

Meadow Sweet



Meadowsweet (*Filipendula ulmaria*) is a member of the rose family. It has small, creamy white flowers in clusters with dark green leaves. Flowering occurs from June to September. Typically growing to about 1 metre, it is sweetly scented.

It favours moist habitats such as damp meadows and riverbanks. However, they are absent from sites that are constantly waterlogged and prefers those areas where water levels fluctuate. Meadowsweet attracts a variety of insects including bees, dragonflies and ladybirds. Large amounts of seed can be produced, so removing faded flowers will help control the amount of seed being sown naturally.

Meadowsweet is also known as 'Bridewort', 'Meadow Queen', 'Lady of the Meadow' and 'Meadow-wort'.

Sowing Time: Spring/ Autumn

