

Daisy

Botanical Name

Bellis perennis

Family: Asteraceae

Plant Facts

Zone	4 – 8.
Dimensions	Height 3 – 6 inches. Width 6 – 12 inches.
Sun Requirements	Prefers partial shade but tolerates full sun, although may go dormant in intense heat.
Soil/Water Needs	Not fussy about type of soil. Thrives with regular water.
Propagation	By wind-dispersed seeds and by rhizomes.
Wildlife Friendly	Loved by rabbits, deer, and squirrels.
Origins	Native to Europe and western Asia.

Other Factoids

Introduced to North America as an ornamental.

In large quantities it is poisonous to dogs.

Language of Flowers

Symbolizes renewal and purity. In the Victorian era it was a symbol of innocence. In the 1960's it was a symbol of peace and counterculture.



Historical References

Latin ‘bellis perennis’ means ‘beautiful and lives forever.’

‘Daisy’ derives from Old English words meaning ‘day’s eye’ (flowers close at night).

In Roman myth, Belides (a nymph) transformed into a daisy.

In Norse myth it was the favorite flower of Freya, goddess of love and fertility.

Depicted in medieval art as a symbol of purity, often in association with the Virgin Mary.

Medicinal/Culinary Uses

Ancient Romans used daisy juice to treat wounds.

Sometimes used to treat bruises, skin ailments, rheumatism, respiratory tract complaints, and fever.

Leaves and flowers can be used in salads, soups, and stews.