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*Tiarella cordifolia*

**COOLWORT** is an evergreen perennial. Native to eastern North America it has frothy spikes of tiny pink-tinged, creamy-white flowers.

It is also known as Coalwort, Colwort, False bitterwort, False mitrewort, Foam flower, Gem fruit, Heartleaf foamflower, Miterwort, Mitrewort, Nancy-over-the-ground, *Spetsmössa* (Swedish), and White coolwort.

*Cordifolia* is derived from Latin *cordis* (heart) and *-folia* (leaved) components meaning ‘heart-shaped leaves’.

Several North American Indian tribes valued the plant as a source of medicine. It offered a treatment for diarrhoea in the Micmac and Malecite tribes (particularly among the children of the latter). Iroquois Indians prescribed it as a tonic and as a wash for sore eyes and they also applied it to wounds. It was used for oral problems experienced by the Cherokee and by Iroquois babies.

Medicinally, an infusion of the plant can be used for treating urinary ailments and as an indigestion tonic.