

Foxglove



Found in woodlands and gardens, and on moorlands, roadside verges and waste grounds.

The Latin name, *Digitalis*, means 'finger-like' and refers to the tubular flowers of the foxglove. In Welsh, they're called 'Bysedd y Cŵn - The Dog's Fingers!'

Watch out! Ingestion of any parts of foxgloves can result in nausea, headaches and diarrhoea, or even heart and kidney problems!

Fly Agaric



Fly agaric is found in woodlands, parks and heaths with scattered trees, typically growing beneath birch trees or pines and spruces.

The mushroom's distinctive red cap and white stalk features in countless stories, television shows and even video games!

Though they're toxic to humans, some animals do eat fly agaric, including red squirrels and slugs, as well as specialist species like fungus gnats.

Oak



Oaks are our most familiar trees, easily recognised by their lobed leaf shape and tell-tale acorns.

Its wood was traditionally used for building ships and houses, and making furniture. Wildlife will store acorns from this tree to see them through the winter months.

The 800+ year old oak at Sherwood Forest was believed to have been standing when the legendary Robin Hood was outlawed in the forest.

Bluebell



Native bluebells have deep violet-blue (sometimes white) petals with curled tips, flowers on one side of the stem, a sweet scent, and cream-coloured pollen inside.

In spring, bluebells form a bright carpet in our ancient woodlands and they're often connected to fairy stories. The UK is home to more than half of the world's bluebells.

There are many myths and folktales surrounding bluebells. Some say if you wear a wreath of bluebells you'll only be able to tell the truth. Picking them carries a heavy fine though!

Dandelion



The seed 'clocks' of the common dandelion can carpet a grassland in fluffy, white pillows straight after the bright yellow flowers have coloured it gold.

Dandelions are an important early source of food for pollinators - so let them grow! You could even make a wish once the flowers turn into a fluffy ball.

The common dandelion is the subject of many myths and games, one of which suggests that if you pick it, or even just touch it, you'll wet the bed!

Chicken of the woods

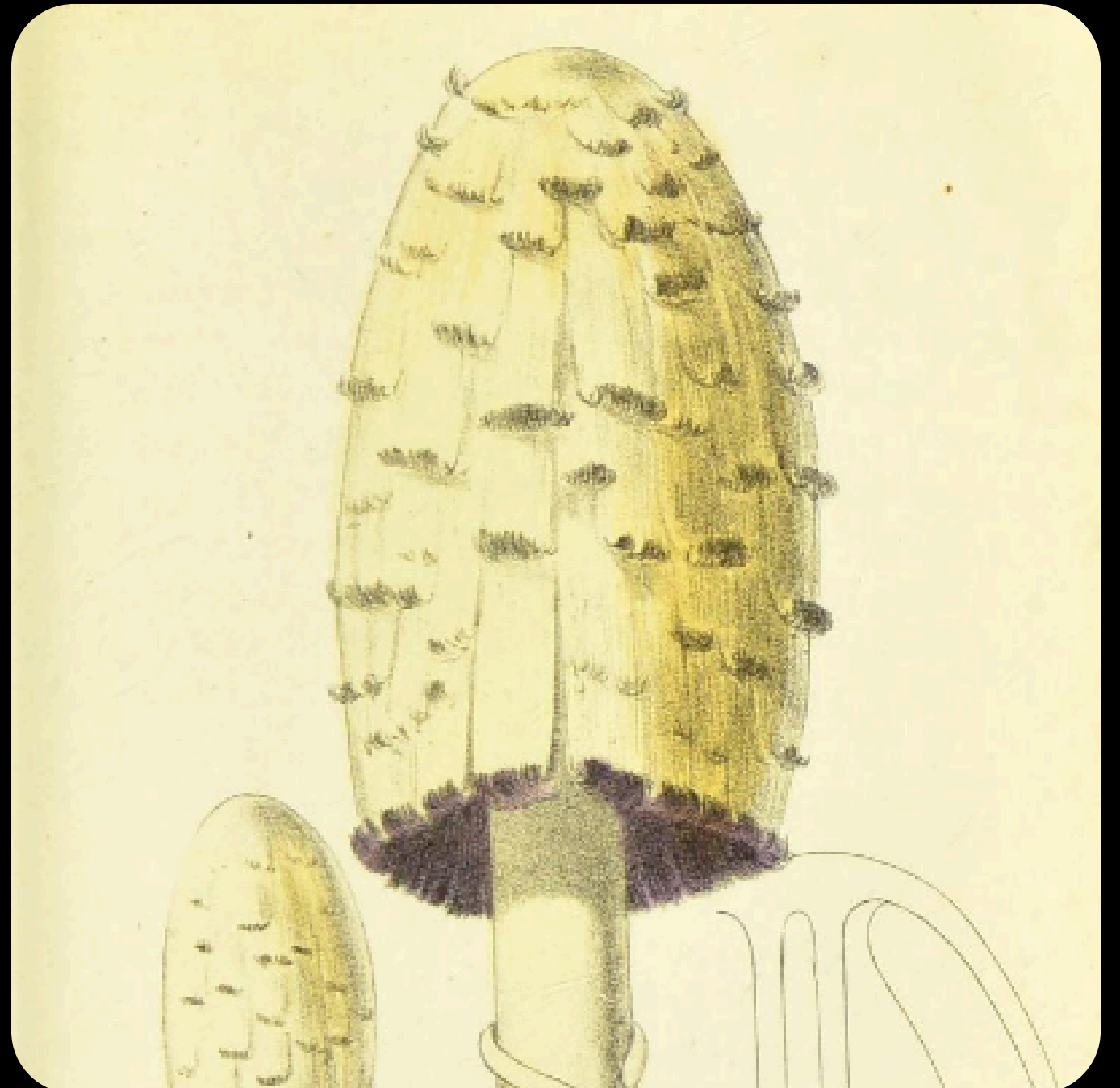


The chicken of the woods is an easy-to-spot bracket fungus due to its distinctive sulphur-yellow colour. It grows high up on the trunks of standing deciduous trees, such as oak.

The individual brackets of chicken of the woods are soft and spongy when they're young, and exude a yellow liquid if squeezed. Older fungi will crumble.

The chicken of the woods gets its name from the texture of its flesh, which is said to resemble cooked chicken.

Shaggy Inkcap

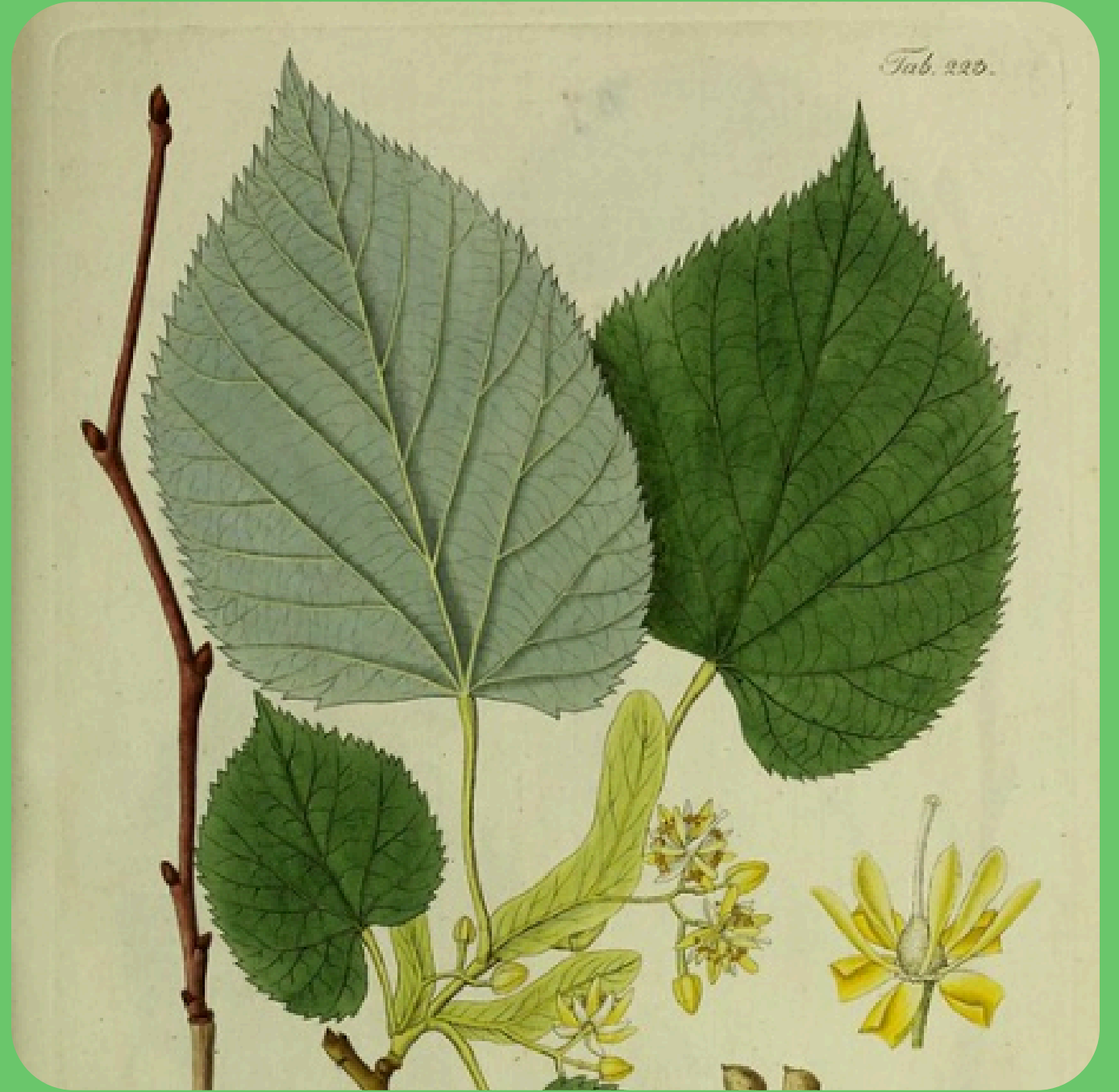


As its name suggests, the shaggy inkcap, or 'lawyer's wig', has a woolly, scaly surface on these bell-shaped toadstools.

It is widespread and common on roadside verges, parkland, grassland and gardens, growing in small groups. It is edible when young and said to have a slight metallic taste.

Shaggy inkcap was historically used to make ink. As it ages, spores and other fungal matter dissolve into an inky liquid which help the spores spread.

Common Lime

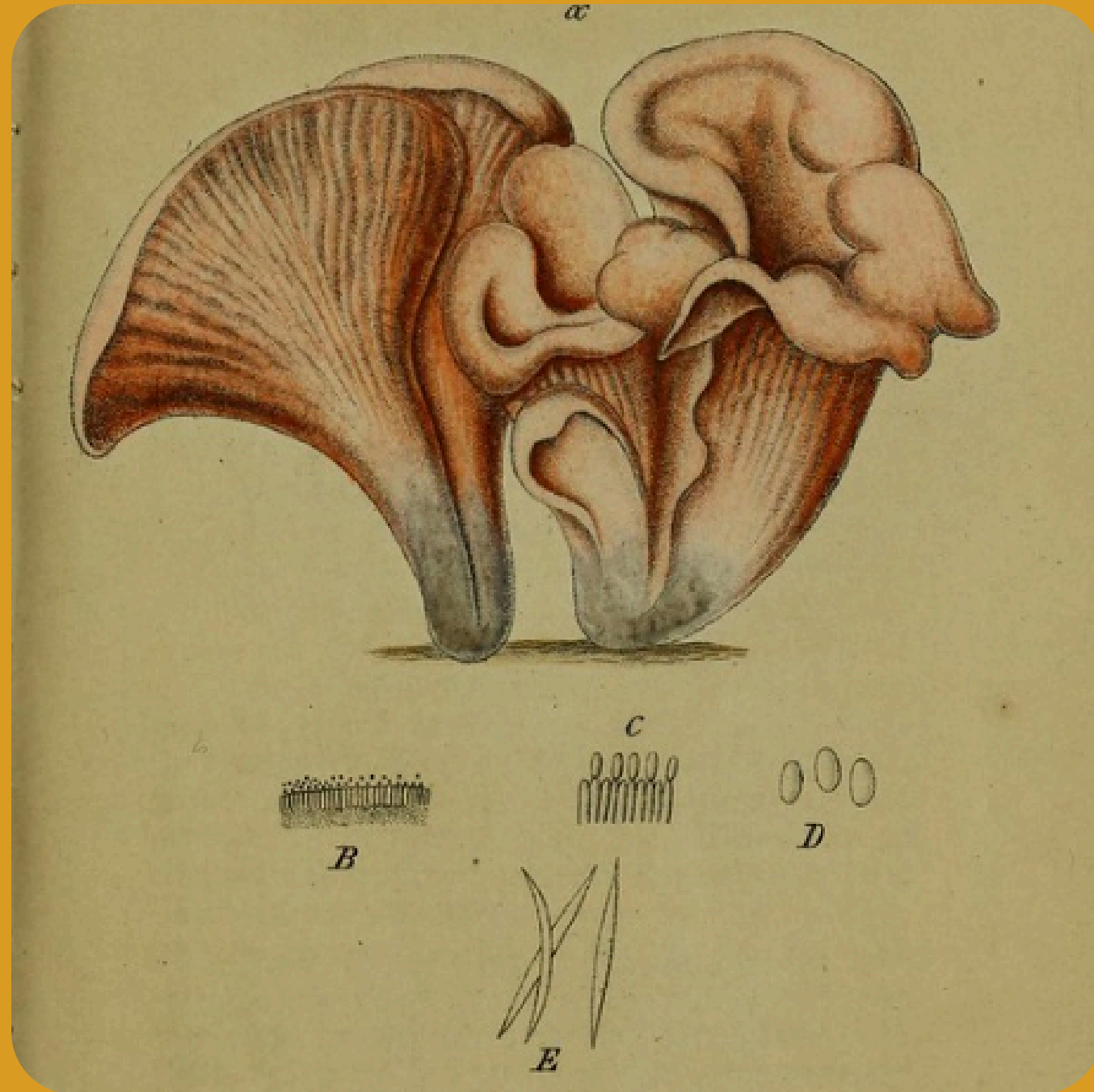


Common lime tolerates a wide range of conditions so can be found in lots of different habitats and has widely been planted along roads and in parks.

Its sweet-smelling summer flowers attract a huge number of insects looking for nectar, especially bees

You may be able to spot red galls (abnormal growths) on the leaves which look like red nails. The tree grows them in response to small insects feeding on their leaves.

Chanterelle



Chanterelle is the common name for several species of wild and edible fungi which appear between summer and late autumn in woodlands.

True chanterelles can only be found in the wild. They can easily be mistaken for false chanterelle fungi or jack-o-lantern mushrooms, both of which are poisonous.

Often a favourite of foragers, these fungi are said to have a succulent and delicate flavour and to smell like apricots!

Sulphur Tuft



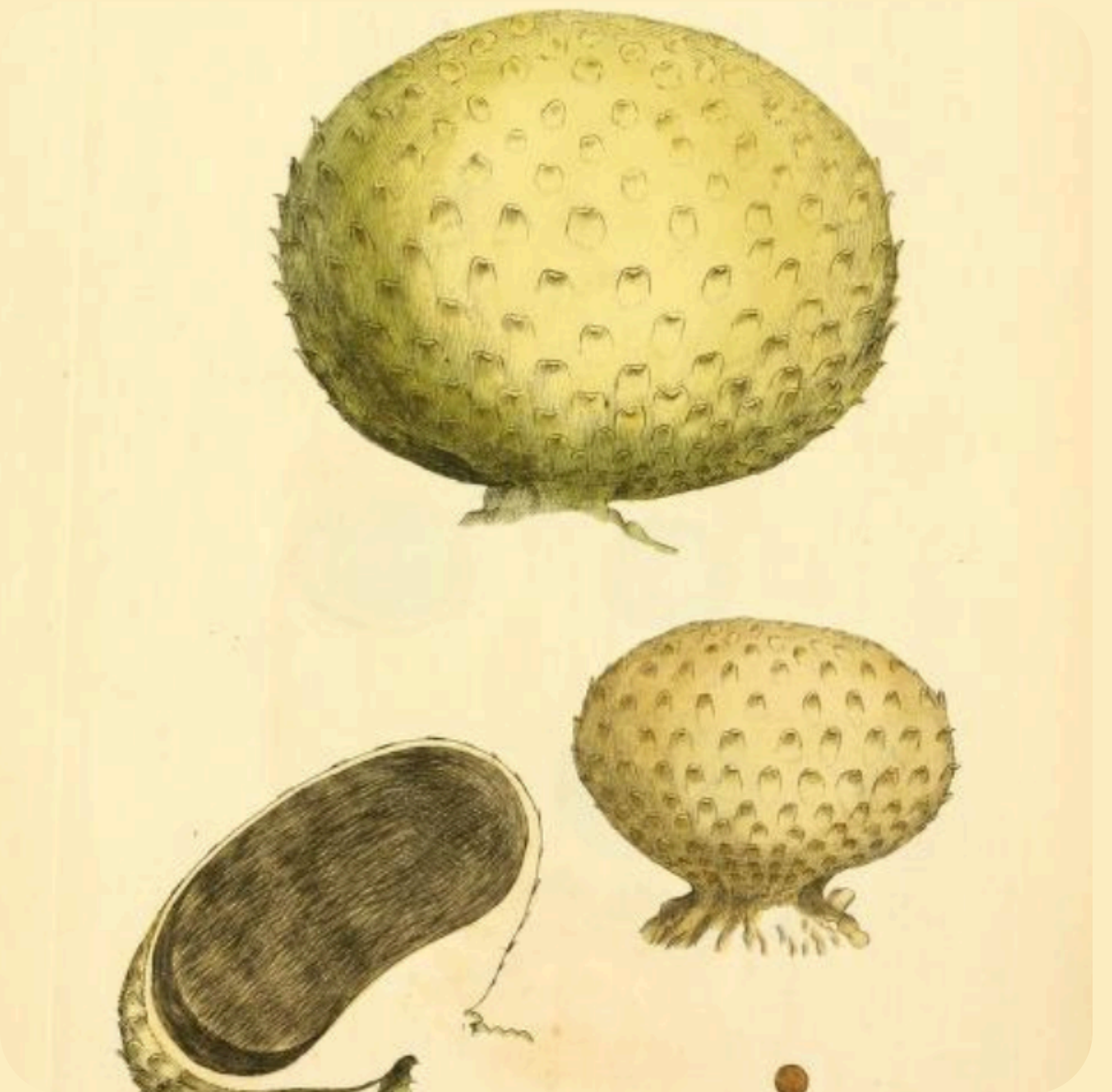
Sulphur tufts are wood-rotting fungi. They've evolved to break down the toughest parts of a tree!

They've been known to cause severe poisoning, and have a bitter taste. The poison is said to take 5-10 hours to take effect after being ingested.

If you spot this fungus growing in grass, it's likely that roots or other timber is lying just under the soil surface. It can be seen all-year round in Britain.



Puffball



Puffballs are a type of short, warty fungus. The bobbly warts break off as the puffball ages, leaving scars in the surface. They're usually pear or club-shaped.

When compressed by raindrops or animals a puff of spores are released which create more puffball clusters. Its Latin name 'Lycoperdon' means 'wolf fart' likely referring to this puff!

It's usually found growing in leaf litter in woodlands. When it reaches maturity it turns from an off-white colour to brown and a hole appears in the top.

Teasel



The brown, oval, spiky seed heads of teasel are familiar in habitats including grassland and waste ground. Goldfinches and other birds love to snack on them!

They can grow quite tall, often reaching the height of a person! They have thorns all the way up their stems, and their flowers are tiny and purple.

When young, the leaves of teasel form a cup that holds water when it rains. The dried flower heads have historically been used to 'tease' wool in the textile industry.



Forget-me-nots

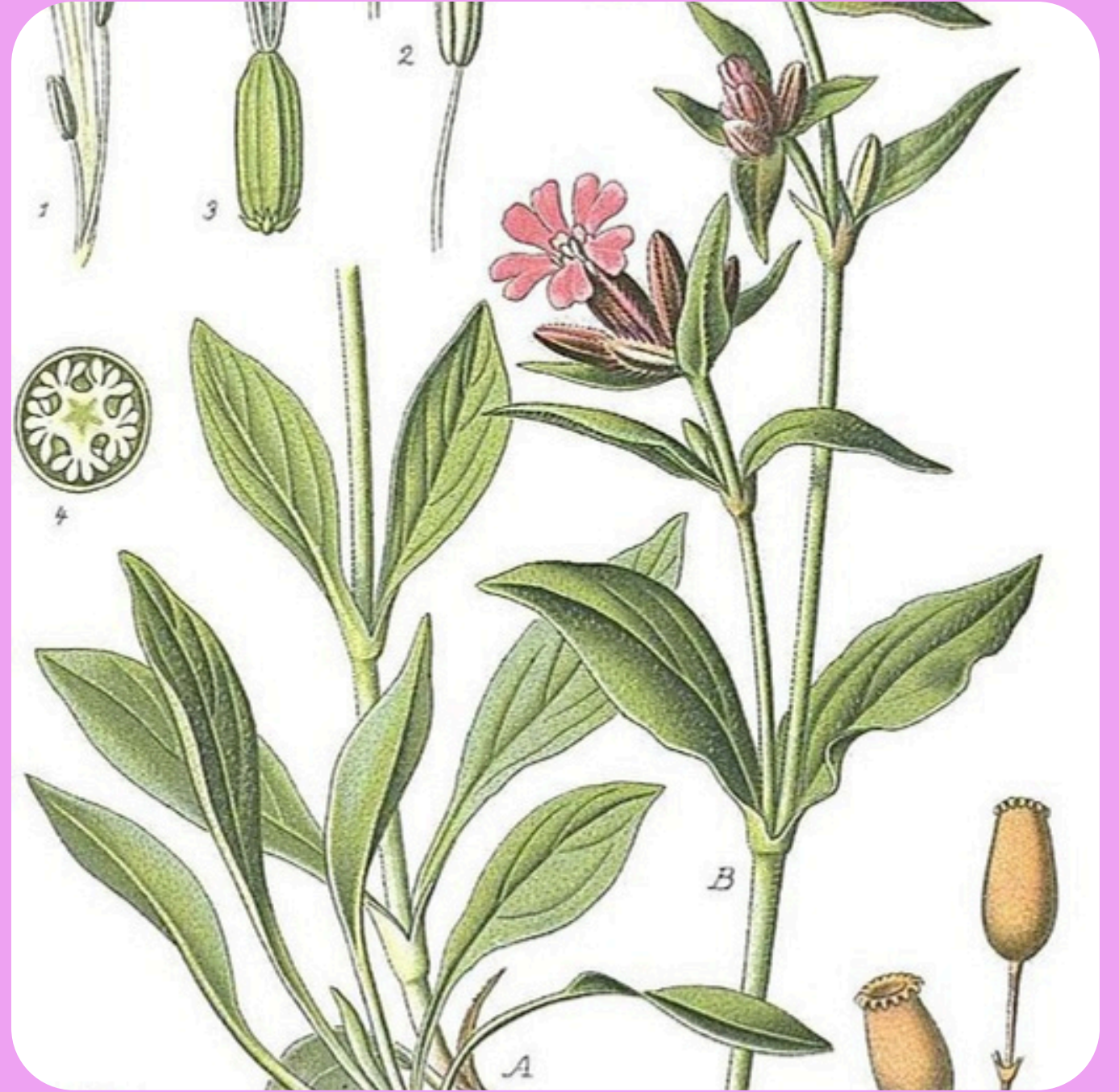


The yellow ring in the centre of forget-me-nots fade to white after they've been pollinated, signalling to insects that there's no more nectar.

Wood forget-me-nots can be found along woodland rides and hedgerows, and in ancient and wet woodlands. They are also often found in gardens.

Their common name is thought to have been popularised by Samuel Taylor Coleridge's poem *The Keepsake*, where a knight threw the flower to his love and asked her to 'forget-me-not'.

Red Champion



Despite their name, red champion has vivid pink flowers. Their seeds have traditionally been used to treat snakebites.

It can be found in lightly shaded areas in woodland, hedgerows, fields, ditches, and on roadside verges. It's also an indicator of ancient woodland.

Red champion is a good source of food for moths, bees, and butterflies. It's also known as Adder's Flower.



Hawthorn



Common hawthorn is also known as May thorn or May blossom. It features in many May-time celebrations including the making of garlands for May Day.

In May, hawthorn erupts with masses of creamy-white blossoms. In autumn, red fruits known as 'haws' appear.

It makes a rich habitat for all kinds of wildlife from hawthorn shield bugs to yellowhammer birds that feed on the haws, to wood mice and slow worms that shelter in the thickets.



Hazel



Hazel is a small tree of woodlands, grasslands, and gardens. It is well known for its long, yellow, male catkins (also known as 'lamb's tails') which appear in spring.

The nuts from hazel trees are a favourite food of squirrels, dormice, and wood mice. Some small mammals will cache their finds and store them in borrows or old birds nests.

Hazel shoots have been used for over 4,000 years to make wattle (canes woven into a lattice pattern) for fencing, hurdles and even the foundation and walls of some houses!

Wood Anemone



Wood anemone grows in dappled shade in ancient woodlands. Traditional land management can help the flowers to grow by opening up woodland floors to sunlight.

Their white flowers bloom between March and May, before tree canopies become too dense. It spreads slowly through the growth of its roots as its seeds are mostly infertile.

Named after the Greek wind god, Anemos, who sent his namesake (the anemones) in early spring to herald his coming. This gives the flower its other name 'Windflower'.

Common Knapweed



The tightly packed, thistle-like purple flower heads of knapweed bloom in all kinds of grasslands and attract clouds of butterflies including common blues and marbled whites.

Knapweed has historically been used to treat ruptures and wounds, bruises, scabs, sore throats, and more!

Knapweed also provides a useful source of nectar for hoverflies, beetles, bees, butterflies, moths and more! It is a hardy species able to bring nature to our urban landscapes.



Turkeytail



Wellcome Collection

A common bracket fungus, turkeytail grows throughout the year but is at its best in the autumn. Its circular caps can be found on trees and dead wood.

It grows in tiered layers, and is often found on beech or oak trees. Their caps are thin and tough, with clear velvety rings of colour. The outer margin is always pale.

Turkeytail was once popular as a table decoration and was even used to decorate hats. It's also believed to have many medicinal uses and has been widely researched for this purpose.

Amethyst Deceiver



This pretty fungus can be found growing in leaf litter of woodlands during late summer and autumn. It's edible but looks very similar to the poisonous Lilca fibre-cap.

During dry spells, and as the amethyst deceiver ages, its cap and stem become much paler in colour and can even turn white!

Some sources suggest that when grown in contaminated environments amethyst deceivers will absorb arsenic from the soil. This makes it unsafe to eat.

Witch's butter

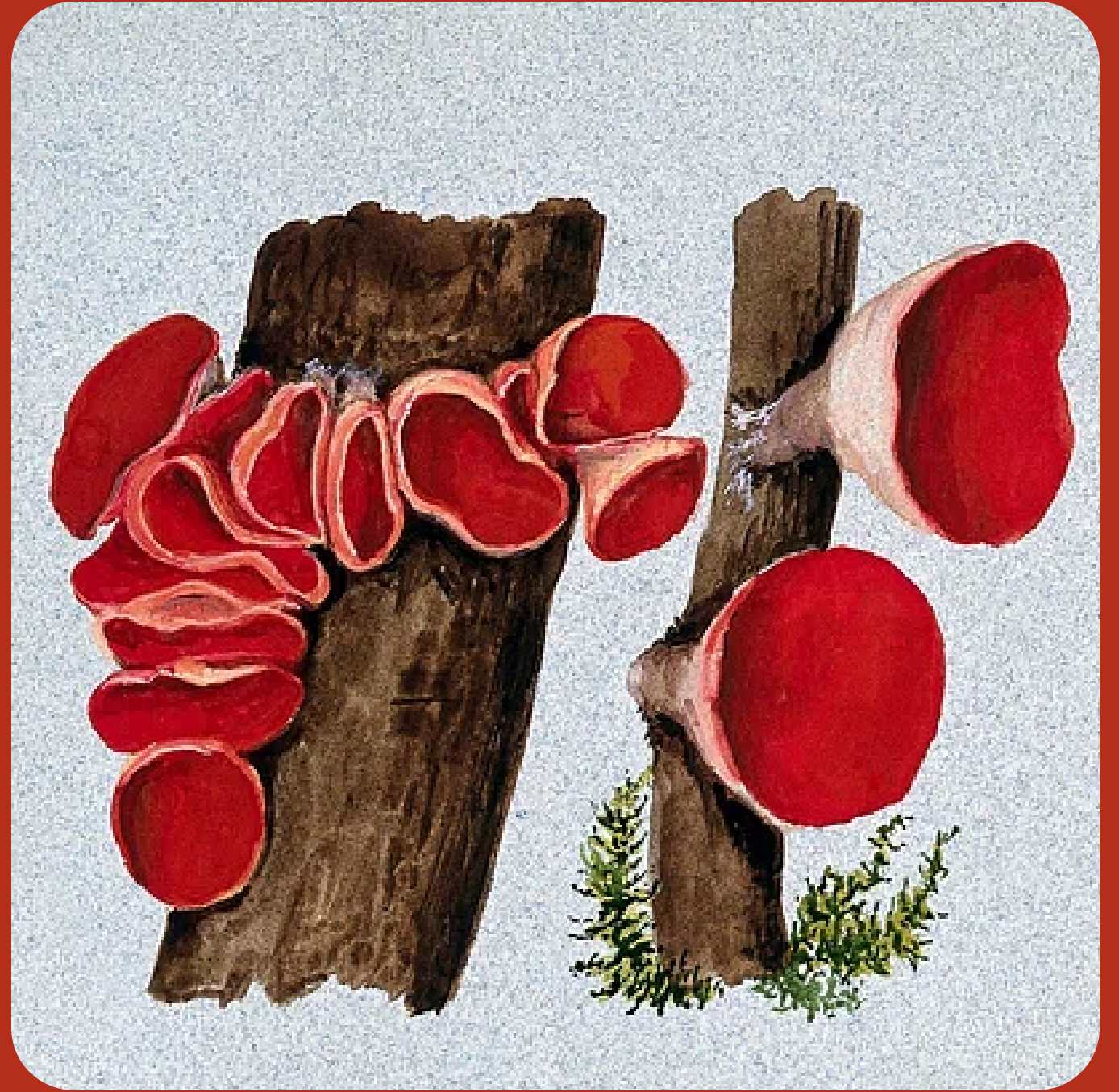


Also known as 'Yellow Brain', the Witch's Butter fungus looks like a orange gelatinous mass. It can often be found on dead oaks and beech trees.

The lobes are tough, greasy or slimy when wet and hardens as it dries out. It is said to be inedible as it has so little substance and is flavourless.

According to European legend, if witch's butter appeared on the gate or door of a house it meant a witch had cast a spell on the family living there.

Scarlet elfcup



As its name implies, the scarlet elfcup fungus is a bright red, cup-shaped fungus. Its inner surface is smooth and the outside surface is covered in tiny hairs!

It is widespread but scarce and can be found on fallen twigs and branches (usually of hazel, elm or willow). They prefer shady, damp places.

It is a popular food source for rodents and slugs. In folklore, it's said that wood elves drank morning dew from the cups.



Primrose

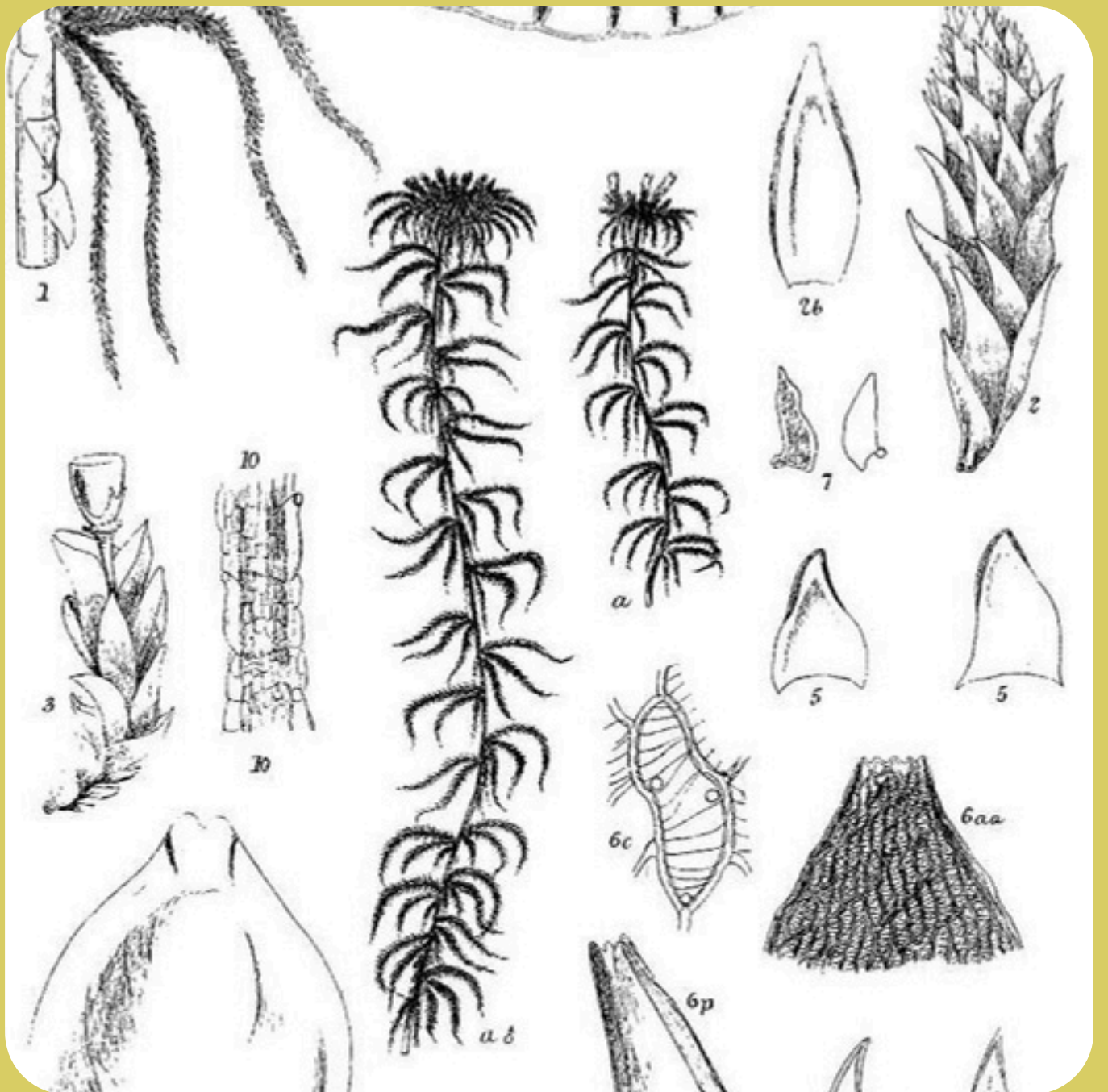


In mild years, the pretty creamy-yellow flowers of the spring-flowering primrose can appear as early as December in woodlands and grasslands.

Primroses are the foodplant of caterpillars and the rare Duke of Burgandy butterfly. Since the Victorian times, April 19th has been known as Primrose Day.

The primrose's common name comes from the Latin 'prima rosa' meaning 'first rose' and describes its early flowers. In Irish folklore, primroses protected homes from fairies.

Sphagnum Moss



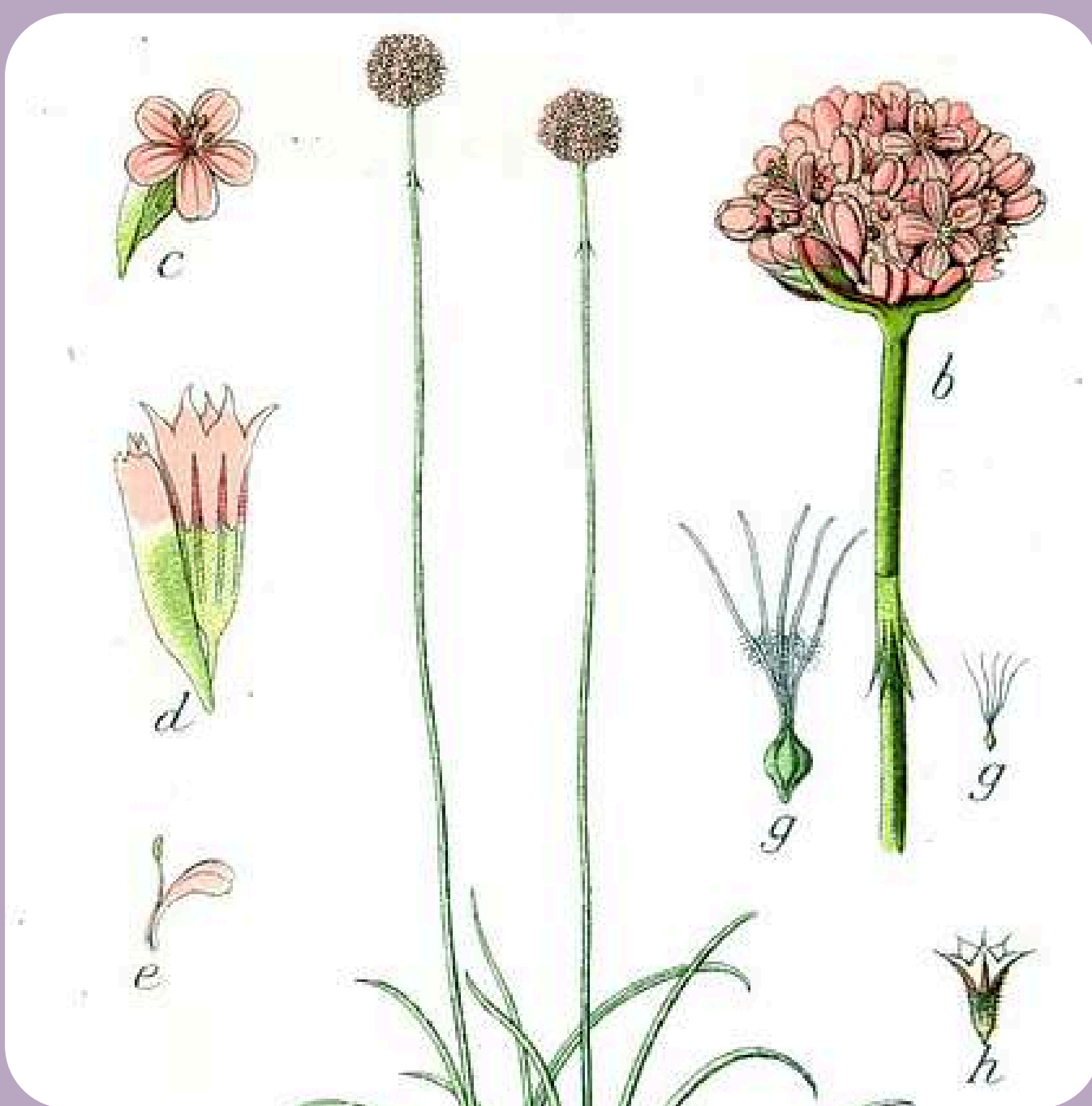
Sphagnum mosses carpet the ground with colour on our marshes, heaths, and moors. There are over 30 species of sphagnum moss which are usually grouped together.

They are very small, but grow closely together to form spongy carpets. Sphagnum mosses can soak up to more than eight times their own weight in water!

They play a vital role in the creation of peat bogs by storing water in their spongy forms which prevent the decay of dead plant material which becomes peat.



Sea Thrift



Cushions of clover-like, pink thrift can be found on cliffs, shingle beaches and sand dunes across the UK. They are also known as 'Cliff Clover', 'Rock Rose', 'Sea-pink' and more!

In Welsh, sea thrift can be known as 'clustog fair', Mary's pillow. It is also the county flower of Bute, the Isles of Sicily and Pembrokeshire/Sir Benfro.

The flowers of sea thrift were features on one side of the old 'thrupenny bit' – the three piece coin used in UK currency until the decimal system took over in 1970s.

Seagrass



Seagrasses are the only flowering plants able to live in seawater and pollinate while submerged. There are four species of seagrass in the UK.

Their meadows have the potential to store huge amounts of carbon dissolved in our seas – known as blue carbon – similarly to trees taking carbon from the air.

The sheltered conditions of seagrass meadows are the perfect nursery grounds for young flatfish and other UK species like seahorses.



Bramble



Bramble is a thorny shrub of hedges, woods and scrub, and is often referred to as a 'blackberry bush'. It gives us delicious blackberries in the autumn.

Their dense bushes provide valuable protection for nesting birds and good habitat for other small animals. Its flowers can be white or pink.

Brambles provide an important source of nectar for brimstone and speckled wood butterflies, fruits for song thrushes and yellowhammers, and hiding places for hedgehogs and dormice.



Ordinary Moss



Ordinary moss is very common in gardens and woodlands. moss providing shelter for many minibeasts. It can be encouraged by providing log piles and 'untidy' areas in your garden.

Ordinary moss is very common in gardens and woodlands, providing shelter for many minibeasts. It can be encouraged by providing log piles and 'untidy' areas in your garden.

Moss is an ancient plant. Though often overlooked, it grows all around us. Some say that their pale glossy shoot tips look like fairy lights!

Common Spotted-orchid



The common spotted-orchid is the easiest of all our orchids to see. It grows in woodlands, roadside verges, hedgerows, old quarries, sand dunes and marshes.

Sometimes, so many flowers appear together that they create a pale pink carpet in our woodlands, old quarries, dunes and marshes.

Their perfumed flowers are particularly attractive to day-flying moths. They have spotted leaves and much paler flowers than some other orchid species.

Early purple orchid



One of the first orchids to appear in spring, these pinkish-purple flowers bloom at the same time bluebells still carpet our woodland floors.

Their leaves are dark green with dark spots. They can be found in habitats with non-acidic soil such as hedgerows, banks, ancient woodland, and open grassland.

They give off a sweet smell which attracts bees and other insects despite having no nectar. Once fertilised, this scent becomes strong and unpleasant.



Plants:
Welsh poppy
Daffodil
Goosegrass
Common Boxwood
Devilsbit scabious
Mistletoe
Sea lavender
Sea campion
Water lily
Buttercup
Viper’s bugloss
Cuckooflower
Field pepperwort
Dog rose
Dog violet
Sodt-leaved rose
Dewberry
Cloudberry
Wild strawberry
Big asphodel
Dyers greenweed
Stinking iris
Tufted vetch
Hairy tare
Yarrow
Birds-foot trefoil
Marram grass
Lords and ladies
Enchanter’s nightshade
Deadly nightshade
Hemlock
Eyebright
Snake’s head fritillary

Alexanders
Plantain
Hogsweed
Thrift
Bog bean
Ivy
Honeysuckle
Coltsfoot
Goatsbeard
Nipplewort
Catsear
Bryony
Gorse
Cowslip
Sorrel
Bilberry
Juniper
Dogrose
Trees:
Yew
Ash
Nettle Rust
Field maple
Hawthorn
Beech
Wych elm
Sessile oak
Holly
Crab apple
Rowan
Sloe
Alder
Elder
Wayfaring

Fungi:
Shaggy parasol mushroom
Birds nest fungi
Destroying angel
Whisky fungus
Honey fungus
Zoned roseatte
Fairy Ring Champignon
Ruby elfcup
King Alfred’s cake fungus
Dead man’s fingers
Jelly ear fungus
Dryads saddle
Pink waxcap
Green elfcup
Oyster mushroom
Morel
Common eyelash
Violet coral
Tongues of fire
Penny bun
Candlesnuff
Turkeytail
Stinkhorn
Porcelin fungus
Hare’s ear
Angel’s wing
Bearded Tooth

Wales highlights:
Menai Bridge whitebeam
Cotoneaster cambricus
Snowdon lily
Riddelsdell’s hawkweed