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Sedum reflexum

[Synonyms : *Petrosedum reflexum*, *Sedum albescens*, *Sedum collinum*, *Sedum crista-galli*, *Sedum grandiflorum*, *Sedum rupestre*, *Sedum rupestre* subsp. *reflexum*, *Sedum virens*]

REFLEXED STONECROP is a mat-forming succulent, evergreen perennial. Native to Europe it has bright or pale yellow flowers.

It is also known as Creeping jenny, Crooked yellow stonecrop, *Erba risetta* (Italian), *Fabacrasa reflejada* (Spanish), *Felsen-Fetthenne* (German), *Felsenmauerpfeffer* (German), *Fette Henne* (German), *Gewöhnliche Felsen-Fetthenne* (German), Ginger, Goldmoss, *Groumil* (Channel Islander-Guernsey), Indian fog, Indian moss, Jenny stonecrop, *Kalliomaksaruoho* (Finnish), *Klippknopp* (Swedish), Large yellow stonecrop, *Llwynau'r Fagwyr* (Welsh), Love-in-a-chain, Lovelinks, *Mauerpfeffer* (German), *Orpin réfléchi* (French), Prick-madam, *Ranetřesk skalní* (Czech), Rock stonecrop, *Rozchodník skalní* (Czech), St. Vincent's rock stonecrop, Stonecrop houseleek, Stone orpine, *Stor fetknopp* (Swedish), *Tripmadam* (German), Yellow stonecrop, and *Zuruckgebogenes Steinkraut* (German).

Warning – reflexed stonecrop (like biting stonecrop, *Sedum acre*) is potentially poisonous. *Reflexum* is Latin (to turn back, bend back) meaning ‘turned back, reflexed or curved sharply backwards’ with reference to the leaves on the flower stems.

For culinary purposes eg. soups, the bitter taste of the young shoots can be reduced slightly by cooking. The leaves and young shoots can be eaten in salads.

Medicinally, herbalists recommended reflexed stonecrop to quench thirst during fever and also used it in the treatment of diabetes.