

The Holly Tree



Ilex aquifolium

The spiky leaves of the evergreen holly tree with its bright red berries are very distinctive.

In the wild trees start to produce berries when they are 20 years old. The berries are an important food source for many birds, such as thrushes, fieldfares, redwings and waxwings. If uneaten, the berries will stay on the tree until the following May.

Medicinal:

Flower remedy to relieve feelings of hatred, envy, jealousy, suspicion. The leaves are used for fever, the berries are poisonous. Only use under a qualified herbalist's supervision.