

KIDNEYWORT

*Meaning: Kidneywort is a common name for various plants in the genus *Chrysosplenium*, known for growing in damp, shaded environments and traditionally valued for their medicinal uses.*

1. Kidneywort is often found in moist, shady areas, thriving in rich, organic soil.
2. Traditional herbalists have used kidneywort for its potential medicinal properties.
3. The delicate flowers of kidneywort can add a touch of beauty to any woodland garden.
4. Many hikers are surprised to find kidneywort growing near streams and wetlands.
5. In folklore, kidneywort was believed to have healing powers for various ailments.

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