



ENCHANTER'S NIGHTSHADE (*Circaea lutetiana*)

This perennial plant is widespread throughout the whole of the British Isles as far north as central Scotland. It is very rare in northern Scotland and absent from Orkney, Shetland and the Outer Hebrides. This plant is common in ancient and deciduous woodlands where coppicing is carried out, and grows on moist base rich clay and chalk soils.

It is very tolerant of shade, and retains its leaves throughout the summer.

The small creamy white flowers are formed along the length of the flowering spike from June to August.

The oval seeds are covered in small bristly hairs that stick to animals as they pass by, and form in August and September.



HEDGE WOUNDWORT (*Stachys sylvatica*)

Hedge woundwort is a characteristic perennial plant of woodlands, hedgebanks and waste places throughout the British Isles. It is only rare in the Scottish highlands.

It grows on fertile, mildly acid to calcareous clay and silty loams.

The tall flower spikes are produced in July and August, and bear deep pink flowers which are pollinated by bees.

The small black seeds are produced in groups of four in each seed capsule from each flower, and form in August and September.