



12  
to pick

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**Oxeye daisy**  
*Leucanthemum vulgare*

Large daisy-like whiteflowers with a yellow centre, on a stalk up to 70cm tall. Also known as 'moon daisy' or 'dog daisy'.



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**Cow parsley**  
*Anthriscus sylvestris*

Frothy and lacy white heads up to 6cm across, made up of lots of small flowers in an 'umbel' (lots of flower stalks coming from a central point like the ribs of an umbrella.)



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**White campion**  
*Silene latifolia*

White flowers 20 - 30mm across, with deeply notched petals on a softly hairy, sticky plant to 1m tall. Scented of cloves at night to attract moths.



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**White deadnettle**  
*Lamium album*

Nettle-like leaves without the sting and white 2 lipped flowers on a squarish, hairy stem. Try picking a flower and sucking nectar from the base.



©scanderson/Stock

**White clover**  
*Trifolium repens*

Small white flowers in tight globe-shaped clusters. Leaves have 3 oval, toothed leaflets usually with a whitish band.



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©Jan Redding/Stock

**Meadowsweet**  
*Filipendula ulmaria*

Fluffy cream-white heads of honey scented flowers. Grows up to 120cm tall in damp places.



©Plantlife

**Cowslip**  
*Primula veris*

Yellow cup shaped flowers about 10mm across, at the top of a long stem up to 30cm tall. Rosette of wrinkly leaves.



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**Meadow buttercup**  
*Ranunculus acris*

Tall sprays of shiny yellow flowers with scale-like sepals cupping the petals. Leaves are deeply toothed and lobed into narrow segments.



©Paul Reeves Photography/Stock

**Bird's-foot-trefoil**  
*Lotus corniculatus*

Deep yellow and orange tinged pea flowers in clusters of 2-7. Leaves with 5 oval leaflets, the lower two bent back by the stem.



©Henrik L/Stock

**Lady's bedstraw**  
*Galium verum*

Golden-yellow scented flowers 2-3mm across on a sprawling plant to 60cm tall. Once strewn on the floor of lady's bedchambers



©Rauid Morjin/Stock

**Common ragwort**  
*Senecio jacobea*

Upright plant to 100cm tall with clusters of daisy-like flowers, each made up of many bright yellow 'ray' and central 'disc' florets.



©sedrum/Stock

**Red clover**  
*Trifolium pratense*

Bright pinkish-purple flowerheads to 3cm on a sprawling plant to 50cm. Downy leaves with 3 oval leaflets, usually with a white 'V' mark.



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### Common spotted orchid

*Dactylorhiza fuchsii*

Flowers on tall spikes vary from deep to light pink and the lower lip is painted with darker pink streaks and dots. Grey-green leaves are marked with dark purple spots.



©acglad/Stock

### Wild marjoram

*Origanum vulgare*

Pink-purple 3-lipped flowers in dense clusters at the top of stems to 70cm tall. Leaves on stalks in pairs on squarish stem. Leaves pleasantly aromatic.



©Ray Woods/Plantlife

### Himalayan balsam

*Impatiens glandulifera*

1-3m tall with large 'policeman's helmet' pink-purple flowers 4cm long. Leaves with small red teeth at edge on reddish stem. Often grows in large clumps.



© Beth Halsky/Plantlife

### Common Dog-violet

*Viola riviniana*

Bluish-purple petals are 15-25mm across with darker veins. Leaves are heart-shaped and grow around the base of the plant as well as on flowering shoots.

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©Andrew Gagg/Plantlife

### Cuckooflower

*Cardamine pratensis*

Variable plant, to 60cm, sometimes with runners. Flowers rose-pink to white, 12-18mm across, with 4 petals.



©Andrew Gagg/Plantlife

### Common knapweed

*Centaurea nigra*

Thistle-like with spherical black/brown head topped with 'tufts' of purple, pink or sometimes white flowers.

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### Germander speedwell

*Veronica chamaedrys*

Spreading plant with bright blue 4 petalled flowers with a white centre, hence old name of 'bird's-eye'.



©Steve Day/Plantlife

### Tufted vetch

*Vicia cracca*

Large scrambling long stalked plant with one-sided clusters of blue-purple pea flowers. Narrow leaflets end in tendrils.



©Andrew Gagg/Plantlife

### Selfheal

*Prunella vulgaris*

Violet-blue flowers 10-15mm in a compact head at the top of the stem up to 20cm tall. Hairy leaves.



©Andrew Gagg/Plantlife

### Meadow crane's-bill

*Geranium pratense*

Large white veined 5 petalled blue-violet flowers on stem up to 1m tall. Seed cases are shaped like a long bird's-bill.



©Andrew Gagg/Plantlife

### Field scabious

*Knautia arvensis*

Rounded lilac 'pom pom' flowerheads 30-40mm across on hairy stalks up to 75cm.



©Beth Newman/Plantlife

### Harebell

*Campanula rotundifolia*

Hanging blue bells on slender stalks. Grows 15-40cm tall. Roundish leaves at base, very narrow linear leaves up stem.