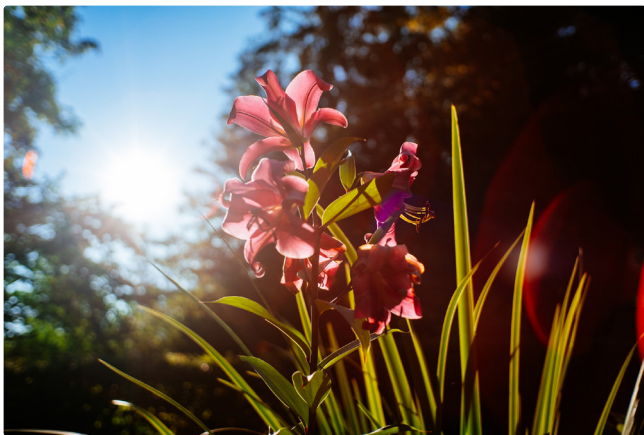


# GROUNDING

WILD IS BEAUTIFUL





## Hello GROUNDING

... is a small independent magazine to spread love for South Germany's plants & wildlife and to share my perspective on their unique beauty.

It's inspired by a similar newsletter from my cousin, Fort Lauderdale artist Stephanie McMillan.

✉ [steph@stephaniemcmillan.com](mailto:steph@stephaniemcmillan.com)

Published by Alex Fischerkoesen, dop and photographer, based in Munich.

✉ [alex@fischerkoesen.com](mailto:alex@fischerkoesen.com)

Vol. 1, Issue 3, August 2026

## Hello DEAR PEOPLE

How wonderful it is when plants and flowers just suddenly appear, all on their own, sometimes in the strangest places. You don't expect it, and just like that, they're there. I love and admire it when nature simply claims its space like that.

There are numerous, mostly dystopian movies where humans have almost completely wiped themselves out and nature is reclaiming the civilized world at a breathtaking pace.

What happens when we step back from the need to control where plants want to grow, and plants decide for themselves? A weed is just a plant you haven't made friends with yet.

Let's get grounded.





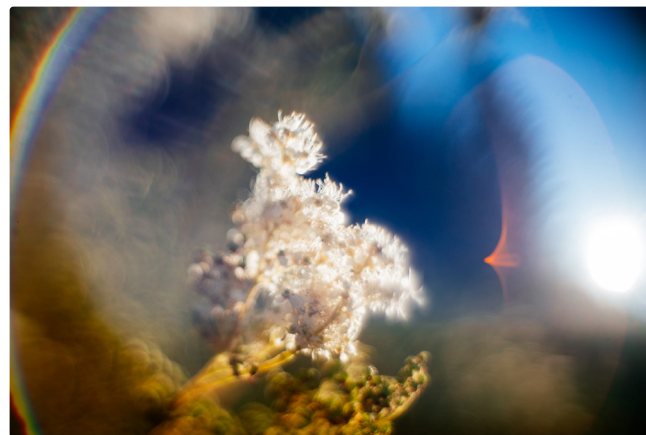
Hello

## REAL MEADOWSWEET

How often do we walk past plants like this without a second thought, simply because they're growing wild along the side of the road?

The beautiful real meadowsweet (*Filipendula ulmaria*) is native to riverbanks, ditches, and wet meadows throughout Europe and Western Asia, all the way to northern Siberia. Its sweet yet tart scent was used in the past as a room fragrance and deodorant. It contains pain-relieving, fever-reducing substances (salicyl glycosides) that act similarly to acetylsalicylic acid (aspirin).

The perennial was considered one of the "holiest" plants by the Celts. And even today, the herb and its flowers continue to play a major role in traditional European herbal medicine.



REAL MEADOWSWEET







## Hello COMMON WATER HYSSOP

...or water hemp, magically attracts bees, bumblebees, and butterflies. It grows in damp meadows and wooded areas, as well as along riverbanks and in ditches. In folk tradition, this species, which was already used as a medicinal plant by the Romans and Greeks, has been dedicated to Saint Cunigunde. That is why common water hyssop is also known as Cunigunde's herb. The plant blooms beautifully in shades ranging from light pink to coppery red. As a source of nectar for bees, butterflies, and other insects, this composite flower is particularly valuable.

I first really noticed you along a railroad line in Upper Bavaria. You swayed gently back and forth as the red Regio train rushed by. Thank you for this beautiful play of colors.

## Hello CARPATHIAN BELLFLOWER

I have no idea how you ended up there, but for a few years now you've been brightening up our somewhat dreary driveway.

Whenever I go in or out, you smile at me and call out: "Look how beautiful the wild, free life can be."

The Carpathian bellflower likely made its way into European gardens during the Baroque period. Today, it's extremely popular with gardeners because of its beautiful flowers and is widely used as an ornamental plant for rock gardens and dry stone walls.

As its name suggests, it's native to the Carpathian Mountains of Ukraine and Romania.





Hello

## ENGLISH OAK

Okay, I'll admit. I hug trees. Old trees. Especially oaks. Because of their majestic appearance and their great age, ranging from 600 to 1,000 years, the English oak is a symbol of steadfastness, strength, loyalty, and eternity. I stand close to the trunk, press my ear against the bark, and hug it with both arms as wide and as tightly as I can. I listen deeply and imagine how your roots are anchored deep in the ground. I imagine how many winters and summers you've already experienced, and what kinds of people from different eras have touched or gazed upon you as well. My breathing slows down. I feel deep inside you, and I become calmer.

Have you heard of the book \*The Hidden Life of Trees\*? Ever since I read it, I've seen trees differently, as more than just living beings, but as wise friends.



ENGLISH OAK





## Hello FIELD THISTLE

...is a wild perennial widely distributed throughout Central Europe. It grows primarily in farm fields and fallow land, as well as along roadsides and forest edges. The beautiful purple flowers have very long, narrow corollas and give off a light honey scent. The field thistle is one of the native wild plants that truly provides food and nesting sites for a wide variety of insects. Numerous wild bees and even more butterfly species flock to the plants during the blooming season.

But for me, it takes on an enchanting beauty after it blooms. The fertilized flowers develop into the achenes typical of the Asteraceae family. Each of the brownish, nut-like, dehiscent fruits contains a single seed. They have a flight-enabling appendage known as the pappus. When viewed against the sun, it looks like angel hair.

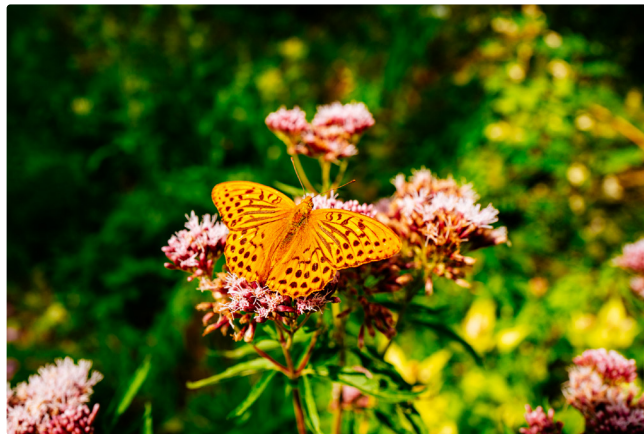
## Hello EMPEROR MOTH

Although Central Europe's largest pearl-spotted butterfly is not yet endangered, its habitats are shrinking.

Natural, sunny open mixed forests provide the ideal habitat for this striking butterfly. Such forests are also much richer in biodiversity and more resilient to climate phenomena.

In 2022, the Emperor Moth was named Butterfly of the Year. It particularly favors thistles, blackberries, and valerian.

Its bright orange color brings me great summer joy. In India, it would certainly be considered sacred.







## **GROUNDING**

**VOL. 1, ISSUE 3, AUGUST 2026**