

## Plants, the Most Beautiful Poetry of Nature

- In our world of opportunities, people have got a wide choice of how to spend their free time. Different people choose different hobbies – reading, traveling, quests for ancient items, visiting museums, collecting rare coins, gardening, collecting different kinds of things. People are so different from each other and unique, so it is hardly ever possible to list all their hobbies.
- Philately, or stamp collecting, has a long history of development, and Maximum Cards are part of postal history, and therefore, an important source of study for philatelists. The Maximum Card consists of a stamp affixed to the illustrated side of a postcard, which must have the closest possible resemblance to the image of the stamp. In addition, the stamp must be stamped on the card and at the post office of the place, which has a direct relationship with the subject depicted.
- Nature includes all living things, the physical features of the Earth, and the processes that occur naturally.
- It includes the planet's ecosystems, its climate, and the physical world, excluding human creations.
- Essentially, it is the realm of non-human, including all natural phenomena and the interactions between them.
- Plants are a diverse group of living organisms that are primarily photosynthetic, meaning they produce their own food using sunlight, water, and carbon dioxide. They are a vital part of Earth's ecosystems, providing oxygen, food, and various other resources.

➤ Importance of Plants:

- **Oxygen Production:** Plants release oxygen into the atmosphere as a byproduct of photosynthesis, which is essential for the survival of most living things.
- **Food Source:** Plants provide food for humans and animals, directly or indirectly.
- **Ecosystem Services:** Plants play a crucial role in maintaining healthy ecosystems, regulating water cycles, and preventing soil erosion.
- **Medical Resources:** Many plants have medicinal properties and are used to create various medicines.
- **Materials:** Plants provide materials such as wood, fibers (cotton, linen), and paper.

➤ Essential to life:

- Plants form the base of most food chains, providing food for other living organisms.

➤ Examples of plants:

- Trees, shrubs, medicinal plants, herbs, vines, ferns, and mosses belong to the plant kingdom.
- Flowering plants, conifers, and even some algae are classified as plants.
- **Medicinal plants**, also known as herbs or medicinal plants, are plants used for therapeutic purposes due to the presence of bioactive compounds that can treat diseases. These plants have been used for healing in traditional medicine systems for centuries and continue to be a valuable source for modern medicine.
- **Endemic flora** are species that are native to specific regions and are found nowhere else in the world.
- **Shrub** is a small to medium-sized, woody perennial plant. Unlike herbaceous plants, shrubs have woody stems that are above ground.
- **Herbs** refer to a large family of plants in the order Monocotyledons, which includes herbaceous plants and, less commonly, shrubs or trees. They most often have a rhizome and a red-like stem.
- **Flowering** plants are plants that produce flowers and fruit and form the clade Angiospermae.
- **Conifers** are a group of ancient plants that include cedars, firs, cypresses, junipers, hemlocks, larch, pines, hemlocks, redwoods, spruces, and teak.
- **Trees** provide shade and shelter, timber for construction, fuel for cooking and heating, and fruit for food, as well as having many other uses.

### Plants, the Most Beautiful Poetry of Nature

| Plan                 |              |
|----------------------|--------------|
| 1 - Medicinal Plants | 4/00         |
| 2 - Endemic Flora    | 4/01 a 04/06 |
| 3 - Shrub            | 4/07 a 04/09 |
| 4 - Trees            | 4/10         |
| 5 - Flower           | 4/11 a 4/12  |
|                      | 4/13 a 4/15  |

## Plants, the Most Beautiful Poetry of Nature

### 1 – Medicinal Plants -*Salvia officinalis*

➤ "Sherbela" is also known as "aliphakia" or "heleisphakos" and its Latin name *Salvia officinalis*.

➤ The ancient Greeks believed that it gave man immortality.

➤ In the region of Trikala, Greece, aliphakia is a plant known and used, both for its therapeutic properties and for its ornamental value.

1o Circulation Day – GREECE –  
0,72 € - Issued on: 16/11/2010 –  
Athens - Commemorative: Flora  
of Mount Athos - *Salvia officinalis*  
Publisher: 16/11/2010 by Hellenic  
Post



*Salvia officinalis*.

### 1 – Medicinal Plants -*Siderites Athos*

➤ *Sideritis athoa*, also known as Athos tea, is a plant species belonging to the genus *Sideritis* (mountain tea) and is endemic to Mount Athos (Athos).

➤ It is a perennial herbaceous plant, up to 40 centimeters high, and grows on rocky slopes and in forest meadows.

*Important facts about Sideritis athoa:*

*Endemic species:*

➤ Grows naturally only on Mount Athos and Mount Fegari of Samothrace.

*Name:*

➤ It comes from Mount Athos, where it is located.

*Morphology:*

➤ It has a straight, simple or branched stem.

*Uses:*

➤ Like other types of mountain tea, it is used to prepare herbal tea with beneficial properties.



*Sideritis athoa*

1o Circulation Day - GREECE – 1,00 €  
Issued on: 16/09/2010 – Athens  
Commemorative: Flora of Mount Athos - *Siderites Athos*  
Publisher: 16/09/2010 by private edition

## Plants, the Most Beautiful Poetry of Nature

## 1 - Medicinal Plants -Laurus nobilis

- "Vaya" or "Daphne" are the names given to the leaves of the laurel plant (*Laurus nobilis*), which are used as an aromatic herb in the kitchen. and have various therapeutic properties.
- They are considered antiseptic, antispasmodic, tonic, digestive and diaphoretic.
- Bay leaves can be used to prepare herbal tea with various therapeutic uses.

10 Circulation Day – GREECE –  
2,00 € - Issued on: 16/09/2010 –  
Athens - Commemorative: Flora  
of Mount Athos - Laurus nobilis  
Publisher: 16/11/2010 by Hellenic  
Post



*Laurus nobilis*



## 1 – Medicinal Plants - Portulaca oleracea

- *Portulaca oleracea*, commonly known as anthrax or glisteria, is a plant species belonging to the family Portulacaceae.
- It is a low annual plant with fleshy leaves and small yellow flowers.
- It grows in various parts of the world, often as a weed in vegetable gardens and other disturbed areas.
- It grows in various parts of the world, often as a weed in vegetable gardens and other disturbed areas.
- The young leaves and stems are eaten as a vegetable, often in salads and soups, mainly in the Mediterranean region and tropical Asia.
- It has been used in traditional medicine for various ailments, such as colds, wounds and diarrhea.
- It contains omega-3 fatty acids, vitamins A and C, calcium, iron, magnesium and potassium.
- It has antioxidants, anti-inflammatory and antimicrobial properties.

10 Circulation Day - KOSOVA – 1,00 €  
Issued on: 04/04/2022 – Pristina  
Commemorative: Medicinal Plants - *Portulaca oleracea*  
Publisher: 04/04/2022 by Pristina Post

## Plants, the Most Beautiful Poetry of Nature

### 1 – Medicinal Plants - *Juniperus oxycedrus*

- *Juniperus oxycedrus*, commonly known as prickly juniper, has a history of medicinal uses, including treatments for skin problems, gastrointestinal problems, and respiratory ailments.
- Modern research is exploring its potential as an antimicrobial, antioxidant, and anti-inflammatory agent.
- It has been used to treat diarrhea, bronchitis and pneumonia, and has been investigated for its potential as a cough medicine.
- Studies suggest possible hypoglycemic (blood sugar-lowering) effects, with some studies indicating its use in the treatment of diabetes.

1o Circulation Day - KOSOVA – 0,60 €

Issued on: 04/04/2022 – Pristina

Commemorative: Medicinal Plants - *Juniperus oxycedrus*

Publisher: 04/04/2022 by Pristina Post



*Arctostaphylos uva ursi*

*Juniperus oxycedrus*

### 1 – Medicinal Plants - *Arctostaphylos uva ursi*

- *Arctostaphylos uva ursi*, commonly known as uva ursi or bearberry, has been used traditionally for various medicinal purposes, primarily for urinary tract problems.
- It has been used to treat urinary tract infections (UTIs), bladder infections, and as a diuretic.
- This plant is believed to have antiseptic and astringent properties, with its active ingredient, arbutin, potentially killing bacteria in the urinary tract.
- *Uva ursi* is also traditionally used as a diuretic, helping to increase urine production and potentially helping to flush out the urinary system.
- The plant's antiseptic properties are believed to help fight infection, while its astringent qualities may help soothe irritated tissues in the urinary tract.

1o Circulation Day - KOSOVA – 0,50 €

Issued on: 04/04/2022 – Pristina

Commemorative: Medicinal Plants - *Arctostaphylos uva ursi*

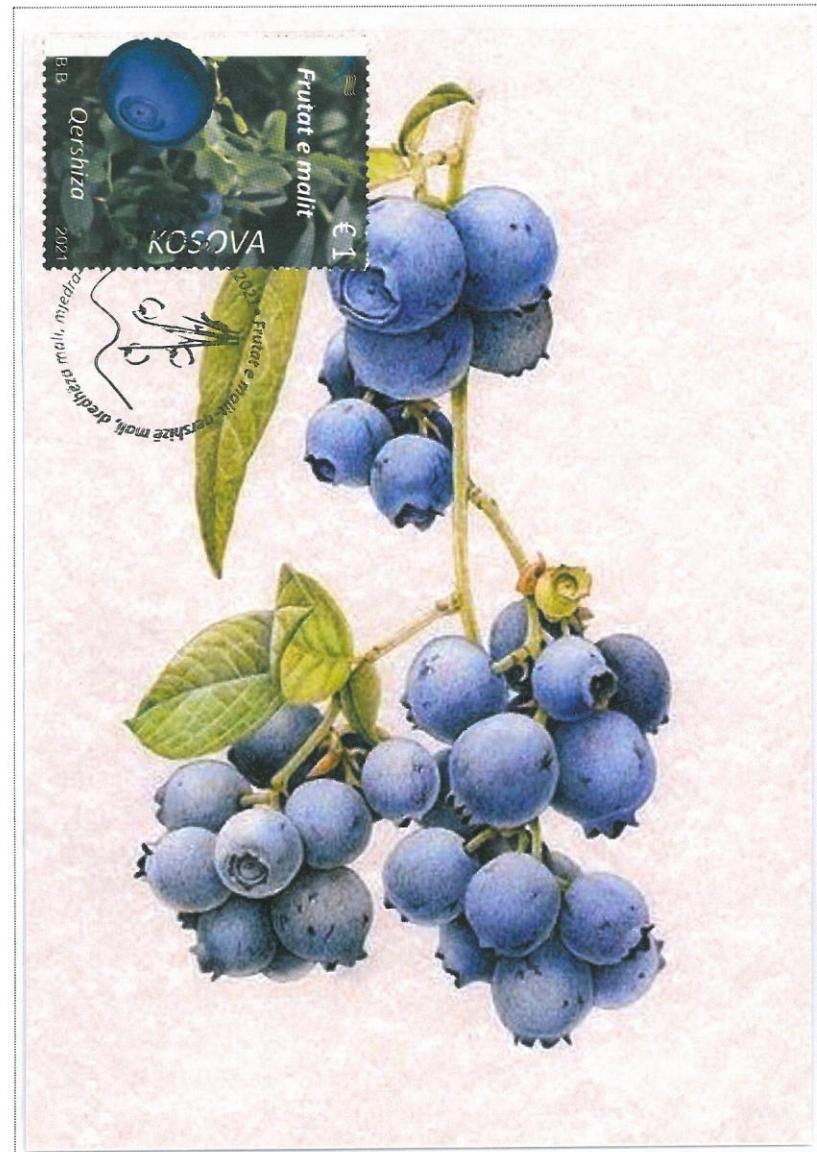
Publisher: 04/04/2022 by Pristina Post

## Plants, the Most Beautiful Poetry of Nature

### 1 – Medicinal Plants - Blueberry

- Blueberries are deciduous shrubs that produce the famous blue-purple berries, which have a wonderful taste and are characterized by many as superfood, due to their high nutritional value.
- Blueberries grow mainly in acidic soils and prefer cool/cool places, where the fruits appear during the summer season.
- There are different types, and fortunately we can find them on the market - fresh, frozen or dried - all year round!
- Blueberries can be consumed in a variety of ways and are particularly beloved because of their delicious taste, but also their appearance.

10 Circulation Day - KOSOVA – 1,00 €  
Issued on: 04/06/2021 – Pristina  
Commemorative: Forest Fruits - Blueberry  
Publisher: 04/06/2021 by Pristina Post



Blueberry



Cranberry

### 1 – Medicinal Plants - Cranberry

- Blueberries are known for their health benefits, mainly due to their high content of antioxidants and other beneficial compounds.
- They may help protect against various diseases and improve overall health.
- Studies show that consuming blueberries may help lower blood pressure and cholesterol levels, reducing the risk of cardiovascular disease.
- Blueberries may improve memory and cognitive function, especially in older adults.
- Antioxidants and other compounds in blueberries may help prevent and fight cancer.

10 Circulation Day - GERMANY – 100 Pf  
Issued on: 12/03/1991 – Bonn  
Commemorative: Plants in Rennsteiggarten, Oberhofs - Cranberry  
Publisher: 12/03/1991 by Deutsche Post

## Plants, the Most Beautiful Poetry of Nature

### 1 – Medicinal Plants - Strawberry

- Strawberries have various medicinal properties and are traditionally used to treat many health problems.
- The leaves and fruits of the strawberry have astringent, diuretic, laxative and tonic properties.
- The strawberry is rich in vitamins A, B, C, E, potassium, calcium, iron, phosphorus and antioxidants.
- They help treat gastritis, act as a liver tonic after hepatitis, and have antibacterial properties.
- Crushed strawberries are used for skin whitening, removing blemishes and acne, as a face mask, for mild sunburn, for skin fungus, and for teeth whitening.

1o Circulation Day - KOSOVA – 0,90 €  
Issued on: 04/06/2021 – Pristina  
Commemorative: Forest Fruits - Strawberry  
Publisher: 04/06/2021 by Pristina Post

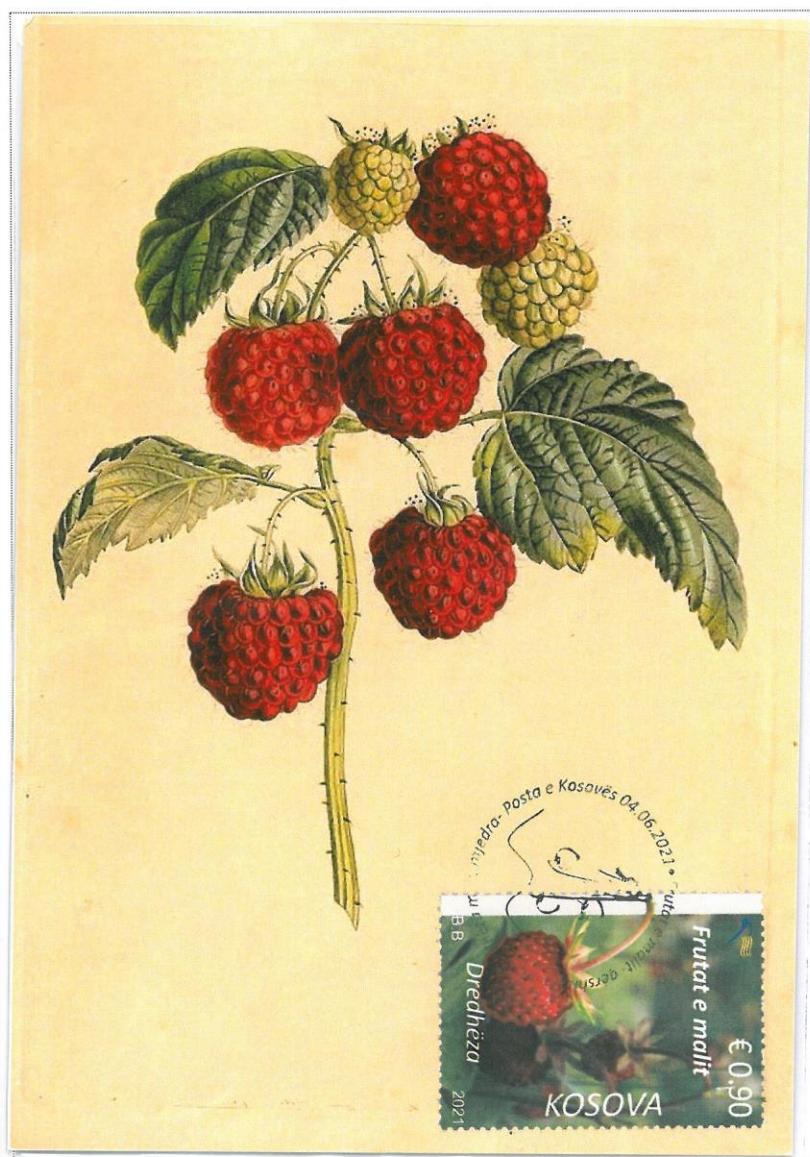


Blueberry

### 1 – Medicinal Plants - Raspberry

- Raspberries, both the fruit and the leaves, have been traditionally used for their medicinal properties.
- The berries are rich in antioxidants and may help prevent chronic diseases.
- The leaves are used to relieve symptoms such as diarrhea and menstrual cramps, and they also have astringent properties.
- In addition, raspberry leaves have been traditionally used to ease childbirth and relieve menstrual cramps.
- Berries contain polyphenols, such as ellagitannins and anthocyanins, which have strong antioxidant activity and may help prevent chronic diseases.

1o Circulation Day - KOSOVA – 0,80 €  
Issued on: 04/04/2022 – Pristina  
Commemorative: Forest Fruits - Raspberry  
Publisher: 04/04/2022 by Pristina Post



Raspberry

## Plants, the Most Beautiful Poetry of Nature

### 1 – Medicinal Plants – Gentiana septemfida

- *Gentiana*, a large and important genus of the Gentianaceae family, includes 400 species distributed mainly in Southeast Asia, Europe and North America.
- Several *Gentiana* species have been traditionally used for the treatment of liver disorders, malaria, fever, diarrhea and inflammatory diseases.
- In addition, some have been used as flavoring agents in foods and beverages.
- *Gentiana* plants have been used in phytochemistry and pharmacology since the 1960s due to their medicinal properties.
- Phytochemical benefits have been focused on roots, stems, flowers, and leaves.

1o Circulation Day - GERMANY – 80 Pf

Issued on: 12/03/1991 – Bonn

Commemorative: Plants in Rennsteiggarten, Oberhofs –  
*Gentiana septemfida*

Publisher: 12/03/1991 by Deutsche Post



*Gentiana septemfida*

### 1 – Medicinal Plants - Bresa sambucus nigra

- Black elderberry (*Sambucus nigra*), commonly known as elderberry or elderberry, is a plant with a long history of use in traditional medicine.
- Both its flowers and fruit are used for various therapeutic properties, primarily to treat symptoms of colds and flu.
- Elderberry flowers have anti-inflammatory properties and are traditionally used to relieve symptoms of colds and flu, such as coughs and fevers.
- Many cultures have used elderberries to treat various ailments, including respiratory problems, skin problems, and digestive disorders.
- Berries are rich in antioxidants and have been used to strengthen the immune system. They are also thought to have antiviral properties, helping to fight viral infections.



Echter Holunder, *Sambucus nigra*.

*Bresa sambucus nigra*

1o Circulation Day - KOSOVA – 0,50 €

Issued on: 04/04/2022 – Pristina

Commemorative: Medicinal Plants - *Bresa sambucus nigra*

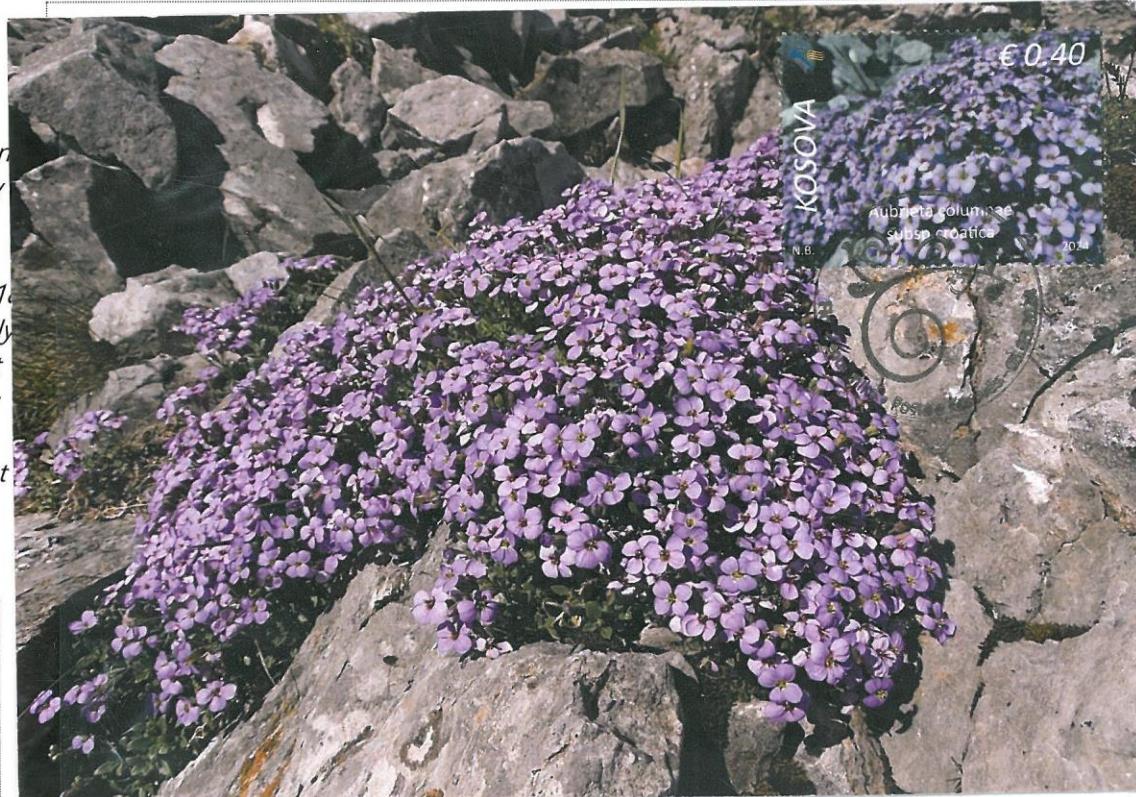
Publisher: 04/04/2022 by Pristina Post

## Plants, the Most Beautiful Poetry of Nature

### 2 – Endemic Flora – Aubrieta columnar

- *Aubrieta columnae* is a plant species with a characteristically low and compact growth.
- It has purple to violet flowers with a diameter of 11-15 mm, and its leaves are generally toothless or slightly toothed. It is a plant that prefers sunny or semi-shaded locations and grows well in moderately moist soils with an alkaline reaction.

10 Circulation Day – KOSOVO –  
0,40 € - Issued on: 05/03/2024 –  
Pristina - Commemorative:  
Endemic flora in Kosovo -  
*Aubrieta columnar* - Publisher:  
05/03/2024 by Pristina Post



*Aubrieta columnar*



*Wulfenia Carinthiaca*

*Wulfenia Carinthiaca*

### 2 – Endemic Flora - Wulfenia Carinthiaca

- *Endemic flora* refers to plant species that are found only in a specific geographical location and nowhere else in the world.

- *Wulfenia carinthiaca*, commonly known as wulfenia, is a plant in the plantain family.
- It is endemic to the Gartnerkofel mountain of the Carnic Alps at the Austro-Italian border. It was discovered in 1779 by Franz Xaver von Wulfen, for whom it is named.
- A perennial, always hardy and unusual. Dense leaf rosette, with blue flowers in summer.
- Will need good moisture and a cool spot in the garden, whether in a bed of rubble or in a pot. More challenging than many other plants.
- Originally from the Albanian Alps.

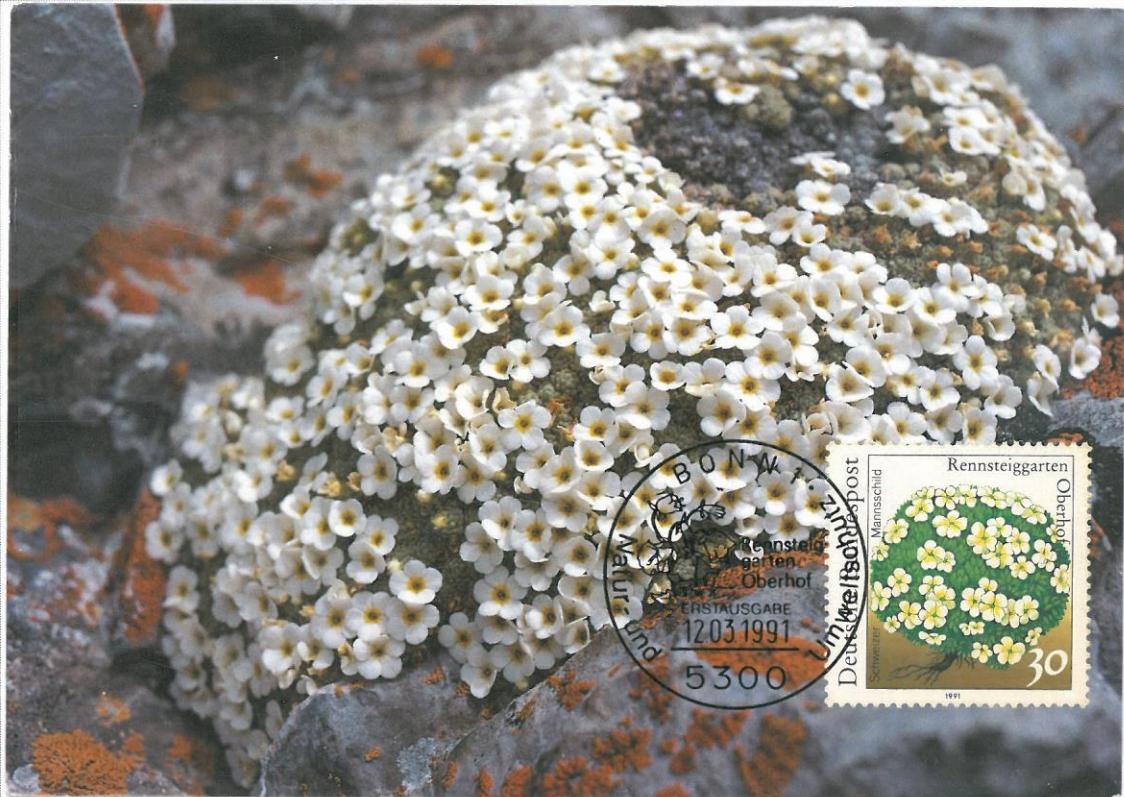
10 Circulation Day – KOSOVO – 0,80 €  
- Issued on: 05/03/2024 – Pristina -  
Commemorative: Endemic flora in Kosovo –  
*Wulfenia Carinthiaca* –  
Publisher: 05/03/2024 by Pristina Post

## Plants, the Most Beautiful Poetry of Nature

### 2 – Endemic Flora – *Androsace helvetica*

- *Androsace helvetica* is a plant in the family Primulaceae. *Androsace helvetica* is widely distributed in the Alps, where it is absent from areas with siliceous bedrock and is rare and scattered in the south-eastern Alps east of the Dolomites.
- Several occurrences are known from the central Pyrenees. It is a characteristic species of alpine and subnival communities on dry and exposed limestone rocks or calcareous schists.

1o Circulation Day – GERMANY –  
30 Pf - Issued on: 12/03/1991 –  
Bonn - Commemorative: Plants in  
Rennsteiggarten, Oberhof -  
*Androsace helvetica* - Publisher  
: 12/03/1991 by Deutsche Post



*Androsace helvetica*



### 2 – Endemic Flora – *Dianthus scardicus*

- *Dianthus* can be annuals, evergreen perennials, or shrubs with narrow, often gray leaves and showy flowers that are often fragrant.
- Lightly cushion-shaped formation. Leaves 2-3 mm wide.
- Flowers are usually borne singly on 1.5-10 cm long, pink, 1.4-1.6 cm wide.
- Closely related to *D. nitidus* and with careful cultivation, an equally good garden plant.
- Rocky places and mountain pastures in Kosovo.

1o Circulation Day – KOSOVO – 0,30 €  
- Issued on: 05/03/2024 – Pristina -  
Commemorative: Endemic flora in Kosovo –  
*Dianthus scardicus* –  
Publisher: 05/03/2024 by Pristina Post

Nr: 4/08

*Dianthus scardicus*

## Plants, the Most Beautiful Poetry of Nature

### 2 – Endemic Flora - Primula wulfeniana

- *Primula wulfeniana*, also known as Wulfen's primrose, is a species of flowering plant within the genus *Primula* and the family *Primulaceae*.
- *Primula wulfeniana* is a perennial herbaceous plant.
- The flowers of this plant display a reddish-lilac hue and have a distinct white eye.
- The petal lobes are strap-shaped and narrowly serrated.

1o Circulation Day – GERMANY – 50 Pf - Issued on: 12/03/1991 – Bonn - Commemorative: Plants in Rennsteiggarten, Oberhof - Edelweiss – Publisher: 12/03/1991 by Deutsche Post



*Primula wulfeniana*



*Edelweiss*

### 2 – Endemic Flora – Edelweiss

- Edelweiss (*Leontopodium alpinum*) is a small, white, hairy, odorless flowered plant belonging to the family of composite plants.
- When grown in lowland soil, its stem becomes elongated, and its growth is unattractive because it loses its compact form and the soft texture of its petals.
- The two main varieties of this flower are *Gnaphalium leontopodium* and *Leontopodium alpinum*.
- It is represented by more than thirty species, of which only two exist in Europe.

1o Circulation Day - GERMANY – 350 Pf  
Issued on: 12/03/1991 – Bonn  
Commemorative: Plants in Rennsteiggarten - Edelweiss  
Publisher: 12/03/1991 by Deutsche Post

## Plants, the Most Beautiful Poetry of Nature

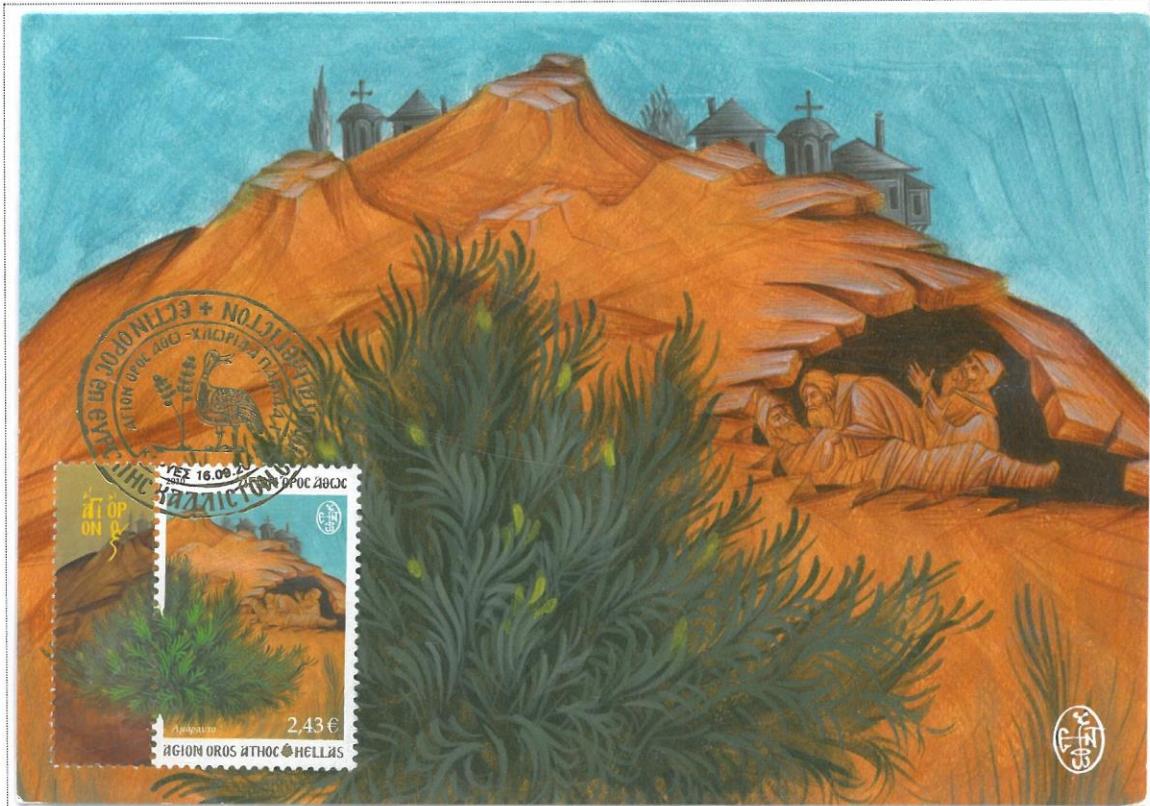
### 3 – Shrub - *Helichrysum sibthorpii*

➤ *Helichrysum sibthorpii* is a rare plant endemic to Greece, which was discovered on Mount Athos.

➤ It is also known as Simbthorpe's Helichrysum, in honor of the English botanist Simbthorpe.

➤ This plant is a semi-cryptophyte and endangered species, which grows in rocky and steep places, such as crevices in limestone cliffs.

1o Circulation Day – GREECE – 2,43 € - Issued on: 16/09/2010 – Athens - Commemorative: Flora of Mount Athos - *Helichrysum sibthorpii* – Publisher: 16/09/2010 by Hellenic Post



*Helichrysum sibthorpii*



*Silene orphanidis*

### 3 – Shrub - *Silene orphanidis*

➤ The species *Silene orphanidis* Boiss. is a rare local endemic found only in places around the summit of Mount Athos and at an altitude ranging from 1700 to 2000 m.

➤ It grows on rocky slopes and crevices of limestone cliffs in semi-shady places, near and above the tree line.

➤ The species is not under immediate threat due to the specific conditions prevailing on Mount Athos.

1o Circulation Day – GREECE – 0,50 € - Issued on: 21/06/2010 – Athens - Commemorative: Flora of Mount Athos - *Silene orphanidis* Publisher: 21/06/2010 by Hellenic Post

## Plants, the Most Beautiful Poetry of Nature

### 4 – Trees - Kumara

➤ Kumara is an evergreen shrub or small tree, known for the beautiful contrast between its white flowers and red fruits that appear at the same time.

➤ Kumara are red, spherical fruits that ripen in autumn and have a sweet taste when fully ripe.

➤ They are edible and can be eaten fresh or used to make jams, liqueurs, and other products.

10 Circulation Day – GREECE –  
2,43 € - Issued on: 16/09/2010 –  
Athens - Commemorative: Flora  
of Mount Athos - Kumara –  
Publisher:  
16/09/2010 by Hellenic Post



Kumara



Koutsoupi

### 4 – Trees - Koutsoupi

➤ The scientific name of the koutsoupi tree is *cercis siliquastrum*. Its impressive flowers turn into fruits and remain on the tree throughout the winter.

➤ The koutsoupi is a tree that goes unnoticed for 10 months of the year.

➤ However, in March and April it transforms!

➤ It is filled with pink and purple flowers, intensely colored and usually abundant in quantity, because of which it attracts all eyes.

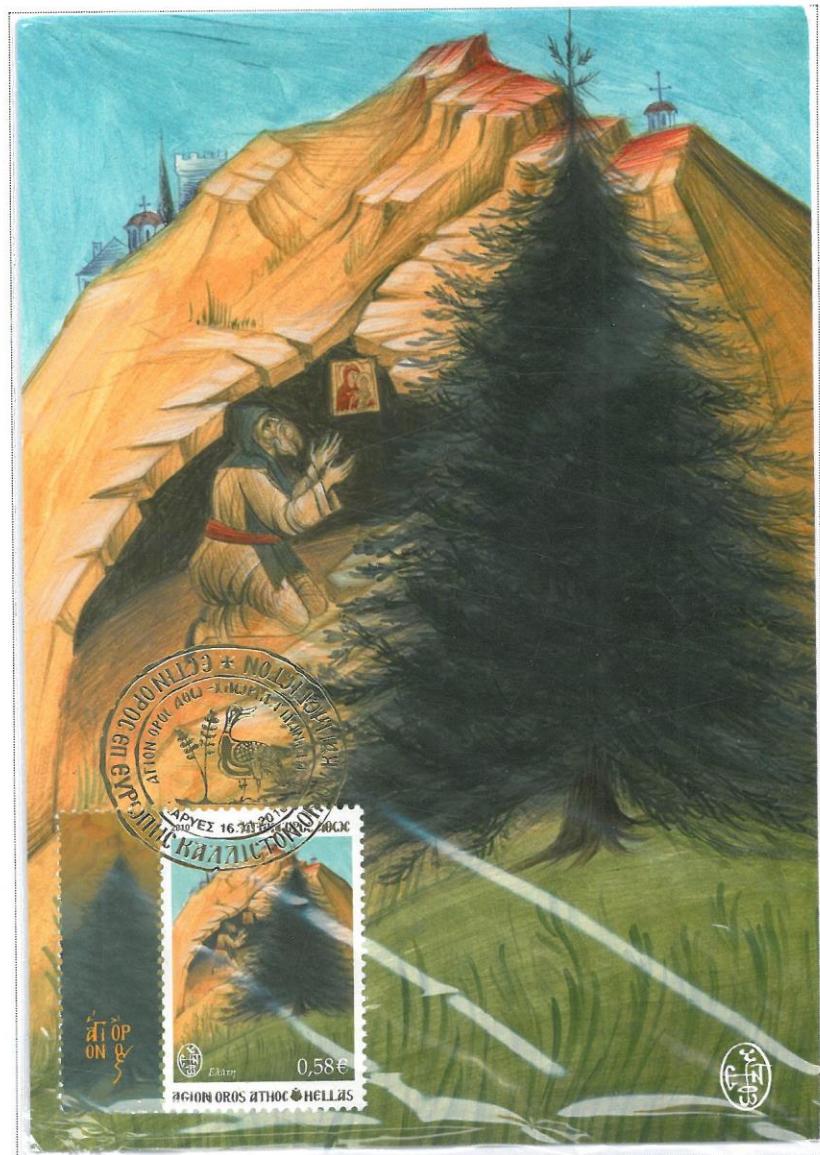
10 Circulation Day – GREECE –  
0,72 € - Issued on: 11/05/2010 – Athens –  
Commemorative: Flora of Mount Athos - Koutsoupi –  
Publisher: 11/05/2010 by Hellenic Post

## Plants, the Most Beautiful Poetry of Nature

### 4 – Trees – Hybrid fir

- On Mount Athos, the hybrid fir (*Abies borisii-regis*), a hybrid of the Cephalonian fir and the white fir, is mainly found.
- This hybrid covers areas such as Thessaly, the northern Pindus and the Mount Athos peninsula.
- The hybrid fir has inherited characteristics from both parents, namely the Cephalonian and the white fir.
- Its needles on the lower branches can be sharp or serrated, while on the higher branches they are larger and sharper.
- Furthermore, on Mount Athos, we can encounter other types of fir, depending on the exact location and environmental conditions.

1o Circulation Day – GREECE –  
0,58 € - Issued on: 16/11/2010 – Athens –  
Commemorative: Flora of Mount Athos - Hybrid fir  
Publisher: 16/11/2010 by Hellenic Post



Hybrid fir



Chestnut

### 4 – Tress - Chestnut

- Chestnut forests grow at an altitude of 400 meters and above - up to 1,000 meters - and cover vast areas behind the Monastery of Vatopedi and around the monasteries of Megisti Lavra (which has the largest chestnut forests), Xenophontos, Philotheos, Iviron and Agios Pavlos.
- Smaller areas exist at the Monastery of Vatopedi and Stavronikita and almost none at Kastamonitou, Zografo and Esphigmenou.
- The monks describe the wild chestnut as a "blessed tree" because it requires no care, they cut down as many trees as they reach the desired height, about 5-6 meters, while the new shoots grow without doing anything to them.

1o Circulation Day – GREECE –  
0,50 € - Issued on: 16/11/2010 – Athens –  
Commemorative: Flora of Mount Athos - Chestnut  
Publisher: 16/11/2010 by Hellenic Post

## Plants, the Most Beautiful Poetry of Nature

### 5 – Flower - Sobralia

#### Macrantha

➤ It is found in the states of Mexico, Belize, Guatemala, El Salvador, Honduras, Nicaragua and Costa Rica at altitudes of 90 to 3400 meters on rocks, it grows from warm to cold with clustered, folded, long, pointed, stiff stems that bloom in a short, terminal inflorescence, with a single flower, and appears from spring to autumn with aromatic and short-lived flowers.

1o Circulation Day – ROMANIA –  
50 Pf - Issued on: 07/04/1990 –  
Bucharest - Commemorative:  
Sobralia Macrantha – Publisher:  
07/04/1990 by Bucharest Post



*Sobralia Macrantha*

### 5 – Flower - Pansy

➤ Pansy is the common name for a group of species, varieties, and hybrids of herbaceous plants of the genus *Viola*.  
➤ The common ancestor of all pansy species is the species *V. tricolor*, also called wild pansy or meadow pansy.  
➤ It is an annual or perennial herb 15 to 30 centimeters tall with heart-shaped or rounded leaves at its base and oblong or oval leaves on the stem.  
➤ The flowers, 2.5 to 5 centimeters in diameter, have five petals and a velvety texture.  
➤ Their color is usually a combination of blue, yellow, and white.  
➤ These plants grow best in rich soils with a humid and cool climate.

1o Circulation Day – GREECE –  
0,58 € - Issued on: 11/05/2010 – Athens -  
Commemorative: Flora of Mount Athos - Pansy  
Publisher: 11/05/2010 by Hellenic Post



*Pansy*

## Plants, the Most Beautiful Poetry of Nature

### 5 – Flower – Crinum giganteum

- *Crinum giganteum* is a plant belonging to the Amaryllidaceae family. It is known for its large white flowers and broad, broad leaves.
- It is also known for its medicinal properties, especially in its bulbous parts.
- *Crinum giganteum* is a bulbous perennial.
- Its flowers are large, white, fragrant, and trumpet-shaped, about 20 centimeters long.
- The petals have purple stripes and a green tinge on the outside.
- The leaves are medium to dark green, broadly ovate, and 30–38 centimeters long.

1o Circulation Day – S. TOME E PRÍNCIPE – 1 Db  
- Issued on: 08/06/1979 – S. TOME –  
Commemorative: Flowers (1979) - *Crinum giganteum*  
Publisher: 08/06/1979 by Sao Tome Post



*Crinum giganteum*



*Tecoma Stans*

### 5 – Flower - Tecoma Stans

- *Tecoma stans* is a species of perennial flowering shrub in the thyme family, Bignoniaceae, native to the Americas.
- Common names include yellow trumpet, yellow bells, yellow sedge, Thomas ginger.
- A small deciduous tree or large shrub, with a narrow crown, growing to 6 m tall (Cyprus).
- *Tecoma stans* is native from Mexico to Peru and Argentina.
- In tropical and Mediterranean regions, this plant is a valuable park tree.
- It has pinnate leaves and clusters of golden yellow, 5 cm large, thyme-like flowers that form at the ends of the branches throughout the year.

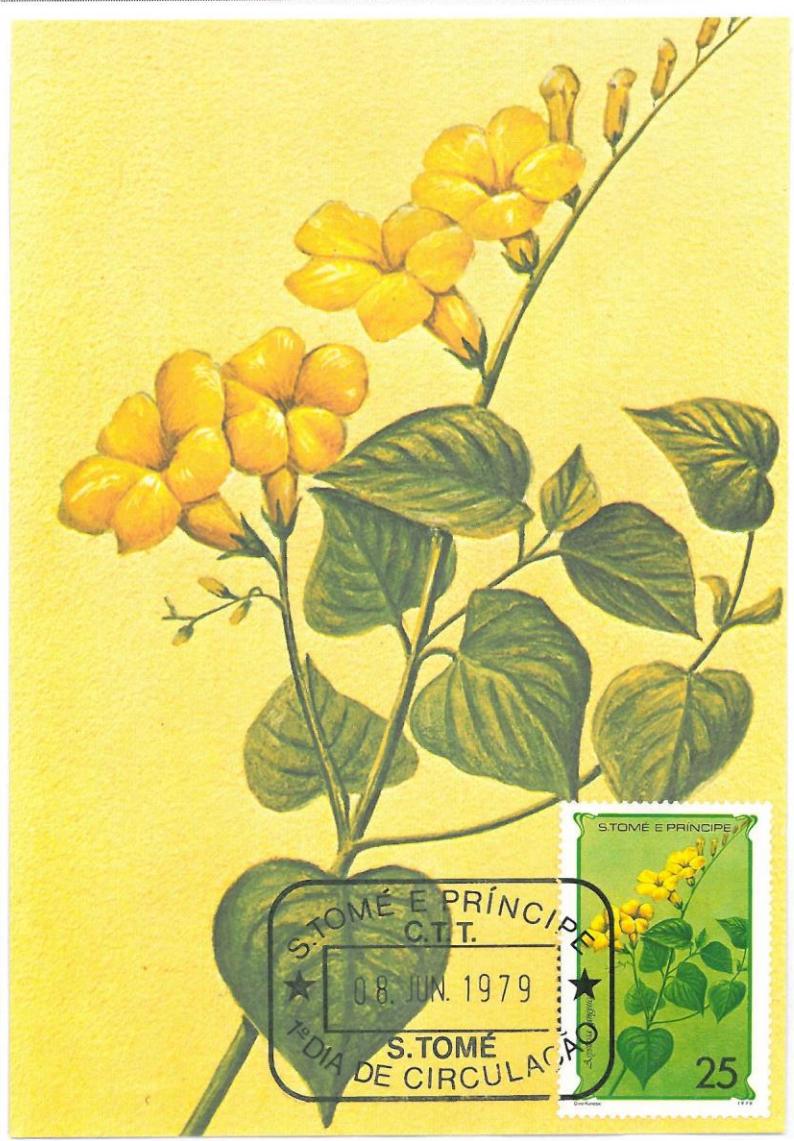
1o Circulation Day – S. TOME E PRÍNCIPE – 8 Db  
- Issued on: 08/06/1979 – S. TOME –  
Commemorative: Flowers (1979) – *Tecoma Stans*  
Publisher: 08/06/1979 by Sao Tome Post

## Plants, the Most Beautiful Poetry of Nature

### 5 – Flower – *Asystasia gangetica*

- *Asystasia gangetica* is a perennial herbaceous evergreen plant with a creeping growth habit.
- The opposite leaves ovate with entire leaf margins (8 cm long, 4 cm wide).
- The trumpet-shaped flowers have 5 purple, round to obovate lobes (3–4 cm long, 2.5–3.8 cm wide). The lower lobe (known as the palate) is dark purple in the center. This species flow freely.
- The explosively dehiscing fruits, known as capsules, are initially green but become brown and dry after disintegration (1.9–2.5 cm long). The fruit resembles an inverted cello and contains 4 round, white to brownish-black seeds, which are flat and beaked (5 mm long, 1 mm thick).

1o Circulation Day – S. TOME E PRÍNCIPE – 25 Db  
 - Issued on: 08/06/1979 – S. TOME –  
 Commemorative: Flowers (1979) - *Asystasia gangetica*  
 Publisher: 08/06/1979 by Sao Tome Post



*Asystasia gangetica*



*Quisqualis indica*

### 5 – Flower - *Quisqualis indica*

- *Quisqualis indica*, a woody climbing plant, ornamental, aromatic flowers.
- It climbs by means of hooks and can grow up to 8 meters in height.
- The leaves are arranged in opposite pairs along the stem and are elliptical to elliptic oblong in shape, they are on the lower part of the leaf with thin lines and on the lower part of the leaf bare, except for the midrib which is brown and with thin lines.
- The petiole of the leaf is modified into a barbed hook to aid in climbing. The leaves are about 5 - 18 cm by 2.5 - 7 cm.
- The young branches are dense.

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