

January 2021

Christmas Rose, *Helleborus niger* L.

From the Ranunculaceae family

Has evergreen palmately divided leaves. Flowers early in late winter to spring with large white flowers. It bears follicular fruits.

Chemical compounds are steroid saponins: helleborin, ranuncoside; similar to cardiac glycosides in toxicity.

Highly toxic.

The plant can reach a height of 10-30cm and live up to 25 years. The christmas rose can be found on bushy slopes or in sparse mixed forests. The plant is a protected species.

Some commercially available varieties flower as early as November, and there are double- or pink-flowered varieties. The christmas rose prefers nutrient-rich soil in the garden, it does not like waterlogging. If it grows in the right place, preferably in partial shade, it flowers more magnificently every year.

