

# Eastern sowbread

*Cyclamen coum* Mill.

## DESCRIPTION

*Cyclamen coum*, which is a geophyte plant species, has flattened spherical tubers that are usually smaller than 3.5 cm. It opens its flowers in the early spring and grows in red pine, fir, oak and beech forests and under scrub on rocky hillsides. It is frequently preferred as an ornamental plant with its heart-shaped leaves and pink flowers. Apart from its use as an ornamental plant, it is also used in the pharmaceutical and chemical industry due to its secondary metabolites.

## HABITAT

Open woodland, coniferous, deciduous or mixed, damp spots in shrubland and rocky places.



## DISTRIBUTION

Bulgaria, Krym, Lebanon-Syria, North Caucasus, Palestine, South European Russi, Transcaucasus, Turkey, Turkey-in-Europe.

## THREATS

*Cyclamen coum* is threatened by illegal collection due to its medicinal and ornamental properties.

## PROTECTION

CITES Washington Convention – Annex II  
IUCN Red List of Threatened Species – Least Concern.

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