

# *Northern Bedstraw*

## Galium boreale



This perennial has creeping rhizomes that often form dense patches. It is commonly named for its historical use as a mattress and pillow stuffing. Young plants and leaves are edible and have medicinal uses, while roots can be used for making a red dye. Flowers are mainly pollinated by flies and beetles. They also attract bees, ants, butterflies, and moths.

Full sun to part shade

Medium moist soils, sand - clay

1-3 ft

Spring to early summer bloom

✓ Pollinators