Ecological Flora of the Central Chilterns

Section 29: Rubiaceae, Gentianaceae, Apocynaceae

Chiltern Gentian
Family Rubiaceae Bedstraws
This family is characterised by having narrow leaves in whorls of four or more. (Strictly speaking, they are a mixture of leaves and stipules.) Flowers are usually small and white.

Cleavers (or Goosegrass) Galium aparine
Very common in all sorts of habitat - cultivated land, wasteland, scrub, grassland, roadsides, hedges, woodland. It particularly thrives on fertilised land, where it can scramble luxuriously over other plants.

Identification Prostrate, or clinging to other plants, this plant is abundantly furnished with small angled bristles on its square stems, leaves and the clusters of globular fruits (where they are hook-tipped). These act very effectively like Velcro. They enable it to climb into the light in thick undergrowth, facilitate vegetative spread when pieces are caught in fur or clothing, or scattering of seeds in the same way. The flowers are 4-petalled, inconspicuous in clusters on stalks from the base of the leaf-whorls. The leaves are linear, although on the first shoots they are spoon-shaped.

Notable sites A notable site would really be one without cleavers, but rough scrubby places and arable land are the places to look.

Galls Six gall-causers are known on cleavers, three known locally. The commonest is the mite Cecidophyes rouhollahi which forms clusters of swollen distorted leaves; also common is another mite Aculus anthobius which has a similar effect on flower clusters, stunting them and producing leaf-like growths. The third is the fly Dasineura aparines, which makes the buds swollen and very hairy. I have also seen buds forming larger spongy growths that contain orange larvae, which seem to be the galls of another fly, Contarinia asperulae, normally thought only to affect woodruff (below).

Mines Three flies are known as leaf-miners on Galium in our part of Britain, but none have been recorded locally.

Other ecological associates Cleavers is well-protected with bristles and the green parts are insubstantial, so it is unsurprising that few insects prey upon it, despite its prevalence. Caterpillars of two moths are known to feed on it, however - Common Carpet and Galium Carpet (the latter recorded only once in 1980). In addition there is the Bedstraw Mirid, a plant-bug Polymerus nigrita, which also feeds upon it. Although tiny (to our eyes), the flowers are fragrant and attract various small flies and bees. The fungus Phomopsis elliptica creates minute black spots from eruptive spore-heaps on dead stems.

Human associations Cooked (to soften the bristles) it can be used as chicken-feed. In folk medicine the young spring growth has been used as a general tonic. In Mabey (1996) the late Vera Burden of Great Missenden (who wrote many books on the local countryside and died in 2002) is referenced for the use of the fruits as heads for lace-pins (a sort of thimble) to protect the fingers of lace-makers, a widespread cottage occupation in our area in the 19thC.

Derivation The Anglo-Saxon was clīfe “that which sticks fast”, from an old stem which can also be seen today in “clay” and “climb”. As for “goosegrass”, this of course refers to its use as poultry food. Both names were in use locally, as also was “Soldier’s Buttons” (Trevor Hussey, pers. comm.), this last in reference to the form of the fruit, a real double entendre (see picture).
Hedge bedstraw *Galium album*

Common on chalk soils in grassland, scrub and hedgerows.

**Identification** Usually scrambling but sometimes erect, it can be told from cleavers by its smooth stems, more oval leaves, fruits with no bristles, and more showy larger clusters of flowers. The petals have a long fine point.

**Notable sites** Most easily found at Prestwood Picnic Site, Little Stocking Meadow, and by the south end of Bryants Bottom Road.

**Galls** Eight gall-formers are known in Britain, although only one has been recorded locally - *Cecidophyes rouhollahii* (see cleavers, above).

**Mines** See cleavers, above.

**Other ecological associates** Hedge bedstraw is obviously more palatable than cleavers. A large number of locally-occurring moths feed primarily or frequently on it: Elephant hawk-moth and Small elephant hawk-moth; Silver-ground, Wood, Water, Red twin-spot, Large twin-spot, Common and Galium Carpets; Purple bar; Royal mantle and Small scallop (these last two not recorded since 1980). Other insects include the Bedstraw mirid mentioned under cleavers, the hoverfly *Pipizella viduata*, the sawfly *Aglaostigma fulvipes*, and the colourful green-and-red Bedstraw leaf-beetle *Sermylassa halensis*, which is common in chalk grassland with hedge bedstraw. The flowers are pollinated by small flies.

**Human associations** This plant seems to have been largely overlooked by folk medicine, but its fragrant flowers led to its long being used as a primitive bedding material, to which its name alludes.

**Varieties** Until recently botanists tended to separate two subspecies, the more general "Large hedge bedstraw" ssp *mollugo* and ssp *erectum*, which was more confined to open chalk grassland, more erect and with a narrow flower panicle. Both were recorded from our area in the past. It is now considered, however, that the separation cannot be maintained, as there are so many intergradations, the differences in habit possibly being more a matter of environment than genes.
**Woodruff *Galium odoratum***

Duce (1926) said this was "abundant in Chiltern woods" and it is still locally dominant in woods on chalk today, forming large patches, an archetypal Chiltern woodland plant.

**Identification** Distinct from the first two *Galium* species we considered, this one is very erect with distinct "ruffs" of whorled oval leaves up the stem, and conspicuous terminal heads of white flowers. It is also very much confined to woodland. The fruits have hooked bristles.

**Notable sites** It carpets damp shady parts of all our ancient woodlands - Hampdenleaf, Longfield, Nanfan, Angling Spring, Peterley, Theeds, Warren and many more.

**Galls** In their key to galls on *Galium* spp Redfern & Shirley (2011) only once mention *odoratum* specifically, although a couple of other general species probably apply as well. The one particular mention is of *Contarinia asperulae*, mentioned under cleavers above. No galls have been noticed locally, despite the abundance of plants.

**Mines** Of the three recognised miners of our region (all Agromyzid flies), two were found on woodruff in a designated search: *Galiomyza morio*, which confines its mine to a leaf, and *Aulagromyza orphana*, which starts in the base of a leaf, which subsequently withers, and then goes along the stem.

**Other ecological associates** Many of the insects associated with hedge bedstraw are likely to apply to woodruff too, although the habitat (woodland rather than grassland and hedges) may preclude some. The flowers are especially fragrant (it used to be known as "Sweet woodruff") and readily attract flies and bees. The uncommon rust fungus *Puccinia punctata* has been found locally on woodruff.

**Human associations** Dried it becomes particularly odorous with the sweet scent of hay, and so it was used extensively for drawer liners, potpourri and stuffing mattresses. Crushed fresh leaves also used to be placed on cuts, so it may have some styptic properties.
Lady’s bedstraw *Galium verum*
Widespread in our area, but not very frequent, this plant prefers dry grassland, although it is also grown in gardens and may occur as an escape in disturbed areas.

**Identification** Different from all our other bedstraws in its tall bushy spikes of yellow flowers. The leaves are narrow linear.

**Notable sites** Lady’s bedstraw seems to be commoner in our area as of garden origin rather than native, being associated especially with churchyards (eg Little Hampden, Prestwood), and not occurring in the best native grasslands except Coombes Orchards, Speen Access Field and Doctor’s Meadow. Having long been a traditional cottage garden plant, perhaps it is not truly native on our soils.

**Galls** Seven galls are listed by Shirley & Redfern (2011), of which that caused by the gall-midge *Schizomyia galiorum* is recorded locally. It causes flower-buds to swell and not open.

**Other ecological associates** It attracts small flies with its scent of new-mown hay.

**Human associations** This is another of the bedstraws particularly used for bedding and to freshen buildings. It also had a role in cheese-making for curdling milk (the Latin genus *Galium* derives from the word for milk). It seems to have had a connection with child-bearing, being used as bedding and to make sedative for those in labour, which may be the reason for its name.

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Heath bedstraw *Galium saxatile*
Restricted to acid soils, this plant is uncommon in our area.

**Identification** The plant is usually prostrate, the perennial wiry stems with whorls of leaves forming mats in the turf, the stems ending in clusters of small white 4-petalled flowers of the typical bedstraw type. The fruits are not bristly like cleavers, the stems are smooth, and the leaves have a narrow point at the tip and forward-pointing bristles along the edges.

**Notable sites** It is prevalent in Prestwood Parish Churchyard and in open places in Hampden Common, Keepershill Wood and Monkton Wood, all near Great Hampden; also in short turf around Great Missenden parish church. It formerly grew in the south part of Lodge Wood, but this has now become too overgrown.

**Ecological associates** Three galls are known in Britain, but none have been noted locally: nor have any mines been noted, unsurprisingly given the small and narrow leaves. Other associates probably include some of those mentioned above under other bedstraws, taking into the acid habitat.

**Human associations** Not a plant that has drawn attention locally.
Common marsh bedstraw  *Galium palustre*

A sprawling plant of marshes, considered common in the Misbourne Valley by Druce (1926), but now rare with us, along with many other waterside plants.

**Identification**  Like heath bedstraw but more robust and leaves blunt or pointed but not with an extended narrow point at the tip. Leaves often only four per whorl (5 to 8 in heath bedstraw).

**Notable sites**  The last record from Great Missenden was in 1996, in which year it also grew beside the pond in the grounds of Prestwood Lodge. I have only seen it recently by Studridge Lane Pond, Speen.

**Ecological associates**  None have been noted locally.

**Human associations**  None.

**Varieties**  Our species seems to be ssp *palustre*; ssp *elongatum* is more robust and generally commoner.
Fen bedstraw *Galium uliginosum*
This plant of calcareous marshes was considered local at Missenden in 1832 according to Druce (1926). It is certainly now extinct in our area. It still grows at Moorend Common and below the Chiltern escarpment around Tring Reservoirs. Unlike marsh and heath bedstraws it has rough bristly stems.

Wall bedstraw *Galium parisiense*
Nine plants of this annual were found on a wall in Great Kingshill in 2019 by Tim Harrison. Although possibly native to East Anglia, these plants in our area were probably casual introductions by some means. They are small and slender with prickly stems and forward-pointing prickles on the edges of the leaves.

[Slender bedstraw *Galium pumilum*
This mat-forming inhabitant of short chalk turf has never been recorded in our area and is rare in the Chilterns, although it was discovered in 2007 on Aston Hill, where it had previously been recorded in 1897 by Druce - the only previous Buckinghamshire record (see Jones, 2014). It was subsequently seen at the neighbouring Dancer’s End Nature Reserve in 2016, presumably spread by cattle used to graze both sites - pers. comm. from Mick Jones. It is also known from Hartslock Reserve.]
Field madder *Sherardia arvensis*

This is a frequent but easily overlooked annual denizen of very short turf and arable fields.

**Identification** It has whorled leaves and small flowers in the bedstraw mould, but the latter are pale purple and face upwards like stars in the turf. Unlike *Galium* species the flowers have a calyx that enlarges in fruit.

**Notable sites** It is very common in the margins of arable land on Hampden Bottom Farm and near Little Hampden, and also in Great Bean Field on the east side of Prestwood. It can often be found in mown road verges, such as along Bryants Bottom Road, Perks Lane, Windsor Lane and at Friars Gardens, Hughenden. It has also occurred in turf at Missenden Abbey.

**Galls** The psyllid bug *Trioza galii* is known to gall the tips of shoots, but has not been noted locally.

**Mines** None have been recorded in this country.

**Other ecological associates** Pollinated by small flies.

**Human associations** With no medicinal properties, it does not even rate a mention in Mabey (1996), which is a little surprising, as it is an attractive little flower.

**Derivation** The Anglo-Saxon *maedere* referred to an Asian plant *Rubia tinctorium*, widely cultivated in Europe for manufacturing a red dye. The term has been extended, probably by botanists, to field madder because it is in the same family, but it is of no use for making dye.
Crosswort **Cruciata laevipes**

This distinctive perennial only has two current sites in our area, although Druce (1926) maintained that it was "locally abundant, a conspicuous feature in lanes of the Chilterns". There seems to have been a marked decline in the first half of the 20th century.

**Identification**  The hairy stems stand more or less upright to 60cm, with regular whorls ("crosses") of four oval leaves, at the base of which are clusters of greenish yellow flowers with four petals.

**Notable sites** It grows, in quite large colonies, in uncut grass on chalk, beside Bryants Bottom Road and at Little Stocking Meadow.

**Galls** Only one gall is known and that is very rare on crosswort and has not been recorded locally.

**Mines** The fly *Galiomyza morio*, which mines woodruff (see above), also mines crosswort leaves.

**Other ecological associates** It is sweet-scented and attracts bees and flies.

**Human associations** Although more conspicuous than many others of the bedstraw family, it seems not to have been much noticed.
[Squinancywort *Asperula cynanchica*

This uncommon prostrate perennial of chalk grasslands, with a preference for ant-hills of the Yellow Ant *Lasius flavus*, occurs at several prime sites in the Chilterns (eg Aston Rowant NNR, Windsor Hill, Grangelands, Ivinghoe Beacon, Ellesborough Warren, Coombe Hill, Aston Clinton Ragpits), but has never been recorded in our area. It has pinkish-white bedstraw-like flowers and long slender leaves in whorls of four. It was once thought to be a cure for quinsy, of which its name is a corruption.]
Common centaury *Centaurium erythraea*

This small elegant biennial native occurs quite frequently in our area, liking well-drained dryish soils, normally chalk.

**Identification** Flowering stems stand erect from a small rosette of oval leaves, up to 50cm, but often much shorter. At the tip of the stem and of side-branches are clusters of pink 5-petalled star-like flowers about 1cm across with long tubes.

**Notable sites** It is consistently present at Prestwood Picnic Site, Speen Access Land, Hatches Bank, Speen Baptist churchyard, Coombe’s Orchards and Hengrove field on Hampden Bottom Farm.

**Galls** None known.

**Mines** Two leaf-miners are recognised nationally, but neither are known locally.

**Other ecological associates** Pollinated by various insects.

**Human associations** It has been widely used in folk medicine as a generalist “tonic”.

**Derivation** In Greek mythology a “centaur” *kentauros* (half-man, half-horse) named Chiron was credited with having used this plant for healing. The Greek word also referred to a savage tribe living in Thessaly. It may be that centaury was frequently used by them and that the practice was picked up by the Greeks. The mythical tale was then a gloss to avoid having to admit that the Greeks could have learned anything from such a primitive people.

**Varieties** White flowers are not too uncommon.
**Yellowwort Blackstonia perfoliata**

Although an annual, this plant is persistent in good chalk grasslands, in which it is native. Druce (1926) considered it "local, uncommon and decreasing" in our area, but this may have been a misreading of its proneness to produce large populations one year and apparently vanish the next. If anything, it is probably slightly on the increase these days.

**Identification** This is a striking plant with bright yellow flowers with 6-10 petals set off by grey leaves which join together in pairs around the stem like a cup ("perfoliate"). The erect form and star-like tubular flowers are otherwise rather like centaury, but more robust.

**Notable sites** Prestwood Picnic Site, Hatches Bank, Meadsgarden Field, Speen Access Land, Coombe’s Orchards, the slope of Denner Hill just west of Denner Farm and the western edge of Hampdenleaf Wood all have good populations in summer. Its distribution outside these major sites, however, is far more restricted than that of common centaury. Like centaury it likes warm slopes open to the sun.

**Galls** None.

**Mines** Two leaf-miners are known, although not locally. One has only been found so far in Gloucestershire, Oxfordshire and Surry and would be well worth looking out for in our area.

**Other ecological associates** Self-pollinated and does not seem to attract insects.

**Human associations** The name with "-wort" would normally indicate a folk tradition of medical use, but in this case there seems to be no record of any such use. The healing "warts" would normally be prefixed by the illness or part of the body they affect, e.g. "liverwort".

**Derivation** 
-wort is from the Anglo-Saxon wyrt, used originally for any low-growing plant or "herb" in its most general sense.
**Chiltern gentian Gentianella germanica**

This native (no matter the Latin specific name) of chalk grassland and scrub has claims to be the flower of the Chilterns and it is mostly confined to these hills. It certainly has a certain majesty. Flowers late summer.

**Identification** At its most robust this plant is unmistakable, up to 40cm high, proudly erect and packed with clusters of tubular purple flowers opening up to 4/5-pointed stars, with long white hairy fringes at the base of each petal. It can, however, grow much shorter and less vigorously, and can then be confused with Autumn Gentian (below). If the flower is 25mm long or more it is Chiltern Gentian. If shorter, then one must check that the flower is at least twice as long as the calyx, and that the latter clearly broadens at the tip. A few white-flowered plants can sometimes be found. Many plants develop dark purple foliage.

**Notable sites** Druce (1926) says that it is "rare", and perhaps it is, but where it does grow it can form impressively dense populations and most of these are in the Chilterns. In our area there are two such sites - Prestwood Picnic Site and Hatches Bank. Numbers vary from year to year, as it is not perennial, but I have counted 142 plants in one limited area at the first of these sites (it has since appeared in other part of the reserve) and about 500 at the second. There are also large displays in other parts of the Chilterns - Yoesden Bank (Radnage), Park Wood (Bradenham), Kits Wood and Buttler's Hangings (West Wycombe), Swains Wood, Grays Lane Bank, Cobstone Hill (Turville), Dancer's End Reserve, Aston Clinton Ragpits, Cheddington Pit, Oakley Hill NR, Bald Hill, Fawley Bottom Orchard, Grangelands and Warburg BBOWT reserve. See McVeigh et al (2005) for a thorough survey of these sites and more.

**Galls** Only one gall at most has been recorded on Chiltern gentian and that is uncommon. I have never seen it.

**Mines** None known.

**Other ecological associations** It is visited by bumble-bees but is probably also self-pollinated. Brown spots on the leaves are caused by the rust fungus *Uromyces gentianae*.

**Human associations** In a Plantlife survey, this flower was voted the county flower of Buckinghamshire (even though it does not grow outside that slice of Bucks that is the Chilterns). While it may not have gained much recognition in the past, a more environmentally-aware population today is obviously prepared to celebrate its existence, although I think only a small proportion of residents even in the Chilterns have probably ever seen it.

**Derivation** *Gentianella* species are small versions of more spectacular larger *Gentiana* species, which were used medicinally across Europe. The Latin *gentiana* refers to a king of Illyria, Gentius, who supposedly initiated the use of these plants for healing in the second century BC. The gentians lend their name to a brilliant blue colour, but our *Gentianella* species are all purple.

**Varieties** Chiltern gentian may be annual or biennial. The annual plants grow much smaller and are one of the causes of confusion with Autumn Gentian. The other confusion is derived from the fact that these two plants readily hybridise where they occur together (which is so in most places where you find Chiltern gentian). These hybrids *G. x pamplinii* look at first sight more like *G. germanica* than *G. amarella*, and this makes it difficult to conduct proper counts of Chiltern gentian. Plants with flowers 18-24mm long are likely to be the hybrid, but there is overlap in all characteristics with the two parents and it generally comes down to a matter of judgement, taking into account a range of features. *G. x pamplinii* occurs at both Prestwood Picnic Site and Hatches Bank.
Chiltern gentian, Prestwood Picnic Site

Hybrid *Gentianella x pamplinii*

Annual form, much reduced plant but typical flower

White form
Autumn gentian (Felwort) *Gentianella amarella*

This native plant is much more widely distributed over Britain than *G. germanica*, but locally it is rather less common, even at the sites where Chiltern gentian also occurs.

**Identification** The flowers are smaller than typical Chiltern gentian (under 2cm long), and not so much longer than the calyx, which is not expanded at its apex but forms a straight narrow tube. It is generally a much less robust plant.

**Notable sites** Locally, just at Prestwood Picnic Site and Hatches Bank, usually starting to flower slightly later, in September (*G. germanica* usually starts flowering early to mid-August), but easily overlooked among its larger cousins.

**Ecological associates** As for *G. germanica*.

**Human associations** None.

**Derivation** "Felwort" is from Anglo-Saxon *feld* "field" and *wyrt* "herb" - i.e. a plant of grasslands.

**Varieties** Our plant is subspecies *amarella*. Other subspecies grow in Ireland and Scotland, and see below.

[Early gentian *Gentianella amarella ssp anglica*

While the above species of *Gentianella* are autumn-flowering this one blooms in the spring. It is otherwise similar to *G. amarella*, but has paler flowers limited to 4 petals (*amarella* usually 5). It is not recorded for our area and is much rarer in the Chilterns generally than the other two *Gentianella*. It can be found at Ivinghoe Beacon.]

[Fringed gentian *Gentianopsis ciliata*

This is a great rarity which only grows at one small site in Britain, which just happens to be only a little distance to the north of our area. It is distinct from *Gentianella* species in its blue colour, single flower per stem, and the fact that the petals are fringed at their tips, hence its name. It only opens its flowers in full sun and comes into bloom very unpredictably anywhere from early August to October, so it is difficult to catch at the right time even when you know where it grows. This flower has an interesting history, as it was first reported in the Journal of Botany from the self-same spot in 1875, found by a Miss M Williams of Wendover. George Druce, in preparing the 1926 Flora of Bucks, examined the pressed specimen in the British Museum Herbarium and declared "the specimen is *Campanula glomerata* ... There must be some gross carelessness in such a record, as *ciliata* is not likely to occur in England." But the gross carelessness was in fact Druce’s - or more likely the conceit of an expert who could not retrace what had been discovered by a mere amateur, a woman moreover! The specimen was indeed *ciliata* and it was not re-found (by Mr P Phillipson), until 1982, when Miss Williams could finally get due credit.]
*G. ciliata* grows widely, but uncommonly, across much of Europe. In America grows a closely related species also called Fringed Gentian, with wider petals, *G. crinita*, once featured on a US postage stamp. The American species is also celebrated, as the following poem by New England poet William Cullen Bryant shows. His words could equally apply to *G. ciliata*.

"To the Fringed Gentian"

Thou blossom bright with autumn dew,
And colored with the heaven's own blue,
That openest when the quiet light
Succeeds the keen and frosty night.

Thou comest not when violets lean
O'er wandering brooks and springs unseen,
Or columbines, in purple dressed,
Nod o'er the ground-bird's hidden nest.

Thou waitest late and com'st alone,
When woods are bare and birds are flown,
And frosts and shortening days portend
The aged year is near his end.

Then doth thy sweet and quiet eye
Look through its fringes to the sky,
Blue-blue-as if that sky let fall
A flower from its cerulean wall.

I would that thus, when I shall see
The hour of death draw near to me,
Hope, blossoming within my heart,
May look to heaven as I depart.

It would be interesting to know more of Miss M Williams, but a search of the census for 1871 and 1881 revealed no-one of that name living in or near Wendover around 1875. Either she lived there only a short time or the little information coming down to us is wrong in some particular, so she must, it seems, forever remain a shadowy figure, despite her momentous discovery.
Family Apocynaceae Periwinkles

Lesser periwinkle *Vinca minor*

Fairly common garden escape, scrambling under hedges or across woodland floors. It is very persistent, with vigorous growth, and eliminates native plants in its path. There is evidence that it was first introduced in prehistoric times.

**Identification**  
Violet 5-petalled flowers 25-20mm across arise singly on stalks from the base of paired narrow oval evergreen leaves along the prostrate woody stems.

**Notable sites**  
Scattered, but extremely extensive patches in Peterley Wood along the east side near houses, especially in the SE corner where it monopolises the ground cover. Also in Prestwood parish churchyard.

**Galls**  
Galls may form on the roots. They have not been noticed locally.

**Mines**  
None.

**Other ecological associates**  
The leaves get a blight *Ascochyta vincae* and fungal spots *Ceuthospora feurichii*, both specific to this genus. Nectar is provided at the base of a long narrow tube below the petals, accessible only to long-tongued bees and to bee-flies *Bombylius major*.

**Human associations**  
The trailing stems are suitable for making wreaths, but mostly the plants are grown in gardens as ground cover. Early introductions were probably for its healing properties, ointments being prepared for cuts, sores and bruises. Eating the leaves also has a sedative effect.

**Derivation**  
Pliny knew the plant as *vinca pervinca*, which eventually became "periwinkle" in English (using the classic Latin "w" sound for the letter "v"). The name was no doubt connected with the verb *vincire* "to bind or tie", referring to the twining stems. The sea-shell of the same name has quite a different origin.

![Lesser periwinkle](image)

Greater periwinkle *Vinca major*

In most respects the account for lesser periwinkle applies, except that it is a later introduction. It has larger flowers 30-50mm across, generally more purple in colour, and wider oval leaves. There is a large patch at the north end of Hampdenleaf Wood, scrambling over ruins of an old house and presumably a relic of a garden there. It can also be seen along Perks Lane, Blacksmiths Lane (Prestwood), Broombarn Lane and elsewhere. Two garden varieties have been noted locally. Variety *oxyloba* which has narrow sharply-tipped leaves has escaped into a hedgerow on Broombarn Lane, close to the corner with Rignall Road. The common cultivar 'Variegata' with yellow-patterned leaves is present in Blacksmiths Lane.
Greater periwinkle

'Variegata'

Var. oxyleba