

Calendar of flowers

The Cilento with its rich flora is a paradise for lovers of nature. Our calendar gives a choice of flowers and their time of bloom.

At Cape Palinuro, which is shrouded in legend, you will find something unique: *Primula palinurensis*, the flower which is also the symbol of the National Park.



ROSMARINO/ROSMARY (*Rosmarinus officinalis*), bloom year-round.



PRIMULA PALINURI/PALINURO-PRIMROSE, bloom February – March.



OFRIDE VERDE BRUNA/SPIDER ORCHID (*Ophrys sphegodes* Miller), bloom February – June.



ANEMONE dell'APPENNINO/APENNINE-ANEMONE (*Anemone apennina*), bloom March – April.



OMINI NUDI/ITALIAN ORCHID (*Orchis italica*), bloom March – May.



SERAPIDE LINGUA/SERAPIAS LINGUA (*Serapias lingua*), bloom March – May.



GIAGGIOLO DEI POVERETTI/BARBARY NUT IRIS (*Gynandris sisyrinchium* L.), bloom March – May.



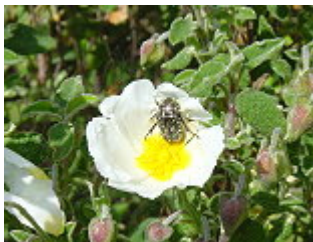
VIOLA TRICOLORE L./TRICOLOURED MORNING GLORY (*Convolvulus tricolor* L.), bloom March – June.



GELSO/WHITE MULBERRY (*Morus alba*), bloom April – May.



FERULA COMUNE/GIANT FENNEL (*Ferula communis*), bloom April – May.



CISTO DI MONTPELLIER/MONTPELLIER ROCKROSE (*Cistus monspeliensis*), bloom April – June.



CAPPERO/CAPER (*Capparis ovata*), bloom April – September.



VALERIANA ROSSA/RED VALERIAN (*Centranthus ruber*), bloom April – September.



PAPAVERO CORNUTO/YELLOW HORNED-POPPY (*Glaucium flavum*), bloom April – September.



BALLOTA ORIENTALE/ORIENTAL HOREHOUND, bloom May.



AGAVE AMERICANA/AMERICAN AGAVE (Agavaceae), bloom May – June.



CAMPANULA FRAGILIS/BELLFLOWER, bloom starts May.



PASSIFLORA/PASSION FLOWER, bloom June.



MIRTO/MYRTLE (*Myrtus communis*), bloom June – August.



AGNO CASTO/MONK'S PEPPER (*Vitex agnus-castus*), bloom June – November.



GIGLIO MARINO/SEA DAFFODIL (*Pancratium maritimum*), bloom July – September.



ASPARAGO PUNGENTE/LESSER ASPARAGUS (*Asparagus acutifolius*), popular delicacy, bloom July –



October.



CARRUBO – CAROB – *Ceratonia siliqua* – bloom August – October.

Hiking guide Salvatore Calicchio has been so kind as to place the photos at our disposal.