

Botanical Name	Common Name	Family	Podlech Page	Colour	Flowering period	Habitat	VCs	Part(s) Used Medicinally	Print
<i>Abies alba</i>	Silver Fir	Pinaceae	198	Green	5-6	W	D	Resin	M
<i>Achillea millefolium</i>	Yarrow	Asteraceae	188	White	6-11	EGM	DSN	Flowering plant	M H
<i>Aconitum napellus</i>	Monk's Hood	Ranunculaceae	8	Blue	5-9		DSN		P H
<i>Acorus calamus</i>	Sweet-flag	Acoraceae	208	Green	5-7	F	DSN	Root	M
<i>Aegopodium podagraria</i>	Ground-elder	Apiaceae	160	White	6-8	FHW	DSN		M H
<i>Aesculus hippocastanum</i>	Horsechestnut	Sapindaceae	154	White	5	EW	DSN	Seed	M H
<i>Agrimonia eupatoria</i>	Agrimony	Rosaceae	38	Yellow	6-9	GHW	DSN	Flowering plant	M
<i>Agrostemma githago</i>	Corncockle	Caryophyllaceae	G	Red	5-8		DSN		P
<i>Alcea rosea</i>	Hollyhock	Malvaceae	92	Red	7-9	E	D	Flower, Root	M
<i>Alchemilla vulgaris</i>	Lady's Mantle	Rosacea	224	Green	5-9	MU	DSN	Aerial parts	M
<i>Alliaria petiolata</i>	Garlic Mustard	Brassicaceae	136	White	4-6	HW	DSN	Leaf	M
<i>Allium cepa</i>	Onion	Amaryllidaceae	130	White	6-8	E	N	Bulb	M H
<i>Allium sativum</i>	Garlic	Liliaceae	128	White	6-8		X	Bulb	GM H
<i>Allium ursinum</i>	Wild Garlic/Ramsons	Amaryllidaceae	128	White	4-6	FGHW	DSN	Leaves	M
<i>Althea officinalis</i>	Marsh-mallow	Malvaceae	92	Red	8-9	CEFM	N	Leaf; Root	GM
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Primulaceae	98	Red	6-10	ACEM	DSN		M P H
<i>Anemone nemorosa</i>	Wood Anemone	Ranunculaceae	G	White	3-4		DSN		P
<i>Anethum graveolens</i>	Dill	Apiaceae	54	Yellow	7-8		N	Leaf, Seed	M
<i>Angelica archangelica</i>	Angelica	Apiaceae	230	Green	7-8	DS	D	Leaf; Root; seed	GM
<i>Angelica sylvestris</i>	Wild Angelica	Apiaceae	168	White	7-8	MW	DSN		M H
<i>Apium graveolens</i>	Celery	Apiaceae	166	White	6-10		X	Leaf; Seed	GM
<i>Arctium minus</i>	Lesser Burdock	Asteraceae	122	Red	7-9	EFH	DSN	Root	M
<i>Arctostaphyllum uva-ursi</i>	Bearberry	Ericaceae	170	White	5-8	UW	DSN	Leaf	GM

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<i>Armoracia rusticana</i>	Horseradish	Brassicaceae	138	White	5-7		DSN	Root	GM
<i>Arnica montana</i>	Arnica	Asteraceae	72	Yellow	6-8		X	Flowerhead	GM
<i>Artemisia absinthium</i>	Wormwood	Asteraceae	70	Yellow	7-9	EGM	DSN	Flowering plant	M H
<i>Artemisia vulgaris</i>	Mugwort	Asteraceae	238	Green	7-9	EF	DSN	Flowering plant	M
<i>Arum maculatum</i>	Lords and Ladies	Araceae	G	Red	4-5		DSN		P
<i>Asarum europaeum</i>	Asarabacca	Aristolochiaceae	214	Green	4-5	W	DSN		H P
<i>Atriplex hortensis</i>	Garden Orache	Amaranthaceae	222	Green	7-8	E	DS	Leaf	M
<i>Atriplex prostrata</i>	Spear-leaved Orache	Amaranthaceae	222	Green	7-9	ACE	DSN	Leaf	M
<i>Atropa belladonna</i>	Deadly Nightshade	Solanaceae	234	Green	8-10	BW	DSN		M P H
<i>Avena sativa</i>	Oats	Poaceae	206	Green	6-8	AE	DS	Seeds	M H
<i>Bellis perennis</i>	Daisy	Asteraceae	186	White	3-11	G	DSN	Flowering plant	H
<i>Betonica officinalis</i>	Betony	Lamiaceae	108	Red	7-9	GW	DSN	Flowering plant	M H
<i>Betula pendula</i>	Silver Birch	Betulaceae	212	Green	4-5	EFW	DSN	Leaves	M
<i>Borago officinalis</i>	Borage/Star flower	Boraginaceae	16	Blue	4-9		DSN	Leaf, Seed	GM H
<i>Boswellia serrata</i>	Frankincense	Burseraceae		Yellow			X	Resin	GM
<i>Brassica nigra</i>	Black Mustard	Brassicaceae	36	Yellow	6-9	EGM	DSN	Seeds	M H
<i>Bryonia dioica</i>	White Bryony	Cucurbitaceae	154	White	6-9	EFHW	DSN		M P H
<i>Buxus sempervirens</i>	Box	Buxaceae	G	White	3-5		DSN		P
<i>Calendula officinalis</i>	Marigold	Asteraceae	72	Yellow	6-9		DSN	Flower head/petals	GM H
<i>Calluna vulgaris</i>	Heather	Ericaceae	96	Red	7-11	CUW	DSN	Floweing plant	M
<i>Caltha palustris</i>	Marsh Marigold	Ranunculaceae	32	Yellow	3-5	FMW	DSN		P H

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<i>Cannabis sativa</i>	Hemp	Cannabaceae	G	Red	7-9		DS	Leaf	M
<i>Capsella bursa-pastoris</i>	Shepherd's purse	Brassicaceae	138	White	3-12	AE	DSN	Flowering Plant	M H
<i>Cardamine pratensis</i>	Cuckoo Flower	Brassicaceae	84	Red	5-7	FM	DSN		H
<i>Carex arenaria</i>	Sand Sedge	Cyperaceae	208	Green	5-7	C	DSN	Rhizome	M
<i>Carum carvi</i>	Caraway	Apiaceae	160	White	5-7	EMU	DSN	Seeds	GM
<i>Castanea sativa</i>	Sweet Chestnut	Fagaceae	214	Green	6	W	DSN		M
<i>Centaureum erythraea</i>	Centaury	Gentianaceae	100	Red	6-10	EGW	DSN	Flowering Plant	M
<i>Centranthus ruber</i>	Red Valerian	Valerianaceae	118	Red	5-7	BEC	DSN		H
<i>Chelidonium majus</i>	Greater Celandine	Papaveraceae	36	Yellow	5-8		DSN		M P H
<i>Chenopodium album</i>	Fat Hen	Amaranthaceae	G	Green	6-10	A	DSN	Leaf	M
<i>Cichorium intybus</i>	Chicory	Asteraceae	26	Blue	7-10	EM	DSN	Root & Plant	M H
<i>Cimicifuga/Actea racemosa</i>	Black cohosh	Ranunculaceae		Yellow	late summer		X	Root/Rhizome	GM
<i>Clematis vitalba</i>	Traveller's Joy	Ranunculaceae	134	White	6-9		DSN		P
<i>Cochlearia officinalis</i>	Common Scurvygrass	Brassicaceae	136	White	5-6	C	DSN		H
<i>Colchicum autumnale</i>	Autumn Crocus	Colchicaceae	78	Red	5-7		D	Corm, Seed	M P
<i>Conium maculatum</i>	Hemlock	Apiaceae	164	White	7-9	EF	DSN		P
<i>Convallaria majalis</i>	Lily-of-the-valley	Asparagaceae	126	White	5-6	HW	DSN	Aerial parts	M H
<i>Convolvulus arvensis</i>	Field Bindweed	Convolvulaceae	174	White	5-9	AEHM	DSN		P
<i>Coriandrum sativum</i>	Coriander	Apiaceae	164	White	6-7	E	DS	Seeds; Leaf	GM
<i>Crataegus</i> spp.	Hawthorn	Rosaceae	146	White	5-6	HW	DSN	Flowers, Fruit	M
<i>Crocus nudiflorus</i>	Autumn crocus	Iridaceae	G	Red	9-10		DN		P

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Curcuma longa	Turmeric	Zingiberaceae		Red			X	Root	GM
Cydonia oblonga	Quince	Rosaceae	148	White	5-6	EW	D	Fruit	M
Cynoglossum officinale	Hound's-tongue	Boraginaceae	104	Red	5-6	CEGW	DSN	Aerial parts	M
Cytisus scoparia	Broom	Fabaceae	42	Yellow	5-6	GHW	DSN	Flowering tops	M H
Daphne laureola	Spurge Laurel	Thymelaeaceae	G	Green	1-4		DSN		P
Daphne mezereum	Mezereon	Thymelaeaceae	94	Red	2-4	HW	D		H
Datura stramonium	Thorn-apple	Solanaceae	176	White	6-10	6-10	DSN		M P H
Daucus carota	Wild carrot	Apiaceae	G	White	6-9	CG	DSN	Aerial parts	M
Dianthus caryophyllus	Pink	Caryophyllaceae		Red	4-8		X	Petals	GM
Digitalis purpurea	Foxglove	Veronicaceae	118	Red	6-8	EW	DSN	Leaf	M P
Dipsacus spp.	Wild Teasel	Dipsaceae	G	Blue	7-8	G	DSN	Root	M
Drosera rotundifolia	Round-leaved Sundew	Droseraceae	140	White	6-8	FGU	DSN	Dried Flowering plant	M
Dryopteris filix-mas	Male-fern	Dryopteridaceae	196	Green	7-9	EWU	DSN		P
Echinacea spp.	Echinacea	Asteraceae	120	Red	5-8		X	Root; Aerial parts	GM
Echium vulgare	Viper's Bugloss	Boraginaceae	G	Blue	6-9		DSN		P
Elytria repens	Couch grass	Graminaceae	206	Green	7-8	EGM	DSN	Root-stock	M
Equisetum arvense	Field Horsetail	Equisetaceae	192	Green	4	CEF	DSN	Sterile Herb/brush	M
Eryngium campestre	Field Eryngo	Apiaceae	158	White	7-9	CEG	DS	Root	M
Eupatorium cannabinum	Hemp Agrimony	Asteraceae	120	Red	7-9	EFW	DSN	Aerial parts	M
Eupatorium perfoliatum	Boneset	Asteraceae		Red	7-9		X	Aerial parts	GM
Eupatorium purpureum	Gravel root	Asteraceae		Red	7-8		X	Root; Rhizome	GM

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Euphrasia spp.	Eyebright	Scrophulariaceae	182	White	7-8	CGMW	DSN	Flowering plant	M H
Fagopyrum esculentum	Buckwheat	Polygonaceae	130	White	7-10	AE	DSN	Fruit	M H
Ficaria verna	Lesser Celandine	Ranunculaceae	34	Yellow	3-5	HMW	DSN	Aerial parts	M
Ficus carica	Fig	Moraceae	218	Green	6-9	F	DS	Fruit	M
Filipendula ulmaria	Meadowsweet	Rosacea	142	White	6-9	FGW	DSN	Flowering plant	M
Foeniculum vulgare	Fennel	Umbelliferae	54	Yellow	7-10		DSN	Seeds	GM
Fragaria vesca	Wild Strawberry	Rosacea	142	White	4-7	W	DSN	Leaves	M
Fraxinus excelsior	Ash	Oleaceae	232	Green	5	FHUW	DSN	Leaves	M
Fucus vesiculosus	Kelp	Fucaceae			N/a		X	Whole thallus	GM
Fumaria officinalis	Fumitory	Papaveraceae	80	Red	4-10	AE	DSN	Whole flowering herb	M
Galega officinalis	Goat's Rue	Fabaceae	150	White	7-9	E	D	Leaf, Flowering top	M
Galeopsis segetum	Downy Hemp-Nettle	Lamiaceae	60	Yellow	7-9	AEH	D	Flowering plant	M H
Galium aparine	Cleavers	Rubiaceae	G	White	6-8	H	DSN	Whole herb before flowers	M
Galium odoratum	Woodruff	Rubiaceae	186	White	4-5	HW	DSN	Leaf	M
Galium verum	Lady's Bedstraw	Rubiaceae	64	Yellow	6-9	CEGW	DSN	Flowering plant	M
Genista tinctoria	Dyer's Greenweed	Fabaceae	42	Yellow	4-7	HMW	DSN	Whole Plant	M
Geranium maculatum	American cranesbill	Geraniaceae		Red	Summer		X	Root; Aerial parts	GM
Geranium robertianum	Herb-Robert	Geraniaceae	88	Red	5-10	BHW	DSN	Flowering plant	M H
Geum urbanum	Wood Avens	Rosaceae	38	Yellow	5-10	HW	DSN	Flowering plant	M
Ginkgo biloba	Ginkgo	Ginkgoaceae	204	Green	4-5		X	Leaf	GM

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<i>Glechoma hederacea</i>	Ground Ivy	Lamiaceae	22	Blue	4-7		DSN	Flowering plant	GM
<i>Hamamelis virginiana</i>	Witch hazel	Hamamelidaceae		Yellow	autumn - feb/march		X	Leaf; Bark	GM
<i>Hedera helix</i>	Common Ivy	Araliaceae	232	Green	9-11	HUW	DSN	Leaf	M H
<i>Helianthus annuus</i>	Sunflower	Asteraceae	68	Yellow	8-10	AE	DN	Seeds	M
<i>Helleborus foetidus</i>	Stinking Hellebore	Ranunculaceae	G	Green	1-5		DSN		P
<i>Heracleum mantegazzianum</i>	Giant Hogweed	Apiaceae	G	White	6-7		DSN		P
<i>Herniaria glabra</i>	Smooth Rupturewort	Caryophyllaceae	222	Green	7-9	E	D	Aerial parts	M
<i>Hippophae rhamnoides</i>	Sea Buckthorn	Elaeagnaceae	228	Green	3-4	CEF	DSN	Berries	M
<i>Humulus lupulus</i>	Hop	Cannabinaceae	218	Green	7-9	HW	DSN	Fruiting heads	GM H
<i>Hyoscyamus niger</i>	Henbane	Solanaceae	234	Green	5-9	BCE	DSN		M P H
<i>Hypericum perforatum</i>	St John's Wort	Hypericaceae	46	Yellow	6-9	EGW	DSN	Flowering plant; Flower head	M
<i>Hyssopus officinalis</i>	Hyssop	Lamiaceae	22	Blue	8-10		X	Leaf; Aerial Plant	GM
<i>Imperatoria ostruthium</i>	Masterwort	Apiaceae	168	White	6-8	FGHMU	DSN	Root	M
<i>Inula helenium</i>	Elecampane	Asteraceae	68	Yellow	6-10		DSN	Root/Rhizome	GM
<i>Juglans regia</i>	Walnut	Juglandaceae	210	Green	4-5	W	D	Leaf	M
<i>Juniperus communis</i>	Juniper	Cupressaceae	202	Green	5-6	GUW	DSN	Berries	M
<i>Laburnum anagyroides</i>	Laburnum	Fabaceae	G	Yellow	5-6		DSN		P
<i>Lamium album</i>	White Deadnettle	Lamiaceae	180	White	4-8	EHW	DSN	Flowers	M
<i>Lavandula angustifolia</i>	Lavender	Lamiaceae	20	Blue	6-8		X	Flower	GM
<i>Leonurus cardiaca</i>	Motherwort	Lamiaceae	108	Red	6-10		X	Whole herb	GM H
<i>Linaria vulgaris</i>	Common Toadflax	Veronicaceae	62	Yellow	6-10	EG	DSN		H

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<i>Linum usitatissimum</i>	Flax	Linaceae	12	Blue	6-8	AE	DSN	Seeds	M
<i>Lycopus europaeus</i>	Gipsywort	Lamiaceae	180	White	7-9	F	DSN	Flowering plant	M
<i>Lysimachia nummularia</i>	Creeping Jenny	Primulaceae	56	Yellow	5-7	FMW	DSN	Flowering plant	M
<i>Malva sylvestris</i>	Common Mallow	Malvaceae	92	Red	5-9	AEMP	DSN	Leaves, flowes	M
<i>Marrubium vulgare</i>	White Horehound	Lamiaceae	178	White	7-9	EG	DSN	Flowering Plant	GM
<i>Matricaria chamomilla</i>	Chamomile	Asteraceae	190	White	5-9		X	Flower head	GM
<i>Matricaria discoidea</i>	Pineapple Mayweed	Asteraceae		Yellow	5-9			Flower head	M
<i>Melilotus officinalis</i>	Ribbed Melilot	Fabaceae	42	Yellow	5-10	E	DSN	Whole flowering herb	M H
<i>Melissa officinalis</i>	Lemon balm	Lamiaceae	178	White	6-8		D	Leaf	GM
<i>Mentha</i> spp.	Mints	Lamiaceae	112	Red	7-10	EFW	DSN	Leaves	M
<i>Menyanthes trifoliata</i>	Bogbean	Menyanthaceae	170	White	5-6	F	DSN	Aerial parts	M H
<i>Mercurialis annua</i>	Annual Mercury	Euphorbiaceae	226	Green	5-10	AM	DS		H P
<i>Meum athamanticum</i>	Spignel	Apiaceae	166	White	5-8	GU	S	Leaf, Root	M
<i>Myrica gale</i>	Bog myrtle	Myricaceae	G	Red	4-5	FGHW	SN	Leaves	M
<i>Myrtus communis</i>	Myrtle	Myrtaceae	156	White	6-9		X	Leaf	GM
<i>Nasturtium officinale</i> agg.	Watercress	Brassicaceae	140	White	6-9	F	DSN	Fresh plant	M
<i>Nepeta cataria</i>	Catmint	Lamiaceae	G	White	7-8		DS	Whole herb/Leaf	GM
<i>Ocimum basilicum</i>	Basil	Lamiaceae	178	White	6-9		X	Leaf	GM
<i>Oenanthe crocata</i>	Water Hemlock	Apiaceae	G	White	6-8		DSN		P
<i>Oenothera biennis</i>	Cmn Evening-Primrose	Onagraceae	50	Yellow	6-10	CE	DSN	Seeds	M
<i>Olea europea</i>	Olive	Oleaceae	172	White	6-7		X	Leaf; Fruit	GM

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<i>Ononis spinosa</i>	Spiny Restharrow	Fabaceae	88	Red	7-10	EG	D	Whole herb	M
<i>Origanum vulgare</i>	Wild Marjoram	Lamiaceae	110	Red	7-9	EGHW	DSN	Plant	M
<i>Oxalis acetosella</i>	Wood Sorrel	Polygonaceae	G	White	4-5	HW	DSN	Leaf	M
<i>Papaver rhoeas</i>	Common Poppy	Papaveraceae	82	Red	5-7	AE	DSN	Seeds	M
<i>Papaver somniferum</i>	Opium Poppy	Papaveraceae	82	Red	6-8	E	DSN	Capsule	M P
<i>Paris quadrifolia</i>	Herb paris	Melanthiaceae	208	Green	5-6	W	DSN		H P
<i>Pastinaca sativa</i>	Wild Parsnip	Apiaceae	52	Yellow	7-9	EM	DSN	Root	M
<i>Persicaria bistorta</i>	Common Bistort	Polygonaceae	78	Red	5-7	EMW	DSN	Root, Leaf	M
<i>Petasites hybridus</i>	Butterbur	Asteraceae	238	Green	3-5	EFH	DSN	Leaves; Root	M
<i>Petroselinum crispum</i>	Parsley	Apiaceae	230	Green	6-7	E	DSN	Leaf; Root; Seed	GM
<i>Picea abies</i>	Norway Spruce	Pinaceae	198	Green	5-6	W	DSN	Resin	M
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	Asteraceae	76	Yellow	5-10	GP	DSN	Flowering plant	M
<i>Pimpinella major</i>	Greater Burnet-saxifrage	Apiaceae	162	White	6-8	MW	DSN	Root; Aerial parts	M
<i>Pimpinella saxifraga</i>	Burnet-saxifrage	Apiaceae	162	White	7-10	G	DSN	Root; Aerial parts	M
<i>Pinus sylvestris</i>	Scots Pine	Pinaceae	200	Green	5-10	W	DSN	Shoots	M
<i>Plantago lanceolata</i>	Ribwort Plantain	Plantaginaceae	236	Green	6-10	EGM	DSN	Leaves	M
<i>Plantago major</i>	Greater Plantain	Plantaginaceae	236	Green	6-10	EGM	DSN	Leaves	M H
<i>Polypodium vulgare</i>	Polypody	Polypodiaceae	196	Green	7-8	BEW	DSN	Root; Leaf	M
<i>Populus tremula</i>	Aspen	Salicaceae	210	Green	3-4	W	DSN		H
<i>Potentilla anserina</i>	Silverweed	Rosaceae	40	Yellow	5-8	EM	DSN	Flowering plant	M H
<i>Potentilla erecta</i>	Tormentil	Rosaceae	40	Yellow	5-10	FGM	DSN	Rootstock	M

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Primula veris	Cowslip	Primulaceae	56	Yellow	4-5	EGHW	DSN	Flowers	M
Prunus laurocerasus	Cherry Laurel	Rosaceae		White			X		P
Prunus spinosa	Blackthorn	Rosaceae	144	White	3-5	HW	DSN	Flowerers/Fruit	M
Pulmonaria officinalis	Lungwort	Boraginaceae	16	Blue	2-5	HW	DSN	Flowering Plant	M
Pulsatilla vulgaris	Pasque flower	Passifloraceae		Red	6-9		X	Leaf	GM
Quercus robur	Pedunculate Oak	Fagaceae	212	Green	4-5		DSN	Bark	M
Ranunculus acris	Meadow Buttercup	Ranunculaceae	G	Yellow	4-5		DSN		P
Rhamnus cathartica	Buckthorn	Rhamnaceae	228	Green	5-6	FHW	D	Berries	M P
Ribes nigrum	Black Currant	Grossulariaceae	224	Green	4-5	FHW	DSN	Leaves; Berries	M
Rosa canina	Dog Rose	Rosaceae	84	Red	6-7	EHW	DSN	Fruits	M
Rosmarinus officinalis	Rosemary	Lamiaceae	20	Blue	1-12		X	Leaf	GM
Rubus fruticosus	Bramble / Blackberry	Rosaceae	144	White	5-9	HW	DSN	Leaves; Berries	M
Rubus ideaus	Raspberry	Rosaceae	144	White	6-8		DSN	Leaf; Berries	GM
Rumex acetosa	Rhamnus cathartica	Polygonaceae	220	Green	5-6	GM	DSN	Plant	M
Rumex acetosella	Sheep's sorrel	Polygonaceae	G	Red	3-10	G	DSN	Leaf	M
Rumex alpinus	Monk's-rhubarb	Polygonaceae	220	Green	6-8	BEFMU	D		H
Rumex crispus	Curled dock	Polygonaceae	G	Yellow	3-10	G	DSN	Root	M
Rumex obtusifolius	Dock	Polygonaceae	G	Red	6-10		DSN	Leaf; Root	M
Salix alba	Wjite Willow	Salicaceae	G	Yellow	4-5	FW	DSN	Bark	M
Salvia officinalis	Sage	Lamiaceae	18	Blue	5-7		X	Leaf	GM
Sambucus ebulus	Dwarf Elder	Caprifoliaceae	184	White	6-8	EHW	DSN	Leaf	M

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Sambucus nigra	Elder	Caprifoliaceae	184	White	6-7	EHW	DSN	Flower, Fruits	M H
Sanicula europaea	Sanicle	Apiaceae	158	White	5-6	W	DSN		H
Saponaria officinalis	Soapwort	Caryophyllaceae	80	Red	6-9	EF	DSN	Dried root and leaf	M P
Scrophularia nodosa	Figwort	Scrophulariaceae	234	Green	6-7	HW	DSN	Whole flowering herb	M H
Scutellaria lateriflora	Skullcap	Lamiaceae	G	Blue	Summer		DSN	Aerial parts	GM
Sedum acre	Biting Stonecrop	Crassulaceae	38	Yellow	6-8	EBG	DSN		H
Sempervivum tectorum	Houseleek	Crassulaceae	G	Red	6-7	B	DSN	Fresh leaf	M
Senecio jacobea	Common Ragwort	Asteraceae	G	Yellow	6-11		DSN		P
Silybum marianum	Milk thistle	Asteraceae		Red	6-8		X	Seeds	GM
Sinapis alba	White Mustard	Brassicaceae	36	Yellow	6-10	AE	DSN	Seeds	M
Smyrmium olusatrum	Alexanders	Apiaceae	52	Yellow	4-6	CE	DSN	All parts of plant	M
Solanum dulcamara	Bittersweet	Solonaceae	104	Red	6-9	EFHW	DSN		P H
Solidago gigantea	Early Goldenrod	Asteraceae	64	Yellow	8-10	EW	DSN	Leaf	M
Solidago virgaurea	Goldenrod	Asteraceae	66	Yellow	7-10	GHW	DSN	Leaf	M
Sorbus aucuparia	Rowan	Rosaceae	148	White	5-7	FUW	DSN	Fruit	M
Stellaria media	Common chickweed	Caryophyllaceae	132	White	1-12	EGM	DSN	Plant	M H
Succisa pratensis	Devil's-bit Scabious	Dipsacaceae	24	Blue	7-9	FGM	DSN	Root	H
Symphoricarpos album	Snowberry	Caprifoliaceae	G	White	5-9		DSN		P
Symphytum officinale	Common Comfrey	Boraginaceae	102	Red	5-7	FM	DSN	Leaf	M H
Tanacetum balsamita	Costmary	Asteraceae		Yellow	Summer		X	Leaf	GM
Tanacetum parthenium	Feverfew	Asteraceae	188	White	7-9	EH	DSN	Leaf	M

Botanical Name	Common Name	Family	Podlech Page	Colour	Flowering period	Habitat	VCs	Part(s) Used Medicinally	Print
Tanacetum vulgare	Tansy	Asteraceae	74	Yellow	7-9	EFH	DSN	Aerial parts	M H
Taxus baccata	Yew	Taxaceae	G	White	2-4		DSN		P
Teucrium chamaedrys	Wall Germander	Lamiaceae	106	Red	7-8	BGW	DSN	Whole plant	M
Teucrium scorodonia	Wood Sage	Lamiaceae	58	Yellow	6-10	HW	DSN	Leaves	M H
Thymus spp.	Thyme	Lamiaceae	116	Pink	6-9	EG	DSN	Plant	M H
Tilia spp.	Lime tree/Linden	Malvaceae	46	Cream	6-7	W	DSN	Flowers	M H
Tragopogon pratensis	Goat's-beard	Asteraceae	74	Yellow	5-7	CEFGM	DSN	Root & Plant	M
Trifolium arvense	Hare's-foot Clover	Fabaceae	86	Red	5-8	AEFM	DSN	Flowering plant	H
Trifolium praetense	Red Clover	Fabaceae	86	Red	5-10	EG	DSN	Flowering plant	M
Tussilago farfara	Coltsfoot	Asteraceae	70	Yellow	3-4	EG	DSN	Flowers, Leaves	M
Urtica dioica	Common Nettle	Urticaceae	216	Green	6-10	EFW	DSN	Leaf, Root, Seed	M
Urtica urens	Small Nettle	Urticaceae	216	Green	5-7	AE	DSN	Leaf, Root, Seed	M H
Vaccinium myrtillus	Bilberry	Ericaceae	98	Red	4-7	UW	DSN	Fruits	M
Vaccinium uliginosum	Bog Bilberry	Ericaceae	98	Red	5-6	CUW	DSN		P
Vaccinium vitis-idaea	Cowberry	Ericaceae	170	White	5-6	FW	DSN	Fruit	M
Valeriana officianalis	Valerian	Valerianaceae	118	Red	6-8	FW	DSN	Root	M H
Verbascum thapsus	Great Mullein	Scrophulariaceae	60	Yellow	7-9	EW	DSN	Flowers, leaf, root	M H
Verbena officinalis	Vervain	Verbenaceae	106	Red	6-9		DSN	whole herb in flower, Leaf	GM H
Veronica officinalis	Heath Speedwell	Veronicaceae	24	Blue	7-9	GMW	DSN	Flowering plant	M
Viburnum opulus	Guelder Rose	Caprifoliaceae	G	White	Summer		DSN	Stem bark	GM

Botanical Name	Common Name	Family	Podlech Page	Colour	Flowering period	Habitat	VCs	Part(s) Used Medicinally	Print
Vinca major	Greater Periwinkle	Apocynaceae	14	Blue	Summer			Leaf, Flower	M
Vinca minor	Lesser Periwinkle	Apocynaceae	14	Blue	4-5	HW	DSN		P H
Viola tricolor	Heartsease / Wild Pansy	Violaceae	50	Yellow	6-10		DSN	Flowering plant	M H
Viscum album	Mistletoe	Santalaceae	220	Green	3-4	W	DSN	Leaves, Berries	M P
Vitex agnus-castus	Chaste tree	Verbenaceae	18	Blue	5-7		X	Fruit	GM
Zingiber officinale	Ginger	Zingiberaceae	G				X	Root	GM

G – not in Podlech.