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*Sedum rosea*

[Synonyms : *Rhodiola odorata*, *Rhodiola roanensis*, *Rhodiola rosea*, *Sedum rhodiola*, *Sedum roanense*, *Sedum rosea* var. *roanense*, *Sedum roseum*]

**ROSEROOT** is a perennial. Native to cold and temperate areas of the northern hemisphere it has small pale greenish-yellow flowers.

It is also known as *Fjällkaktus* (Swedish), Heal all, *Lus na Laoch* (Irish Gaelic), Midsummer men, Pink stonecrop, *Pren y Ddannoedd* (Welsh), Priest's pintle, *Rosenrot* (Swedish), *Rosenwurz* (German), Rose-scented root, Rosewort, and Snowdon rose.

*Rosea* means 'rose-like, rosy or rose-coloured'.

Although it was referred to in European herbals as long ago as the 16<sup>th</sup> Century when the root was used to make the equivalent of a 'poor man's rosewater', it is little used nowadays in the West except as a salad plant in Greenland.

Roseroot is an emblem of the Scottish Gunn clan.

Sprigs of roseroot have been hung in a room as an insect repellent.

The roots were eaten by Alaskans and were also a staple food for some of the Alaskan Inuits.

Alaskans also ate the leaves and stems, either raw or cooked, whereas the Arctic Inuits ate them raw (or as a kind of sauerkraut) and some of the Alaskan Inuits fermented and froze them for later use.

Flowers were used by some of the Alaskan Inuits (raw, in infusion or as one of several ingredients) for treating stomach upsets and tuberculosis.

Medicinally, Russian medical research is said to have identified some similar properties in the root to those claimed for Siberian ginseng (*Eleutherococcus senticosus*).