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*Polytrichum juniperinum*

[Synonyms : *Polytrichum apiculatum*, *Polytrichum juniperinum* var. *waghornei*]

**HAIR CAP MOSS** is an evergreen moss. Native to the northern hemisphere it has overlapping red-tipped, dark green ‘leaves’.

It is also known as Bear’s bed, Female fern herb, Golden maidenhair, Ground moss, Juniper haircap, Juniper polytrichum moss, May queen moss, Robin’s eye, and Rockbrake herb.

*Juniperinum* is derived from the genus name *Juniperus* meaning ‘like plants in that (juniper) genus’.

It is said that this moss will grow on human skulls.

Medicinally, herbalists recommended it for treating fluid retention.