

# APRIL BIRTH FLOWER

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The month of April has two birth flowers. The primary birth flower is the **daisies**, and the secondary flower is the **sweet peas**.

## April birth flower - Daisies

Daisies, scientifically known as *Bellis perennis*, are native to Europe and Asia and eventually naturalized in North America. Due to their adaptive nature daisies can now be found on every continent except Antarctica.

Each flower of daisies has a center-eye which is a collection of tiny florets. Thin delicate white petals radiate from a bright yellow center resembling the Sun. The petals can sometimes be tinged with pink.

A Roman myth attributes the creation of the daisy to the nymph Belides, who turned herself into a daisy to escape the affection of Vertumnus, the God of gardens and seasons. The Latin word for Daisy, *Bellis*, is derived from the nymph's name.

Daisies symbolize innocence, love, bliss, and purity. The white daisy is a symbol of purity and innocence; yellow means joy and friendship; pink represents affection; and red is a sign of love and romance.

Daisies are used in traditional medicines to treat conditions like coughs, skin ailments, and digestive problems. King Henry VIII, it has been said, ate daisies to help with stomach ulcers.

**Fun fact:** The common name daisy originates from the Old English phrase "Daes eage," which translates to "day's eye." This name reflects how these flowers close their petals in the evening and reopen them in the morning.

## April birth flower - Sweet Peas

Sweet peas, scientifically known as *Lathyrus odoratus*, are native to Sicily, Italy, and the Mediterranean region.

The sweet pea is an annual flower that grows well in forest areas, cutting gardens, border gardens, and even tangled leisurely over an arch. They have a delicate and airy appearance with ruffled petals.

Sweet peas were first discovered in southern Italy in the late 1600s by Francis Cupani, a Sicilian monk who sent seeds of these flowers to Dr. Robert Uvedale, a teacher and a plant enthusiast from England. Sweet peas have been cultivated for their beauty and fragrance since the 17th century, but they gained popularity in the 19th century, particularly in England.

Sweet peas are available in a wide variety of hues, including purple, pink, red, and white, and even

bi-colors like blue and white or pink and red. Sweet peas symbolize blissful pleasure, friendship, gratitude, and farewells.

Sweet peas are a popular choice in floral arrangements and wedding bouquets. Sweet pea extract is believed to have anti-inflammatory and antioxidant benefits and has been used for centuries in traditional medicine.

**Fun fact:** Sweet peas are available in over 200 different types, each with its unique color and fragrance.

