

National Flower

Acanthus Mollis, commonly known as Bear's Breeches, Sea Dock, Bear's Foot Plant, Sea Holly or Oyster Plant, is a species of plant in the family *Acanthaceae* and is native to the Mediterranean region. *Acanthus* means bract, which are modified leaves that are often more colorful than the actual flowers. They help to attract pollinators. The botanical name comes from the thorny look of their purple bracts.

Acanthus Mollis is a vigorous plant with large, glossy dark green leaves, pinnately lobed and, in late summer, develops tall racemes of white flowers with dusky purple bracts. The ideal soil is a deep, fertile, well-drained loam but it will grow in most soils and has good drought tolerance. *Acanthus Mollis* likes full sun to partial shade and is known to be hardy in the United Kingdom.

