



# COASTAL PLANTS

## SPOTTER SHEET

This is a guide to help you identify some of the plants that you may find around the Firth of Forth coastline. Use the circles provided to mark how many you spot.

### RED CAMPION

*Silene dioica*



An attractive perennial (long lasting) plant that bears its male and female flowers on separate plants. Flowers have five deeply notched pink petals on downy stems. Flowering is mainly in late Spring.

### COMMON BIRDS FOOT TREFOIL

*Lotus corniculatus*



A low growing plant with yellow flowers, tinged with red that appear in clusters. It's also known as 'eggs and bacon' because of the yellow and red hue of the flower. Flowering is late Spring to Summer.

### GARLIC MUSTARD

*Alliaria petiolata*



An edible flowering plant that can be used in salads. It likes shady places, has small white flowers and can grow to over 1m tall. It's the food plant for the green-veined white butterfly (*Pieris napi*). The flowers appear from April.

### SEA THRIFT

*Armeria maritima*



Also known as sea pink. It is found on cliffs and saltmarsh around the coastline. It grows in low clumps and its globe-like pink or lilac flowers sit atop a stalk that is 5-30cm long. It is usually found flowering between April to July.

### YELLOW RATTLE

*Rhinanthus minor*



This pretty yellow tubular flowered plant is found in grasslands. It is semi parasitic, feeding off the nutrients of nearby grasses. Its seed heads give it its distinctive 'rattle' sound. It flowers from May to July.

### VIPERS BUGLOSS

*Echium vulgare*



Often found in sand dune habitats. It bears upright stems of vivid blue flowers with red stamens. The term viper comes from its spotted stem which is said to look like a snake. It can be found flowering from June to August.

### SEA MILKWORT

*Lysimachia maritima*



A low growing plant that is often found in saltmarsh habitats and is tolerant to salt water. The 5-6mm flowers are hairless and grow in the junctions of its juicy leaves and low creeping stems. It flowers from May to September.

### COMMON RAGWORT

*Senecio jacobea*



A yellow flower which stands about 1m tall. It can be found in open grassy habitats and disturbed ground around coastal areas. It is the food plant of the bold black-and-gold striped caterpillar of the cinnabar moth (*Tyra jacobaeae*). It flowers from June to November.

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