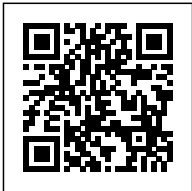


MAY BIRTH FLOWER

Posted on February 28, 2024 by Naeem Noor



The month of May has two birth flowers. The primary birth flower is the **lily of the valley**, and the secondary flower is the **hawthorn**.

May birth flower - Lily of the Valley

Lily of the Valley, scientifically known as *Convallaria majalis*, is a perennial plant that prefers shade. It has tiny, delicate white flowers that resemble the shape of bells. Lily of the valley can also produce pink or purple blossoms. When given compatible conditions, the lily of the valley is an aggressive plant that spreads quickly and covers the entire field.

Native to Europe and Asia, the lily of the valley has now become naturalized in North America.

Legend has it that the lily of the valley fell in love with the nightingale's song and flowered only when the bird returned to the woods in May. According to Christian legend, the lily of the valley originated from Eve's tears after she and Adam were expelled from the Garden of Eden.

Because lilies of the valley bloom for a short time, they are a symbol of hope, happiness, sweetness, and humbleness.

Lily of the valley is well known for its numerous health benefits; it is thought to support a stronger immune system, lower inflammation, and improve heart health. It has also been grown for its lovely scent and beauty and has been associated with good fortune.

Fun fact: Lily of the valley is a popular choice amongst royal brides. The flowers were also featured in Princess Diana and Kate Middleton's bridal bouquets.

May birth flower - Hawthorn

Hawthorn, scientifically known as *Crataegus*, is a tiny tree that has white or pink flowers with unique antennae in the center. Hawthorn belongs to the Rosaceae (rose) family, which includes numerous food crops like apples, cherries, and pears.

Hawthorn is a common plant in natural landscaping and is native to the temperate regions of Europe, Asia, North Africa, and North America. They have edible fruit and leaves.

Its branches were allegedly used by the ancient Greeks in their wedding processions. In Celtic mythology, hawthorns were considered to mend a broken heart.

Hawthorns represent hope, happiness, and faith.

Though sometimes pink, its flowers generally appear white. When autumn arrives, leaves first turn orange and then yellow. For many birds, the thick foliage provides an excellent place to hide. The prickly hawthorns also provide safe nesting locations away from predators.

Hawthorns have a great medical history. They have been used historically to treat a variety of skin ailments, stomach issues, and anxiety.

Fun fact: According to Serbian mythology, hawthorn stakes were once believed to be capable of killing vampires.

