

Nature as a compiler of emotions with...

Iphiclides podalirius and *Foeniculum vulgare*

<https://www.env.aegean.gr/news-post/oi-petaloúdes-tis-léssbou-joan-caronil-2024/>



Iphiclides podalirius, or " Scarce swallowtail " is a big-size butterfly of the family Papilionidae, and one of the most cosmopolitan species in Europe except of northern parts. Adults fly from March to October, hovering and gliding while flying with their aerodynamic shape and movements bring us a magical sensations.

They feed on a variety of plants, loving the Rosaceae, Asteraceae and Umbelliferae/Apiaceae families among others. There are one, two, or three generations a year. The “ Fennel , ” *Foeniculum vulgare* , is a favourite. I can recall this beautiful butterfly to the neighbourhood of Varia in Mytilene, in late Spring, where while collecting some fresh stems of fennel "αγριομάραθο " to add in brine to prepare for delicious Greek pickles and olives, “ τουρσιά και ελιές “ with my friend Πάρης.

During the ancient Greece period, Aristotle “ Αριστοτέλης ”, living many years in the island of Lesbos, called butterflies *psyche* ψυχή, Greek word for 都 oul Perhaps because he felt that their fluttering on air are like the souls of humans that need to be and feel the freedom and happiness, only provided by nature.