

Thursday, July 20, 2023

Helichrysum italicum

Scientific name: *Helichrysum italicum* (Roth)

G.Don

Family: *Asteraceae*

Common name: Curry Plant, Immortelle

The mountain evergreen or curry plant is a perennial shrub with erect stems that grows to a height of about half a metre, and is naturally distributed throughout the Mediterranean basin. It should be noted that the curry used in gastronomy is a mixture of different spices; curiously, the leaves of this plant have a very intense smell that is very similar, which is why it is also commonly called false curry.



The leaves are linear and tomentose; they are covered with a pilosity that gives them their very light grey, almost whitish colour. The flowers are yellow, very small, a few millimetres in size, and are grouped in glomeruli, a globose, contracted form of inflorescence. The time when the flowering is at its best is at the beginning of summer.

The name comes from the Greek *helios*, sun, and *krysos*, gold, which refers to the bright yellow colour of the flower heads. Romans and Greeks decorated statues of the gods with wreaths of *Helichrysum* flowers.

It is popularly used in infusions with various indications for the digestive, urinary and respiratory systems, and applied externally for skin problems. Its essential oil is also used in aromatherapy and perfumery. It should be placed in full sun. Come to the garden of the senses at La Concepción to see and smell it.