

Spanish needle

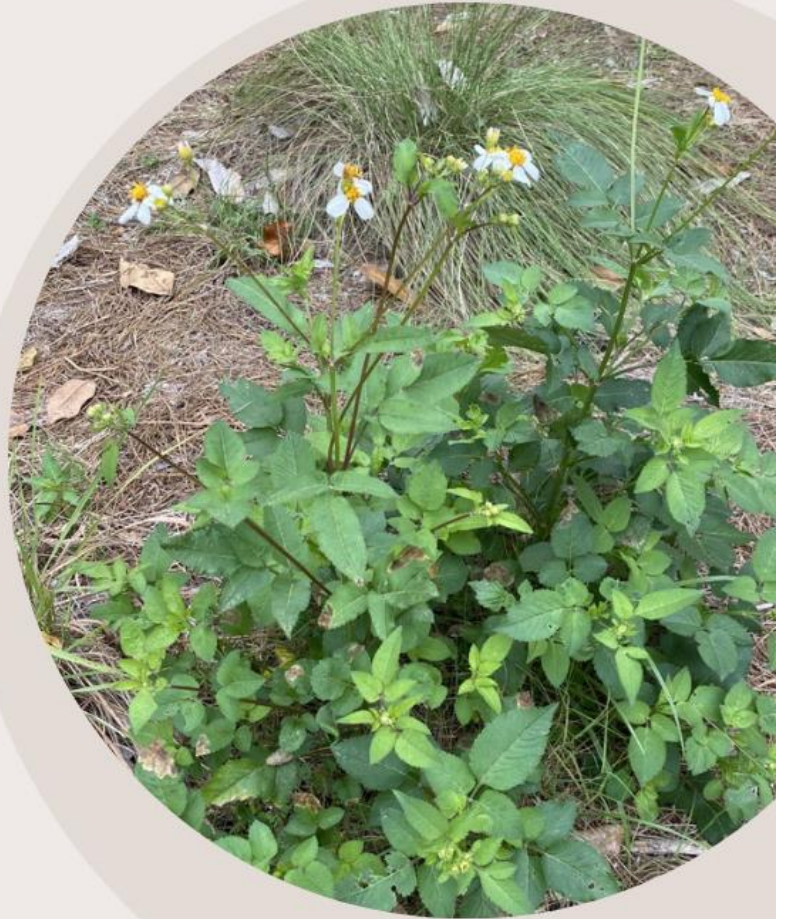
(*Bidens alba*)

A member of the aster family, Spanish needle (*Bidens alba*) is a widespread plant native to Florida. It produces small white flowers from April through October and is an important plant for many pollinators. Spanish needles spread quickly as a single plant can produce 3,000-6,000 seeds!



HISTORY

Native Americans have traditionally used this plant to treat headaches and the extract has been used in the past as a mouthwash due to its antiseptic properties.



MEDICINAL USES

The roots, leaves and seeds of the Spanish needle have been known to have anti-inflammatory, antibacterial, antiseptic, antimicrobial and antidyenteric properties. This plant also has diuretic qualities and can be beneficial in treating joint discomfort, swelling, colic, stomach ailments and cold and flu. Sap from the leaves is used on fresh wounds to speed up clotting.



FUN FACT

Spanish needles have been found to have antimalarial properties and have thus been used in malaria treatments!

