

*"See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these".*

*Matthew 6:28-29*



**Yellow Rattle**  
(*Rhinanthus minor*)

Its seedling dispenses with its own roots and rapidly makes living parasitic connections with grass roots, and derives its salts and water at the expense of the host grasses vigour. It flowers between May and September.



**Ox-eye Daisy**  
(*Leucanthemum vulgare*)

The Ox-eye Daisy has a long flowering season, from June to October. It has had many medicinal uses.



**Common Spotted Orchid**  
(*Dactylorhiza fuchsii*)

Flowering June to August this is the commonest orchid in Britain.



**Devil's Bit Scabious**  
(*Succisa pratensis*)

Devil's Bit Scabious flowers from June to October. Gerard writes, "The greater part of the root seemeth to be bitten away; old fantastick charmers report that the divel did bite it for envie, because it is an herbe that hath so many good vertues and it is so beneficial to mankinde."

**Wild Daffodil**  
(*Narcissus pseudonarcissus*)

'For oft, when on my couch I lie, In vacant or in pensive mood, They flash upon that inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils.'  
William Wordsworth (1770-1850)



**Common or Black Knapweed**  
(*Centaurea nigra*)

Commonly called Hardheads because of the hard knobby heads and the toughness of the plant. Flowers June to September. Of the large number of local names, most refer to the hardness of the heads and their shape, e.g. Top-knot, Shaving brush, Loggerheads, Hurt sickle, Paintbrush.



**Meadow Saxifrage**  
(*Saxifraga granulata*)

Despite its name Saxifrage, 'stone-breaker', it is found in green meadows. It flowers between the months of May and July.



**Meadow Crane's Bill**  
(*Geranium pratense*)

The fruit forms a long beak, hence Cranesbill and Storksbill, names for over fourteen species of flower. It flowers from June to September. Local names include Blue Basins, Granny's bonnets and Loving Andrews.



**Field Garlic**  
(*Allium oleraceum*)

The greenish white to pink flowers grow out of round knobs called bulbils. After patient peeling the little bulbils can be used in salads or in cooking.



**Cowslip**  
(*Primula veris*)

In herbal medicine the flowers (April to May) were 'held good to ease pains in the head', and regarded as next to Betony for that purpose. It was also used for paralytic ailments and nervous disability, for which it earned the name Palsy Wort.



**Star of Bethlehem**  
(*Ornithogalum angustifolium*)

A bulbous plant, the star-like white flowers are produced between April and June.



**Great Burnet**  
(*Sanguisorba officinalis*)

This rather tall meadow herb, flowering June to September, was used for a large number of medicinal purposes, particularly for staunching bleeding, a property described by its Latin name 'sanguisorba'. Local names include Parasol, Red knobs. The flower heads were made into wine in Westmorland until at least 1950, under the name Burnip.



**Betony**  
(*Stachys officinalis*)

Betony was highly regarded in the days of monastic physicians as a panacea for all ills, but it was particularly known for its effectiveness in treating headaches and nervous afflictions. It flowers between July and September.

*"The Son of God created the world... to communicate himself in an image of his own excellency... He communicates a sort of shadow... of his excellencies... so that when we are delighted with flowery meadows and gentle breezes... we may consider that we see only the emanation of the sweet benevolence of Jesus Christ". Jonathan Edwards*

(1703-1758) *Miscellanies*