


















SPRINGFIELD GARDENS WILD FLOWER MEADOW


WILD FLOWER	SEEN IN
Dove's-foot Cranesbill Has pointed seed pods like a crane's bill	Apr-Aug 
Meadow Buttercup The one the cows eat	April-Oct 
Red Campion & White Campion These two hybridise to create a whole range of delicate pinks	Apr-Aug  May-Aug 
Ragged Robin This is their pleasantly scruffy cousin	May-Aug 
Ox-eye Daisy Everywhere on roadsides	May-Aug 
Birds-Foot Trefoil The seed-pods look like a bird's claw	May-Sep 
Kidney Vetch & Tufted Vetch Both called vetches but quite different, 1 yellow and 1 blue	May-Aug  
Common Sorrel Edible, tastes of grape-skins	May-Aug 
Salad Burnet Edible leaves, tastes like cucumber	May-Aug 
Lesser Trefoil Quite rare, flowers like tiny yellow clover	May-Sep 
Common Knapweed Looks like a thistle but no prickles	Jun-Aug 

The plants you see here all grow wild in Britain, and have been part of the scenery since the last Ice Age. They come into flower from March to October, but mostly in spring and early summer. They support thousands of insect species that feed the birds and keep the balance of nature healthy. In the later summer and autumn they produce seeds which are important food for birds in winter

Most of the plants here were chosen deliberately, but other wild plants or 'weeds' have turned up on their own. Most weeds are rare in the wild but common where people have disturbed and fertilised the soils. They too play important parts in the economy of nature. You'll know many of them!

"WEEDS"

Broad-leaved dock		Food-plant for the beautiful golden dock beetle, seen in June and July. Yellow eggs and greedy black grubs.
Nettles		Edible when cooked, tasty, full of iron and vitamins
Creeping Buttercup		Hold under chin to see if you like butter
Daisy		'The day's eye' – it <u>closes up</u> at night
Creeping Thistle		Fluffy seeds once used as tinder for lighting fires
Spear Thistle		The 'Scottish Thistle'. Sharp spines, ouch.
Ribwort Plantain		Makes a tea used as cough medicine
Hairy Bittercress		Edible, tastes like watercress. Good in salads
Great <u>Willowherb</u>		A food plant of the elephant hawkmoth
Hedge Woundwort		Formerly used for stanching bleeding. Smells awful

WILD FLOWER	SEEN IN
Red Clover Look for lucky four-leaved <u>specimens</u> .	May-Nov 
White Clover Used to improve pasture for cattle	May-Nov 
Musk Mallow Pink flowers, cut leaves. Edible	Jun-Aug 
Yarrow Widely used as <u>a</u> herbal tea and medicine	Jun-Sep 
Common Toadflax Both light yellow and dark yellow petals	Jun-Sep 
Lady's Bedstraw In old times used for curdling milk	Jun-Aug 
Blue-eyed Grass Rare leaves like grass, hard to spot	Jun-Jul 
Wild Carrot Original species for edible carrot	Jun-Sep 
St <u>Johns</u> Wort Source of anti-depressant drug	Jun-Aug 
Common Poppy Only <u>really red</u> native flower	Jun-Sep 
Spiny Rest-harrow Tough enough to stop a harrow?	Jun-Sep 
Field Scabious Beautiful light blue flowers	Jun-Sep 