

Identification guide

Variety of trees, flowering plants, fungi, birds, mammals and invertebrates

Name:	Description	Facts/folklore/uses
<p data-bbox="70 394 165 423">Rowan</p> 	<p data-bbox="619 394 975 465">Small to medium sized tree common in upland areas.</p> <p data-bbox="619 510 1023 582">Often grows in hedgerows and woodland edges.</p> <p data-bbox="619 627 1027 734">An umbel of white flowers in June turns to red berries in late summer.</p>	<p data-bbox="1072 394 1501 465">Also goes by alternative name of mountain ash.</p> <p data-bbox="1072 510 1517 618">Berries make a delicious jelly/jam. Can be eaten raw but they are extremely bitter.</p> <p data-bbox="1072 663 1485 815">A very important tree in Celtic folklore. Regarded as holy and often planted next to houses in Scotland to ward off evil spirits.</p>
<p data-bbox="76 1014 252 1043">Spear Thistle</p> 	<p data-bbox="619 1014 1011 1086">One of the most imposing and prickly of thistles.</p> <p data-bbox="619 1131 1023 1238">The stems are covered in little irregular, triangular wings that are armed with spines.</p> <p data-bbox="619 1283 1038 1355">Found on wasteland, dry, grassy sites, roadsides and chalky soil.</p> <p data-bbox="619 1400 959 1471">Flowers between July and October.</p>	<p data-bbox="1072 1014 1513 1086">The leaves are shaped liked a spearhead each ending in a spine.</p> <p data-bbox="1072 1131 1517 1319">Birds like goldfinches are attracted to the seeds of the spear thistle and the flowers are a nectar source for butterflies like the Small Copper.</p>

<p>Hedge Bindweed (<i>Calystegia sepium</i>)</p> 	<p>Its strong sinuous stem twists and winds itself around other plant stems or any object that gets within its pathway, producing heart shaped leaves at intervals.</p> <p>Its white flower heads unfurl like an umbrella or trumpet.</p> <p>Can be found growing in moist soil along streams, roadsides and waste areas.</p>	<p>Plant height 1-3cm.</p> <p>The stems can overwhelm and strangle other plants. It is known as a troublesome wildflower.</p>
<p>Broadleaf Dock</p> 	<p>It is an upright plant with broad large leaves; it has long stalks with wavy edges.</p> <p>It is common throughout the British Isles growing in similar places to nettles, such as country sides, woodlands and meadows.</p>	<p>It is well known by many country walkers for its herbal remedy to neutralise stinging nettle irritations.</p> <p>It is one of the food plants of the caterpillars of the Small Copper butterfly.</p>
<p>Goat's Beard (<i>Tragopogon pratensis</i>)</p> 	<p>Goat's beard is a member of the daisy family.</p> <p>Flowers between June and July.</p> <p>The leaves are tapered to fine tips; it has ridged stems and very few branches.</p> <p>Widespread by roadsides, meadows among tall grasses, along paths, verges and embankments.</p>	<p>This plant is very clever camouflaging itself – during the morning it attracts attention with its large dandelion-like flowers, while by midday they have mostly disappeared, going unnoticed by the afternoon.</p>
<p>Common Hawkweed (<i>Hieracium vulgatum</i>)</p> 	<p>Found in dry places, like open woodlands and young forests, cliff-tops and gassy habitats.</p> <p>Flowers between June and September.</p>	<p>Hieracium takes its name from the Greek word hierax, meaning 'hawk', as the birds were believed to drink hawkweed juice in order to keep their sight sharp.</p> <p>http://www.luontoportti.com</p>

	<p>The leaves are sometimes dark spotted and both sides have bristle-like hairs.</p>	<p>It's a relative of the common dandelion.</p>
<p>Hawthorn</p> 	<p>Hawthorn can spread and grow in height up to 10cm. It is a widely distributed species which can often be used for hedging.</p> <p>It has lovely creamy-white blossom which forms in dense clusters.</p> <p>The alternate leaves are oval to diamond-shaped with a broadly tapered base.</p>	<p>It is also known as the May tree.</p> <p>The white blossom (May blossom) can be seen in many traditional May-time celebrations, and garlands are often made using the flowers for May Day.</p>
<p>White Deadnettle</p> 	<p>The leaves on this plant resemble those of common nettles, but they do not have stinging hairs.</p> <p>It has two-lipped white flowers which emerge in tight whorls and bloom for many months.</p> <p>Generally grows on moist rich soil, particularly where disturbed.</p>	<p>The flowers and young leaves are edible and can be used in salads or cooked as a vegetable.</p> <p>Medicinally, white deadnettle is an astringent and demulcent herb that is mainly used as a uterine tonic to reduce excessive menstrual flow and to arrest inter-menstrual bleeding. (www.plantlife.org.uk)</p>
<p>Bramble (Rubus fruticosus)</p> 	<p>The tenacious scrambling stems of the bramble are covered with vicious thorns, arching down to the ground where they take root to form new plants.</p> <p>Can be found in multiple habitats, including banks and waste ground but prefers woodland, hedges and scrub, where it can form in thickets.</p> <p>The leaves are very hairy and the stems have prickles.</p>	<p>Grows edible fruit called blackberries or brambles which ripen from green to red to blue-black. Going blackberry picking has been common for generations. Early autumn is the best time to go looking for berries.</p>

<p>Wood Sorrel (<i>Oxalis acetosella</i>)</p> 	<p>Its leaves are divided into three drooping and folded heart-shaped leaflets.</p> <p>It forms in patches in woodlands, scrubs, hedgerows and rocky shady places.</p>	<p>It is one of the few species able to survive the deep shade of conifer plantations.</p> <p>It is one of the plants known as the 'shamrock', used to symbolise Ireland. (www.plantlife.org.uk)</p> <p>It acts as a weathervane: the leaves fold up before and during rain, in strong sunshine and during the night.</p> <p>Can be eaten and has a taste of apple.</p>
<p>Bracken (<i>Pteridium aquilinum</i>)</p> 	<p>Bracken is difficult to eradicate and is regarded as a pest.</p> <p>Undersides of the blades are hairy and the upper sides are dark and hairless. Can grow up to 4m.</p> <p>Grows in open woodland, on hillsides and on moors.</p> <p>Bracken produces spores which are ripe between August and October.</p>	<p>Bracken is spreading fast and is known to be toxic to cattle, dogs, sheep, pigs and horses. We are warned it can also pass Lyme disease onto humans because ticks are often found in this undergrowth.</p>
<p>Bark Mushroom</p> 	<p>Bark mushrooms typically grow in the form of conk (also called a bract or shelf).</p> <p>Bark mushrooms most often grow in cool, rainy coastal areas and on the shady, north side of trees.</p> <p>Mushrooms that grow on tree bark are spread by wind-blown spores.</p>	<p>There are many myths in folklore throughout history about the suspicious habit of some mushrooms growing in circles and these strange patterns led people to believe that elves danced around them, toads met here, or the devil set his churn at night.</p>

<p>Sunflower (<i>Helianthus annuus</i>)</p> 	<p>Sunflowers are very bright with large heads, producing lots of nectar and pollen for their pollinators; all kinds of bees.</p> <p>Birds, butterflies, wasps and most other insects are also pollinators.</p>	<p>Sunflowers are known as a happy flower. They represent happiness, loyalty and general well being. Because of this, the sunflower logo is used to promote many different organisations.</p>
<p>Soft Shieldfern (<i>Polystichum setiferum</i>)</p> 	<p>Grows in wetter areas, woodlands, hedge banks and rocky places.</p> <p>The pinnules teeth end in fine hair-like points.</p>	<p>Fronds may be more than 30cm long and they grow in a drooping circle shape.</p>
<p>Small Tortoiseshell</p> 	<p>One of Europe's most familiar and attractive butterflies.</p> <p>Often found by flowery wayside places, meadows, fields, verges and gardens. They visit garden flowers in large numbers.</p> <p>It is one of the first butterflies to be seen in spring and in the autumn.</p>	<p>To attract the Small Tortoiseshell into your garden area you need to grow nectar-rich plants and include patches of nettles for the larvae.</p> <p>During the winter months, the adult Small Tortoiseshell hibernate. You may come across one sleeping in your home.</p>
<p>Sycamore (<i>Acer pseudoplatanus</i>)</p> 	<p>Sycamore is deciduous broadleaf tree which flowers in mid-spring. The leaves are dark green and turn yellow in autumn.</p> <p>Can be found by the roadside, in the woods and hedgerows.</p> <p>Its shoots end in green buds and the opposite leaves are divided into five sharp-toothed lobes.</p>	<p>The sycamore tree is one of the oldest of its species.</p> <p>These trees can grow in height from 60 to 100 feet.</p>

<p>Apple tree (<i>Malus domestica</i>)</p> 	<p>Apple trees are medium height, growing up to 10m.</p> <p>Leaves are dark green with serrated edges, usually hairy on top with thick hairs below.</p> <p>You can identify an apple tree in winter by its grey, bumpy bark which sometimes has scales, bumps or ridges.</p>	<p>There are more than 7,500 cultivars of apple around the world, each with different characteristics. (www.woodlandtrust.org.uk)</p> <p>Apples can be grown to eat raw, cook with for apple crumble or apple sauce and can also be used to make cider.</p>
<p>Holly tree (<i>Ilex aquifolium</i>)</p> 	<p>Holly is an evergreen tree with distinct glossy, dark-green spiky leaves like no other similar species.</p> <p>Spiky leaves occur on younger trees and smooth leaves occur on older trees.</p> <p>White or purple-flushed flowers grow in clusters, with males and females on separate trees. Generally, all females produce bright red berries and males do not. It is very hard to tell the difference between them prior to blooming.</p>	<p>Holly leaves and berries are commonly used during winter for Christmas wreaths and displays.</p> <p>The mistle thrush is known for vigorously guarding the berries of holly in winter, to prevent other birds from eating them. (www.woodlandtrust.org.uk)</p> <p>During the winter months the berries are a vital source of food for birds and mammals such as wood mice and dormice.</p>
<p>Black bird</p> 	<p>The black bird is a familiar garden bird that also lives in woodlands, hedges and farmlands.</p> <p>A male is distinctive by its glossy black feathers. However, a female is brown and can be confused with other birds.</p> <p>Blackbirds eat worms, insects, fruit and berries from bushes.</p>	<p>Males are known for their lovely singing.</p> <p>Blackbirds have a distinctive yellow/orange beak and eye-ring.</p>

<p>Wild rabbit</p> 	<p>Wild rabbits live in the countryside and are not house pets. They are used to freedom and may kick, bite and scratch if handled.</p> <p>Rabbits have very powerful legs and run extremely fast.</p>	<p>When rabbits run their tail is held erect to display the white fur.</p> <p>Rabbits usually live with their families in burrows.</p>
<p>Earthworm</p> 	<p>Earthworms have segmented bodies with 8 stiff bristles on each segment which help with locomotion.</p> <p>Worms live in the soil and they come to the surface for food or to mate.</p> <p>There are different types of worms, such as the black headed worm, pale worm, lob worm. These can be identified by colour, size and segments on their body.</p>	<p>Earthworms are both male and female.</p> <p>Worms have a swollen band around their body called a clitellum. This is where eggs are deposited.</p>