

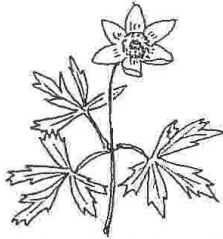
Flower spotter

Name.....

A guide to some of the wild flowers you may find in Wilderness Wood. Some are widespread, some grow in only a few places. Tick when you spot them! Please do not pick flowers or leaves – leave them for others to enjoy.

Spring flowers

Wood anemone (white)



A sign of ancient woodland. Look out also for pink or purple flowers.

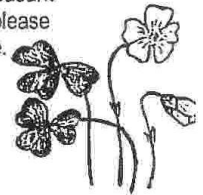
Lesser celandine (golden yellow)



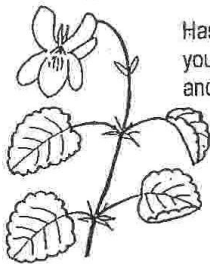
Look near trail point X. One of the earliest spring flowers.

Wood sorrel (white)

Its leaves have a pleasant lemony taste – but please don't pick them here.

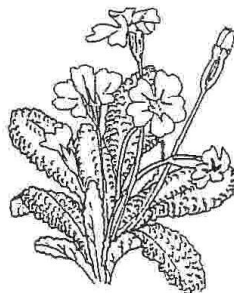


Dog violet (purple)



Has no scent, but you could crystallize and eat the flowers.

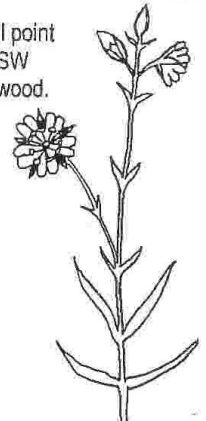
Primrose (pale yellow)



Rare in Wilderness Wood – it prefers richer soil. Look near trail point Y. People used to make wine from the flowers.

Greater stitchwort (white)

Look near trail point X, and in the SW corner of the wood.



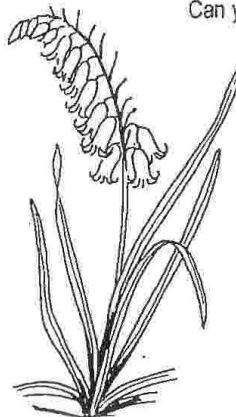
Common spotted orchid (pink)



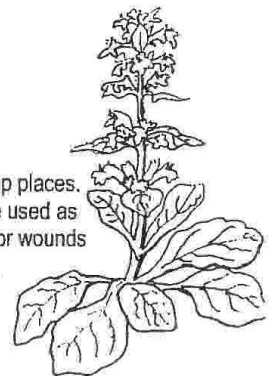
Look in the Grove (near the pond). The commonest orchid in Britain.

Bluebell (blue)

Can you spot any white ones?



Bugle (blue)



Look in damp places. It used to be used as a dressing for wounds and bruises.

Summer flowers

Look in light areas, where coppice has been recently cut.

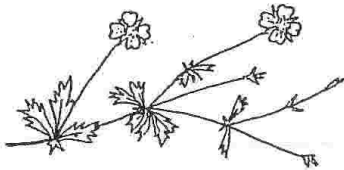
Heather (pink)

Once a very useful plant – as thatch, a mattress plant, to flavour beer, and to make brooms.



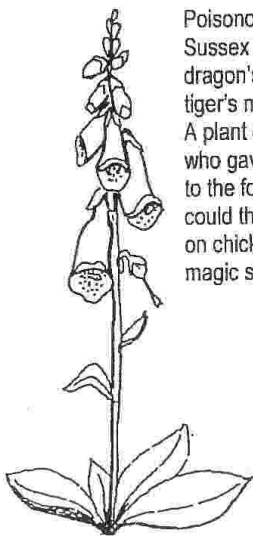
Tormentil (yellow)

Used to be used to treat the "torment" of diarrhoea. Likes our poor, heathy soil.



Foxglove (pink)

Poisonous. Old Sussex names: dragon's mouth, tiger's mouth. A plant of the fairies, who gave its flowers to the fox. The fox could then steal up on chickens in magic silence.



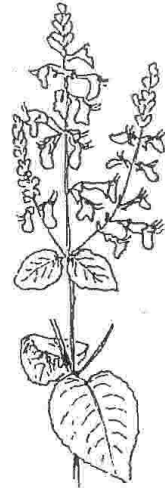
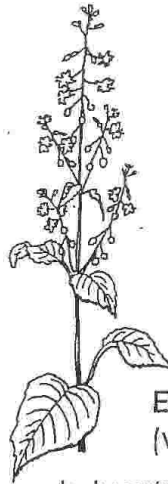
Rosebay willowherb (pink)

Each plant makes about 80,000 parachute seeds, spread by the wind.



Wood sage (cream)

Its leaves taste bitter, and were once used to flavour beer.



Enchanter's nightshade (white)

Look near trail point Y, in the shade. Its little hooked seeds are spread on the fur of animals.

Honeysuckle (cream)

Smells sweetest at night, to attract moths. Often squeezes branches into a spiral shape.

