

## The Lime Tree



### ***Tilia***

Also known as Linden and Basswood.

There are three native types of lime in Britain: The small leaved, large leaved and the common Lime.

Dense foliage and heart shaped leaves with clusters of flowers and fruits. Lime trees have nothing to do with the citrus fruit. Honey bee's love the lime tree.

A very strong fibre was obtained from by peeling off the bark and soaking in water for a month; after which the inner fibres can be easily separated. In Japan some traditional clothing is made from weaving lime tree fibres.



### **Wood:**

lightweight but strong and stable wood which is well suited to carving. Because of its acoustic qualities it is used for many types of musical instruments.

## **Medicinal:**

Limeflower tea has a pleasing taste, due to the aromatic volatile oil found in the flowers. The flowers, leaves, wood, and charcoal (obtained from the wood) are used for medicinal purposes. Active ingredients in the lime flowers include flavonoids, volatile oils, and mucilaginous constituents (which soothe and reduce inflammation). The plant also contains tannins that can act as an astringent.

## **Identification:**

<http://www.woodlands.co.uk/owning-a-wood/tree-identification/lime.php>