



MIDDLETON HALL
RETIREMENT VILLAGE



A GUIDE TO PLANT LIFE ON THE WALKS FOR ALL
————— SUMMER —————



MIDDLETON HALL

RETIREMENT VILLAGE

This booklet accompanies the 'Walks for All' guide, highlighting the many unusual and noteworthy plants along the way.

Three walking routes are outlined in the guide: Red ■, Blue ■ and Yellow ■. Together, they link 12 location points, detailed below with route indicators. Reception is the start point for all the walks. Please start by walking down the path to **Point 1** on the map.



Marsh Thistle



Water Mint

1



By late June, most of the Spring flowers will be replaced by **Monkeyflower (or Mimulus), Blackberry and Water Mint.**



Monkeyflower

2**3**

Around **Points 2 and 3** on the map, the following plants are in flower in May:

Common Mouse-ear, Bluebell, Cow Parsley, Common Field Speedwell, Herb Robert, Jack-by-the-Hedge (or Garlic Mustard), Wood Avens (or Herb Bennet), Red Campion, Holly, Dock, Buttercup, Bush Vetch and Hawthorn

By mid-June you will see, **Common Nettle, Woundwort, Elderflower,** followed by **Blackberry** and **Great Willow-herb**



Bush Vetch



Common Field Speedwell



Elderflower



Red Campion



Woundwort

4



In the wood, across the Trade Drive, you will see:

Wild Raspberry, Horse Chestnut, Herb Robert, Cow Parsley, Daisy and Cleavers.

Cleavers is the plant that as a child, you probably used to throw on your friends' backs because it stuck to their clothing. A local name for the plant is Sticky Jacks.

Where the path is joined by another one from the right, turn right onto this path. Where the wood ends,

allowing more light to reach the ground, you will find:

Black Medick, Tufted Vetch and Woundwort

Crush a leaf of Woundwort between your fingers then smell your hand. This herb was used to dress wounds before modern medicines were available.

Retrace your steps to join the red route and look at **points 5 and 6**. Or continue to **points 7** onwards.

5



Walk along the path to the gate leading to the allotments (or continue onwards if following blue or yellow route). Look out for **Wood Avens (or Herb Bennet)**.



Wood Avens



Walk among the allotments then through the gate and along the path to the wetland area beside the bird hide. This location is very open, usually has plenty of water and is the richest area on the site for wildflowers:

Dog-rose, Red Clover, Yellow Iris, Buttercup, Oxeye Daisy, Rhododendron (not wild but naturalised), **Meadow Vetchling, Common Nettle** (look out for the pendulous grey-green catkins at the top of the plant), **Creeping Cinquefoil, Purple Orchid, Horsetail, Yellow-rattle, Wild Privet, Common Vetch, Bird's-foot-trefoil** (or **Lady's Finger** or **Lady's Slipper**), **Selfheal, Herb Robert, Tufted Vetch, Woundwort, Knapweed, Common Reed, Dog's Mercury, Holly** and **Bulrush**

Bulrush is a dominant and well-known plant. Each flowering head illustrates the separation of the male (upper, paler brown) from the female (lower, darker brown) reproductive parts



Creeping Cinquefoil



Purple Orchid



Selfheal



Knapweed



of the rush. There are some flowers which have their male and female structures on separate plants, and you have seen several of them. For example: Dog's Mercury, Common Nettle and Holly. This explains why some holly trees never have any berries – they are the male trees.

By late July, other plants will be flowering here including:

Hedge Bindweed, Knapweed, Purple Loosestrife, Yellow Loosestrife and Creeping Thistle

Creeping Thistle is the only thistle to have a scent, but make sure you shake the bees from a flower before you smell it!

If following the red route, please make your way back to Reception. If following the blue or yellow routes, retrace your steps and turn right to **point 7**.



Yellow Rattle



Creeping Thistle



Yellow Loosestrife

7



Through this part of the wood you will come across **Red Campion, Wood Avens (or Herb Bennet), Herb Robert, Wild Strawberry, Wild Privet, Ramsons (or Wild Garlic) and Hedge Bindweed.**

From the wood, turn right, leading you through two gates into the New Woodland for **Point 8.**



8



This area contains **Buttercup, Dock, Horsetail, Daisy, Cow Parsley and Creeping Thistle.**

By late June, the above plants were joined by **Great Willowherb, White Clover, Purple Orchid and Meadow Vetchling.**

In August, other plants are in bloom: **Ragwort, Spear Thistle, Marsh Thistle, Broad-leaved Willowherb and Great Willowherb.**





This field is generally cut in mid June, before when it contains: **Earth Nut, Buttercup, Red Clover, Hogweed, Ribwort Plantain and Common Stinging Nettle.**

The nettles are particularly abundant in the second copse where the sheep shelter in winter. Their dung increases the nitrogen content in the soil. Archaeologists make use of nettles as a marker when excavating a new site as it gives them initial evidence of where a dwelling might have been.

In late June, after the cut: **Hogweed and Common**

Nettle remain and are joined by **Blackberry, Dog-Rose** and **Herb Robert.**

By early August, you can expect to see: **Selfheal, Bird's-foot-trefoil** and **Buttercup.**

Once you have crossed the drive go straight ahead for a short way until the path divides where you need to turn right for the blue route. Among the trees on the way to Reception you should find:

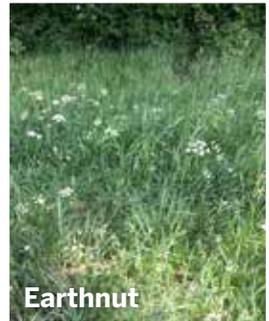
Herb Robert, Cow Parsley, Wood Avens (or Herb Bennet), Bluebells, Wild Raspberries, Red Campion and **Gelder Rose**



Red Clover



Dog-rose



Earthnut



Gelder Rose



Ribwort Plantain



Having left the field and crossed the drive, take the left fork of the path. As you walk beside the fence you will find:

Horsetail, Dock, Buttercup, and once through the gates and into the field **Red Clover, Black Medick, Cow Parsley, Dandelion, Cut-leaved Crane's-bill, Common Nettle, Common Mouse-ear,** and **Bird's-foot-trefoil.** In June **Scentless Mayweed** appears and by August **Common Ragwort, Spear Thistle, Creeping Thistle** and **Red Bartsia** are in flower.



Cut-leaved-cranesbill



Birds-foot-trefoil



Red Bartsia



Mayweed



Make your way from the field to the wet area bordered by the bungalows where you should find:

Red Clover, Black Medick, Yellow Iris, Oxeye Daisy, White Clover and **Common Mouse-ear**. By mid-summer some of these plants finish flowering while others are in flower: **Great Willowherb, Dock, Greater Bird's-foot-trefoil, Common Knapweed, Bulrush, Spear Thistle, Marsh Thistle** and **Common Reed**

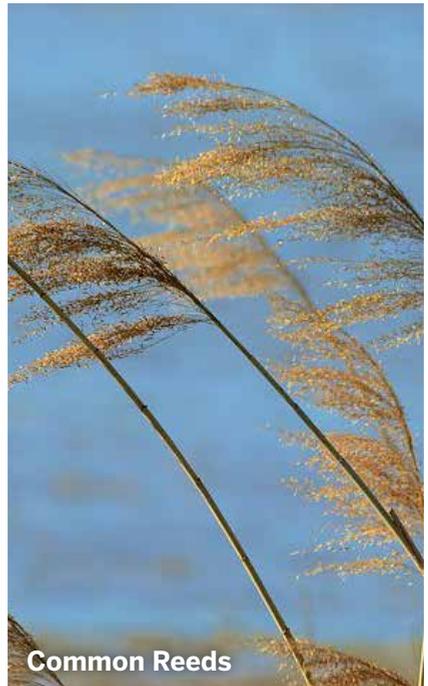
In August, **Common Ragwort** and **Purple Loosestrife** are also in bloom.



Bulrush



Yellow Iris



Common Reeds



This location borders a trial attempt in 2016 to create a wild flower meadow. In May, **Buttercup**, **Oxeye Daisy**, **Dock** and **Cowslip** are in flower, to be joined in late-June by **Greater Bird's-foot-trefoil**, **Common Knapweed** and **Yellow Rattle**.

In August, other plants are blooming: **Bird's-foot-trefoil**, **Meadowsweet**, **Great Willowherb**, **Common Ragwort** and **White Clover**

From the path at the top of the lake follow the arrows back to Reception.



Explore our scenic grounds and discover
the fascinating variety of flora and fauna

Circular routes to suit people of all mobilities,
from 0.5 to 1.75 miles in length

All walks are easy to follow, with clear
way markers

Plentiful benches on which to sit and
appreciate the surroundings

No stiles

Please ensure dogs are kept on their leads

3 dog bins are installed at intervals around the grounds



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and editing this booklet, assisted by Pat Gibbons
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