



Nature
on your
doorstep

Our Urban Meadow Flowers - 1

We have many plants on our Urban Meadow at Amgueddfa Genedlaethol Caerdydd - National Museum Cardiff. Here are five plants which frequently flower in the summer. You can find them in gardens, roadside verges and by hedges too. They are native which means they came here a long time ago without the help of people. Find them but don't pick them and leave them for pollinators to visit. Share your finds with us on Twitter @CardiffCurator.

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AMGUEDDFA
CYMRU



Creeping Cinquefoil
Potentilla reptans

The flowering stems grow to 1 m, creeping along the ground. Yellow flowers from June to September. Look out for the Grizzled Skipper Butterfly (*Pyrgus malvae*), its caterpillars feed on the leaves. It grows on waste ground, hedge banks, in meadows.

Selfheal
Prunella vulgaris

It grows to 30 cm. Deep violet, pink, sometimes white flowers appearing from June to September are a good nectar source for bees and wasps. Can be confused with Bugle (*Ajuga reptans*) which has blue flowers. It grows in grassland.

Lady's Bedstraw
Gallium verum

Small yellow, four-lobed flowers in July, August on erect or sprawling stems growing to 1 m. In the past used to stuff mattresses as the vanilla scent acted as a flea repellent. Can be confused with the sticky Cleavers (*Galium aparine*). Grows in dry grassland, sand dunes, heath.

Hedge Woundwort
Stachys sylvatica

Solid, square stems grow to 1 m. The leaves smell strongly when bruised, plant covered with stiff hairs. Reddish-purple flowers with white markings appear from June to September. It grows in woods, hedges, rough ground and meadows.

Bird's-foot-trefoil
Lotus corniculatus

It has a sprawling habit, often grows in patches, to 50 cm. Flowers yellow to orange, often streaked with red, from June to September. The seed pods on their stalks look like a bird's-foot. It grows on well-drained soils, in grassland, meadows, on roadside verges.