

Wood Avens, Herb Bennet,
Colewort, St Benedicts Herb *Geum Urbanum*



Flowering Time	May - September
Flower Family	Roseaceae
Flower Colour	Yellow
Height	20 - 30 cms
Habitat	Woodland and Hedgerows

Description

The hermaphrodite flowers are scented and pollinated by bees. The fruits have burrs, which are used for dispersal by getting caught in the fur of rabbits and other animals

Did you know?

The leaves when young can be added to salads or stews or deep fried where they puff up a bit like prawn crackers.

The root is best picked, washed and dried as the clove taste grows in intensity after drying. They are thought to protect the house from the devil

Medicinal Uses - Herbalists used to use it to treat poison, dog bites and liver disease, herbalists now use it for the treatment of gout, diarrhoea, heart disease and ulcers.

Other Facts - Used to mask the smell of clothes when people didn't bathe as much and for deterring moths.

Meadow Buttercup

Ranunculus Acris



Flowering Time April - October

Flower Family Ranunculaceae

Flower Colour Yellow

Height 30 - 70 cms

Habitat Damp Grassland

Description

This is the tallest of the Buttercup Family.

Ranunculus acris is a herbaceous perennial with ungrooved flowing stems. There are five overlapping petals borne above five green sepals that soon turn yellow as the flower matures. The leaves are compound, with three lobed leaflets.

Did you know?

Because of the bitter taste it is not usually eaten by cows.

Native Americans smash the flowers and leaves and sniff them for headaches. Others apply a poultice of pounded roots to boils, an infusion for oral thrush and use the juice as a sedative.

Common Agrimony
Church Steeples, Sticklewort

Agrimonia Eupatoria



Flowering Time

June - September

Flower Family

Rose

Flower Colour

Yellow

Height

Up to 100 cms

Habitat

Hedgerows and Road Verges

Description - The flowers are 5 – 8mm across with five yellow petals on upright spikes. The leaves are toothed and oval in 6 – 8 pairs. The whole plant is dark green with numerous soft hairs. The soft hairs aid in the plant's seed pods sticking to any animal or person coming in contact with the plant. The flower spikes have a spicy odour like apricots.

Did you know?

Agrimony has been stated to have medical and magical properties. Common folklore held that it could cure musket wounds and ward off witchcraft. Traditional British folklore states that if a sprig of the plant was placed under a person's head, they would sleep until it was removed. It has also been used to treat snake bites and added to lemonade to cure colds

The flowers with their abundant pollen supply attract hoverflies, flies and honey bees



Wood Sage
Hind Heal

Teucrium Scorodonia



Flowering Time

June - August

Flower Family

Dead Nettle

Flower Colour

Yellow

Height

30 - 60 cms

Habitat

Scrub Land and Dunes

Description

It is a hairy shrub with erect and branched stems. The leaves are hairy on underside and heavily crinkled. The stems are square and purplish brown. The inflorescence is composed by one-sided (all flowers "look" at the same side) pale green or yellowish flowers bearing four stamens with reddish or violet filaments

Did you know?

Wood sage both smells and tastes like hops and is sometimes used to clarify beer and give it taste. These plants are mainly pollinated by sawflies, wasps, bees and ants.

Hairy St John's Wort

Hypericum Hirsutum



Flowering Time

July - August

Flower Family

St John's Wort

Flower Colour

Yellow

Height

2 – 3 Feet

Habitat

Open Woodland
River Banks

Description

Hypericum hirsutum is a downy perennial plant. The leaves, when held up to the light will show many translucent dots with the sepals showing white dots. The leaves have white hairs.

Hairy St John's wort is very similar to common St John's Wort but can be distinguished by the downy stems and the much longer leaves.

Did you know?

Wort is hung up in doorways and windows to deter evil spirits.

Teasel

Dipsacus Fullornum



Flowering Time

July - August

Flower Family

Scabous

Flower Colour

Pinkish / Purple

Height

Up to 2 metres

Habitat

Damp / Heavy Soils

Description

The heads are egg shaped with flowers 6 – 8 mm and many spiny bracts. The heads are very popular with goldfinches. The stems are angled with sharp prickles. The dried head persist afterwards, with the small (4–6 mms) seeds maturing in mid-autumn.

Did you know?

The prickly heads were once used in weaving to raise the nap.

The heads are well known for spraying gold or silver and hanging on a Christmas Tree.

Ragged Robin

Lychnis Flos-Cuculi



Flowering Time	May - August
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Flower Family	Pink
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Flower Colour	Pink
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Height	30 - 60 cms
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Habitat	Damp Places
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Description

Each flower consists of 5 petals split down the centre to the base making it look like 10 petals. The leaves are narrow, rough and grass-like with the upper leaves in opposite pairs. The sepals under the flower form a capsule.

Did you know?

Ragged Robin is regularly visited by butterflies and long tongued bees.

Hedge Woundwort
Hedge Nettle, Whitespot
Red Archangel

Stachys Sylvestris



Flowering Time

April - October

Flower Family

Dead Nettle

Flower Colour

Red / Purple

Height

Up to 75 cms

Habitat

Hedgerows / Woodland

Description

A rough, hairy perennial and when bruised has an unpleasant smell. The flowers are a dark beetroot colour with white blotches and covered in bristles

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Did you know?

Hedge woundwort yields a yellow dye. *Stachys* means spike of flowers and *Sylvatica* means of the wood. It used to be used to promote the healing of wounds

Yarrow

Achillea Millifolium



Flowering Time

June - August

Flower Family

Daisy

Flower Colour

White or Pink

Height

8 – 60 cms

Habitat

Grass and Wasteland

Description

The flower heads are umbrella-like although the stems do not all join at the same point. The stems are erect with soft hairs and the leaves are fern-like (5 – 15 cms) with the lower leaves being stalked.

Did you know?

When the plant is crushed it is aromatic. Several cavity-nesting birds (including the starling) use yarrow to line their nests – it possibly inhibits the growth of parasites.

Betony

Stachys Offucinalis



Flowering Time

June - September

Flower Family

Dead Nettle

Flower Colour

Purple

Height

Up to 50 cms

Habitat

Hedgerows / Wayside

Description

Upright, unbranched, hairless, perennial flowers (12-18 mm) in showy dense heads. The leaves are stalked and oblong with heart shaped bases. The two leaves just below the flower head are angled down @ 45°. There are only 2-4 pairs of opposite leaves.

Did you know?

Modern herbalists prescribe betony to treat anxiety, gallstones, heartburn, high blood pressure, migraine and neuralgia and to prevent sweating. It can also be used as an ointment for cuts and sores.

Bush Vetch

Vicia Sepium



Flowering Time

April - October

Flower Family

Pea

Flower Colour

Pale Lilac

Height

Up to 1 metre

Habitat

Rough Open Grassland

Description

A scrambling perennial with flowers 12-15 mm long in groups of 2-6 on the stalk. The leaves are 6-12 pairs of broad oval leaflets ending in a branched tendril.

Did you know?

Bush Vetch is a good forage crop and generates high yields of seed for birds. It supports many insects such as beetles/weevils and caterpillars, bumble bees and honey bees.

English Bluebell

Hyacinthoides Non-Scripta



Flowering Time

April - June

Flower Family

Lily

Flower Colour

Blue

Height

50 cms

Habitat

Woodland

Description

No need to describe this well-known flower, however the Spanish variety is more erect than the native English type which has a definite droop at the top of the flower head. The heads form on one side only. The pollen is cream coloured

Did you know?

Bluebell folklore involves dark fairy magic. Bluebell woods are believed to be intricately woven with fairy enchantments, used by these mischievous beings to trap humans. It is also said that if you hear a bluebell ring, you will be visited by a bad fairy, and will die not long after. If you are to pick a bluebell, many believe you will be led astray by fairies.

Common Foxglove

Digitalis Purpurea



Flowering Time

June - September

Flower Family

Plantain

Flower Colour

Purple

Height

1 – 2 metres

Habitat

Woodland and Moors

Description

A tall biennial with large leaves up to 25 cms long, the underside being greyish with soft white hairs. The flowers are 4-5 cms long and tube-like purple with dark spots

Did you know?

Digitalis is a well-known drug extracted from the leaves and seed and is used to treat heart diseases.

Primrose

Primula vulgaris



Flowering Time

February - May

Flower Family

Primrose

Flower Colour

Yellow

Height

25 cms

Habitat

Woodland / Hedgerows

Description

A familiar perennial with yellow flowers 2-3 cms across with 5 petals on long hairy stalks. The leaves are crinkly and oval 12 cms long tapering to a basal rosette

Did you know?

The darker yellow lines on the petals point to the centre of the flower and are called honey lines. They are supposed to guide bees to the nectar.

Tufted Vetch

Vicia Cracca
Cow Vetch / Bird Vetch



Flowering Time

June - August

Flower Family

Pea

Flower Colour

Blueish Purple

Height

Up to 2 metres

Habitat

Scrub / Hedgerows

Description

A scrambling plant with flowers 8-12 mms long on a one sided spike 8 cms tall. The leaves comprise of up to 12 pairs of narrow leaves and end in a tendril used for climbing

Did you know?

Vetch is widely used as a forage crop for cows and is also much appreciated by bees and butterflies. It is also used as a food source for pet birds

Meadowsweet

Filipendula Ulmaria



Flowering Time

June - September

Flower Family

Rose

Flower Colour

Cream

Height

Up to 1 metre

Habitat

Meadow / Marsh

Description

Masses of creamy flowers with leafy stipules at the base of the leaf stalks. The stems are fluted. The leaf stem is red and the seed pods have a distinctive curly appearance.

Greater Stitchwort

Stellaria Holoster



Flowering Time

April - June

Flower Family

Pink

Flower Colour

White

Height

50 cms

Habitat

Woodland / Hedgerows

Description

The straggly stems grow over 50cms long. The unstalked leaves are rough on the edges. The flowers have 10 notched petals on slender stems

Did you know?

The name stitchwort is said to have been given because it is thought to cure the “stitch” pain in the side of the body

Wild Garlic / Ramons

Allium ursinum



Flowering Time

April - May

Flower Family

Lily

Flower Colour

White

Height

Up to 35 cms

Habitat

Damp Woodland

Description

A Bulbous perennial that smells strongly of garlic. There are usually two shiny leaves with parallel veins and a triangular flower stem one foot high. The flower is 12-20 mms across and bell shaped in spherical clusters on a leafless stalk. They have 6 petals and 6 stamens.

Did you know?

The leaves are edible and can be used as salad or boiled as a vegetable in soup, or as an ingredient for a sauce that may be a substitute for pesto in lieu of basil. A variety of Cornish Yarn cheese has a rind coated in wild garlic leaves.

Wild Clary / Dead Nettle

Salvia Verbenaca



Flowering Time

June - September

Flower Family

Urticeae

Flower Colour

Blueish Violet

Height

Up to 80 cms

Habitat

Damp Grassland

Description

An upright downy unbranched perennial with square stalks. The grey / green leaves are oval with jagged teeth mainly basal (at the base)

The flowers have two white spots on the bottom of the corolla

Did you know?

Clary means clear eyes. The seeds when soaked produce a jelly-like substance which is known to contain anti-bacterial / antioxidant/ anti-inflammatory properties

Wild Angelica

Angelica Sylvestris



Flowering Time

June - July

Flower Family

Carrot

Flower Colour

White / pink tinged

Height

Up to 2 metres

Habitat

Damp Woods and Hedges

Description

The hollow grooved stems are purple, thick and fleshy. The large lower leaves have leaflets arranged in threes. The flowers are formed in domed umbels up to 15cms across.

Did you know?

The stems can be crystallised and used in confectionery having a liquorice flavour.

Red Campion



Silene Dioica



Flowering Time	May - October
Flower Family	Pink
Flower Colour	Reddish Pink
Height	1 metre
Habitat	Grassy Banks & Hedgerows

Description

A hairy perennial that produces creeping and flowering upright stems. The stems and leaves are covered with soft hairs. The plant produces male and female flowers on different stems. Both are unscented 20-30mms across. The male is smaller and has 10 stamens

Did you know?

This plant is used as an ornamental perennial flower for the perennial border. One particularly notable variety is a hot pink, double flowered variety with deep green leaves called 'Firefly'. The nectar of the flowers is utilised by bumblebees and butterflies.

Columbine

Aquilegia Vulgaris



Flowering Time

May - July

Flower Family

Buttercup

Flower Colour

Purple

Height

Up to 1 metre

Habitat

Open Woods

Description

Flowers are a nodding purple 30 – 40 mms long. The petals have hook tipped spurs. The leaves are grey / green comprising of 3 lobed leaflets

Did you know?

Also known as granny's bonnet

Nettle Leaved Bellflower



Campanula Trachelium



Flowering Time

July - August

Flower Family

Bellflower

Flower Colour

Blueish Violet

Height

Up to 75 cms

Habitat

Woods

Description

A perennial with bristly hairs on the leaves on squarish stems. The leaves have no stalks on them. The flowers are borne singly or in groups of 2 or 3, 3-4 cms long and bell shaped

Did you know?

Also known as Bats in the Belfry

Grasses - Fescue

Fescue Rubra



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Flowering Time	May - July
Flower Family	Grasses
Flower Colour	Red
Height	Up to 40 cms
Habitat	Roadside Verges

Description

A tuft forming grass – usually with rhizomes and surface runners. The basal leaves are bristle-like and up to 40 cms long with grooves on the upper side

Did you know?

Used in turfs for sports fields

Meadow Grass

Poa Nemoralis



Flowering Time

All season from spring

Flower Family

Grasses

Flower Colour

Purple

Height

Up to 80 cms

Habitat

Semi-shaded

Description

A short to medium perennial grass. Its delicate blue-green leaves grow in short tufts. Its flowering stems may reach up to 60cms with nodding branched heads.

Tufted Hair Grass

Deschampsia Cespitosa



Flowering Time

June - August

Flower Family

Grasses

Flower Colour

Silver Purple / gold

Height

Up to 120 cms

Habitat

Wet Marshy Ground

Description

Large densely tufted plants up to 120 cms tall. The leaves are 5mm wide with parallel ridges and furrows on the upper side. The flowers are shiny and colourful with tones of gold and silver purple and green

Sweet Vernal Grass

Anthoxanthum Odoratum



Flowering Time

April - July

Flower Family

Grasses

Flower Colour

Pale green / pink

Height

Up to 10 - 40 cms

Habitat

Everywhere

Description

A tufted grass with pointed leaf blades 1.5 – 5 mm wide.
A very common perennial grass



Common Bent Grass

Agrostis Capillaris



Flowering Time

June – August

Flower Family

Grasses

Flower Colour

Pinkish

Height

20 - 50 cms

Habitat

Everywhere

Description

An attractive short perennial grass with fine flat leaves that can spread out to form a mass. Its delicate flower and seed heads are loose and open. This is a relatively late flowering grass

Herb Robert

Geranium Robertianum



Flowering Time

Spring to October

Flower Family

Geranium

Flower Colour

Vibrant Pink

Height

30 - 40 cms

Habitat

Moist shady places

Description

A sprawling plant known for its unpleasant smell. The flower is star shaped with 5 petals. The leaves are dark green and are palmate divided, 6 cm long with light green purple edged leaflets

Did you know?

This plant has self grown in this area. It is named after Saint Robert, a monk in 1000 AD and used to cure people with various diseases

Grasses – Fescue Chewings *Fescue Rubra Commutata*



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Flowering Time	May - July
Flower Family	Grasses
Flower Colour	Red
Height	Up to 40 cms
Habitat	Roadside Verges

Description

A tuft forming grass – used for Turf for sports fields. It is distinguished from Red Fescue by its absence of creeping rhizomes

Did you know?

Named after George Chewings who introduced it from New Zealand

Hedge Bedstraw



Galium Mollugo



Flowering Time

June - September

Flower Family

Bedstraw

Flower Colour

White

Height

3 -4 foot

Habitat

Grassland

Description

A tall perennial with smooth square stems. Masses of tiny star like flowers on spreading branches. It is the larval food plant of many moth species

Did you know?

As the name suggests it was used to stuff mattresses in the distant past

Garlic Mustard

Aliaria Petiolata



Flowering Time

April - June

Flower Family

Cabbage

Flower Colour

White

Height

Up to 120cms

Habitat

Below Walls and Hedges

Description

A rather tall upright biennial with unbranched leaves from a rosette of long leaves. The leaves are nettle like. The small flowers have 4 petals 6mm across. The leaves smell of garlic when crushed.

Did you know?

Also known as Jack by The Hedge.

Hedge Parsley

Torilis Japonica



Flowering Time

July - September

Flower Family

Parsley

Flower Colour

White to Pinkish

Height

Up to 1.5 metres

Habitat

Grassy Banks and Hedges

Description

A tall hairy plant with long stalked umbrels of flowers.
Similar to Cow Parsley



Self Heal

Prunella Vulgaris



Flowering Time

June - August

Flower Family

Dead Nettle

Flower Colour

Violet / Blue

Height

A Few inches to a foot

Habitat

Woods and Grassy Places

Description

A perennial with a creeping rooting stem with an upright lower stem. It is a well-known lawn weed.!



Did You Know

As its name suggests it is well-known as a herbal medicine for curing everything from stopping bleeding to sore throats.

Grasses – Fescue Creeping Fescue



Flowering Time	May - July
Flower Family	Grasses
Flower Colour	Red
Height	Up to 40 cms
Habitat	Roadside Verges

Description

Often known as strong red fescue ,has creeping rhizomes and has a more vigorous creeping habit than some similar species which can help to create a dense, hardwearing sward.

Did you know?

1. Agrimony Common
2. Angelica Wild
3. Avens Wood
4. Bedstraw Hedge
5. Bellflower Nettle Leaved
6. Betony
7. Bluebell English
8. Buttercup meadow
9. Campion Red
10. Clary Wild
11. Columbine
12. Foxglove Wild
13. Garlic Mustard
14. Garlic Wild
15. Herb Robert
16. Meadowsweet
17. Parsley Hedge Upright
18. Primrose Wild
19. Ragged Robin
20. Sage Wood
21. Self Heal
22. Greater Stitchwort
23. St Johns-Wort Hairy
24. Teasel
25. Vetch Bush
26. Vetch Tufted
27. Woundwort Hedge
28. Yarrow
29. Grass Common Bent
30. Grass Fescue Chewings
31. Grass Fescue creeping
32. Grass Meadow
33. Grass Sweet Vernal
34. Grass Tufted Hair

Martin's Meadow

Founder member Martin Bradshaw died in August 2020 and bequeathed a legacy to Fylde Croquet Club.

When we moved to South Shore Tennis Club the land was very rough and flooded easily. Concrete blocks and Leylandii had to be removed from the lawns. All the improvements have been performed by the club members. It has now developed into a pleasant place to visit and play.

Martins legacy has been used to prepare and plant a wild flower meadow along the South Boundary of the club's lawns. This has involved many of the members. The selection of seeds has been chosen to suit the area and were scattered in the autumn of 2020. Further seeds have been grown on by Ian Theakstone and the seedlings have been planted in specific positions as can be seen in this booklet. We have also used the money to provide a shelter which gives a peaceful place to sit and watch the club in action.



Martin pointing out the flooding on Lawn 3



Early work – removing concrete

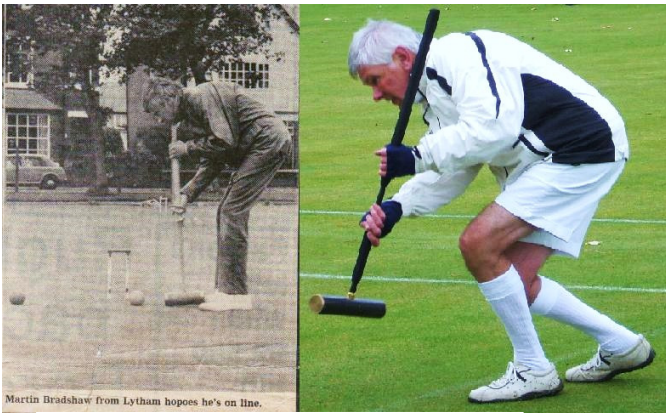


Preparing Martin's Meadow

Martin Bradshaw

Martin began the Club at Fairhaven Lake in 1989, moving to Hope Street in St Annes after a year or two. It moved to South Shore Tennis Club in 2006. From humble beginnings the Club now has grown in numbers and competes in many of the North West Federation Leagues. Individual members have won many prestigious events.

Martin led Fylde to Victory in many competitions including The Longman Cup in 2007 and Fylde retained the Trophy in 2008. This is a National Award of which we are all very proud! He was a sociable and enthusiastic member with a penchant for hilarious after dinner and post competition speeches which no one will ever be able to match. We all miss him. Thank you Martin for everything.



Martin – Man and Boy



Longman Winning Teams



Midweek League Winners

Martin's

Meadow

Glossary

Basal	Forming or belonging to a bottom layer or base
Biennial	A plant completing its life cycle in two years – flowering only in the 2 nd year
Bract	A small modified leaf at the base of the flower stalk or immediately below a flowering head
Calyx	The outermost part of the flower consisting of sepals which serve to protect the rest of the flower
Capsule	A dry fruit made of more than one carpel and dehiscent – ie it splits to release the seeds
Compound Leaves	A leaf consisting of several or many distinct parts (leaflets) joined on a single stem
Corolla	The petals of a flower, typically forming a whorl within the sepals and enclosing the reproductive organs
Filament	The stalk of the stamen
Leaflet	Each leaf that together make up a compound leaf such as the Ash leaf
Palmate	A leaf which resembles an open hand, the leaves being deeply cleft or divided
Perennial	A plant which lives for years usually flowering each summer
Rhizome	An underground rooting stem growing horizontally just beneath the surface
Rosette	A circular arrangement of leaves usually at the base of the plant
Sepal	The outer parts of the flower - usually green which form the calyx
Stipules	Two small often leaf-like structures at the base of the leaf stalk
Stamen	The male fertilizing organ of the flower consisting of a pollen containing anther and a filament
Tendrils	A thin stem-like part of a climbing plant that holds on to walls or other plants as support
Umbel	A flower cluster in which stalks of nearly equal length spring from a common centre and form a flat or curved surface