



Five Flowers for Fownhope

We are delighted to announce that we shall soon be launching new guides to help identify the many varied and beautiful wild flowers we are so fortunate to have in and around Fownhope. The grassland nature reserves have been wonderful and so worth visiting at this time of year.

The greatest variety and number of wild plants in Fownhope grow in the woodland and grassland on the Silurian limestone ridges, followed by the river bank, roadside verges, hedgerows and old orchards. Every two months, an information sheet featuring Five Flowers for Fownhope will be available to download from the website for you to refer to when walking our many footpaths.

Look out on Facebook, the Fownhope Village website or my regular newsletter for details of when we are ready to launch.

With our grateful thanks to Rob Price and Heather Percy whose project this is, and who have dedicated the time and effort to creating the guides. Here's a little teaser of what you can expect and a few of the plants to look out for during July ...



Meadowsweet – wet grassland and woods, riverside, along verges particularly where there is a ditch. Often in groups with a truly summer froth of creamy white scented flowers held above the grass on red stems.



Orange Hawkweed or Fox and Cubs – grassy places, gardens, verges and disturbed ground. Loves to grow between paving slabs. Bright sunny orange-red flowers with a rosette of leaves at the base of the stem.



Knapweed – dry grassland, verges and riverbank. A thistle-like bright pink crown of complex flowers around the top of a distinctive round brown head. A very rich source of nectar for pollinators and butterflies in summer, and later, seeds for finches.

It is widely recognised that some of the most important work we have to do to address the climate crisis is to get ourselves back into a feeling of connection with the natural world. As Robin Wall Kimmerer says in *Braiding Sweetgrass*, ‘its not just the land that is broken, but more importantly our relationship to land.’ An action as simple as seeking out and enjoying the local seasonal flowers that quietly brighten the verges and footpaths around us helps us to restore that relationship. So put on your walking boots!

And if environmental matters interest or concern you, please join our Environment Group and come along to our meetings at The Green Man, dates arranged month by month and advertised via email. The group is open to all and you would be most welcome.

**Helen Tinson, Kate Gathercole, Rob Price and Heather Percy
Fownhope Environment Group**