



# Friends of Barnfield Sandbeds

## Wildlife Spotters Guide



### Wild Flowers

We are trying to create interest throughout the year at Barnfield Sandbeds by selective planting and careful management of plants already on site.

Whilst the Japanese Knotweed and garden escapes need to be removed completely, we need to retain some nettles, thistles and ragwort etc. as these are valuable food plants for the caterpillars of butterflies and moths.

PLEASE

NOTE\*\*\*\*\*

It Is Forbidden by law to Uproot or pick Wild Flowers. Please leave them fore others to enjoy. Thank You.

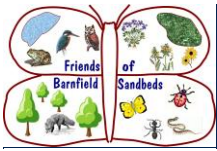
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On the following pages we have put together a worksheet with many of the Wild Flowers that can be found in the Barnfield Sandbeds. There is a photo and the name of the species to help with identification and a place for you to write in the date you saw them The Photographs on the following pages are by kind permission of the North East Wildlife web site or photographs taken by Members of the Friends of Barnfield Sandbeds Copies of this work sheet and many others are available on our web site at

[www.friendsofbarnfieldsandbeds.co.uk](http://www.friendsofbarnfieldsandbeds.co.uk)

The work sheets are presented in Adobe Reader PDF format which may be viewed from the website or printed out as required. f you see any Wild Flowers not included on the following pages we would like to know about it so we can add it to our list. Please e-mail us on [info@friendsofbarnfieldsandbeds.co.uk](mailto:info@friendsofbarnfieldsandbeds.co.uk)



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### Wild Flowers

**Burdock**



Date Seen-

**Centauray**



Date Seen-

**Creeping Buttercup**



Date Seen-

**Creeping Silverweed**



Date Seen-

**Creeping Thistle**



Date Seen-

Thistles are troublesome Weeds but These weeds attractive to many varieties of butterflies including the Painted Lady. The creeping Thistle has a smaller Flower. Later in the year when the fluffy seeds ripen they attract flocks or 'Charms' of Goldfinches

**Evening Primrose**



Date Seen-

**Fat Hen**



Date Seen-



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### Wild Flowers

#### Ferns



Date Seen-

#### Field Buttercup



Date Seen-

#### Forget Me Not



Date Seen-

#### Foxglove



Date Seen-

#### Garlic Mustard



Date Seen-

#### Greater Mullein



Date Seen-

#### Hedge Bindweed



Date Seen-

Although it would be delightful to think that this stately plant got its name because people thought that the velvety bell shaped flowers would make perfect gloves for little Foxes. However it is more likely that the name comes from the Anglo Saxon name 'folk's bells'. The Foxglove is VERY POISONOUS yet a drug named 'digitalis' may be extracted from it which is used in very small doses to treat heart complaints.



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**Hedge Woundwort**



Date Seen-

**Hogweed**



Date Seen-

**Japanese Knotweed**



Date Seen-

**Mugwort**



Date Seen-

**Pignut**



Date Seen-

**Pink Campion**



Date Seen-

**Poppy**



Date Seen-

Bordering the paths in May and June are many types of Campion. They are common all over Britain. The plants are either male or female and rely on insects visiting the flowers to obtain the nectar to spread the pollen from plant to plant. The White ones will hybridise with the Red ones so we get pink flowers on their offspring.



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### Wild Flowers

**Ragwort**



Date Seen-

**Rosebay Willow Herb**



Date Seen-

**Scarlet Pimpernel**



Date Seen-

**Selfheal**



Date Seen-

**Sow Thistle**



Date Seen-

**Spear Thistle**



Date Seen-

**St Johns Wort**



Date Seen-

Thistles are troublesome Weedsbut These weeds attractive to many varieties of butterflies including the Painted Lady.The Spear Thistle has a Large Flowerand takes its name fromits Spesar shaped leaves.Later in the year whenthe fluffy seeds ripenthey attract flocks or 'Chasrms' of Goldfinches



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### Wild Flowers

**Stinging Nettle**



Date Seen-

Perhaps the most obvious plant in Barnfield Sandbeds is the Stinging Nettle. The nettles near to the edges of the paths are regularly cut back to prevent our visitors from getting stung. But most are left because they are valuable to wildlife. Our most colourful butterflies, Small Tortoiseshell, Red Admirables, Peacocks and Comma all lay their eggs on Stinging Nettles which the caterpillars eat when they emerge. In fact more than 40 species of insects depend on Nettles for food and shelter.

**Stinging Nettle**



Date Seen-

**Teasel**



Date Seen-

**Tufted Vetch**



Date Seen-

**White Campion**



Date Seen-

**Wild Arum**



Date Seen-



# Friends of Barnfield Sandbeds

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### Wild Flowers

**Wild Pansy**



**Date Seen-**

**Wild Strawberry**



**Date Seen-**

**Woodruff**



**Date Seen-**

**Woody Nightshade**



**Date Seen-**

**Yarrow**



**Date Seen-**