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Saururus cernuus

LIZARD’S TAIL is a deciduous aquatic perennial. Native to eastern North America it has minute fragrant white flowers.

It is also known as American swamp lily, Breast weed, Common lizardtail, *Jěštěrorep nice* (Czech), Swamp dragon, Swamp lily, and Water dragon.

Cernuus is Latin (face toward the ground, falling headlong) meaning ‘drooping or nodding’. Lizard’s tail was familiar to local North American Indian tribes, including the Seminole and some of the Chippewa. They recognized medicinal qualities in it and some used the roots as a sedative. Records show that it was employed by the Choctaw and Cherokee Indians for healing wounds. Seminole Indians took it for fever and stomach upsets, and they and some of the Chippewa tribe used it to ease rheumatism.