

<b>Common Name</b>	<b>Latin Name</b>	<b>Features</b>	<b>Folklore, History and Applications</b>
Autumn Hawkbit	<i>Leontodon autumnalis</i>	Dandelion-like flower, common in grassy places; June onwards.	The name 'hawkbit' arose as hawks were thought to eat this plant to improve their eyesight.
Common Mallow	<i>Malva sylvestris</i>	Pinkish flowers June onwards; sprawling growth ivy-like leaves.	Long used as a soothing agent in treating inflammation of the eyes, skin and respiratory, gastric and urinary systems. Chewing fresh flowers relieves toothache and crushed in olive oil it relieves bee and wasp stings.
Dark Mullein	<i>Verbascum nigrum</i>	Yellow spike of flowers from June; withstands drier sites.	Verbascums were once used to treat bronchial troubles and smoked in a pipe as a herbal tobacco.
Hedge Bedstraw	<i>Galium mollugo</i>	Sprawling growth with small white flowers from July.	A red dye used to be obtained from the roots. Used in mattresses as it is said to deter insects and fleas.
Hedgerow Cranesbill	<i>Geranium pyrenaicum</i>	Mauve-pink flowers from May; widespread on banks & roadsides.	If the Meadow Cranesbill flower was picked it was sure to thunder and cause a downpour (Northumberland)
Meadowsweet	<i>Filipendula ulmaria</i>	Clusters of cream flowers from June; tall stiff stems.	Medicinally, said to have similar properties as aspirin.
Oxeye daisy	<i>Chrysanthemum leucanthemum</i>	Classic large daisy flower from May; widespread in grassland.	Once used as a cure for chest problems.
Selfheal	<i>Prunella vulgaris</i>	Short creeping plant with white/pink flowers from June.	Widely used by herbalists for many ailments and by magicians to enhance healing spells. Said to be gathered by druids at night during the dark phase of the moon!
White Campion	<i>Melandrium album</i>	White flowers from May on long stalks; widespread distribution.	Pollination is often done by night-flying moths attracted by the scent. In the Western Isles it was said that your mother would die if you picked the flower! There are male (smaller calyx) and female flowers.
Yarrow	<i>Achillea millefolium</i>	White/pink flower-heads from June; aromatic foliage.	Its use for the treatment of wounds is said to go back to Achilles who used it for wounds made by iron weapons.
Cowslip	<i>Primula veris</i>	Yellow/orange small flowers in drooping umbels on bare stalks; widespread in grassland.	The name said to derive from Old English for cow dung as it was often found growing in cow pastures. Primula species were significant in the pharmacology and mythology of the Celtic druids, as an ingredient of magical potions. The leaves were eaten and parts used for topical treatments. The flowers were popular for winemaking.