

# Finnish plants



# *Fragaria vesca*

Wild strawberry, Smultron,  
Metsämansikka

- Grows to 5-20 cm
- Grows naturally in the northern globe
- The berries taste sweet







# Empetrum nigrum

Kråkbär - Crowberry - variksenmarja

The Crowberry (*Empetrum nigrum*), belongs to the family Ericaceae. The fruits are drupes, 4–6 mm (0.16–0.24 in) wide, usually black or purplish-black but occasionally red.

- Amanda Nygård





# Hippophaë rhamnoides

**Sea buckthorn, Havtorn, Tyrni**

This is a plant quite common in drier regions and near waters. It often takes form as low bushes, but given the right conditions it can also grow into smaller trees. It's overall mostly known for its rather sour orange berries. These are rich in vitamin C and can be used in both cooking and baking.

Amelie Carlsson



# *Veronica spicata*

Spiked speedwell - English

Axveronika - Swedish

Tähkätädyke - Finnish

Aron



# Ranunculus arcis L.

Smörblomma, Buttercup, Leinikki

- Often between 20-70 cm tall
- Glossy yellow flowers
- Contains a chemical that can cause itchiness and vomiting

Elin





# *Nymphaea alba*

*White waterlily, Näckros, Lumme*

- An aquatic plant
  - Grows in ponds and lakes that are up to 150 cm
- Stems under the water with rounded leaves and white petals that float on the surface
- Bloom from June to September
- Europe, North Africa and tropical Asia
- Reduce the growth of algae
  
- *The white (=alba) flower was believed to appear when a nymph (=nymphaea) would die of jealousy*



# Rubus arcticus

Åkerbär

Arctic bramble/raspberry

Mesimarja

Belonging to the rose family.

Grows up to 30 cm tall.

The flower is pink-purple in its colour.

Its habitat includes wetlands for example, damp meadows and river banks.

A very tasty berry and among other uses, to make jam and liqueur, or flavour tea.





# Campanula rotundifolia

Harebell, blåklocka, kissankello

- A wild flower, that grows in dry and open places
- Grows 15-40cm tall
- The best time to see it is from July to September
- Common in the Northern Hemisphere

Filippa



# Linnaea borealis

- Linnea
  - Twin flower
  - Vanamo
- 
- Family: Honeysuckle Family – Caprifoliaceae
  - Growing form: Perennial dwarf shrub.
  - Height: 5–15 cm (2–6 in.). Length up to 1 m. Stem limp, creeping, branched, woody, rooting, glandular-haired. Forms loose, mat-like stands.
  - Flowering time: June–July.
  - The scientific name of twin flower's genus is a dedication to the man who developed the current classification system of plants and other organisms, Carl von Linné. Twin flower was the great botanist's favourite plant. Many biology societies have been named in honour of Linné, and Finland's (founded in 1896) is no exception. Additionally, many little Finnish girls are still named Linnea or Vanamo, the Finnish name for twin flower, each year.





# Sorbus aucuparia

Rowan/Mountain ash, Rönnsk, Pihlaja

- The Mountain ash has white flowers in the early summer. Later in the summer, the flowers develop into red berries.
- In Neo-Druidism, the Mountain ash is known as the "portal tree" as it is considered the threshold between this world and the "other world".
- In a study from the 1980s, it was discovered that the Mountain ash grows in every fourth garden in Finland.



# Vaccinium myrtillus

Blueberries, Blåbär, Mustikka

Jasmine Rönnqvist

Blueberries are perennial flowering plants with blue or purple berries. Many people like blueberries and it is very useful. It is often used in smoothies and pies, for example.





# Maskros

## Dandelion

*Taraxacum*

Julianna

This yellow flower can be found everywhere and classifies therefore as weed. The English name "Dandelion" is taken from the french word "dent de lion" because of the blades` shape.



# *Vaccinium vitis-idaea*

*Lingon, Lingon, Puolukka*

- The lingonberry grows on rice and the rice itself has leaves all year round. However, the lingonberry only blooms in the summer and if the flowers are pollinated, it becomes a berry in the autumn.
- The lingonberry berries is red and sour.
- The berries are generally boiled and sugared before being eaten as jam, juice or jelly. They can also be served raw, which means that they are crushed and mixed with sugar.

Michelle Erkkilä





# Urtica dioica

Nettle, brännässla, nokkonen

Oscar





# Convallaria majalis

Lily of the valley, Liljekonvalj, Kielo

- Is a woodland flowering plant
- It has a sweet scent
- The stems grow to 15-30cm with one or two leaves (10-25cm)

Rebecka





Vitklöver  
Valkoapila  
White clover

*Triforium repens*

Vera



# Trifolium

## Clover

## Klöver

## Apilat

- Clover are common names for over 300 species of flowering plants
- The plant occur mainly in the Northern Hemisphere
- The clover has usually three leaves but in some unusual cases the clover can have four leaves.
- That is why four-leaf clover is considered to bring luck.
- The flower can be red, purple or white and in some cases yellow.





*Trientalis europaea*  
Chickweed Wintergreen (Arctic  
Starflower)  
Metsätähti  
Skogsstjärna

- Height: 5–20 cm (2–8 in.)
- Flowering time: May–July
- It is common throughout the Nordic region all the way up to the Arctic Ocean
- Is especially common in young and broad-leaved forest heaths

**Zahra**

