

Lily of the Valley *giigoonyens*

Lily of the Valley is a highly fragrant woodland plant native to Europe and Asia.

It is an invasive plant in Ontario and spreads by both seeds and rhizomes.

It forms large colonies which out-compete native species for moisture, sunlight, nutrients and space.

In many cultures, it is associated with the arrival of spring and is used in May Day celebrations.

The leaves and flowers of Lily of the Valley are toxic and should not be ingested.



Convallaria majalis

Muguet

The flower is the birth flower for May and is also the official flower of Finland.

In folklore, it is believed to have magical powers, including the ability to attract fairies.

It has been used in traditional medicine to treat various ailments, including heart conditions, headaches, and epilepsy.

The scent of Lily of the Valley has been used in perfumes and other fragrances for centuries and is prized for its sweet and floral aroma.

