

PLANTS & SOIL

Wild Flowers



The
Gilbert White
FIELD
STUDIES
CENTRE

Fun Facts

<p>Dandelion</p> <p>In World War II dandelion roots were dried and ground as a coffee substitute.</p> <p>Also known as Wet the Bed as it is a diuretic.</p>	<p>Primrose</p> <p>In folklore primroses allow you to see fairies. If you touch a fairy rock holding the correct number of primroses you will find fairyland.</p>	<p>Lesser Celandine</p> <p>The name Celandine means swallow. As Celandine was said to flower when the swallows arrived and die when they left.</p>	<p>Cowslip</p> <p>The name is from the old English for cow dung. Possibly due to where it grows. Cowslips creams are said to be effective at restoring beauty.</p>	<p>Buttercup</p> <p>It is said that you can tell if a person likes butter by holding the buttercup flower under their chin. If they like butter you will get a yellow reflection.</p>
<p>White Dead Nettle</p> <p>This plant looks like a Stinging nettle but has no sting. Look at the flowers, the stinging nettle has strings of small green flowers.</p>	<p>Wild Strawberry</p> <p>The strawberry is not technically a berry... The red flesh is in fact thickened stem and the bits which look like seeds are dried fruit with seeds inside!</p>	<p>Hairy bittercress</p> <p>This plant, also known as Stune, was one of the herbs mentioned in the Nine Herbs Charm an Old English treatment for poisoning and infection.</p>	<p>Clover</p> <p>The chemical Isoflavone (extracted from red clover and also soya) is thought to reduce incidence of some types of cancer. Can you find a 4 leaved clover?</p>	<p>Daisy</p> <p>Ancient Romans used bandages soaked in daisy juice to bind spear wounds.</p>
<p>Forget-me-not</p> <p>Henry IV used this flower as his emblem during his exile.</p> <p>This plant's juice was thought to harden steel.</p>	<p>Selfheal</p> <p>Historically this plant has been used as a disinfecting agent to clean wounds. Modern research has discovered it to have anti-bacterial properties.</p>	<p>Violet</p> <p>This plant contains cyclotides which have a varied range of useful properties, including anti-HIV, antimicrobial, and insecticidal.</p>	<p>Speedwell</p> <p>Features on the badge of Squadron 541 of the British Royal Air Force.</p> <p>Taken as a tea for breathing problems.</p>	<p>Vetch</p> <p>Often sown as green manure. Bacteria in its roots help fix nitrogen (which is important for plant growth) into the soil.</p>
<p>Willowherb</p> <p>Used to make Koporye Tea in Russia.</p> <p>The plant is said to have many beneficial properties including strengthening hair.</p>	<p>Fireweed</p> <p>Also known as Rosebay Willowherb.</p> <p>The raw stem of this plant is used in Alaska to draw out pus from wounds and boils.</p>	<p>Herb Robert</p> <p>Among other uses recent research has shown that this plant may improve digestion.</p>	<p>Red Dead Nettle</p> <p>As an early flowering plant (as early as March) this plant provides an early source of pollen and nectar to bees.</p>	<p>Hedge Nettle</p> <p>Also known as Hedge Woundwort it has been used to reduce the flow of blood from wounds.</p>
<p>Jack by the Hedge</p> <p>Also known as Garlic mustard, is great in salads.</p> <p>It was used as a disinfectant or diuretic.</p>	<p>Dock</p> <p>Used as the traditional cure for nettle stings.</p> <p>It was used for wrapping butter to take to market.</p>	<p>Sweet Woodruff</p> <p>People would place this sweet smelling herb over the floor of houses.</p> <p>Used to flavour sweets in Germany.</p>	<p>Cleavers</p> <p>The leaves were once used as a rough sieve to strain milk.</p> <p>Cleavers was used to fill mattresses. It will also stick to you.</p>	<p>Black Medic</p> <p>The presence of black medic in your lawn may suggest low soil nitrogen levels (Black Medic has bacteria in its roots which help fix nitrogen).</p>
<p>Harts Tongue Fern</p> <p>Also called Spleenwort. The 16th century doctrine of signatures said that God left clues on plants, they looked like the organ they cured.</p>	<p>Stinging Nettle</p> <p>Fibres of the stinging nettle were used to make German uniforms in World War I.</p> <p>Note the distinctive small green flowers.</p>	<p>Bramble</p> <p>Young leaves can be made into tea and the fruits are eaten both fresh and cooked. Brambles also make a fantastic barbed wire alternative.</p>	<p>Greater Plantain</p> <p>This plant contains Aucubin which has been found to protect against liver damage in rats and mice.</p>	<p>Ribwort Plantain</p> <p>Tea from the leaves has been used as a cough medicine. It has also been used to treat wounds.</p>