

# Identifying a range of woodland flora and fauna of Canopy Forest School Site



Hazel Coppice Area in School Grounds			
Trees	Species/ Picture	Description	Uses
	 <p style="text-align: center;"><b>Hazel</b> (<i>Corylus avellana</i>)</p>	<p>Hazel is not a native species to the UK but it is native to temperate woodland in Europe. Hazel is often coppiced, but when left to grow, trees can reach a height of up to 12m and live for up to 80 years. It has a smooth grey/brown, bark which peels with age. Leaf buds are oval, blunt and hairy. Hazels produce catkins as flowers in spring which appear before the leaves. Once pollinated by the wind the female flowers produce oval fruits which mature into a Hazel nut with a woody shell surrounded by a cup of leaf bracts.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hazel/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hazel/</a></p>	<p>The Hazel is now found throughout the UK and has been used for hundreds of years because of its bendy stems. Hazel has been coppiced for its bendy stems and a conservation saviour. The main uses of hazel being:</p> <ul style="list-style-type: none"> <li>• Wattle and withy fencing</li> <li>• Hurdles</li> <li>• Baskets</li> <li>• Pea sticks</li> <li>• Frames for coracle boats</li> <li>• Hazel nuts</li> <li>• Thatching spares</li> <li>• Net stakes</li> <li>• Water dividing</li> <li>• furniture</li> </ul>
	 <p style="text-align: center;"><b>Dog Wood</b> (<i>Cornus sanguinea</i>)</p>	<p>Dogwood is a broad leaf shrub which thrives in damp woodland edges. Mature trees can grow up to 10m. The bark is grey and smooth, with shallow ridges which develop with age and its twigs are smooth, straight and slim. The buds are black and look like bristles, forming on short stalks. The leaves are oval shaped about 6cm long, have smooth sides and characteristic curving veins. They change to a crimson colour before falling in the autumn. It produces flowers with small four creamy white petals and are produced in clusters. After pollination by insects the flowers produce small black berries- sometimes called dog berries.</p>	<p>Dogwood is used in traditional medicine as a substitute for quinine a drug used for malaria and babesiosis. It is naturally rich in tannins. In the American revolution soldiers would make dogwood tea from the bark to ease pain and fevers and dogwood leaves would be used to cover wounds. It is also used as charcoal.</p> <p>It is also very valuable to wildlife, caterpillars of the green hairstreak butterfly feed on the leaves it is also eaten by the case-bearer moth, while flowers are</p>

		<p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/dogwood/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/dogwood/</a></p>	<p>visited by insects and mammals and birds eat the berries.  <a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/dogwood/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/dogwood/</a></p>
	 <p><b>Cherry</b> (<i>Prunus avium</i>)</p>	<p>Cherry trees can grow to 30m and can live up to 60 years. It has a shiny bark is a deep reddish brown with prominent cream-coloured horizontal lines called lenticels. Leaves are oval, green and toothed to a point. They measure 6-15cm. They fade to orange and deep crimson in autumn. Flowers are 8-15mm across and appear in April and are white and cup shapes with five petals. They hang in clusters of two to six.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/wild-cherry/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/wild-cherry/</a></p>	<p>The cherry produces delicious and nutritious fruit used for cooking. Carpenters also use Cherry tree wood to produce furniture, dishes and toys. The wood was also traditionally used to make cask hoops and vine poles. The sticky resin is thought to promote good complexion and eye sight and help to cure coughs. The wood also burns well and produces a sweet scented smoke, similar to the scent of its flowers.</p> <p>It is valuable to wildlife and the spring flowers provide an early nectar and pollen to bees; while the cherries are eaten by birds including the blackbird and song thrush, as well as mammals such as the wood mouse. The foliage is also the main food plant for caterpillars of many species of moth including the cherry fruit and cherry bark moth, the orchard ermine, brimstone and short cloaked moth.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/wild-cherry/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/wild-cherry/</a></p>
	 <p><b>Hawthorn</b> (<i>Prunus spinose</i>)</p>	<p>Hawthorn gets its name from the month it blooms and the sign that spring is turning to summer. Mature trees can reach a height of 15m and are characterised by their dense, thorny habitat. The bark is brown-grey, knotted and fissured and twigs are slender and brown covered in thorns The leaves are around 6mm in length and are comprised of toothed lobes, which cut at least half way to the middle. They turn yellow before falling in autumn. Flowers are highly scented, white and occasionally pink with five petals and grow in flat topped clusters.</p>	<p>Hawthorn is used for diseases of the heart and blood vessels such as congestive heart failure (CHF), chest pain and irregular heartbeat. It is also used to treat low and high blood pressure and high cholesterol. It is known to herbalists to treat the heart and circulatory systems. The value to wildlife is very significant and a hawthorn can bring more than 300 species of insects. It is a food plant to caterpillars of moths, including the hawthorn, orchard ermine, pear leaf blister, rhomboid tortrix, light emerald, Lackey, vapourer, fruitlet-mining, small eggar and lappent moths. Its flowers provide nectar and pollen for bees and pollinating insects. The haws are rich in antioxidants and are eaten by migrating birds as well as small mammals.</p>

		<p>Once pollinated by insects they develop into deep red fruits known as haws.  <a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hawthorn/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hawthorn/</a></p>	<p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hawthorn/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/hawthorn/</a></p>
	 <p><b>False Acacia</b> (<i>Robina Pseudocacia</i>)</p>	<p>False Acacia sometimes known as “Frisia” is a medium sized deciduous tree. They are sometimes a thorny tree with pinnate leaves which are bright yellow/green in the summer and golden yellow in the autumn. They have pea like flowers in early summer which are followed by a seed pod.</p>	<p>The wood of Robina’s dries slowly but is used for its durability outside or in water. It can be worked easily with all tools and can be planned or sliced and is well suited for turning or calving.</p>
	 <p><b>Copper Beech</b> (<i>Fagus sylvaticaf purpurea</i>)</p>	<p>The Copper Beech also known as purple beach is deep purple in colour and very distinctive. It is a cultivated form of the common Beech and can grow to a height of 40m. The bark is smooth, thin and grey sometimes with horizontal etchings. Twigs are slender and grey but not straight. Torpedo shaped leaf buds are coppery and up to 2mm in length with a distinctive criss-cross pattern.</p> <p>The leaves are deep purple in colour turning coppery in autumn. They are oval and fringed with silky brown hairs. Both male and female flowers grow on the same tree. In April and May the male teasel like catkins hang from long stalks at the end of the twigs, while female flowers hang in pairs and are surrounded by a cup. Once wind pollinated this cup becomes woody and encloses one or two beech nuts.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/copper-beech/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/copper-beech/</a></p>	<p>Like the common beach, copper beach is used for timber, fuel, furniture, cooking utensils, tools handles and sports equipment. The wood burns well and is traditionally used to smoke herring.</p> <p>Copper beach makes a good hedging plant especially because it can be cut back hard.</p>

	 <p><b>Oak</b> (<i>Quercus robur</i>)</p>	<p>The English Oak is perhaps the most iconic common tree in England. It is easily recognised by its lobed shaped leaves and tell-tale acorns. It has thick branches and trunk that become fissured with age.</p> <p><a href="https://www.gloucestershirewildlifetrust.co.uk/wildlife-explorer/trees-and-shrubs/english-oak">https://www.gloucestershirewildlifetrust.co.uk/wildlife-explorer/trees-and-shrubs/english-oak</a></p>	<p>The wood of the oak has traditionally been used for building ships and houses and making furniture. The acorns were traditionally food for pigs and stored over the winter as fodder.</p> <p>Our native oak tree provides important links in the food chain for many animals, as well as areas for sheltering and nesting.</p>
	 <p><b>Willow, Osier</b> (<i>Salix viminalis</i>)</p>	<p>Osier Willow is a deciduous broad leaf tree and can grow to 7m. The bark is grey/brown with vertical cracks. Twigs are smooth yellow/green. The leaves are very long and thin up to 20cm in length. They are glossy and dark green with a felt like covering of silvery hairs beneath. It has flowers which are greenish catkins which appear in late winter to early spring before the leaves. Male catkins are yellow. Once pollinated the green female catkins develop fruit capsules that split open when mature to release the seeds.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/osier-willow/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/osier-willow/</a></p>	<p>The Osier Willow are traditionally used for basket making and weaving and are popular for willow screens and sculptures. Osier like all willows is often grown for its ability to absorb heavy minerals, and is often planted to clean up contaminated land.</p> <p>The value to wildlife that it brings is caterpillars from a number of moth species including the Lackery, Herald and Red-tipped Clearwing. They feed on the foliage. The catkins also provide an important source of pollen and nectar to bees and other insects. The branches are also good nesting sites for birds.</p>
	 <p><b>Sycamore</b> (<i>Acer pseudoplatanus</i>)</p>	<p>The Sycamore might have been introduced to the UK by the Romans or in 1500s. Since then it has colonised many British woodlands and become a source of food and shelter for wildlife including aphids that leave behind their tacky honeydew. These broadleaved trees can grow to 35m and live for 400 years. The bark is dark pink-grey and smooth when young but becomes cracked and develops plates with age. Twigs are pink/-brown and hairless. Palmate leaves measure 7-16cm and have five lobes. Leaf stalks of young trees are red. It produces small, green/yellow flowers that hang in spikes. After wind and insect pollination, female</p>	<p>The sycamore, although not as popular as other maples, can still be used for a large range of projects. For example:</p> <ul style="list-style-type: none"> <li>• Cabinets</li> <li>• Veneer</li> <li>• Kitchen ware</li> <li>• Musical instruments</li> <li>• Turned objects</li> </ul> <p>The value sycamore brings to nature is its attraction to aphids and therefore a variety of predators such as ladybirds, hoverflies and birds. The leaves are eaten by caterpillars of a number of moths, including the sycamore moth, plum prominent and maple prominent. The flowers provide a good source of nectar</p>

		<p>flowers develop into distinctive winged fruit known as samaras.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/sycamore/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/sycamore/</a></p>	<p>and pollen to insects and bees while the seeds are eaten by birds and small mammals.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/sycamore/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/sycamore/</a></p>
<p><b>Plants</b></p>	 <p><b>Bracken</b> (<i>Pteridium aquilinum</i>)</p>	<p>Bracken is thought to be the most common plant in the world and is found on all continents except Antarctica. Bracken is the largest of all UK ferns and reproduces with spores instead of seeds. It has large green triangular fronds which are divided and alternative down the stem. New fronds uncurl from the base in the spring as a trio of small leaves. Mature fronds are straight and upright and sturdy and on the upper surface are usually leathery and shiny. They can grow up to 2m high and 1m wide. In autumn the fronds turn reddish/brown. Spore clusters grow on the underside of the fronds</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/ferns/bracken/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/ferns/bracken/</a></p>	<p>Bracken is often used as a source of fertility for raw material and ash, weed control for vegetable crops, animal bedding, cover mulch, insect repellent, seed treatment, anti-fungal repellent and biofuel. It is eaten in some countries such as Japan, Korea and East Asian cuisine however it is also known to contain toxic compounds which can cause damage to DNA leading to cancers in the digestive tract.</p> <p>Bracken has many values in nature and provides a good habitat for nesting birds, mammals amphibians and reptiles. Fritillary butterflies live in habitats dominated by bracken. It is also one of the food plants of caterpillars of moths such as the garden tiger, brown silver line, gold swift and map winged swift.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/ferns/bracken/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/ferns/bracken/</a></p>
	 <p><b>Brambles</b> (<i>Rubus fruticosus</i>)</p>	<p>Brambles have long thorny achy stems and can grow 2m or more high. Each leaf is divided into 3 or 5 serrated oval leaflets. Leaves are dark green on top and pale underneath. Leaf stalks and mid ribs are prickly. Flowers clusters of pink and white appear late spring early summer. They are 2-3cm in diameter with 5 petals and many stamens. The fruit known as a black berry is 1-2cm in length and ripens from green to red to deep purple and finally black in late July.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/bramble/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/bramble/</a></p>	<p>The uses of brambles in traditional medicine are abundant, making use of the anti-oxidant, anti-inflammatory, antimicrobial properties. Bramble is traditionally used in treatment to wounds, diarrhoea, dysentery and even diabetes. The leaves can be defused in a tea</p> <p>The value of brambles to wildlife starts with the flowers which are a great source of food for honey bees and Bumble bees and other wild animals. Leaves are eaten by certain caterpillars as well as grazing mammals especially deer. Ripe berries are eaten and their seeds dispersed by several mammals including fox, badger and small birds. Brambles are also a habitat for some animals including grass snakes.</p>

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/bramble/>



**Holly**  
(*Ilex aquifolium*)

Holly is a well-loved shrub that shelters birds and gives hedgehogs a cosy place to hibernate. Mature Holly trees can grow up to 15m and can live for 300 years. The bark is smooth and thin with lots of small, brown “warts” and the stems are dark brown. The leaves are dark green, glossy and oval. Young plants have spikey leaves but as the tree gets older the upper parts of the tree the leaves are smooth. Holly flowers are white with four petals. They bloom in early spring or the very beginning of summer. Once pollinated by insects, female flowers develop into scarlet berries which can remain on the tree throughout winter.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/holly/>

Holly wood is the whitest of all woods and is heavy, hard and fine grained. It can be stained and polished and used to make furniture or in engraving work. It is commonly used to make walking sticks. Holly wood also makes good firewood and burns with a strong heat.

Holly branches are used to make wreaths and decorate the house at Christmas.

Holly provides dense cover and good nesting opportunities for birds while its dense leaf litter may be used by hedgehogs and small mammals for hibernation. The flowers provide nectar and pollen for bees and other pollinating insects. The leaves are eaten by caterpillars of the Holly blue butterfly along with various moths such as the yellow barred brindle and Holly tortrix. The smooth leaves are also eaten but deer and the berries are a source of food for birds in winter and small mammals.



**Ivy**  
(*Hedera helix*)

Ivy has longed been accused of strangling trees, but it doesn’t harm the tree at all and even supports at least 50 species of wildlife. Ivy is an evergreen, woody climber which can grow up to a height of 30m. It has two different forms juvenile and mature. It has a climbing stems with specialised hairs which help it stick to surfaces as it climbs. There are two different species of ivy in the UK one that spreads along the ground and the other climbs. There are many varieties of climbers that have variegated leaves. The leaves are usually dark green and glossy with pale veins. On mature plants the leaves are oval or heart shaped, Only mature plants produce flowers. They are yellowy green and appear in a dome-shaped cluster known as umbels. The fruit is black and berry like and almost globular in clusters

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/ivy/>

Ivy leaf is approved for use against chronic inflammatory biotical conditions and productive coughs due to its actions as an expectorant. In ancient Greece, Hippocrates used ivy to prevent intoxication, reduce swellings, and as an anaesthetics.

Nectar, pollen and berries of ivy are an essential food source for insects, and birds during autumn and winter. It also provides shelter for insects, birds, bats and other small mammals. The high fat content of the berries are eaten by a range of species including thrushes, blackbirds, wood pigeons

Ivy is particularly important to many insects before hibernation. It is an important food plant for some butterflies and moth larvae such a holly blue, small dusty wave and the swallowed tail moth. Many rare insects are attracted to ivy flowers including the golden hover-fly.

			<a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/ivy/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/ivy/</a>
	 <p><b>Cherry Laurel</b> (<i>Prunus laurocerasus</i>)</p>	<p>The Cherry Laurel also known as English Laurel is a large spreading evergreen shrub which can grow if left to 4-8m. The leaves are thick and leathery and can grow to 15cm long with a slender and broadly elliptical shape. It produces white upright racemes up to 12cm in length in May and June. It produces fruit that is red and turns to black. Leaves and fruit can be toxic if ingested. <a href="https://www.deepdale-trees.co.uk/trees/2016/02-Prunus-laurocerasus.html">https://www.deepdale-trees.co.uk/trees/2016/02-Prunus-laurocerasus.html</a></p>	<p>Cherry laurel water is produced by water distillation of cherry laurel (<i>Prunus laurocerasus</i>) leaves. People use the water as medicine. Cherry laurel water is used for treating cough, colds, trouble sleeping (insomnia), stomach and intestinal spasms, vomiting, muscle spasms, pain, and cancer.</p> <p>Cherry laurel is quite an invasive plant that grows quickly and moves into parks, forests and other natural areas to produce a dense growth that can shade out native plants.</p> <p><a href="https://vitagene.com/supplements/plants/cherry-laurel-water">https://vitagene.com/supplements/plants/cherry-laurel-water</a></p>
	 <p><b>Lords and Ladies</b> (<i>Arum maculatum</i>)</p>	<p>Lords and ladies is an early flowering plant and can be seen in April and May. It is a shade loving plant of woodlands and hedgerows and is particularly distinctive as it displays a pale green sheaf around a purple or yellow spadix. This spadix eventually produces an upright stalk of bright red berries that stand out in leaf litter. Lords and ladies have large arrow shaped leaves.</p> <p><a href="https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/lords-and-ladies">https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/lords-and-ladies</a></p>	<p>Used in herbal medicine Lords and Ladies induces vomiting and sweating and used to treat internal parasites. In addition there have been reports of it being used to treat throat conditions and rheumatism.</p> <p>While this plant is not strictly poisonous it contains oxalate crystals in all parts of the plant which can penetrate and irritate the skin for long periods of time and if consumed can cause the throat to close.</p> <p><a href="https://www.wildfooduk.com/edible-wild-plants/lords-and-ladies/">https://www.wildfooduk.com/edible-wild-plants/lords-and-ladies/</a></p>
	 <p><b>Wood Aven</b> (<i>Geum urbanum</i>)</p>	<p>Wood Avens are common in woodland and along hedgerows. They are also known as Herb-Bennet It has yellow flowers with 5 petals that appear in the spring and provided nectar for insects. Then they turn into red, hooked seed heads that can stick to passing animals. Wood Aven is a good food plant for caterpillars and the Grizzled Skipper butterfly. It has a hairy 3 lobed leaf with a toothed edge</p> <p><a href="https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/wood-avens">https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/wood-avens</a></p>	<p>Wood Avens was a revered herb of Medieval times, both for medicine and for protection against evil spirits. It subsequently fell out of fashion for many of its uses, but with its safety and abundance the Brunton-Seals suggest it is time to bring it back to the forefront. The eugenol in the root gives them their clove-like smell. It is found in many herbs and spices including cloves, nutmeg, cinnamon, basil and lemon balm. It has been said that avens is a plant that is often undervalued. There is some truth in this, for it is a sure ally against intermittent fevers, colic, diarrhoea, dysentery, circulation and liver disorders, gastric disability following acute illness, states of weakness and exhaustion, and moreover has the advantage of being easily</p>



**Bluebells**  
(*Hyacinthoides non-scripta*)

Bluebells are a sign that spring is in full swing. The violet glow of a bluebell wood is an incredible spectacle. Bluebells have an unmistakable bell shape and are a perennial herb. They spend the majority of time underground as bulbs and emerge in April to flower. The leaves are narrow around 7mm to 25mm long and are strap shaped, hairless with a pointed tip. The flowers are bell shaped with six petals with upturned lips. They are sweet smelling and nod or droop to one side of the flowering stem. They have creamy white pollen inside. Some flowers can be white or pink.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/bluebell/>

available because it grows wild everywhere in Great Britain and Europe.

<https://www.grassrootsremedies.co.uk/2019/01/25/herb-profile-wood-avens/>

Bluebells- particularly their bulbs- are normally considered to be toxic. Bluebells synthesise a wide range of chemicals with potential medicinal properties: they contain at least 15 biologically active compounds that may provide them with protection against insects and animals. Certain extracts – water-soluble alkaloids – are similar to compounds tested for use in combating HIV and cancer. The bulbs of bluebells are used in folk medicine as a remedy for leucorrhoea, and as a diuretic or styptic, while the sap can be used as an adhesive. Their sticky sap was once used to bind the pages of books and glue the feathers onto arrows, and during the Elizabethan period, their bulbs were crushed to make starch for the ruffs of collars and sleeves.

Many insects reap the benefits of bluebells which flower earlier than many other plants. Woodland butterflies, bees and hoverflies all feed on their nectar. Bees can 'steal' the nectar from bluebells by biting a hole in the bottom of the flower, reaching the nectar without the need to pollinate the flowers.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/bluebell/>

	 <p><b>Wild Garlic</b> (<i>Allium ursinum</i>)</p>	<p>Wild garlic is a medium sized perennial with a distinctive pungent smell that can be found across woodlands in early spring. The leaves are long and pointed and oval in shape. They grow from the plant base and the bulbs have a strong garlic smell. The flowers are small white with six petals on a thin stalk. Around 25 flowers form each flower cluster which is held on a long single stalk. Wild Garlic reproduces through bulbs and very occasionally seeds. The seeds are 2-3mm long and flat on one side and black and are dispersed when the plant above ground dies down.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/wild-garlic/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/wild-garlic/</a></p>	<p>Garlic is widely known for its antibacterial, antibiotic and possibly antiviral properties, and contains vitamins A and C, calcium, iron, phosphorus, sodium and copper. Studies have also shown that it may help reduce blood pressure, thereby reducing the risk of stroke and heart disease. Interestingly, although all types of garlic have these benefits, wild garlic is thought to be the most effective at lowering blood pressure. Wild garlic flowers early in spring, so is an important early bloom for the bees and other insects which pollinate them. The bulbs are also a source of food for wild boars. Wild garlic is one of a number of plant species whose presence indicates that a wood is ancient. It has traditionally been used in medicine, the bulb being one of the key ingredients in tonics for rheumatic problems and high cholesterol. It is also a popular foraged ingredient. Its leaves can be eaten raw in salads, or blanched and used in place of spinach, or made into a delicious soup and pesto. They have a mild garlic flavour and are at their best before the flowers appear. The flowers are also edible and can be added raw to salads.</p> <p><a href="https://lizearlewelling.com/wonderful-wild-garlic/">https://lizearlewelling.com/wonderful-wild-garlic/</a></p>
		<p>Stinging nettles are very common and familiar plant and found in gardens, hedgerows, woodlands, hedgerows and disturbed ground. It has pointed oval toothed leaves with hairs that sting and this is also the case on the stems. It has drooping catkin flower.</p> <p><a href="https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/stinging-nettle">https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/stinging-nettle</a></p>	<p>Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anaemia. Today, many people use it to treat urinary problems during the early stages of an enlarged prostate. The nettle plant full of iron, calcium, magnesium and nitrogen, which makes it incredibly nutritious for both other plants and humans.</p> <ul style="list-style-type: none"> <li>• Nettle soup</li> <li>• Spring greens</li> <li>• Nettle tea</li> <li>• Nettle beer</li> <li>• Nettle liquid feed</li> </ul>



**Stinging Nettles**  
(*Urtica dioica*)

Stinging nettles are great wildlife attractors: caterpillars of the small tortoiseshell and peacock butterflies use them as food plants; ladybirds feast on the aphids that shelter among them; and seed-eating birds enjoy their autumn spoils.  
<https://www.gardenersworld.com/plants/10-uses-for-nettles/>



**Alder Buckthorn**  
(*Frangula alnus*)

Alder Buckthorn trees can grow to a height of 6m. The outer bark is dark brown but the inner bark is bright yellow when exposed. The branches and stem are smooth and thornless. The twigs are smooth and straight, purple brown in colour and have fine white sticks. It is closely related to purging buckthorn. The leaves are alternately arranged and are oval and are 3-7cm long and are tapered towards the stem. The flowers are star-shaped 3-5mm in diameter with 5 triangular petals. They appear in May-June in clusters at the leaf axils. After pollination by insects the flowers develop into small berries which ripen from green to red in late summer and eventually turn a dark purple black in early autumn.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/alder-buckthorn/>

- The dried bark (and the fruit) was once used as a laxative due to its 3–7% anthraquinone content which stimulates the colon.
- A yellow dye is obtained from the leaves and bark. It is used in Russia and turns black when mixed with salts of iron.
- Green dye is obtained from the unripe fruit.
- Blue or grey dye is obtained from the ripe berries.
- Wood is used to make wooden nails, shoe lasts, veneer etc.
- It is the source of a high quality charcoal that is used by artists.
- The wood sharpens well and has been used to make arrows, nails and skewers.
- It has also been used for walking sticks and, when split, for cane chair seats and basket work.
- Because it is hard and durable, larger pieces have been used to make shoes.

**Precautions**

- The plant is poisonous unless stored for 12 months before use.
- Use of fresh bark may cause vomiting.

			<ul style="list-style-type: none"> <li>• Women who are pregnant or breast-feeding and children under the age of 12 should not use alder buckthorn without the advice of a physician.</li> </ul> <p><a href="https://www.healthbenefitstimes.com/alder-buckthorn/">https://www.healthbenefitstimes.com/alder-buckthorn/</a></p>
	 <p><b>Pacific Madrona</b> (<i>Arbutus menziesii</i>)</p>	<p>The Pacific Madrona is native to the coastal areas of North America. Sometimes known as the Strawberry Tree and is an evergreen with red/orange bark that when matures it peels away. In the spring it has bell-like flowers and in the autumn red berries. It can grow up to 10-25m. The leaves are thick with a waxy texture, oval.</p> <p><a href="https://en.wikipedia.org/wiki/Arbutus_menziesii">https://en.wikipedia.org/wiki/Arbutus_menziesii</a></p>	<p>Native Americans ate the berries raw and cooked, but because the berries have a high tannin content and are thus astringent, they more often chewed them or made them into a cider. The Native Americans also used the berries to make necklaces and other decorations, and as bait for fishing. Bark and leaves were used to treat stomach aches, cramps, skin ailments, and sore throats. The bark was often made into a tea to be drunk for these medicinal purposes. Many mammal and bird species feed off the berries.</p> <p><a href="https://en.wikipedia.org/wiki/Arbutus_menziesii">https://en.wikipedia.org/wiki/Arbutus_menziesii</a></p>
	 <p><b>Bur Chevril</b> (<i>Anthriscus sylvestris</i>)</p>	<p>Bur Chevril can grow to 1m although most plants are 40-50cm tall. It produces individual white flouts . The leaves are simple brackets. It produces upright spaced out oval fruits which show even when there are still flowers. The burs are upright oval seed pods with hooked bristles. It is found throughout Britain.</p> <p><a href="https://www.ukwildflowers.com/Web_pages/anthriscus-caucalis_bur_chervil.htm">https://www.ukwildflowers.com/Web_pages/anthriscus-caucalis_bur_chervil.htm</a></p>	<p>Leaves and seeds are all edible, raw or cooked and its taste is stronger than that of garden chervil. Young leaves taste much milder, somewhat between parsley and fennel. There are several poisonous look-alikes, so be absolutely certain of identification before eating.</p> <p><a href="https://www.wildfooduk.com/edible-wild-plants/wild-chervil/">https://www.wildfooduk.com/edible-wild-plants/wild-chervil/</a></p>
<p><b>Insects</b></p>		<p>The stag beetle is an impressive fighter that is heavily armoured. It depends on trees and woodlands for its survival. Adult male stag beetles have characteristic antler like mandibles and can grow to 75mm in length. Females are much smaller and grow between 30-50mm. Both male and female have shiny black heads and thoraxes and brown chestnut coloured wing cases. The larvae are large and white grubs with</p>	<p>Stag Beetle larvae are really good for your garden. They eat loads of rotting wood, returning important minerals to the soil, but don't eat living plants or shrubs.</p>



**Stag Beetle**  
(*Lucanus cervus*)

orange heads and legs. They can grow up to 110mm long and live underground.  
<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/beetles/stag-beetle/>



**Woodlouse**  
Although not  
officially an insect  
(*Porcellio  
scarber*)

The Woodlouse is hardy, hungry and an excellent composter. The woodlouse is oval in shape with light grey dimpled exoskeleton. Their bodies are made of seven segments with a pair of legs per segment. The young are small and white. It is 1.5cm. It eats deadwood, leaf litter, dead animals, fungi, and fruit. The female woodlouse carries her eggs on her underside and when the eggs hatch the young stay with the mother for a few months. Each female can have up to 12-36 eggs per year.  
<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/crustaceans/common-rough-woodlouse/>

The woodlouse is an excellent composter. It will munch its way through anything it can find and is an expert at recycling nutrients.



**The Small  
White butterfly**  
(*Pieris rapae*)

The small white butterfly is often known as the Cabbage White after their caterpillar's favourite food. This common butterfly has brilliant white wings with small faded black tips and one or two small spots. The underside is a creamy white. The wing span range is 48mm. It is found in a variety of habitats particularly gardens and allotments and is wide spread throughout Britain.  
<https://butterfly-conservation.org/butterflies/small-white>

Pollinating flowers

	 <p><b>Earwig</b> (<i>Forficula auricularia</i>)</p>	<p>The Earwig is most active at night but can be found beneath decaying wood, in leaf litter, stones or on flowering plants. The male has curved pincers and almost straight in females and these are used to fend off predators. It has a dark brown body elongated body. The mothers care for their young and she is an excellent mother; laying eggs in damp crevices and they guard the nest and clean the eggs until the young hatch. They will then guard the young until they are able to fend for themselves</p> <p><a href="https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/">https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/</a></p>	<p>Earwigs actually are beneficial insects, most of the time. They're part of a large group of creatures that are sanitary engineers; they help clean up the environment by feeding on decaying plant material and live and dead insects</p>
	 <p><b>Hawthorn Shieldbug</b> (<i>Acanthosoma haemorrhoidale</i>)</p>	<p>The Hawthorn shieldbug is speckled green with red wing cases with a distinctive shield shape in the centre. It is the largest shieldbug Adults are most active in the summer and feed on the reddening berries of hawthorn, rowan and are often found in gardens. Eggs are laid in the spring and over the summer; the nymphs feed on ripening berries. The adults go into hibernation in late autumn emerging again in the spring to breed. They are often known as "stink bugs" as they release a strong smelling fluid when threatened that can stain your fingers.</p> <p><a href="https://www.wildlifetrusts.org/wildlife-explorer/invertebrates/bugs/hawthorn-shieldbug">https://www.wildlifetrusts.org/wildlife-explorer/invertebrates/bugs/hawthorn-shieldbug</a></p>	<p>Most Shield Bug species are herbivorous (plant eaters), some are omnivorous, feeding on both plants and animals. They suck juices from shrubs, trees or other insects. The younger stages feed only on shoots or unripe seeds of a limited range of plants.</p>
<p><b>Mammals</b></p>	 <p><b>Grey Squirrel</b> (<i>Sciurus carolinensis</i>)</p>	<p>The Grey Squirrel is a familiar sight and is found across the UK Grey squirrels mainly have grey fur but may have red/brown patches especially around face and legs. The species has a long bushy tail which helps it balance when climbing trees. Grey squirrels eat nuts, acorns and tree seeds. These are often collected in autumn and buried underground ready to eat in the winter. Grey squirrels are not strongly territorial and will live in close proximity to each</p>	<p>Unfortunately the Grey squirrel is an American import that has had a disastrous effect on the native red squirrel population.</p>

		<p>other. The young are normally born in a nest known as a Drey. Young squirrels will leave the nest after 2 months.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/grey-squirrel/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/grey-squirrel/</a></p>	
	 <p><b>Fox</b> (<i>Vulpes vulpes</i>)</p>	<p>The Fox with its russet red fur pointed ears and bushy tail is unmistakable. They typically weigh 5-8kg and measure 40cm at the shoulder. Foxes are opportunist omnivores and this allows them to survive in a range of habitats. Rabbits and field voles are common prey. But a Foxes diet can range from worms and beetles to deer fawns and fruit. Urban foxes still hunt live prey but also take advantage of any food discarded by people. Foxes are social animals and live in a loose family group. These are usually made up of a breeding male, female and their young. In the spring the female gives birth to a litter of cubs in an underground den. Normally, four or five cubs will be born and they are looked after by both the male and female. By autumn the cubs are fully self-sufficient and some will establish their own territories while others remain in the family group.</p> <p><a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/fox/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/fox/</a></p>	<p>The fox as part of the food chain can potential control the numbers of small mammals.</p>
	 <p><b>Rat</b> (disambiguation)</p>	<p>Rats are medium sized long tailed rodents. They are easy distinguished from mice from their size. Male rats are called bucks, females are called does or dams and infants are known as kittens or pups. They are opportunistic survivors who often live near humans. They are adaptable creatures that can eat a wide range of foodstuff. They make their homes underground, in compost heaps, sheds, greenhouses or drains. They have characteristic long tails. They are usually unwelcomed visitors to gardens and are</p>	<p>Part of the food chain and food for foxes. They also may spread seeds.</p>

		<p>considered a vermin and can spread potentially dangerous diseases.  <a href="https://www.rhs.org.uk/advice/profile?pid=791">https://www.rhs.org.uk/advice/profile?pid=791</a></p>	
	 <p><b>Wood Mouse</b> (<i>Apodemus sylvaticus</i>)</p>	<p>Wood mice have brown fur with pale underbellies, large black eyes, big ears and a long hairless tail. Their bodies are about 10cm long. Wood mice are omnivores and eat seeds, fruits and nuts in autumn but also catch invertebrates like earthworms, caterpillars and centipedes. Females produce litters of 4-8 young up to 6 times in one year. The young stay with the mother up to 20 days. Wood mice are short lived animals surviving no longer than 1 year. They are an important food source for many predators including foxes, owls, weasels and kestrels.  <a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/wood-mouse/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/wood-mouse/</a></p>	<p>Part of the food chain and food for foxes. They also may spread seeds.</p>
	 <p><b>Hedgehog</b> (<i>Erinaceus euopqaeus</i>)</p>	<p>Hedgehogs are 20-25cm long and typically weigh up to 1.2kg. They have a distinctive waddling gait and are covered in characteristic brown spines. They have long snouts and no spines on their underbellies, face or limbs. Hedgehogs eat invertebrates such as beetles, slugs, earthworms and caterpillars. Occasionally they might eat birds eggs and are partial to food left out by humans too such as cat food. Hedgehogs are naturally solitary and only come together to mate. They have litters of to 3-7 and spend six weeks with their mother before setting out on their own. They live for 2-3 years. They spend much of their life time asleep and hibernate through the winter months in a nest made from fallen leaves in a sheltered spot. They emerge in the spring but will spend the day sleeping and are nocturnal. They live in a variety of habitats including woodlands, gardens, farmland and parks.  <a href="https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/hedgehog/">https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/mammals/hedgehog/</a></p>	<p>Hedgehogs eat slugs and other invertebrates and are great pest controllers.</p>

## Birds



**Robin**  
(*Erithacus rubecula*)

The Robin has a signature red breast which makes it immediately recognisable. It has a brown back and white belly, with an orange/red breast reaching up to its throat and face. Juvenile robins are brown all over with mottled golden flecks. Robins enjoy eating fruits, seeds and insects such as beetles. They also love feasting on worms and can often be seen watching gardeners on the look-out for juicy worms being dug up. The female robin builds a cup shaped nest using moss, hair, grass and dead leaves, somewhere on or close to the ground. Robins begin to lay eggs between April and mid-August. A clutch is made up of 4-6 eggs. Chicks hatch after around 13 days and fledge after 2 weeks. Robins are found in gardens, hedgerows, woodlands and parks. They are fiercely territorial, singing to defend their territory all year round. The red breast is used as a territory defender. These birds are usually very tame and inquisitive. The typical call of a robin is a familiar sound, consisting of a dry, but 'elastic tic. Though it can be singular and tends to be repeated.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/birds/robin/>

Robins eat fruits and seeds so will help to spread seeds as well as eating a range of insects and beetles. The song of the Robin is also always a joy to listen to and they can become quite tame and are not afraid of the company of humans.



**Jackdaw**  
(*Corvus monedula*)

The Jackdaw is a small black crow with a distinctive silvery sheen at the back of its head. The pale eyes are also noticeable and stand out. The Jackdaw call is a familiar hard "tchark" from which it gets its name. It commonly nests in chimneys, buildings and tree holes. Jackdaws eat insects, young birds and eggs, fruit, seeds and scraps.

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/jackdaw/>

Jackdaws eat insects so can help to control pests and fruit and seeds so assist with scattering of seeds. Jackdaws are quite confident birds and are not worried about the presence of humans.



**Blue tits**  
(*Cyanistes caeruleus*)

The Blue tit is a delicate little bird weighing in at 11g-half the size of a robin. The blue tit is extremely colourful, with a bright blue cap, white face, black stripe across both eyes, bright yellow breast and blue/green and yellow wings. Blue tits eat caterpillars, other insects, spiders, fruit and seeds. They are regular visitors to garden feeders and like mixed bird seed, fat balls, peanuts and sunflower hearts. They are incredible acrobats and can hang upside down to access food. Blue tits start looking for a place to nest in late January and will have built their nests by late March. They like cosy cavities, holes and cracks in trees, cracks in walls and nest boxes. Once the nest site has been located they build using moss, hair, leaves, feathers and spider webs. Unlike other birds the blue tit usually only has one brood each spring. They lay around 7-14 eggs and wont incubate until all of the eggs have been laid. Once hatched the chicks will spend about 3 weeks in the nest before fledging. Blue tits are found in deciduous and mixed woodland, hedges, gardens and parks across the UK. Their song and call is a high pitched trilling sound "tsee, tsee, tsee chu chu "

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/birds/blue-tit/>

Blue tits eat caterpillars, insects, spiders so help to control pests and also help to scatter seeds. Blue tits often nest in bird boxes so watching them going through the nesting process and eventually observing the chicks fledge is always a great spectacle.



**Wood Pigeon**  
(*Columba palumbus*)

The Wood Pigeon is the largest and most common pigeon. It is grey large with a white neck patch and white wing patches which are clearly visible in flight. Although shy in the countryside it can be tame and approachable in towns and cities. Its cooing call is a familiar sound in woodlands as is the loud clatter of its wings as it flies away. It eats crops like cabbage, sprouts, peas and grain also buds shoots, nuts and berries. <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/woodpigeon/>

Pigeons can be quite tame and approachable and a very familiar bird to most people. They eat nuts and berries so contribute to seed scattering.



**Blackbird**  
(*Turdus merula*)

The male blackbird, as the name suggests is completely black. Females however, are a dark brown with lighter brown streaks on their breasts. Juveniles look similar to the fully grown female but have copper streaks. Males have a bright yellow bill and distinctive yellow eye ring. Females have a duller yellow/brown bill. Blackbirds eat earth worms, other insects, caterpillars, fallen fruit, berries and can often be heard foraging on the floor in the undergrowth. The female builds the nest usually choosing an area close to the ground with adequate cover. A blackbird's nest is round built from twigs, grass and other plant materials. Blackbirds usually have 2 or 3 broods with an average clutch of 3-5 eggs. The female incubates the nest and the clutch hatches around 2 weeks later. They are fed earthworms or caterpillars and are ready to fledge in another 2 weeks. They are fully independent after 3 weeks of leaving the nest. Blackbirds usually have a varied and melodic song which is beautiful and relaxing to listen to.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/animals/birds/blackbird/>

The blackbird eats insects and caterpillars so help with pest control. They also eat fruit and berries so help to scatter seeds. Blackbirds can often be found on the ground and in the undergrowth and a common bird that has a wonderful song that is always relaxing to listen to.

**Fungi (non-present will relook in Autumn and add to table)**


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