

PRIVATE SALESIAN HIGH SCHOOL

PLANTS
OF STOLOWE MOUNTAINS
NATIONAL PARK



Total vascular flora park has about 650 species. Among them under full protection there are 28 species, 11 are plants from the list of endangered plants in Poland or in a Polish Red Book of Plants, and 9 partially protected. In addition, 16 other species present vascular plants were found to be valuable, locally endangered or rare in the Sudetenland, and in Lower Silesia.

PEŁNIK EUROPEJSKI
Trollius europaeus
GLOBE FLOWER



Strictly protected plant species.
The plant was formerly dug for home gardens and picked for bouquets
The whole plant is poisonous.
Animals do not eat the flower.
The plant is native of Europe and Western Asia and is a protected species in Bulgaria.

LILIA BULWKOWATA
LILIUM BULBIFERUM

ORANGE LILY, FIRE LILY OR TIGER LILY

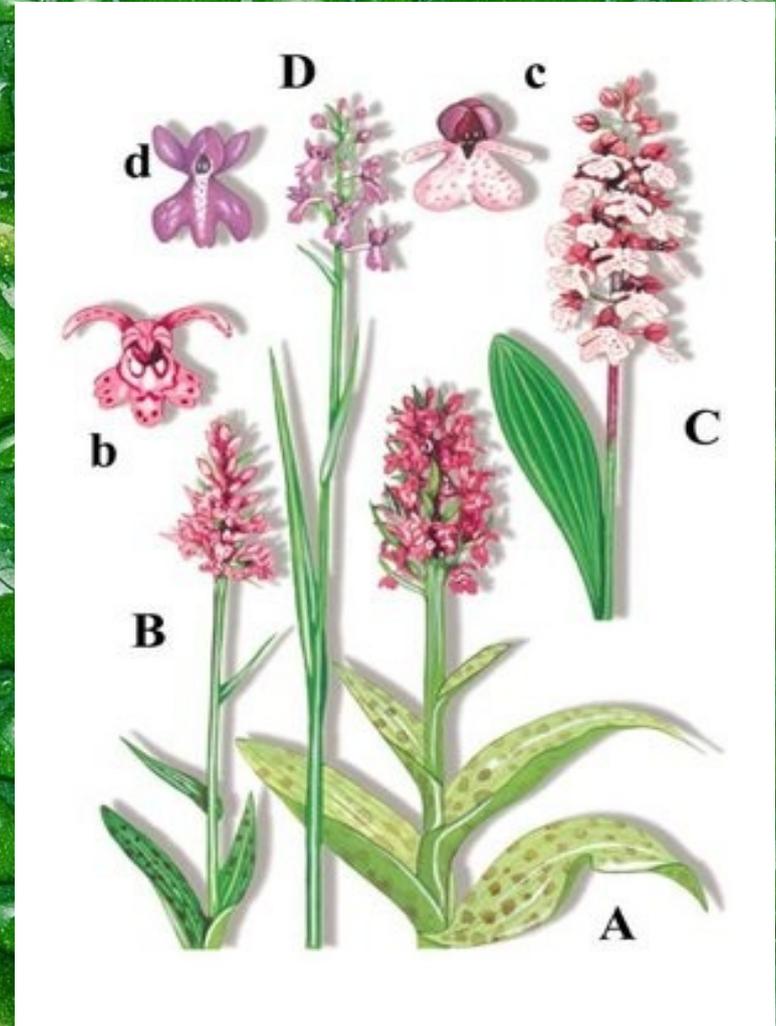


**Plant with underground bulbs,
grows in mountain meadows and
rocks of central and southern Europe
from the Pyrenees up to the northern
Balkans.**



STORCZYK SZEROKOLISTNY

Dactylorhiza majalis



Because of the beautiful, unique flowers, lasting and very fragrant, grown mainly in greenhouses, especially in Britain and Belgium. In Poland, in the wild, there are about 50 species of 24 genera and all of them are protected species. The plants of the orchid family of flowers, showy and original orchids are commonly called ORCHIDEA

ARNIKA GÓRKSKA

Arnica montana

leopard's bane, wolf's bane, mountain tobacco and mountain arnica



Arnica has been used in herbal medicine and, according to double-blind studies, has demonstrated pain relieving attributes in osteoarthritis patients. Arnica montana was found to have the same effect when compared to a 5% ibuprofen gel for treating the symptoms of hand osteoarthritis. Arnica montana is endemic to Europe, from southern Iberia to southern Scandinavia and the Carpathians.

SOSNA BŁOTNA

Pinus rotundata



Form of the beetle to the tree, reaching 3-10 (15) m high. It occurs in the Alps, the northern Carpathians, small populations in the Pyrenees, in Poland, the Carpathians, the Sudetes. It is protected.

BAGNO ZWYCZAJNE

Ledum palustre



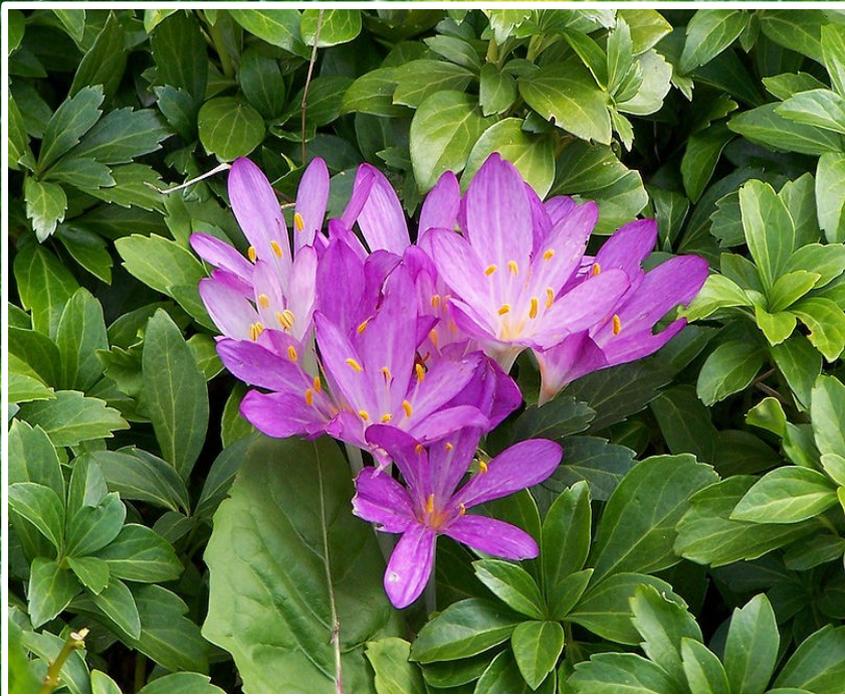
It occurs in the wild in central and northern Europe, in north-eastern Azji. Cała plant emits a strong odor. Poisonous plant. Leaves and stems contain an essential oil with a strong, characteristic odor, shocking the nervous system and acting narcotic. In folk medicine known as an expectorant and przeciwgośćcowy. Soothing effect on arthritis, back pain, rheumatism.

NAPARSTNICA PURPUROWA
DIGITALIS PURPUREA L
Common Foxglove, Purple
Foxglove or Lady's Glove.



Digitalis purpurea is an herbaceous biennial or short lived perennial plant. Due to the presence of the cardiac glycoside digitoxin, the leaves, flowers and seeds of this plant are all poisonous to humans and some animals and can be fatal if eaten. The plant is sometimes grown in gardens. In suitable conditions it generally seeds itself in partial shade, and can become a minor weed.

ZIMOWIT JESIENNY
COLCHICUM AUTUMNALE
autumn crocus, meadow
saffron or naked lady



The bulb-like corms of *Colchicum autumnale* contain colchicine, a useful drug with a narrow therapeutic index. Colchicine is approved by the US FDA for the treatment of gout and familial Mediterranean fever. Colchicine is also used in plant breeding to produce polyploid strains. The Botanic Gardens Conservation International representing botanic gardens in 120 countries has warned that "400 medicinal plants are at risk of extinction, from over-collection and deforestation, threatening the discovery of future cures for disease", including *Colchicum autumnale*



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