

A Project Proposal

Walks on the Wild Side – what it could involve

- Walks in varying terrains and locations throughout the Northumbria region
- Includes:
 - Coast and Dunes
 - Moorland
 - Woodland
 - Salt marshes
 - Hedgerows and roadsides
 - In Towns and villages
 - Fields
 - River banks
 - Former railway lines

Short walks Long walks Circular walks ... Easy strolls ... Challenging walks ...
Up hill, Down Dale

What and Which ever suits you

Walks on the Wild Side – How it could work

Identify a route – a map would help for others to follow later.

Use some of the many walking routes available on-line or in books or create your own

Photograph the plants that interest you Take close ups.

Note:

Flower colours, number and shape of flowers and petals

Leaf colour and shape

Leaf arrangement, Flower arrangement

Note the location of the plant e.g. in shade or sun etc.

Time of year

Take plenty of photos for identification later.

Don't expect to be able to identify every plant

Walks on the Wild Side – different aspects

Plant identification and Botany

Time of year helps plant identification

History of plant use – Anglo Saxon, Medieval, Modern day

Uses of plant – dye, cosmetic, practical (e.g. rope making), medicinal, folklore, food, uses in other cultures.

Which parts and how they are used

Photographs or drawings

Data are already available on the Regional website (link below) courtesy of Ron Burn. In an excel sheet, you can sort by habitat or flowering period when planning a walk and wondering what plans you might find.

<https://u3asites.org.uk/northumbria/page/89685>

Botanical Name	Common Name	Family	Podlech Page	Colour	Flowering period	Habitat	VCs	Part(s) Used Medicinally	Habitat Codes	Habitat
<i>Abies alba</i>	Silver Fir	Pinaceae	198	Green	5-6	W	D	Resin		
<i>Achillea millefolium</i>	Yarrow	Asteraceae	188	White	6-11	EGM	DSN	Flowering plant		
<i>Aconitum napellus</i>	Monk's Hood	Ranunculaceae	8	Blue	5-9		DSN			
<i>Acorus calamus</i>	Sweet-flag	Acoraceae	208	Green	5-7	F	DSN	Root		
<i>Aegopodium podagraria</i>	Ground-elder	Apiaceae	160	White	6-8	FHW	DSN			
<i>Aesculus hippocastanum</i>	Horsechestnut	Sapindaceae	154	White	5	EW	DSN	Seed		
<i>Agrimonia eupatoria</i>	Agrimony	Rosaceae	38	Yellow	6-9	GHW	DSN	Flowering plant	A	Arable
<i>Agrostemma githago</i>	Corncockle	Caryophyllaceae	G	Red	5-8		DSN		B	Brownfield and Urban
<i>Alcea rosea</i>	Hollyhock	Malvaceae	92	Red	7-9	E	D	Flower, Root	C	Coastal
<i>Alchemilla vulgaris</i>	Lady's Mantle	Rosacea	224	Green	5-9	MU	DSN	Aerial parts	E	Embankments, Paths and Waysides
<i>Alliaria petiolata</i>	Garlic Mustard	Brassicaceae	136	White	4-6	HW	DSN	Leaf	F	Freshwater, Ditches & Riverbanks
<i>Allium cepa</i>	Onion	Amaryllidaceae	130	White	6-8	E	N	Bulb	G	Grassland
<i>Allium sativum</i>	Garlic	Liliaceae	128	White	6-8		X	Bulb	H	Hedgerows and Scrub
<i>Allium ursinum</i>	Wild Garlic/Ramsons	Amaryllidaceae	128	White	4-6	FGHW	DSN	Leaves	M	Meadows and Pasture
<i>Althea officinalis</i>	Marsh-mallow	Malvaceae	92	Red	8-9	CEFM	N	Leaf; Root	U	Uplands
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Primulaceae	98	Red	6-10	ACEM	DSN		W	Woodland

What end result could we achieve?

A Book ?

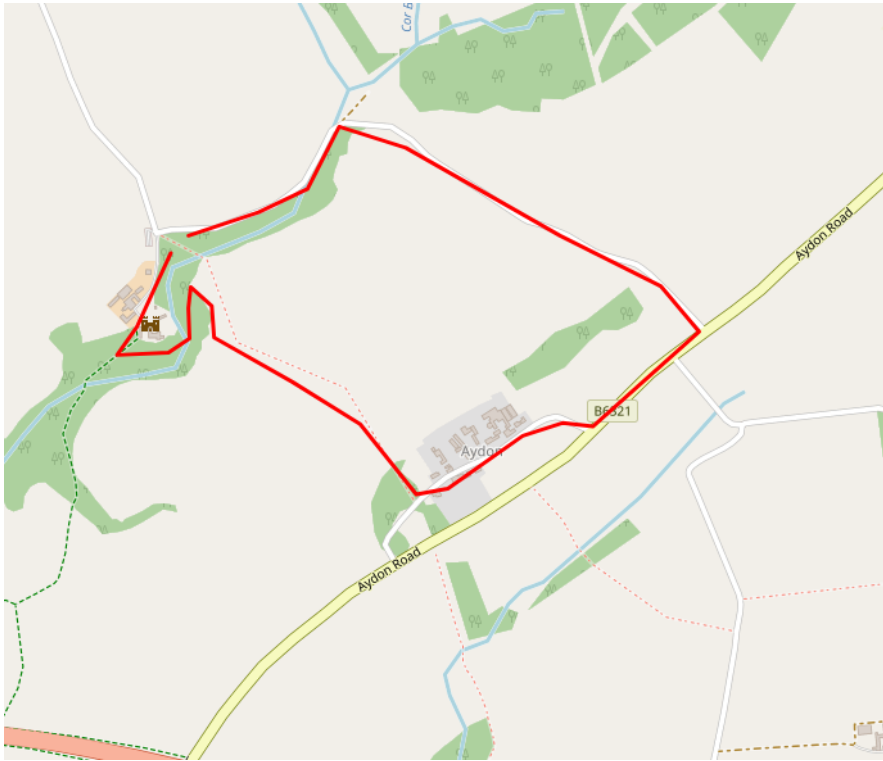
A Web resource ?

Any other ideas ?

Walks on the Wild Side

A mock-up of what is possible

A Circular Walk around Aydon Castle



Location: Off Aydon Road, Corbridge
NE45 5PJ

Distance: 2 miles (3.3Km)

Circular Walk in mid Northumbrian countryside, starting at the 13th century Manor House of Aydon Castle (English Heritage) and walking country roads around Aydon village.

Type of walk: Easy / Moderate / Hard/
Flat / some hills

Plants you might expect to find/to 'look out for' on this walk:

-
-
-
-

A Circular Walk around Aydon Castle



Burdock, Lesser.

Arctium minor

The Latin name is from the Greek word 'arktos' meaning bear (animal). In Japan, it's known as 'gobo'. It is easily confused with Giant Burdock (*Arctium lappa*) as the main difference is simply size. The base leaves are very large and this plant grows to more than 5ft high. Near the top of each stem is a group of 'burrs' (the seed head) which have hooked tips that attach to clothes, and animal fur.

The root of both *A. minor* and *lappa* is the main part used medicinally - for chronic blood disorders and as a blood purifier and cleanser. It relieves dry skin, strengthens the hair and stimulates the appetite. And many will recognise it as the partner of Dandelion in Dandelion and Burdock beer or lemonade. Indeed, it is a member of the same plant family as Dandelion – Asteraceae. The bruised leaf can be used as a first aid treatment when laid on burns and it also helps treat ringworm (including athlete's foot).

A Circular Walk around Aydon Castle



Yarrow

Achillea millefolium

Family: Asteraceae

Common names:

Thousand-Leaf, Nosebleed,
Staunchgrass, Soldier's
Woundwort, Bloodwort, Bad
Man's Baccy, Sanguinary

Yarrow can grow from 8 to 40cm tall. As well as white flowers, it can also be found with a pink tinge to the flowers in the wild.

Yarrow was one of the 9 sacred herbs in the Anglo-Saxon *Lacnunga* so it should be no surprise that it was a component of Gruit Ale (together with bog myrtle and wild rosemary). This particular ale was highly intoxicating – narcotic, aphrodisiacal and psychotropic!

This is a very useful, multi-tasking herb: anti-inflammatory, astringent, haemostatic, and a circulatory tonic. Yarrow shares an essential oil with Chamomile -chamazulene –which is a natural profen (think 'ibuprofen'). A traditional remedy for relief of toothache involves biting on a yarrow leaf.

Yarrow also has insecticidal properties which makes it a good companion plant in gardens

A Circular Walk around Aydon Castle



Hedge Woundwort

Stachys sylvestris

Family: Lamiaceae

This plant is from the same family as Wood Betony (*Stachys betonica*) which is a valuable herb in modern medical herbalism. But this plant has excellent 1st aid potential as its name – Woundwort – indicates, having been used for centuries to treat battlefield wounds.

Elizabeth Blackwell, herbalist and brilliant botanical artist, published her book 'A Curious Herbal' between 1737-1739, and wrote that this herb could be used for 'all sorts of wounds, especially green ones, and stops internal bleeding'. Newcastle University Special Collections hold a copy of her book.

And for those afflicted with midge bites when out in the country, crush the plant leaves and rub over the affected areas.

Goats and sheep will eat this plant, but not cattle or pigs.