

Rue Anemone

Thalictrum thalictroides

Look for Rue Anemone in the woods behind the Roost.

A member of the Buttercup family, this delicate woodland perennial grows 4-8" tall and is topped by a whorl of three green leaflets above which rises a cluster of up to 5 small pink or white flowers. The showy flowers produce no nectar but insect visitors (various bees, Syrphid flies, and bee flies) feed on the pollen, and the fleshy appendage (elaiosome) on the seed is a nutritious foodstuff for ants; they have been known to carry seeds to their nests as far as 75 feet away.



While all parts of the plant are toxic if ingested in large quantities, it continues to be used for medicinal purposes. North American Indians of Quebec used an Anemone-infused tea to treat boils, lung congestion, and eye illness. Meskwaki Indians burned seeds to make a smoke to revive unconscious persons. Roots of the plant were considered antiemetic and used to treat vomiting and diarrhea. Today, Rue Anemone is occasionally used by herbalists to treat headaches, gout, leprosy, eye inflammations, and ulcers.

Rue Anemone blooms April through June.