

## **2.Roadside Panel**

### **1.Monbretia (*Crocosmia x Crocosmiiflora*)**

**An import from South Africa growing on banks, flats and roadsides, flowering June/September this member of the *Iridaceae* family is one of 39 species listed by the National Biodiversity Data Centre as a potential problem plant.**

### **2.Colt's Foot (*Tussilago farfara*)**

**Hedges and roadsides, flowers February/April, member of the *Asteraceae* family used as a traditional herbal remedy for sore throats.**

### **3.Three Cornered Garlic (*Allium triquetrum*)**

**Roadsides and ditches, flowers April/June, member of *Liliaceae* family which can be eaten in salads and soups.**

### **4.Foxglove (*Digitalis purpurea*)**

**A biennial plant found in woodlands and roadsides, flowers June/August this poisonous plant a member of the *Scrophulariaceae* family is toxic if eaten and used in medicine.**

### **5.Winter Heliotrop(*Petasites fragran*)**

**Grows carpet like on verges and roadsides, flowers November/March, a member of *Asteraceae***

### **6.White Champion (*Silene latifolia*)**

**Hedges and roadsides, flowers May/October, member of *Carophyllaceae* family.**

### **7.Common Bird's Foot Trefoil (*Lotus corniculatus*)**

**Roadsides and stone walls, flowers June/September, ch member of**

***fabaceae* family which is larval food plant of the Common Blue Butterfly.**

**8. Herb Robert (*Geranium robertianum*)**

**Banks, woods and walls, flowers April/November, member of *Geraniaceae* family traditional used as a cure for nose bleeds.**

**9. Irish Spurge (*Euphorbia hyberna*)**

**Banks, verges roadsides, flowers April/June, a member of the *Euphorbiaceae* family, which is considered poisonous.**

**10. Wild Strawberry (*Fragaria vesca*)**

**Hedgerows, banks and roadsides, this relative of the commercial strawberry flowers April/June producing delicious tiny fruits, member of *Rosaceae* family.**

**11. Rusty Black Fern (*Asplenium ceterach/Ceterach officinarum*)**

**Cracks in walls, this fern was used in traditional herbal medicine as a remedy for spleen and liver disorders.**

**12. Smith's Pepperwort (*Lepidium heterophyllum*)**

**Hedgerows and roadsides, flowers May/August, member of *Brassicaceae* family.**

**13. Greater Stitchwort (*Stellaria holostea*)**

**Roadsides and lane ways, flowers April/June, member of *Caryophyllaceae* family.**

**14. Black Medick (*Medicago lupulina*)**

**Roadsides and meadows, flowers April/September, member of the *Fabaceae* family which in 19<sup>th</sup> century was worn on St. Patrick's Day as the true shamrock or seamrog.**

**15.Common Chickweed (*Stellaria media*)**

**Roadsides and bases of walls, flowers May/July, member of *Caryophyllaceae* family used in traditional herbal medicine for sore throats.**

**16.Lesser Celadine (*Ficaria verna*)**

**Woods, hedgebanks and roadside, flowers February/May, member of *ranunculacea* or buttercup family, also known as Pilewort and Scurvy wort used in traditional herbal medicine to treat both haemorrhoids and scurvy.**

**17.Hart's Tongue Fern (*Phyllitis scolopendrium*)**

**Evergreen fern found in shady banks and walls.**

**18.Navel Wort (*Umbilicus rupestris*)**

**Walls,cliffs and stoney banks, flowering spikes June/September, member of *Crassulaceae* family, also known as Penny Wort and used in traditional herbal medicine as a cure for corns and as a drawing ointment.**

**19.Wall Rue (*Asplenium rutamuraria*)**

**A fern growing in rock walls.**

**20.Maidenhair Spleenwort ( *Asplenium trichomanes*)**

**An evergreen fern growing in rocky places and in walls.**

**21.Thyme-Leaved Sandwort (*Arenaria serpyllifolia*)**

**Stone walls and bareground, flowers May/September, member of *Caryophyllaceae* family.**

**22. Primrose (*Primula vulgaris*)**

Roadside and laneways, flowers April/May, member of *Primulaceae* family, in folklore said to offer protection against malignant feary forces.

**23. Dog Violet (*Viola riviniana*)**

Also known as common violet, found in woodlands, flowers April/June, member of *violaceae* family.

**24. Wild Thyme (*Thymus polytrichus*)**

Grassland and rocky slopes, flowers June/September, used in cookery and medicine, member of *Lamiaceae* family.

**25. St. Patrick's Cabbage (*Saxifraga spathularis*)**

Also known as London Pride, grows in walls and rocky places, sending up flowering panicles May/September, member of the *Saxifragaceae* family.

**26. Burnet Rose (*Rosa spinosissima*)**

Grows close to shorelines in banks and walls, flowers May/August, member of the *Rosaceae* family.

**27. Atlantic Ivy (*Hedera hibernica*)**

Evergreen ivy found in walls and trees, flowers September/November, member of the *Araliaceae* family.

**28. Bluebell (*Hyacinthoides non-scripta*)**

The messenger of spring, thrives in woods and woodland floors, flowers April/May, member of the lilly or *Lilaceae* family.

**29. Ground Elder (*Aegopodium podagraria*)**

Laneways and meadows, this invasive plant flowers May/August, a member of the *Apiaceae* family. Also known as Bishop's Weed or Gout Weed as it was believed to be a traditional herbal remedy for arthritis and gout.

**30. Meadow Sweet (*Filipendula ulmaria*)**

Fields, meadows and ditches, flowers June/September. A member of the *Rosaceae* family, formerly known as spirea it a source of salicylic acid which gives it name to aspirin.

**31. Common Sorrel (*Rumex acetosa*)**

Found in a wide variety of habitats, flowers May/August. A member of *Polygonaceae* family used in traditional medicine for soothing inflammations.

**32. Bilberry (*Vaccinium myrtillus*)**

Acid heath and meadows, flowers April/July producing a bitter berry high in vitamin C. This member of the *Ericaceae* family also known as Whortleberry and used to be picked and sold by poor women of Dublin as Fraghan or Fraochan.

**33. Lesser Knotweed (*Persicaria campanulata*)**

An invasive import from Himalayas found in shady places and along roadsides, flowers July/September. This member of the *Polygonaceae* family is like its namesake Japanese Knotweed considered an invasive alien species.

**34. Rhododendron (*Rhododendron ponticum*)**

Another invasive shrub found increasingly along roadsides and wild places having long ago escaped captivity and producing handsome purple flowers from May/July. This member of the *Ericaceae* is another species considered invasive.

**35.Heather(*Calluna vulgaris*)**

**Also known as Ling commonly found on hill and mountain side, flowers July/October and is member of the *Ericacea* family.**

**36.Bracken (*Pteridium aquilinum*)**

**An invasive fern growing on hillsides and open land which is toxic to cattle.**

**37.Rowan(*Sorbus aucuparia*)**

**Also known as Mountain Ash, as its name suggests this native tree grows on uplands and hillsides flowering between May/June which produce a profusion of berries. Member of Rosaceae family.**

**38.Hazel (*Corylus avellana*)**

**Woodlands and copses producing catkins in February and cob nuts in Autumn. Widely used in traditional basket making.**

**39.Alder(*Alnus glutinosa*)**

**Grows in damp woodland and roadside ditches producing spring time catkins. Known locally in West Cork as Woodies the timber is resistant to water rot.**

**40.Ash (*Fraxinus excelsior*)**

**Lanes and woodlands, one of the commonest trees in Ireland, producing small flowers in Spring which turn to keys. The timber traditionally used to make hurling sticks but now threatened by the viral Ash Die-back Disease.**

**41.Sycamore(*Acer pseudoplatanus*)**

**Roadside and woodland producing flowers in spring which in Autumn have turned into two winged keys. Sometimes considered a weed tree because of its success. Traditionally used to make charcoal.**

**42.Elder (*Sambucus nigra*)**

**A shrub whose spring flowers are used to make cordial and whose berries are used in cough and cold remedies. Considered a weed tree.**

**43.Red Valerian (*Centranthus ruber*)**

**Grows from tops of old stone walls and flowers from May/September. Member of *Valerianaceae* family which unlike the white variety is not used in medicine.**

**44.Common Lichen (*Buellia canescens*)**

**The most common lichen found in West Cork grows on stone and rock walls and trees.**