

Aditya's wildflower list 2025



Papaver cambricum (Welsh poppy)

19th July 2025

Cumbria

Fun fact: it's the logo of Plaid Cymru



Geranium sanguineum (Crane's-bill geranium or bloody geranium)

19th July 2025

Cumbria

Fun fact: It's the county flower of Northumberland



Jacobaea vulgaris (Common ragwort)

19th July 2025

Cumbria

Fun fact: Poisonous for horses

But: It provides a great deal of nectar for pollinators

Here is the poet John Clare in 1831:

*Ragwort thou humble flower with tattered leaves
I love to see thee come and litter gold...
Thy waste of shining blossoms richly shields
The sun tanned sward in splendid hues that burn*

*So bright and glaring that the very light
Of the rich sunshine doth to paleness turn
And seems but very shadows in thy sight.*



Vicia cracca (Bird vetch)
19th July 2025
Cumbria



Bellis perennis (Daisy)

19th July 2025

Cumbria

Fun fact: It's the national flower of the Netherlands.



Centaurea nigra (Common knapweed or lesser knapweed)

19th July 2025

Cumbria

Fun fact: High nectar and pollen production relative to other British perennial meadow flowers.



Filipendula ulmaria (Meadowsweet or mead wort)

19th July 2025

Cumbria

Fun facts:

- The whole herb possesses a pleasant taste and flavour – can be used in e.g. panna cotta.
- In Welsh mythology, Gwydion and Math created a woman out of oak blossom, broom, and meadowsweet and named her Blodeuwedd ("flower face").
- In the 16th century, when it was customary to strew floors with rushes and herbs (both to give warmth underfoot and to overcome smells and infections), it was a favourite of Elizabeth I.



Betonica officinalis (Betony)

19th July 2025

Cumbria

Fun facts:

- There was a popular belief that even possessing betony would protect a house from harm.
- There were lots of claimed medical uses for the plant.
- It was used by Druids to make wine and holy water.



Sanguisorba officinalis (Great burnet)

19th July 2025

Cumbria

Fun fact: Use is made of its extensive root system for erosion control.



Geranium robertianum (Herb Robert)

19th July 2025

Cumbria

Fun fact: Lots of conflicting origin stories for the etymology.



Campanula rotundiflora (Common harebell)

19th July 2025

Cumbria

Here is Emily Dickenson on the harebell:

*Did the Harebell loose her girdle
To the lover Bee
Would the Bee the Harebell hallow
Much as formerly?
Did the paradise – persuaded
Yield her moat of pearl
Would the Eden be an Eden
Or the Earl – an Earl*



Potentilla erecta (Tormentil, septfoil, erect cinquefoil)

19th July 2025

Cumbria

Fun facts: A member of the rose family. In Bavaria, the roots are used to make a bitter liqueur.



Digitalis purpurea (Foxglove)

19th July 2025

Cumbria

Fun fact: the entire plant is toxic!



Thistle

19th July 2025

Cumbria

Fun facts:

- In Beira, thistle flowers are used as rennet in cheese making.
- It's the national flower of Scotland, obviously.
- There is a tale that an invading Norseman stepped on a flower and shouted out, thereby alerting the Scots to their presence.



Thymus serpyllum (Breckland thyme)

19th July 2025

Cumbria

It's possible that the song 'Wild Mountain Thyme' refers to this.



Calluna vulgaris (Common heather)

19th July 2025

Cumbria

Fun facts:

- Heather was used to dye wool yellow and to tan leather.
- In Scotland, white heather is considered lucky.



Buddleja
19th July 2025
Cumbria

Known as “butterfly bushes”.



Lythrum salicaria (Purple loosestrife)

Oxfordshire

8th August 2025

They were referred to on several occasions by John Clare as 'long purples'.



Cichorium intybus (Common chicory)

Oxfordshire

8th August 2025

- The roots can be cultivated as a coffee substitute (recall the famous New Orleans coffee).
- The leaves can be used in salads.
- Etc.

Back in the day, there was a superstition that chicory would grant its wearer invisibility!



Valeriana rubra (Red valerian)

August 9th
Oxfordshire



Epilobium hirsutum (Great willowherb)

August 17th
Oxfordshire



Calystegia sepium (Hedge bindweed)

August 17th

Oxfordshire



Crataegus monogyna (Common hawthorn)

August 17th

Oxfordshire

- The fruits can be used to make jellies, jams, syrups, and wines.
- The leaves can be used in salads.
- In pre-modern Europe, it was a symbol of hope, and a charm against witchcraft and vampires.
- The oldest tree in Franch is a hawthorn!



Ranunculus acris (Meadow buttercup)

August 17th

Oxfordshire

Fun fact: You can check if you like butter by putting a buttercup under your chin.



Symphytum officinale (Common comfrey)

August 17th

Oxfordshire

It's mildly toxic, but traditionally it has been used to make tea etc.



Rosa multiflora (Multiflora rose)

August 17th
Oxfordshire



Hypochaeris radicata (False dandelion or catsear)

August 17th
Oxfordshire

All parts of the plants are edible. Sometimes, it's used as a coffee substitute.



Wild plums
August 17th
Oxfordshire



Achillea millefolium (Yarrow)
September 5th
Oxfordshire

- Birds such as the common starling use yarrow to line their nests.
- It's mildly toxic and can be used as a laxative.

- Its leaves have an aniseed flavour and can be brewed for tea.
- There was some superstition that yarrow could be used to find one's true love:

*Yarrow, sweet yarrow, the first that I have found,
in the name of Jesus Christ, I pluck it from the ground;
As Joseph loved sweet Mary, and took her for his dear,
so in a dream this night, I hope, my true love will appear.*



Lavandula (Lavender)

September 5th

Oxfordshire

Bonus 1: Collection of French Marigolds





Bonus 2: Some butterflies



Pieris rapae (Cabbage white butterfly)

19th July 2025

Cumbria



Aglais io (Peacock butterfly)

August 30th

Netherlands

Bonus 3: Other curiosities



Sheep wool
19th July 2025
Cumbria



Sheep vertebra
19th July 2025

Cumbria



Slug
19th July 2025
Cumbria



Acorn
August 17th
Oxfordshire

Fun fact: In some cultures, acorns were once a dietary staple, although they've now (of course) been replaced by grains.



Coccinella septempunctata (Seven-spotted ladybird)

August 17th

Oxfordshire

Fun fact: it's the national insect of Finland.