

	<p><b>Frochan or Bilberry</b></p> <p>Needs acid soil</p> <p>Edible fruit is ripe at the end of summer</p>		<p><b>Bird's-foot-trefoil</b></p> <p>Named after their fruits which are in long brown pods arranged like a bird's foot</p>
	<p><b>Burdock</b></p> <p>In Japan the roots are being sold as vegetables</p>		<p><b>Clover</b></p> <p>Seen on our Pure Mile in red and white</p> <p>Has the ability to fix nitrogen</p>
	<p><b>Dock</b></p> <p>The leaves are being used to soothe burns, blisters, and nettle stings</p>		<p><b>Foxglove</b></p> <p>Also known as Lady's fingers</p> <p>They are toxic</p>
	<p><b>Gorse</b></p> <p>Flowers have strong coconut scent</p>		<p><b>Hawthorn</b></p> <p>Fruit is edible but mealy</p> <p>Flowers are unpleasantly scented</p>
	<p><b>Heather</b></p> <p>Needs acid soil</p>		<p><b>Hogweed</b></p> <p>The Giant Hogweed can cause blistering of the skin. Smaller plants are less aggressive but can still cause blisters</p>
	<p><b>Holly</b></p> <p>Evergreen stiff glossy leaves</p> <p>Gets bright scarlet berries</p>		<p><b>Honeysuckle</b></p> <p>Also known as Woodbine</p> <p>Has a nice scent</p>

	<p><b>Montbretia</b></p> <p>Garden escape</p> <p>Classed as potentially invasive</p>		<p><b>Ragwort</b></p> <p>Flowers from June until November</p> <p>Dangerous to animals</p>
	<p><b>Rape Seed</b></p> <p>Crop frequently escapes to roadsides</p>		<p><b>Raspberries</b></p> <p>Grow naturally in Ireland as they thrive in cool, moist climates but come originally from Asia</p>
	<p><b>Redshank</b></p> <p>Also known as Spotted Persicaria and Lady's Thumb</p>		<p><b>Sheep's-bit</b></p> <p>More common in coastal counties</p>
	<p><b>Silverweed</b></p> <p>Has yellow flowers in summer</p> <p>This edible plant is very nutritious</p>		<p><b>Spear Thistle</b></p> <p>Is edible, can be used medicinally and parts of the plant can be made into paper</p>
	<p><b>Tufted Vetch</b></p> <p>Climbs towards the light by leaning and supporting itself on other vegetation</p>		<p><b>Willowherb</b></p> <p>Colonises ground where there's been fire and is often seen on the hills after a gorse fire</p>
	<p><b>Wood Sage</b></p> <p>Leaves are aromatic and can be used as medicine for stomach, airway and liver problems</p>		<p><b>Yarrow</b></p> <p>Has fern-like foliage</p> <p>Has long been associated with magic &amp; divination</p>