

Coltsfoot rock

From the sweeties.net wiki

Coltsfoot Rock is a hard, brittle stick of rock flavoured with extract of the coltsfoot plant. It is made by Stockley's Sweets, a traditional sweet maker in Oswaldtwistle, Lancashire, which created it and is still its only maker.

A plant for coughs

Coltsfoot is a wild plant, *Tussilago farfara*. Its scientific name comes from the Latin *tussis*, meaning cough, and it has been known by names such as coughwort for centuries. People once dried and smoked the leaves, believing it relieved asthma, and it was used in traditional medicine for coughs.

That reputation is where Coltsfoot Rock came from. Its history and popularity grew out of the plant's supposed medicinal benefits, in the same world of Victorian cough sweets and lozenges that gave Britain [Victory V](#) and [cough candy](#).

A word of caution about the plant

The coltsfoot plant has a darker side. Scientists have found toxic compounds called pyrrolizidine alkaloids in it, which have raised concerns about liver health when the plant is used in herbal medicine. Coltsfoot Rock is a sweet, not a remedy, and it should be enjoyed as a treat, not taken as medicine.

One maker, one recipe

The recipe for Coltsfoot Rock is a secret kept by Stockley's Sweets. As they are the only maker, anything sold as Coltsfoot Rock has come from their traditional factory in Oswaldtwistle. The sweet has been recognised by regional tourism bodies and food organisations as a Lancashire speciality.

The home of the biggest pear drop

Stockley's has another claim to fame: the largest pear drop in the world is kept at Stockley's Sweets in Oswaldtwistle Mills. See [pear drops](#).

Rock, but not seaside rock

Despite the name, Coltsfoot Rock is not like the lettered seaside rock of Blackpool or Brighton. It is a brittle stick of rock candy, closer to a hard boiled sweet. For the seaside kind, see [seaside rock](#).

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