

Green Blossom

Green Blossoms are a consumable item in Dark Souls that temporarily boost stamina recovery speed, making them an essential tool for stamina-intensive combat and exploration. Their strategic use can turn the tide of challenging encounters.

“ Green weed, shaped like a flower. Temporary boost to stamina recovery speed.

This uniquely bitter, biting herb is sometimes harvested in large quantities, but normally it is an annual plant found near water.

Usage

Consuming a Green Blossom increases stamina regeneration by 40 points per second for 60 seconds, allowing for more frequent attacks, blocking, and dodging. The effect stacks with other stamina-recovery boosts such as the **Grass Crest Shield**, **Cloranth Ring**, and **Mask of the Child**, making it particularly effective for stamina-reliant builds. Its long duration and immediate effect make it ideal for boss fights or areas with relentless enemies, where maintaining a high stamina pool is crucial.

Acquisition

Merchants

- Unlimited quantities sold by **Crestfallen Merchant** in Sen's Fortress for 1,000 souls each.
- Unlimited quantities sold by **Marvelous Chester** in the Artorias of The Abyss DLC for 1,200 souls each.

Enemy Drops

- 25% chance to drop 1x, 15% chance to drop 2x from **Red Frog-Ray** in Darkroot Garden.

Notes

- Although beneficial for boss battles, the item is consumed upon use, so players should consider saving it for critical encounters or areas with high enemy density.

Trivia

- The item's recurring appearance in the series suggests its enduring importance, with similar consumables found in *Dark Souls II* and *Dark Souls III*.

- Green Blossoms are often used in PvP encounters, where stamina management is critical for outlasting opponents in prolonged fights.
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Revision #21

Created 18 November 2024 12:20:38 by jade

Updated 18 December 2024 13:05:39 by jade