

Ladies Bedstraw

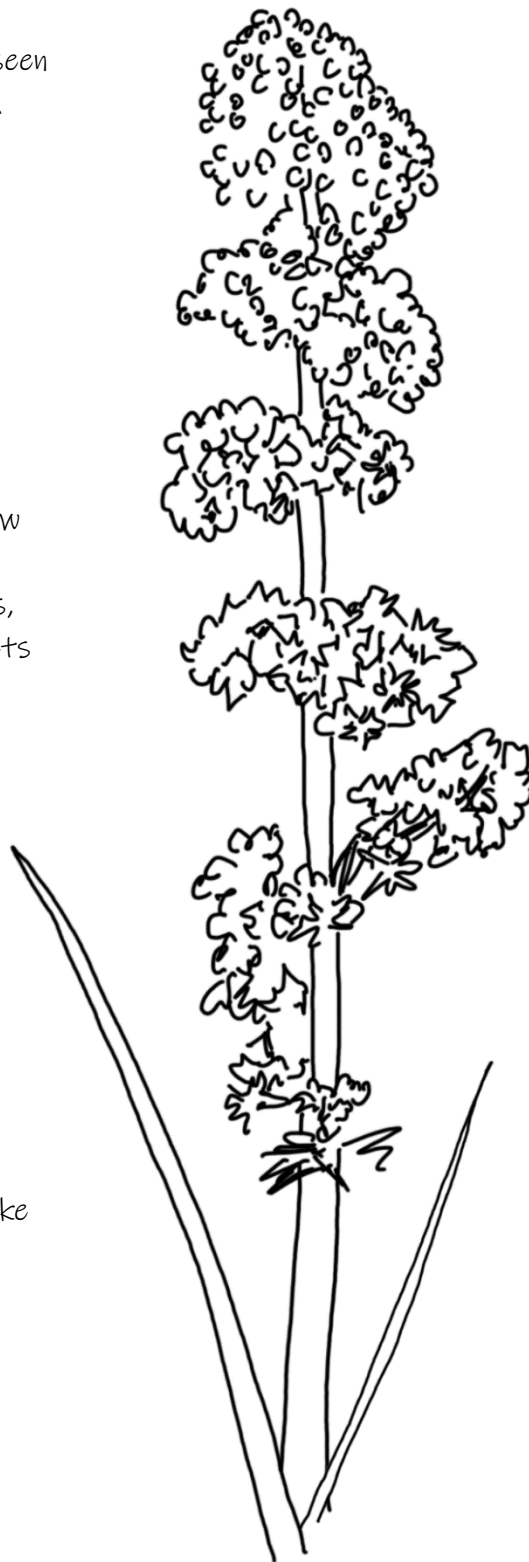
Galium verum

Ladies bedstraw can be seen from June to September.

Dried ladies bedstraw used to be used for stuffing mattresses, which is where it gets its name from.

Ladies bedstraw is fragrant, even when dried (when it smells like newly mown hay).

The flowers are yellow and described as 'frothy'.



Ladies bedstraw used to be used to curdle milk when making cheese.

Meadow Makers

Arnside & Silverdale 
Area of Outstanding Natural Beauty