



GREATER STITCHWORT (*Stellaria holostea*)

A widely distributed perennial throughout the whole of the British Isles but absent from Orkney, Shetland and the Outer Hebrides. It is less frequent in North West Scotland and Western Ireland. It is a common plant of hedgerows, open woodland, woodland clearings, margins and road verges on well-drained acidic and basic rich soils throughout its range. It flowers from April to June and has white star-shaped flowers among light green lanceolate leaves. The flowers are pollinated by a wide variety of insects but it is also self-pollinated. The black seeds are formed in small translucent capsules in June and July. The name Stitchwort originates from the 13th Century, and was used in the cure of stitches and sharp pains. The plant has been involved in folklore since medieval times, and has acquired many different English names throughout history.



WOOD AVENS (*Geum urbanum*)

A common perennial plant found throughout the British Isles except for parts of Central and Northern Scotland. It is a common plant of woodlands, scrub, hedgerows and shady habitats and grows on mildly acid to neutral and calcareous soils. It has small yellow flowers with five petals, which are pollinated by insects or self-pollinated in June to October. The hooked bristly seeds are formed in clusters on the end of each stalk and are distributed by animals that catch the seeds as they pass on their fur coats. The name is derived from the Greek 'geno' meaning to 'yield up and agreeable fragrance' in reference to the pleasant clove like smell which the freshly dug up root emits. The common name of the herb is a corruption of *herba benedicta* the blessed herb because in times past the plant was worn as an amulet to ward off evil spirits and venomous beasts.. In medieval times the foliage and flowers were also used in decorations to symbolize the holy trinity and the five wounds of Christ.