

# Wild Flowers of the Cornish Valleys and Lizard Peninsula

Naturetrek Tour Report

23 - 26 May 2016



Thyme Broomrape



Kidney Vetch (red form)



Small Pearl-bordered Fritillary



Heath Spotted-orchid

Report compiled by Brian Laney  
Images courtesy of Chris Piper



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Tour participants: Brian Laney (leader) and four Naturetrek clients

## Day 1

Monday 23rd May

Four people met up at the hotel with tour leader Brian Laney in the early afternoon. As the weather was good we headed to Cadgwith. As soon as Brian got out of the vehicle in the car park *Allium triquetrum* (Three-cornered Leek) was seen: a well-established species here in the south-west. Following the path to the cliffs, *Erodium moschatum* (Musk Stork's-bill) was observed on a wall top. Behind the old coastguard lookout was one of the sites for *Trifolium incarnatum* subsp. *molinerii* (Long-headed Clover). However, due to encroaching scrub, only a few plants were seen starting to flower and this very small population was virtually hugging the little pathway created by people to get a better view from the cliff here.

Back on the main path *Mahia arborea* (Tree-mallow) and *Gladiolus communis* subsp. *byzantinus* (Eastern Gladiolus) were seen. Brian then managed to find a good number of *Asparagus officinalis* subsp. *prostratus* (Wild Asparagus) at the top of the cliff where the plants were, unusually, easily accessible for everyone to see. In the nearby grassland on the cliff top was *Scilla verna* (Spring Squill), still in flower.

We then took a wander back into the village and onto a small headland for another known site for *Trifolium incarnatum* subsp. *molinerii* (Long-headed Clover). However, only one non-flowering rosette of the species was located.

## Day 2

Tuesday 24th May

On the second day the area of Kynance Cove was visited. Again, the weather was good, with sunshine.

A few stately tall spikes of *Allium ampeloprasum* var. *babingtonii* (Babington's Leek), an endemic species to the south-west of Britain, was recorded not far from the path, towering above other vegetation. Sadly, it was too early for it to be in flower.

Further along the path Brian showed everyone *Genista pilosa* (Hairy Greenweed) on a small rocky outcrop and it was in flower. Again, *Scilla verna* (Spring Squill) was also found around here. Close by was *Anthyllis vulneraria* (Kidney Vetch), but very impressive was the red flowering form of this species that was found near a rocky outcrop. *Geranium sanguineum* (Bloody Crane's-bill) was admired and in flower too. A population of *Hypochaeris maculata* (Spotted Cat's-ear) was recorded at the top of a cliff overlooking the cafe and although only in bud its distinctive spotted leaves were very visible.

In the short turf by the path in one place *Chamaemelum nobile* (Chamomile) was found. Not in flower but its distinct smell was noted when the leaves were crushed. Further along the coastal path both *Allium schoenoprasum* (Chives) and *Herniaria ciliolata* (Fringed Rupturewort) were found in short sparsely vegetated ground. A few specimens of *Dactylorhiza maculata* (Heath Spotted-orchid) in flower were much admired.

The very rare *Juniperus communis* subsp. *hemisphaerica* ("Lizard Juniper") was quite easy to find in the Gew Graze Valley due to the protective fence around it and it seemed to be doing well. A stop for lunch at the cafe was good and welcomed by all.

As the tide was out a search was made for *Asparagus officinalis* subsp. *prostratus* (Wild Asparagus) with binoculars, scouring the grass land on the slope of the so-called Asparagus Island. A possible plant was seen but there was also *Beta vulgaris* subsp. *maritima* (Sea Beet) on the same slope which made it difficult to be sure. While at Kynance, everyone kept an eye and ear out for Chough. One was heard and seen to fly over the path and across the heathland but, sadly, it was only a brief sighting.

## Day 3

Wednesday 25th May

Again, we woke to another day which was not too bad weather-wise and, this time, we headed for Landewednack village and Church Cove.

Our first port of call saw us wandering around St Wynwallow's Church. On one of the walls of the church building itself, were a number of clumps of the localised fern, *Asplenium marinum* (Sea Spleenwort). Everyone had a look inside the church and a single plant of *Adiantum capillus-veneris* (Maidenhair Fern) was found growing inside the church porch by a seat. The alien *Selaginella kraussiana* (Krauss's Clubmoss) was recorded by a gravestone.

One of the members of the group spotted two young Tawny Owls, sleeping on an overhanging branch. It just shows you need to look up as well as down on the ground!

Further towards the sea, *Vicia lutea* (Yellow-vetch) was recorded in two spots, one population by the path and one at the entrance to a derelict quarry. Due to some recent work to a nearby property, two species of *Fumaria* (fumitory agg.) were found in the disturbed soil. One of the species could not be identified at the time and so a sample was later sent off to Rose Murphy, the BSBI referee for fumitories. It was confirmed as *Fumaria muralis* (Common Ramping-fumitory). The other species Brian managed to key out using the BSBI fumitory handbook he had back at the hotel. That species came out as *Fumaria bastardii* (Tall Ramping-fumitory).

Later, we visited Lizard village where everyone had a nice lunch. Whilst the group were indulging in ice creams, Brian scoured the edge of the public car park, especially checking the exposed ground. *Herniaria ciliolata* (Fringed Rupturewort) was still present in one area but a number of plants of an unusual *Spergularia* species (spurrey agg.) were also found on the bare hard ground of the car park. Photographs were taken which should assist in identification. It may prove to be *Spergularia bocconeii* (Greek Sea-spurrey) which is on the increase in Cornwall.

## Day 4

Thursday 26th May

Although the tour was scheduled to end after lunch on this day, it was regrettably curtailed due to an administration error by the minibus hire company, necessitating an early return of the vehicle. This is unprecedented and future tours will conclude in the early afternoon.

Despite this, it was agreed by all to have been an enjoyable trip.

## Species Lists

Plants. The names used in this checklist follow the New Flora of the British Isles (3rd edition) by Clive Stace

<b>Scientific Name</b>	<b>Common Name</b>
<b>LYCOPHYTES</b>	
<b>Selaginaceae</b>	<b>Lesser Clubmoss Family</b>
<i>Selaginella kraussiana</i>	Krauss's Clubmoss
<b>LEPTOSPORANGIATE FERNS</b>	<b>TRUE FERNS</b>
<b>Adiantaceae</b>	<b>Maidenhair Fern Family</b>
<i>Adiantum capillus-veneris</i>	Maidenhair Fern
<b>Aspleniaceae</b>	<b>Spleenwort family</b>
<i>Asplenium adiantum-nigrum</i>	Black Spleenwort
<i>Asplenium marinum</i>	Sea Spleenwort
<i>Asplenium ruta-muraria</i>	Wall-rue
<i>Asplenium (Phyllitis) scolopendrium</i>	Hart's-tongue
<b>Dennstaedtiaceae</b>	<b>Bracken Family</b>
<i>Pteridium aquilinum</i>	Bracken
<b>Equisetaceae</b>	<b>Horsetail Family</b>
<i>Equisetum arvense</i>	Field Horsetail
<b>Polypodiaceae</b>	<b>Polypody Family</b>
<i>Polypodium vulgare</i>	Common Polypody
<b>GYMNOSPERMS</b>	<b>CONIFERS</b>
<b>Pinaceae</b>	<b>Pine family</b>
<i>Pinus sylvestris</i>	Scot's Pine
<b>Cupressaceae</b>	<b>Juniper Family</b>
<i>Juniperus communis</i> subsp. <i>hemisphaerica</i>	Lizard Juniper
<b>EU-DICOTS</b>	<b>TRUE DICOTYLEDONS</b>
<b>Amaranthaceae</b>	<b>Goosefoot Family</b>
<i>Beta vulgaris</i> subsp. <i>maritima</i>	Sea Beet
<i>Chenopodium album</i>	Fat Hen
<i>Salsola kali</i> subsp. <i>kali</i>	Prickly Saltwort
<b>Apiaceae</b>	<b>Carrot Family</b>
<i>Angelica sylvestris</i>	Wild Angelica
<i>Apium nodiflorum</i>	Fool's-water-cress
<i>Anthriscus sylvestris</i>	Cow Parsley
<i>Chaerophyllum temulum</i>	Rough Chervil
<i>Conopodium majus</i>	Pignut
<i>Crithmum maritimum</i>	Rock Samphire
<i>Daucus carota</i>	Wild Carrot
<i>Eryngium maritimum</i>	Sea Holly
<i>Oenanthe crocata</i>	Hemlock Water-dropwort
<i>Smyrnum olusatrum</i>	Alexanders
<b>Aquifoliaceae</b>	<b>Holly Family</b>
<i>Ilex aquifolium</i>	Holly

**Scientific Name**

**Common Name**

**Araliaceae**

*Hedera helix* subsp. *helix*

**Ivy Family**

English Ivy

**Asteraceae**

*Achillea millefolium*

*Arctium minus*

*Artemisia vulgaris*

*Bellis perennis*

*Carduus tenuiflorus*

*Centaurea nigra*

*Chamaemelum nobile*

*Cirsium arvense*

*Cirsium palustre*

*Cirsium vulgare*

*Eupatorium cannabinum*

*Hypochaeris maculata*

*Hypochaeris radicata*

*Lapsana communis*

*Leucanthemum vulgare*

*Picris echioides*

*Pulicaria dysenterica*

*Senecio jacobaea*

*Senecio vulgaris*

*Sonchus asper*

*Taraxacum* agg

**Daisy Family**

Yarrow

Lesser Burdock

Mugwort

Daisy

Slender Thistle

Common Knapweed

Chamomile

Creeping Thistle

Marsh Thistle

Spear Thistle

Hemp-agrimony

Spotted Cat's-ear

Cat's-ear

Nipplewort

Ox-eye Daisy

Bristly Oxtongue

Common Fleabane

Common Ragwort

Groundsel

Prickly Sow-thistle

Dandelion group

**Betulaceae**

*Betula pendula*

*Corylus avellana*

**Birch Family**

Silver Birch

Hazel

**Boraginaceae**

*Myosotis arvensis*

*Pentaglottis sempervirens*

**Borage Family**

Field Forget-me-not

Green Alkanet

**Brassicaceae**

*Alliaria petiolata*

*Arabidopsis thaliana*

*Barbarea vulgaris*

*Cakile maritima*

*Capsella bursa-pastoris*

*Cardamine hirsuta*

*Cardamine pratensis*

*Crambe maritima*

*Erophila verna*

*Lunaria annua*

*Nasturtium officinale*

*Sinapis arvensis*

*Sisymbrium officinale*

**Cabbage Family**

Garlic Mustard

Thale Cress

Common Wintercress

Sea Rocket

Shepherd's-purse

Hairy Bitter-cress

Cuckooflower

Sea Kale

Common Whitlowgrass

Honesty

Water-cress

Charlock

Hedge Mustard

**Campanulaceae**

*Campanula rotundifolia*

**Bellflower Family**

Harebell



Scientific Name	Common Name
<i>Jasione montana</i>	Sheep's-bit
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>
<i>Lonicera periclymenum</i>	Honeysuckle
<i>Sambucus nigra</i>	Elderberry
<b>Caryophyllaceae</b>	<b>Pink Family</b>
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort
<i>Armeria maritima</i>	Thrift
<i>Cerastium fontanum</i>	Common Mouse-ear
<i>Herniaria ciliolata</i>	Fringed Rupturewort
<i>Honckenya peploides</i>	Sea Sandwort
<i>Minuartia verna</i>	Spring Sandwort
<i>Sagina procumbens</i>	Procumbent Pearlwort
<i>Silene dioica</i>	Red Campion
<i>Silene (Lychnis) flos-cuculi</i>	Ragged Robin
<i>Silene latifolia</i>	White Campion
<i>Silene uniflora</i>	Sea Campion
<i>Spergularia marina</i>	Lesser Sea-spurrey
<i>Spergularia bocconeii</i>	Greek Sea-spurrey
<i>Stellaria holostea</i>	Greater Stitchwort
<i>Stellaria media</i>	Common Chickweed
<b>Convolvulaceae</b>	<b>Bindweed Family</b>
<i>Calystegia soldanella</i>	Sea Bindweed
<b>Crassulaceae</b>	<b>Stonecrop Family</b>
<i>Sedum acre</i>	Biting Stonecrop
<i>Umbilicus rupestris</i>	Wall Pennywort
<b>Dipsacaceae</b>	<b>Teasel Family</b>
<i>Dipsacus fullonum</i>	Teasel
<i>Succisa pratensis</i>	Devil's-bit Scabious
<b>Ericaceae</b>	<b>Heather Family</b>
<i>Calluna vulgaris</i>	Heather
<i>Erica cinerea</i>	Bell Heather
<i>Erica vagans</i>	Cornish Heath
<b>Euphorbiaceae</b>	<b>Spurge Family</b>
<i>Euphorbia helioscopia</i>	Sun Spurge
<i>Euphorbia peplus</i>	Petty Spurge
<i>Mercurialis perennis</i>	Dog's Mercury
<b>Fabaceae</b>	<b>Pea Family</b>
<i>Anthyllis vulneraria</i>	Kidney Vetch
<i>Cytisus scoparius ssp maritimus</i>	Prostrate Broom
<i>Genista pilosa</i>	Hairy Greenweed
<i>Genista tinctoria</i>	Dyer's Greenweed
<i>Hippocrepis comosa</i>	Horseshoe Vetch
<i>Lathyrus linifolius</i>	Bitter Vetch
<i>Lotus corniculatus</i>	Bird's-foot Trefoil

**Scientific Name**

*Lotus pedunculatus*  
*Medicago arabica*  
*Medicago lupulina*  
*Ononis repens*  
*Trifolium campestre*  
*Trifolium dubium*  
*Trifolium incarnatum* subsp. *molinerii*  
*Trifolium pratense*  
*Trifolium repens*  
*Ulex europaeus*  
*Vicia cracca*  
*Vicia hirsuta*  
*Vicia lutea*  
*Vicia sativa*  
*Vicia sepium*

**Gentianaceae**

*Centaurium erythraea*

**Geraniaceae**

*Erodium cicutarium*  
*Erodium maritimum*  
*Erodium moschatum*  
*Geranium dissectum*  
*Geranium lucidum*  
*Geranium molle*  
*Geranium pratense*  
*Geranium pyrenaicum*  
*Geranium robertianum*  
*Geranium sanguineum*  
*Geranium versicolor*

**Hippocastanaceae**

*Aesculus hippocastanum*

**Hypericaceae**

*Hypericum perforatum*

**Lamiaceae**

*Ajuga reptans*  
*Glechoma hederacea*  
*Lamium album*  
*Lamium purpureum*  
*Prunella vulgaris*  
*Salvia verbenaca*  
*Stachys officinalis*  
*Stachys sylvatica*  
*Teucrium scorodonia*  
*Thymus polytrichus*

**Linaceae**

*Radiola linoides*

**Common Name**

Greater Bird's-foot Trefoil  
 Spotted Medick  
 Black Medick  
 Common Restharrow  
 Hop Trefoil  
 Lesser Trefoil  
 Long-headed Clover  
 Red Clover  
 White Clover  
 Common Gorse  
 Tufted Vetch  
 Hairy Tare  
 Yellow-vetch  
 Common Vetch  
 Bush Vetch

**Gentian Family**

Common Centaury

**Crane's-bill Family**

Common Stork's-bill  
 Sea Stork's-bill  
 Musk Stork's-bill  
 Cut-leaved Crane's-bill  
 Shining Crane's-bill  
 Dove's-foot Crane's-bill  
 Meadow Crane's-bill  
 Hedgerow Crane's-bill  
 Herb Robert  
 Bloody Crane's-bill  
 Pencilled Crane's-bill

**Horse-chestnut Family**

Horse-Chestnut

**St. John's-wort Family**

Perforate St. John's-wort

**Dead-nettle Family**

Common Bugle  
 Ground-ivy  
 White Dead-nettle  
 Red Dead-nettle  
 Selfheal  
 Wild Clary  
 Betony  
 Hedge Woundwort  
 Wood Sage  
 Wild Thyme

**Flax Family**

Allseed

**Scientific Name**

**Common Name**

**Lythraceae**

*Lythrum salicaria*

**Purple Loosestrife Family**

Purple Loosestrife

**Malvaceae**

*Malva arborea*

*Malva sylvestris*

**Mallow Family**

Tree Mallow

Common Mallow

**Mesembryanthemum**

*Carpobrotus edulis*

**Ice-Plant Family**

Hottentot Fig

**Oleaceae**

*Fraxinus excelsior*

*Ligustrum vulgare*

**Olive Family**

Ash

Wild Privet

**Onagraceae**

*Chamerion angustifolium*

*Circaea lutetiana*

*Epilobium hirsutum*

**Willowherb Family**

Rosebay Willowherb

Enchanter's-nightshade

Great Willowherb

**Orobanchaceae**

*Euphrasia* sp.

*Odontites vernus*

*Orobanche alba*

*Rhinanthus minor* subsp. *minor*

**Broomrape Family**

Eyebright

Red Bartsia

Thyme Broomrape

Yellow Rattle

**Oxalidaceae**

*Oxalis acetosella*

**Wood Sorrel Family**

Wood Sorrel

**Papaveraceae**

*Fumaria bastardii*

*Fumaria muralis*

*Fumaria officinalis*

*Papaver rhoeas*

**Poppy Family**

Tall Ramping-fumitory

Common Ramping-fumitory

Common Fumitory

Common Poppy

**Plantaginaceae**

*Plantago lanecolata*

*Plantago major*

*Plantago maritima*

*Plantago coronopus*

**Plantain Family**

Ribwort Plantain

Greater Plantain

Sea Plantain

Buck's-horn Plantain

**Polygonaceae**

*Fallopia japonica* var. *japonica*

*Persicaria maculosa*

*Polygonum aviculare*

*Polygonum maritimum*

*Rumex acetosa*

*Rumex acetosella*

*Rumex crispus*

*Rumex pulcher* subsp. *pulcher*

**Primulaceae**

*Anagallis arvensis*

**Knotweed Family**

Japanese Knotweed

Redshank

Knotgrass

Sea Knotgrass

Common Sorrel

Sheep's Sorrel

Curled Dock

Fiddle Dock

**Primrose Family**

Scarlet Pimpernel



**Scientific Name**

**Common Name**

*Glaux maritima*  
*Primula vulgaris*

Sea Milkwort  
Primrose

**Ranunculaceae**

**Buttercup Family**

*Caltha palustris*  
*Clematis vitalba*  
*Ranunculus acris*  
*Ranunculus bulbosus*  
*Ranunculus repens*

Marsh Marigold  
Old Man's Beard  
Meadow Buttercup  
Bulbous Buttercup  
Creeping Buttercup

**Rosaceae**

**Rose Family**

*Agrimonia eupatoria*  
*Crataegus monogyna*  
*Filipendula ulmaria*  
*Filipendula vulgaris*  
*Fragaria vesca*  
*Geum urbanum*  
*Helianthemum nummularium*  
*Potentilla anserina*  
*Potentilla erecta*  
*Potentilla reptans*  
*Potentilla sterilis*  
*Prunus avium*  
*Prunus spinosa*  
*Rosa canina*  
*Rosa pimpinellifolia*  
*Rubus fruticosus*  
*Sanguisorba minor* subsp. *minor*  
*Sorbus aucuparia*

Common Agrimony  
Hawthorn  
Meadowsweet  
Dropwort  
Wild Strawberry  
Wood Avens  
Common Rock-rose  
Silverweed  
Tormentil  
Creeping Cinqufoil  
Barren Strawberry  
Wild Cherry  
Blackthorn  
Dog-rose  
Burnet Rose  
Bramble  
Salad Burnet  
Rowan

**Rubiaceae**

**Bedstraw Family**

*Galium aparine*  
*Galium mollugo*  
*Galium verum*  
*Sherardia arvensis*

Goosegrass  
Hedge Bedstraw  
Ladiy's Bedstraw  
Field Madder

**Sapindaceae (Aceraceae)**

**Maple Family**

*Acer pseudoplatanus*

Sycamore

**Salicaceae**

**Willow Family**

*Salix caprea*

Goat Willow

**Scrophulariaceae**

**Figwort Family**

*Buddleja davidii*  
*Verbascum thapsus*

Butterfly-bush  
Great Mullein

**Solanaceae**

**Potato Family**

*Solanum dulcamara*

Woody Nightshade

**Ulmaceae**

**Elm family**

*Ulmus glabra*

Wych Elm

**Scientific Name**

**Common Name**

**Urticaceae**

*Parietaria officinalis*  
*Urtica dioica*

**Nettle Family**

Pellitory-of-the-wall  
Common Nettle

**Valerianaceae**

*Centranthus ruber*  
*Valeriana officinalis*

**Valerian Family**

Red Valerian  
Common Valerian

**Veronicaceae**

*Cymbalaria muralis*  
*Digitalis purpurea*  
*Linaria vulgaris*  
*Veronica arvensis*  
*Veronica beccabunga*  
*Veronica chamaedrys*  
*Veronica hederifolia*  
*Veronica officinalis*  
*Veronica persica*  
*Veronica serpyllifolia* subsp. *humifusa*

**Speedwell Family**

Ivy-leaved Toadflax  
Foxglove  
Common Toadflax  
Wall Speedwell  
Brooklime  
Germander Speedwell  
Ivy-leaved Speedwell  
Heath Speedwell  
Common Field Speedwell  
Thyme-leaved Speedwell

**Violaceae**

*Viola arvensis*

**Violet Family**

Field Pansy

**MONOCOTS**

**Amaryllidaceae**

*Allium ampeloprasum* var. *babingtonii*  
*Allium roseum*  
*Allium schoenoprasum*  
*Allium triquetrum*  
*Allium ursinum*

**MONOCOTYLEDONS**

**Daffodil Family**

Babington's Leek  
Rosy Garlic  
Wild Chives  
Three-cornered Garlic  
Ramsons

**Araceae**

*Arum maculatum*

**Lord's-and-Ladies Family**

Lord's-and-Ladies

**Asparagaceae**

*Asparagus officinalis* subsp. *prostratus*  
*Gladiolus communis* subsp. *byzantinus*  
*Hyacinthoides non-scripta*  
*Scilla verna*

**Asparagus Family**

Wild Asparagus  
Eastern Gladiolus  
Bluebell  
Spring Squill

**Cyperaceae**

*Carex flacca*  
*Carex hirta*  
*Carex pendula*  
*Eleocharis palustris*

**Sedge Family**

Glaucous Sedge  
Hairy Sedge  
Pendulous Sedge  
Common Spike-rush

**Dioscoreaceae**

*Tamus communis*

**Black Bryony Family**

Black Bryony

**Juncaceae**

*Juncus conglomeratus*

**Rush Family**

Compact Rush

**Scientific Name****Common Name**

*Juncus effusus*  
*Juncus inflexus*  
*Luzula campestris*

Soft Rush  
 Hard Rush  
 Field Wood-rush

**Liliaceae****Lily Family**

*Crocus x crocosmifolia*  
*Iris foetidissima*  
*Iris pseudacorus*

Montbretia  
 Gladdon Iris  
 Yellow Iris

**Orchidaceae****Orchid Family**

*Dactylorhiza fuschii*  
*Dactylorhiza maculata* subsp *ericetorum*  
*Orchis mascula*

Common Spotted-orchid  
 Heath Spotted-orchid  
 Early Purple Orchid

**Poaceae****Grass Family**

*Alopecurus pratensis*  
*Anisantha sterilis*  
*Anthoxanthum odoratum*  
*Arrhenatherum elatius*  
*Brachypodium sylvaticum*  
*Briza media*  
*Cynosorus cristatus*  
*Dactylis glomerata*  
*Deschampsia cespitosa*  
*Elytrigia repens*  
*Festuca arundinacea*  
*Holcus lanatus*  
*Lolium perenne*  
*Phalaris arundinacea*  
*Phleum pratense*  
*Phragmites australis*  
*Poa annua*

Meadow Foxtail  
 Barren Brome  
 Sweet Vernal Grass  
 False Oat-grass  
 False Brome  
 Quaking Grass  
 Crested Dog's-tail  
 Cock's-foot  
 Tufted Hair-grass  
 Common Couch  
 Tall Fescue  
 Yorkshire-fog  
 Perennial Rye-grass  
 Reed Canary-grass  
 Timothy  
 Common Reed  
 Annual Meadow-grass

**Typhaceae****Reedmace Family**

*Typha latifolia*

Great Reedmace

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