

Medicinal plants found during a coastal walk by Wear Tees U3A

Cliff top path at Blackhall Rocks, Blackhall, County Durham. GR 472 388 to 468 394

Location	Family name	Botanical name	Common name
Plants identified with a medicinal use	Apiaceae	Heracleum sphondylium	Hogweed/cow parsley
	Asteraceae	Senecio jacoboea	Ragwort
	Asteraceae	Achillea millefolium	Yarrow
	Asteraceae	Tussilago farfara	Coltsfoot
	Asteraceae	Leucanthemum vulgare	Ox eye daisy
	Asteraceae	Arctium lappa	Great burdock
	Asteraceae	Artemesia vulgaris	Mugwort
	Asteraceae	Solidago virgaurea	Goldenrod
	Campanulaceae	Campanula rotundifolia	Harebell
	Carycophyllaceae	Agrostemma githago	Corn cockle
	Cistaceae	Helianthemum nummularium	Common rockrose
	Convolvulaceae	Convolvulus arvensis	Field bindweed
	Convolvulaceae	Calystegia epium	Hedge bindweed
	Dipsaceae	Knautia arvensis	Field scabious
	Equisetaceae	Equisetum arvense	Field horsetail
	Fabaceae	Trifolium pratense	Red clover
	Geraniaceae	Geranium pratense	Meadow crane's bill

	Geraniaceae	Geranium sanguineum	Bloody cranesbill
	Iridaceae	Iris pseudacorus	Yellow flag iris
	Lamiaceae	Betonica officinalis	Betony
	Onagraceae	Epilobium angustifolium	Rose bay willowherb
	Onagraceae	Epilobium hirsutum	Great willowherb
	Papilionaceae	Ononis repens	Rest harrow
	Plantaginaceae	Plantago media	Hoary plantain - lamb's tongue
	Plantaginaceae	Plantago maritima	Sea plantain
	Rosaceae	Rubus fruticosus	Bramble
	Rosaceae	Filipendula ulmaria	Meadow sweet
	Rosaceae	Potentilla anserina	Silverweed
	Scrophulariaceae	Pedicularis sylvatica	Louse wort
	Urticaceae	Urtica dioica	Stinging nettle
	Valerianaceae	Valerina officinalis	Valerian

Further information about coastal walks along the Durham Coastal Heritage Trail can be found at:

<http://www.durhamheritagecoast.org/wp-content/uploads/sites/6/2017/01/Heritage-Coast-Coastal-Footpaths-booklet-Hendon-to-Hartlepool-Edition.pdf>