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### *Sedum album*

[Synonyms : *Oreosedum album*, *Sedum album* subsp. *balticum*, *Sedum athoum*, *Sedum balticum*, *Sedum clusianum*, *Sedum micranthum*, *Sedum teretifolium*, *Sedum turgidum*]

**WHITE STONECROP** is a succulent evergreen perennial. Native to temperate areas of Europe, Asia and North Africa it has small white flowers.

It is also known as *Bělorozchodník bílý* (Czech), *Bělorozchodník skalní* (Czech), *Gwenith y Gwylanod* (Welsh), *Hallknopp* (Swedish), *Pinocchiella* (Italian), *Rozchodník biely* (Slovak), *Rozchodník bílý* (Czech), *Sédum blanc* (French), *Siempreviva menor* (Spanish), Small houseleek, *Trique-madame* (French), *Uva-de-cão* (Portuguese), *Valkomaksaruoho* (Finnish), *Vit fetknopp* (Swedish), Wall pepper, *Weisse Fetthenne* (German), *Weisse Fettkraut* (German), *Weisse Mauerpfeffer* (German), and Worm-grass.

Warning – white stonecrop is potentially poisonous and should not be used internally as it can cause headaches, dizziness and nausea. External use can cause inflammation and blistering.

*Album* means ‘white’ with reference to the flowers.

The leaves used to be pickled and they can be still be found added to salads today.

Medicinally, European herbalists recommended using the leaves and stalks to treat inflammation and piles.