

# July Wildflowers Spotter's Sheet



**Pyramidal Orchid**

*Anacamptis pyramidalis*

**STAR  
FIND** \*

Bright pink and pointy, this orchid produces a musky scent to help attract butterflies and moths.

Where to find it:

Chalky meadows & verges



**Bramble**

*Rubus fruticosus*

The wildflower from which we get blackberries. Part of the rose family, it's a great source of nectar.

Where to find it:

Hedgebanks, roadsides



**Field Scabious**

*Knautia arvensis*

A popular plant with butterflies & bees. Its rough stem resembles irritated skin, hence its scabies-related name.

Where to find it:

Meadows & pastures



**Knapweed**

*Centaurea nigra*

Also known as Hard-heads or Black knapweed, this wild flower is one of our toughest meadow plants.

Where to find it:

Meadows & roadsides



**Lady's Bedstraw**

*Galium verum*

Once used to coagulate cheese. Its flowers were also used to add the colour to Double Gloucester.

Where to find it:

Grassy places



**Meadow Crane's-bill**

*Geranium pratense*

Once common in hay meadows, it now largely grows on road verges instead due to changes in agricultural practices.

Where to find it:

Hedgerows



**Meadowsweet**

*Filipendula ulmaria*

A multi-perfumed plant: the flowers smell of marzipan, but when crushed the scent is more antiseptic!

Where to find it:

Damp meadows & verges



**Rosebay Willowherb**

*Chamerion angustifolium*

Often one of the first flowers to return to burnt ground, it was a common sight during the Blitz.

Where to find it:

Waste ground & verges



**Self-heal**

*Prunella vulgaris*

As its name suggests, selfheal was once used in herbal remedies - particularly for sore throats.

Where to find it:

Grasslands & lawns



**Teasel**

*Dipsacus fullonum*

So called because textile makers used it to 'tease' cloth. Now is when the oft-seen seed heads are in flower.

Where to find it:

Woods & grassy places