



○ *Fagus sylvatica* (Fagaceae)
 * * * common widespread good

□ woods, often pure | tnh | chalk | -
 ○ tree | deciduous | >35m | shady, bare grnd below
 ● ptd oval | ribbed | alt | toothed | brt gr in spring
 ● pale grey | smooth | - | -
 ● - | - | - | pairs | April-May with leaves | -
 ● triangular | red-brown | sml. | prickly husk, 4 lobes open when ripe | not every year, 3-8 years
 ⚠ see back of card

Use: ☞ ☞ ☞ ● | + ● | ☞ ●



○ **St. John's Wort, Perforate S** *Hypericum perforatum* (Clusiaceae) p w ! [5b] (tea)
Star of Bethlehem C *Ornithogalum umbellatum* (Liliaceae) p ! [] bulb, 12] bulb (r)
Star of Bethlehem, Spiked C *Ornithogalum pyrenaicum* (Liliaceae) p ! [] bulb 7aeh] shoot (c)
Stonecrop, Biting C *Sedum acre* (Crassulaceae) p ! [7bf, 10a, 12a] (r)
Stonecrop, Reflexed C *Sedum reflexum* (Crassulaceae) p ! [10a, 12a] (r)
Stork's-bill, Common C *Erodium cicutarium* (Geraniaceae) a/bi (r)
Strawberry Tree C *Arbutus unedo* (Ericaceae) evergreen shrub (r)
Strawberry, Wild A *Fragaria vesca* (Rosaceae) p (r) (c) (r) (r) - C
Sweet Flag S *Acorus calamus* (Araceae) p ! [] of some ssp. 23] young (r) shoot (r) (r peel)
Sweet Oar Weed C *Laminaria saccharina* seaweed
Sycamore A *Acer pseudoplatanus* (Aceraceae) dec tree (x) (r) (x) - C
Tansy S *Tanacetum vulgare* (Compositae) p ! [12c, poss. 22] (flav)
Tare, Hairy C *Vicia hirsuta* (Leguminosae) a (c) shoot (c)
Thistle, Creeping C *Cirsium arvense* (Compositae) p ! [3] (r) (r) (peel c) (r)
Thistle, Marsh B *Cirsium palustre* (Compositae) bi w ! [3] (r) (r) (r) young (c)
Thistle, Cabbage C *Cirsium oleraceum* (Compositae) p ! [3] (c) (c) (c)
Thistle, Milk C *Silybum marianum* (Compositae) bi ! [3, 21] (r) (r peel) (bud c) (r) (roast)
Thistle, Prickly Russian C *Salsola pestifer* (Chenopodiaceae) a (c) shoot (r) (c)
Thistle, Spear C *Cirsium vulgare* (Compositae) bi w ! [3] (c) (c) (c) (bud c) (r)

○ *Ulva lactuca* **Sea Lettuce** seaweed
Umbilicus rupestris **Pennywort**
Umblicaria pistulata **Rock Tripe**
Urtica dioica **Stinging, Nettle**
Urtica urens **Nettle, Annual (small)**
Vaccinium myrtillus **Bilberry (Blaeberry Scott.)**
Vaccinium oxycoccus **Cranberry**
Vaccinium uliginosum **Bilberry, Northern**
Vaccinium vitis-idaea **Cowberry**
Valeriana officinalis **Valerian, Common**
Valerianella locusta **Cornsalad**
Veronica beccabunga **Brooklime**
Veronica chamaedrys **Speedwell, Germander**
Viburnum opulus **Rose, Guelder**
Vicia cracca **Vetch, Tufted**
Vicia hirsuta **Tare, Hairy**
Vicia sativa **Vetch, Common**
Vicia sepium **Vetch, Bush**
Viola odorata **Violet, Sweet**
Viola riviniana **Violet, Common Dog**