

LET'S GO  
OUTSIDE AND  
LEARN

# Wonderful Wildflowers



# Colours of Nature are all around

- As the sun shines, the colours of nature seem ever more vibrant.
- You may have noticed wildflowers are all around parks and gardens too!
- The origins of wildflowers are still a mystery, but fossil records show that the first sign of flowers appeared on the planet around 80 to 90 million years ago.



# Spot the wildflower – How many of these wildflowers have you spotted or do you recognise?

**Plantlife**

## Wild flower spotter sheet Town species



**Common poppy**  
*Papaver rhoeas*

Annual with striking red flowers found where soil has been disturbed, so often seen on waste ground and roadsides.



**Opium poppy**  
*Papaver somniferum*

Annual with large, blue-green leaves and large pink or lilac flowers. Edible poppy seeds come from this plant.



**Herb robert**  
*Geranium robertianum*

Pink flowers 2cm across. Hairy leaves with a triangular outline are sometimes reddish and produce a strong, unpleasant smell.



**Rosebay willowherb**  
*Chamerion angustifolium*

A large plant up to 2m tall growing in clumps. Pink/purple flowers are followed by fluffy seeds. Also known as 'Fireweed' as it colonises sites after fire.



**Red dead-nettle**  
*Lamium purpureum*

Dead-nettle's pink-purple flowers cluster amongst hairy, heart-shaped leaves towards the top of the plant and can bloom from February to November.



**Snapdragon**  
*Antirrhinum majus*

A common garden flower seen in a wide variety of bright colours, often found on pavements and walls. Squeeze the flowers to open their mouths.



**Butterfly-bush**  
*Buddleja davidii*

A large bush with long spikes of scented purple flowers, very attractive to butterflies. Common on wasteground, walls and railways.



**Purple toadflax**  
*Linaria purpurea*

Has tufts of narrow bluish-green leaves and long spikes crowded with tiny purple flowers. Often grows on walls, pavements and wasteground.



**Ivy-leaved toadflax**  
*Cymbalaria muralis*

Little blue/purple flowers and reddish stems and leaves, often found on walls.



**Green alkanet**  
*Pentaglottis sempervirens*

A large perennial to 1m with rough leaves and pretty blue forget-me-not type flowers.



**Wild teasel**  
*Dipsacus fullonum*

Up to 2m tall with distinctive egg-shaped flowers and long spines



**Spanish bluebell**  
*Hyacinthoides hispanica*

Erect spikes of wide, bell-shaped, pale blue flowers with blue pollen. Now the most common bluebell in urban areas.



Irene sent us this wonderful Image  
taken in her garden



Dal has been out and about in Richmond enjoying the sunshine by the riverside.



# Najma shared this amazing Japanese Forest Bathing clip from Youtube

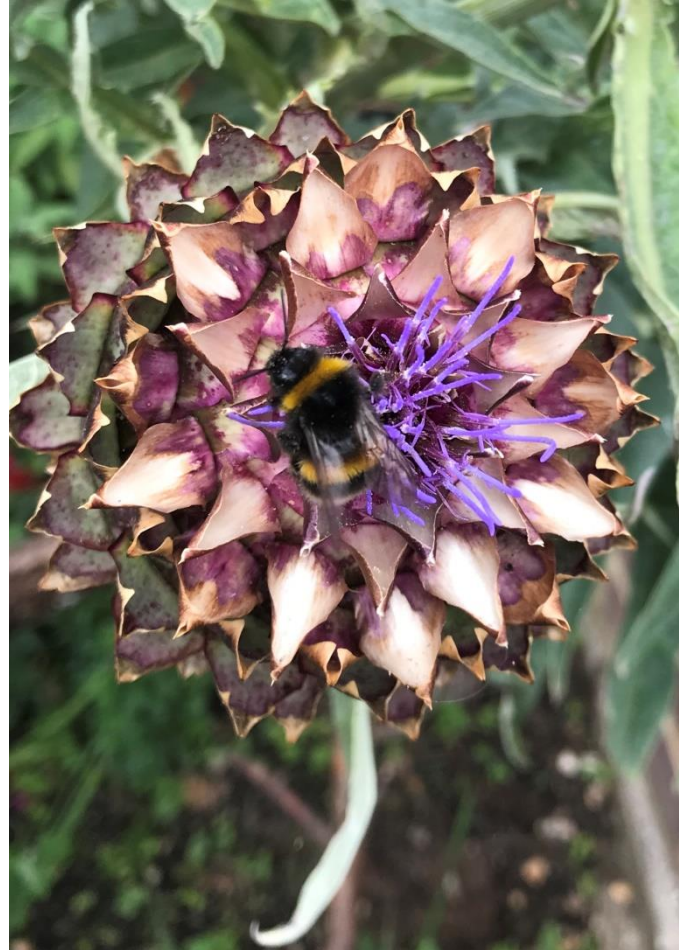
[https://www.youtube.com/watch?v=C5AR\\_FK8qwk&t=181s](https://www.youtube.com/watch?v=C5AR_FK8qwk&t=181s)

- This is especially nice to watch if you feel like having a calm moment.
- Don't forget to breath deeply and relax.





The bees are busy too  
I was lucky to catch a close up of this busy bee on my  
travels this weekend



# Tell us what you have been up to

Please let us know what you have been up to or thinking about and send us your images – we will put as many as we can in our newsletter.

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