

Resource Sheet

Monthly wildflower spotter - March



WARNING: SOME PLANTS, BERRIES AND FUNGI ARE POISONOUS



Wild Daffodil
Narcissus pseudonarcissus *
ssp pseudonarcissus

Our native daffodil is smaller & paler than horticultural varieties, but still a striking sight in the countryside.

Where to find it:
Open woods, esp. orchards.

STAR FIND



Butterbur
Petasites hybridus

Its heart-shaped leaves can grow to almost a metre in length & were once used to wrap butter to keep it fresh.

Where to find it:
Riversides & ditches.



Catkins
Corylus avellana

The dangling catkin is actually just the male flower of the Hazel tree. The female flowers smaller & bud-like with red strands.

Where to find it:
Hedgerows & woodland.



Colt's-foot
Tussilago farfara

Its name comes from its leaves, which are felted & look like a colt's foot. Curiously these appear after the flower has bloomed.

Where to find it:
Rough ground & roadsides.



Lesser Celandine
Ranunculus ficaria

"Celandine" comes from *chelidon* - the Greek word for swallow. Like the bird, it's a sign that spring has arrived.

Where to find them:
Shady, damp ground.



Marsh Marigold
Caltha palustris

Also known as **Mayflower**, this is the bloom that gave its name to the ship the Pilgrim Fathers sailed to America in.

Where to find it:
Wetland areas.



Primrose
Primula vulgaris

Primrose derives from the Latin "*prima rosa*" which means "first rose", an allusion to its beauty & its early blooming period.

Where to find it:
Hedgerows & woodland.



Red Dead-nettle
Lamium purpureum

A great food source for bees due to its long flowering period. In fact in Notts. & Lincs it was called the "Bumblebee flower".

Where to find it:
Wasteland & gardens.



Violets
Viola spp.

This romantic wildflower was Napoleon's favourite. When he died some were found in a locket as a memento of Josephine.

Where to find it:
Woods & hedges.



Wood Anemone
Anemone nemorosa

A slow spreading wild flower that carpets woodland floors. Because of this, if you see lots its likely your in an ancient one.

Where to find it:
Ancient woodland.

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April Wildflower Spotter Sheet

Resource Sheet Monthly wildflower spotter - April



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Early Purple Orchid
Orchis mascula

One of the earliest of our native orchids. It has a scent not unlike Lily-of-the-Valley that gets stronger at night.

Where to find it:
Meadows & coppices



Wood Sorrel
Oxalis acetosella

Once used in cooking for its lemony taste - but don't eat too much raw as it can upset the stomach!

Where to find it:
Woodland



Cuckooflower
Cardamine pratensis

Also known as **Lady's Smock**. It tends to bloom at the same time the cuckoo starts to call, hence its common name.

Where to find it:
Wet meadows



Wild Garlic
Allium ursinum

Also known as **Ramsons**. If you encounter an oniony aroma in the woods, chances are this wildflower's nearby.

Where to find it:
Woodland



Cowslip
Primula veris

Often grows near cowpats, or where the cow's "slumped". Food plant for the rare Duke of Burgundy butterfly caterpillar.

Where to find it:
Grassy places



Germander Speedwell
Veronica chamaedrys

Our most common native speedwell. Look for the two white stamens sprouting from the pale "eye" in the centre.

Where to find it:
Wasteland & gardens



Bugle
Ajuga reptans

Since its flowers aren't trumpet-like, Bugle is likely a corruption of its scientific name, Ajuga. Bumblebees love it.

Where to find it:
Damp, shaded places



Lords & Ladies
Arum maculatum

Pollinated by the cowpat-dwelling Owl Midge, it emits dung-like smell & heat to attract it.

Where to find it:
Woods, banks & walls



Bluebell
Hyacinthoides non-scripta

Dedicated to St George, around half the world's bluebells grow in the UK making it a particularly apt national treasure.

Where to find it:
Woodland



Greater Stitchwort
Stellaria holostea

A sign of an ancient hedgerow. One of its local names is "pop-guns" as its seeds fire off noisily when ripe.

Where to find it:
Hedgerows

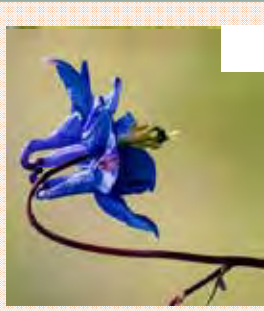
For more Spotter Sheets visit: www.plantlife.org.uk/spottersheets

Resource Sheet

Monthly wildflower spotter - May



WARNING: SOME PLANTS, BERRIES AND FUNGI ARE POISONOUS



Columbine
Aquilegia vulgaris

A native favourite of cottage gardens. It's name comes from the Latin for dove which its petals are said to resemble.

Where to find it:
Woods & damp places

STAR FIND *



Herb-Robert
Geranium robertianum

Pretty but smelly. According to one theory it was so-named by a botanist as an insult to a "Robert" he knew!

Where to find it:
Hedgerows & woods



Bird's Foot Trefoil
Lotus corniculatus

Also known as Eggs & Bacon because of its red & yellow petals. Bees & other pollinators love it as its very rich in nectar.

Where to find it:
Grassy places



Red Campion
Silene dioica

Often adorning country Lanes, these tall, pink wildflowers were once known as "bachelors buttons".

Where to find it:
Hedge banks



Bulbous Buttercup
Ranunculus bulbosus

One of the first buttercups to flower. Easy to spot as the five bracts under the flower (sepal/s) lie down against the flower stalk.

Where to find it:
Meadows and lawns



Red Clover
Trifolium pratense

Rich in pollen, its an essential food source for bees - in the past it was known as "bee bread". Cows love it too.

Where to find it:
Parks and lawns



Cow Parsley
Anthriscus sylvestris

Its frothy white petals are a common sight along country roads. Did you know that it's a close relation of the carrot?

Where to find it:
Meadows and lanes



Sea Campion
Silene maritima

A coastal cousin of Red Campion. It's fleshy leaves store water & help stop it drying out in such salty conditions.

Where to find it:
Sea walls & shingle



Hawthorn
Crataegus spp.

In folklore the magical May Tree was the home of fairies. It provides food for caterpillars, dormice & birds.

Where to find it:
Hedgerows



White Dead-nettle
Lamium album

No need to fear a sting from this nettle - as it's name suggests it is safe to touch. Look for the white ruff of flowers.

Where to find it:
Grassy banks

Discover more wild flowers: www.plantlife.org.uk/spottersheets

Resource Sheet Monthly wildflower spotter - June



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Agrimony
Agrimonia eupatoria

Also called 'church steeples' after its tall floral spikes. In Victorian times it symbolised "Thankfulness".

Where to find it:
Hedgebanks, roadsides



Bee Orchid
Ophrys apifera

In a clever ploy to attract pollinators, it not only looks like a bee, it also emits a female bee scent!

Where to find it:
Pastures, banks, chalk



Common Poppy
Papaver rhoeas

Poppy seeds only sprout when the earth around them is disturbed, hence why so many grew on the battlefields of WWI.

Where to find it:
Disturbed ground



Common Spotted-orchid
Dactylorhiza fuchsii

Our commonest orchid, as its name suggests. It can range in colour from deep lilac to light pink & even pure white.

Where to find it:
Alkaline grasslands



Foxglove
Digitalis purpurea

Its mottled markings were once thought to be the handprints of fairies. A single 'glove' can produce a million seeds.

Where to find it:
Woods and banks



Oxeye Daisy
Leucanthemum vulgare

Often in bloom around the summer solstice. If cattle eat it, it can affect the flavour of their milk.

Where to find it:
Grassy verges



Yellow Iris
Iris pseudacorus

Also known as 'Yellow Flag', it grows where water runs shallow - hence it can indicate the presence of a ford.

Where to find it:
Damp soil, water margins



Yellow Rattle
Rhinanthus minor

Great for wildflower meadows as it restricts the growth of grasses by feeding off their nutrients.

Where to find it:
Grassy banks



Ragged Robin
Silene flos-cuculi

Once a common wild flower, it is now classed as near-threatened. It is particularly beloved by long-tongued bees.

Where to find it:
Wetter woods & meadows



Dog-rose
Rosa canina

Syrup made from this wildflower's rosehips have twenty times as much Vitamin C as orange juice!

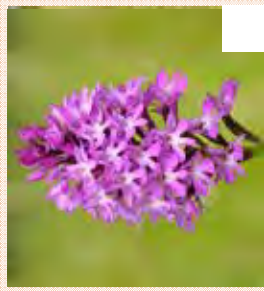
Where to find it:
Hedgerows

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Resource Sheet Monthly wildflower spotter - July



WARNING: SOME PLANTS, BERRIES AND FUNGI ARE POISONOUS



Pyramidal Orchid
Anacamptis pyramidalis *

Bright pink and pointy, this orchid produces a musky scent to help attract butterflies and moths.

Where to find it:
Chalky meadows & verges



Meadow Crane's-bill
Geranium pratense

Once common in hay meadows, it now largely grows on road verges instead due to changes in agricultural practices.

Where to find it:
Hedgerows



Bramble
Rubus fruticosus

The wildflower from which we get blackberries. Part of the rose family, it's a great source of nectar.

Where to find it:
Hedgebanks, roadsides



Meadowsweet
Filipendula ulmaria

A multi-perfumed plant: the flowers smell of marzipan, but when crushed the scent is more antiseptic!

Where to find it:
Damp meadows & verges



Field Scabious
Knautia arvensis

A popular plant with butterflies & bees. Its rough stem resembles irritated skin, hence its scabies-related name.

Where to find it:
Meadows & pastures



Rosebay Willowherb
Chamerion angustifolium

Often one of the first flowers to return to burnt ground, it was a common sight during the Blitz.

Where to find it:
Waste ground & verges



Knapweed
Centaurea nigra

Also known as **Hard-heads** or **Black knapweed**, this wild flower is one of our toughest meadow plants.

Where to find it:
Meadows & roadsides



Self-heal
Prunella vulgaris

As its name suggests, selfheal was once used in herbal remedies - particularly for sore throats.

Where to find it:
Grasslands & lawns



Lady's Bedstraw
Galium verum

Once used to coagulate cheese. Its flowers were also used to add the colour to Double Gloucester.

Where to find it:
Grassy places



Teasel
Dipsacus fullonum

So called because textile makers used it to 'tease' cloth. Now is when the oft-seen seed heads are in flower.

Where to find it:
Woods & grassy places

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Resource Sheet Monthly wildflower spotter - August



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Burdock
Arctium minus

Reputedly, the inventor of Velcro got his idea from the sticky burrs of this plant that cling to your clothes.

Where to find it:
By footpaths & scrub



Knapweed
Centaurea nigra

Also known as **Hardheads** or **Black knapweed**, this wild flower is one of our toughest meadow plants.

Where to find it:
Meadows & roadsides



Centaury
Centaurea erythraea

The flowers open until noon daily in fine weather, and close if the sky is overcast or in damp weather.

Where to find it:
Grassy places



Musk Mallow
Malva moschata

A native wild flower that has been popular in gardens for centuries. The 'musk' scent of its name is stronger at night.

Where to find it:
Banks & grasslands



Great Mullein
Verbascum thapsus

Some American Indian tribes used the woolly leaves to line their Moccasins. Early settlers did likewise in their stockings.

Where to find it:
Hedgerows



Wild Marjoram
Origanum vulgare

The ancient Greeks believed that the gentle touch of Aphrodite, goddess of love, first gave this wildflower its scent.

Where to find it:
Hedges & broadleaf woods



Heather
Calluna vulgaris

In the past, it was used to stuff bedding - in fact heather was introduced to America via seeds in Scottish settler's beds!

Where to find it:
Moors & heathland



Wild Parsnip
Pastinaca sativa

A jolly, yellow bloom but be careful! Its sap can cause "phyto-photo-dermatitis", a painful skin irritation, when it reacts with sunlight.

Where to find it:
Wasteland, grassland & scrub



Hemp Agrimony
Eupatorium cannabinum

Why 'hemp'? Its leaves are similar to those of the cannabis plant, but the two are unrelated & don't share other properties!

Where to find it:
Hedgebanks & grassland



Sheep's-bit
Jasione montana

A sky-blue flower, popular with bees & sheep. Unsure you've found it? Brace your nose & crush the leaves - Sheep's-bit smells awful!

Where to find it:
Shallow soils, rocky places.

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Resource Sheet Monthly wildflower spotter - September



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Hawthorn

Crataegus monogyna

The home of fairies in folk lore. You might not see them this month but you will see its red 'haws' - a perfect snack for birds.

Where to find it:
Hedgerows



Fleabane

Pulicaria dysenterica

Fleabane by name, fleabane by nature: its scent drives the insect away. In the past it was kept in houses for that purpose.

Where to find it:
Ditches & damp places



Eyebright

Euphrasia nemorosa

A tiny jewel amongst the grass. Its purple lines help guide pollinators to the bright yellow spot that serves as a landing pad.

Where to find it:
Short grass & heath



Devil's-bit Scabious

Succisa pratensis

A deeper purple relative of Field Scabious, legend says it has stumpy roots because the Devil bit them off!

Where to find it:
Meadows, woodland rides



Bramble

Rubus fruticosus

Bristling with blackberries at this time of year and 2014 is set to provide us with a bumper crop. Happy foraging!

Where to find it:
Hedgerows



Harebell

Campanula rotundifolia *

Known as the 'Bluebell of Scotland' this deceptively delicate bloom is actually quite tough & can be found growing across the UK.

Where to find it:
Hillsides, heaths & verges



Tormentil

Potentilla erecta

A four-petalled member of the Rose family, it was once used as a red dye & in a herbal cure for the "torment" of colic.

Where to find it:
Hedge banks & moorland.



Toadflax

Linaria vulgaris

aka the **Wild Snapdragon**. Herbalists of yore named it thus as it was a "flax fit only for toads". Their loss, for it brightens many a road.

Where to find it:
Hedge banks & road verges.



Lords-and-Ladies

Arum maculatum

Also known as **Cuckoo Pint**. Pollinated by the cowpat-dwelling Owl Midge, it emits dung-like smell & heat to attract it.

Where to find it:
Woods & shaded places.



Herb-Robert

Geranium robertianum

Who was Robert? Its a mystery. Could it be from *ruber*, Latin for red? Or was it character assassination? Herb-Robert is quite stinky!

Where to find it:
Hedgerows & wasteground

Want to know more? Visit: www.plantlife.org.uk/wildplants

Resource Sheet Monthly wildflower spotter - October



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Amethyst Deceiver
Laccaria amethystea

Also known as the **Red Cabbage Fungus**, this deep violet mushroom makes a magical sight. It grows in groups.

Where to find it:
Various types of woodland.



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Fairy Ring Mushroom
Marasmius oreades

The source of the fabled fairy rings. It was once thought they grew in the tracks of dancing imps who then sat on them to rest.



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Common Puffball
Lycoperdon perlatum

When ripe a touch as light as a raindrop can cause them to explode & thus spread their spores. Also known as **Devil's Snuffbox**.

Where to find it:
Various types of woodland.



Fly Agaric
Amanita muscaria

Used since the Middle Ages to get rid of flies (it contains a mild insecticide), this is the archetypal toadstool of fairytales.

Where to find it:
Beneath pine & birch trees.



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Cauliflower Fungus
Sparassis crispa

Also known as the **Brain Fungus**, it can sometimes grow as big as a football. This parasitic mushroom has a preference for pines.

Where to find it:
Pine stumps & trunk bases.



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Giant Puffball
Calvatia gigantea

With over 7 trillion spores in a single fruitbody, this fungus is one of the largest in the world. Its also the source of a cancer drug.

Where to find it:
Parks & grassy places.



Chicken-of-the-Woods
Laetiporus sulphureus

A distinctive bright orange bracket fungus. As it ages it fades & becomes crumbly. Although parasitic, its hosts can live many years.

Where to find it:
Bases of dead & dying trees.



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Lemon Disco
Potentilla erecta

Also known as **Yellow Fairy Cups**. The tiny discs of this groovy fungus often appear on wood that has lost its bark.

Where to find it:
Decaying wood.



Earth tongues
Geoglossaceae species

Say "aahh..." These fungi are aptly named, appearing like the tongue of some hidden beast lying beneath the earth.

Where to find them:
Grassy places.



Sulphur Tuft
Hypholoma fasciculare

This brimstone-hued toadstool grows in such crowded clumps that the fruitbodies are often squashed together

Where to find it:
Rotting wood & stumps.

REMEMBER: Fungi can be deadly poisonous. This sheet should not be used to identify edible fungi.
Find out more about Plantlife at: www.plantlife.org.uk



Resource Sheet Monthly wildflower spotter - December



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Juniper

Juniperus communis

Used in many a winter stew. If you find it in Scotland let us know at www.plantlife.org.uk/scotjuniper

Where to find it:

Upland (Scot & Wales)
Grassland (England)

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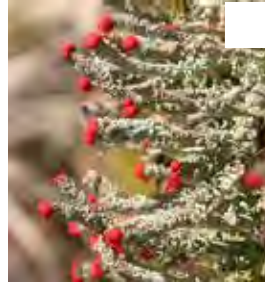
Beech Masts

Fagus sylvatica

A common sight at this time of year. Saxons used to write on beech wood & 'book' comes from their word for 'beech'.

Where to find it:

Beech woodland.



British Soldiers

Cladonia floerkeana

Also known as **Devil's Matchstick**. In the sparse winter landscape, it's easier to see this lichen's red caps standing to attention.

Where to find it:

Rotting logs & fence posts.



Carpet Moss

Mnium hornum

Turns from gold to dark green as it ages. In the past people put carpet moss in their beds, allegedly as an aid to a better night's sleep.

Where to find it:

Rocks, stumps & forest floors



Holly

Ilex aquifolium

Spiky & angular, holly is King to Ivy's Queen. Said to symbolise the Crown of Thorns, the red berries being drops of blood.

Where to find them:

Hedgerows & woodland.



Ivy

Hedera helix

Shapely & sinuous, ivy is the feminine to Holly's masculine. Sprigs were once hung in the home to ward off house goblins.

Where to find it:

Tree trunks & walls.



Mistletoe

Viscum album

Beloved by druids & those looking for a kiss, the scientific name of this white berry can translate as "white goo".

Where to find it:

Hanging in broadleaf trees.



Old Man's Beard

Clematis vitalba

Has Santa snagged his beard on a bush? Possibly - or it might be the fluffy seed pods of our native Clematis, **Traveller's-joy**.

Where to find it:

Hedgerows.



Hogweed

Heracleum sphondylium

The seed pods of some "umbellifer" plants like hogweed & wild carrot are still standing proud with stark beauty.

Where to find it:

Lanes & verges.



Yew

Taxus baccata

A merry sight on a cold day, but take care: the seeds are very poisonous, as is most of the yew tree. Definitely not one for Xmas lunch!

Where to find it:

Graveyards & woodland.

Have you spotted any of the above? Tweet your photo to @Love_plants & you could win a Christmas bundle!

Merry Christmas from all at www.plantlife.org.uk