

Mountain arnica

Arnica montana L., 1753

Its golden flower heads bloom in early summer. Its scent can help to distinguish it.

And above all, its tall, hairy stem has two opposite leaves in the middle, which is a very good recognition criterion. The rest of the foliage is made up of a rosette that is flattened to the ground.

Its medicinal properties work wonders for external use. Otherwise, beware, it is toxic!

Not to confuse

The Doronic ragwort is similar to it but its leaves are alternate and much tougher! Have a sniff ... no particular smell either.

Leaf

small opposing leaves



Common names

wolf's bane or mountain arnica

Environment

Subalpine moors and grasslands

Altitude

1600-2650 m

Season

- may - september

Size

20 à 40 cm

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