (Swedish), and *Vítod hořký* (Czech).

Dwarf milkwort is considered to be threatened in the wild in Britain.

*Amara* is Latin (bitter).

It has similar properties to those of common milkwort (*Polygala vulgaris*) in that it is supposed to be able to increase milk yield and has been used in the past by herbalists to treat some lung ailments.