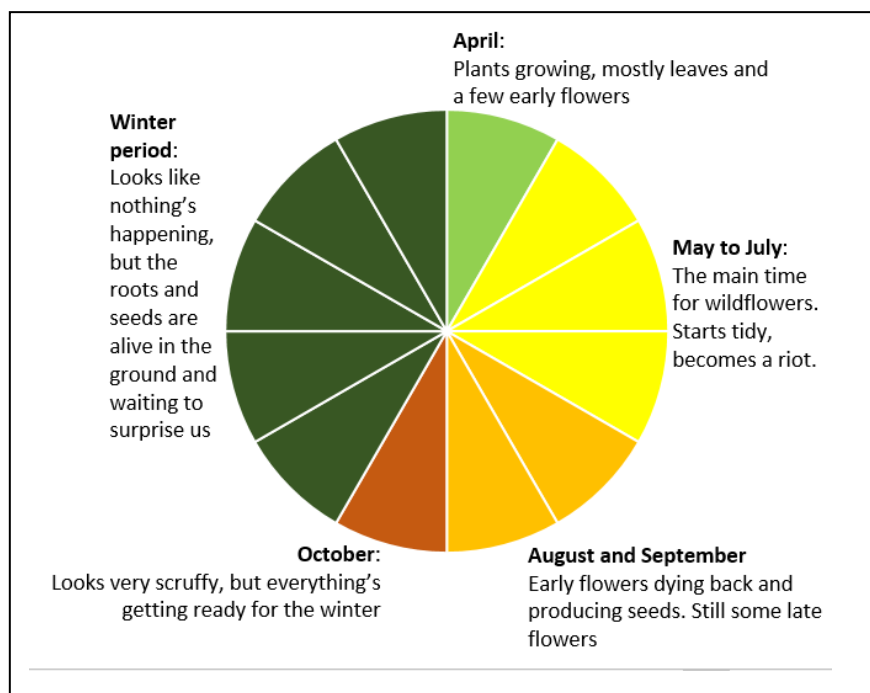


PLANTS TO LOOK OUT FOR IN THE WILD FLOWER MEADOW



In Britain, most wild flowers appear in early summer. They start growing leaves in late March and early April and by the end of April the first flowers appear. Then there are more and more flowers until August when they start to die back and set seed. There are still late flowers until October, when everything dies back for the winter. In the winter everything is dormant and it looks like grass. From spring the wildflower area is mowed in special patterns to encourage different kinds of plants.

DOVE'S-FOOT CRANESBILL



This plant is quite short and has deeply-cut leaves and small pink flowers. Like all the cranesbills ('Geraniums') the seed-pods have a



long pointed snout that looks like a....

ST. JOHN'S WORT



This is about 18 inches high, with deep yellow flowers with black dots around the edges, from June to August. If you pick a leaf and hold it up to the sky you'll see translucent dots. These hold the oils used to treat depression and other ailments



SORREL



Looks a bit like dock, and has similar dull brown seeds to dock, standing out among the grasses and flowers, but the leaves have points at the base. They taste like grape-skins and give a lemony zing to salads. Also makes a terrific soup.



MUGWORT

It's a big plant, a relative of wormwood and absinthe. The backs of the leaves are light green. It is used in traditional Oriental medicine to make 'moxa' which is placed on the skin and ignited!



BIRD'S-FOOT TREFOIL



Quite a low plant but with lots of yellow flowers in June and July, often slightly tinged with red. Sometimes called bacon-and-egg. The name comes from the seed pods that radiate from a single point with a curved hook, looking like the upside-down talons of a bird of prey. You should see some of these in July and August.

