

Wonderful Wildflowers & their Unbelievable Uses



Wild Garlic



An ancient woodland indicator, wild garlic has traditionally been used in medicines.

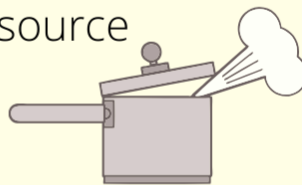
The bulb was a key ingredient of tonics used to combat high cholesterol.

Wild Garlic bulbs are also a food source for wild boars!



Cowslip

Used in Spanish cooking to give a citrusy flavour. Also a food source for the Duke of Burgandy butterfly.



Herb Robert

These were originally used as an antiseptic. In addition, the leaves are edible and can be used to make tea.



Campion

The seeds of red campions were used once to treat snakebites.

Greater Stichwort

Once used as a remedy to help with stitch pain!



Bluebells

Used in the Elizabethan period, Bluebell sap was used to bind pages of books! There is ongoing research into how these flowers might be able to help fight cancer.

