

The Roseroot

When I travel along the coasts of Greenland, I often come across a low, vigorous plant with thickened stalks and leaves and yellow flowers.

The flower is the Roseroot. *Rhodiola rosea* thrives best in crevices in rocks, which often collect water from the melting snow or where small streams find their way down the rocks.

The Roseroot is a succulent in the stonecrop family. A succulent is a plant that stores water in the thickened stalks or leaves. The plant has vigorous roots that have a very distinctive scent of roses. It explains the name Roseroot.

The Roseroot works pretty much good for any disorder, according to tradition, and it is often used in herbal medicine. The Vikings used the Roseroot to sharpen the senses, and the plant can help you to a better immune system, better resistance to stress and limit the brain aging.

I am convinced that there are positive effects of this plant. I stand here on a rocking boat quite close to the steep rocky coastline that disappears into the ocean, and I really enjoy the sight of the beautiful Roseroot.

The plant has found its habitat in a crevice near the sea surface. The sight of the beautiful, vigorous plant makes me really feel very comfortable.



The Roseroot in a crevice, June 2013