

Silene latifolia

[Synonyms : *Lychnis alba*, *Lychnis x loveae*, *Lychnis vespertina*, *Melandrium album*, *Silene alba*, *Silene cucubalus*, *Silene inflata*, *Silene pratensis*]

WHITE CAMPION is a perennial. Native to Europe and the Mediterranean it has small strongly scented, white flowers.

It is also known as Adder-and-snake plant, *Åkerlyst* (Swedish), Ben, Billy busters, Birds' eggs, Bladder bottle, Bladder campion, Bladder catchfly, Bladders of lard, Bladderweed, Bletherweed, Bull rattle, Campion, Champion, Clapweed, Cockerel, Cockle, *Compagnon blanc* (French), Corn-pop, Cowbell, Cowcracker, Cowmack, Cow pap, Cow pap, Cowrattle, Devil's rattlebox, Evening flower, Fat bells, Frothy poppy, *Gludlys Gwyn* (Welsh), Grandmother's nightcap, Kiss-me-quick, Knap bottle, *Knôtovka biela* (Slovak), *Knotovka bílá* (Czech), Maiden's tears, Milkmaids, Mother-dee, Pop guns, Poppers, Poppy, Rattle bags, Rattle bay, Rattleweed, Shacklebackle, *Silenka šírolistá* (Czech), Snaggs, Snappers, Spattling poppy, Summer saucers, Thunderbolt, *Valkoailakki* (Finnish), Vesper flower, *Vieil'yes fil'yes* (Channel Islander-Jersey Norman-French), *Vitblära* (Swedish), *Weisse Lichtnelke* (German), *Weisse Nachtnelke* (German), *Weisses Leimkraut* (German), *Weisse Waldnelke* (German), White Ben, White bottle, White cockle, White cock robin, White hood, White mintdrops, White riding hood, White Robin, and White Robin Hood.

Latifolia is made up of Latin *lati-* (broad, wide) and *-folia* (leaved) components.

One of the superstitions connected with white campion is remembered in another of its common names Mother-dee. It was said that you hastened the death of your mother by picking the flower.

White campion was one of the ingredients in 16th Century Elizabethan pot pourri.

At one time boiled young shoots were eaten in Europe and some authorities have claimed that they are so good that the wild plant could be worth developing in cultivation.

Medicinally, herbalists used white campion as they did red campion (*Silene dioica*) (internally for kidney and urinal problems and internal bleeding, and externally on sores and ulcers) in addition to employing it for the treatment of plague and snake bites.