

Sphagnum Moss

A cool and very versatile little plant, found in damp areas of conifer forest or moorland. It has been used for personal, horticultural and medicinal purposes for centuries. Its antibacterial qualities make it a sterile substance. This means it can be used for instance, as a sponge.



- **Can hold around 20 times it's weight in water**
- **Can be used to clean cuts.**
- **Can be used to clean your face or dried out and used as bedding or natures toilet paper.**
- **If you were desperate for water, you could drink from this plant by squeezing the water into your mouth. (Be aware, it tastes like dirt)**
- **There are many other cool facts about this plant, why don't you research it as part of a school project?**

