

Suitable for age 4+ with adult support

# PLANT STORIES

The plants we usually overlook in our parks and green spaces often have amazing stories and folklore associated with them. These stories can be traced back hundreds and even thousands of years as people passed on their knowledge from one generation to the next. Whether they are used in traditional medicine, for food or in other ancient rituals, plant stories are intricately woven into our human history.

Discover the stories of Lady's Mantle, Yarrow and Ribwort Plantain and see if you can find these plants as you explore your local park or green space. Botanists (people who study plants) often take a sketchbook with them to observe and draw the plants they see. These are called field notes. Why not make your own field notes this summer?



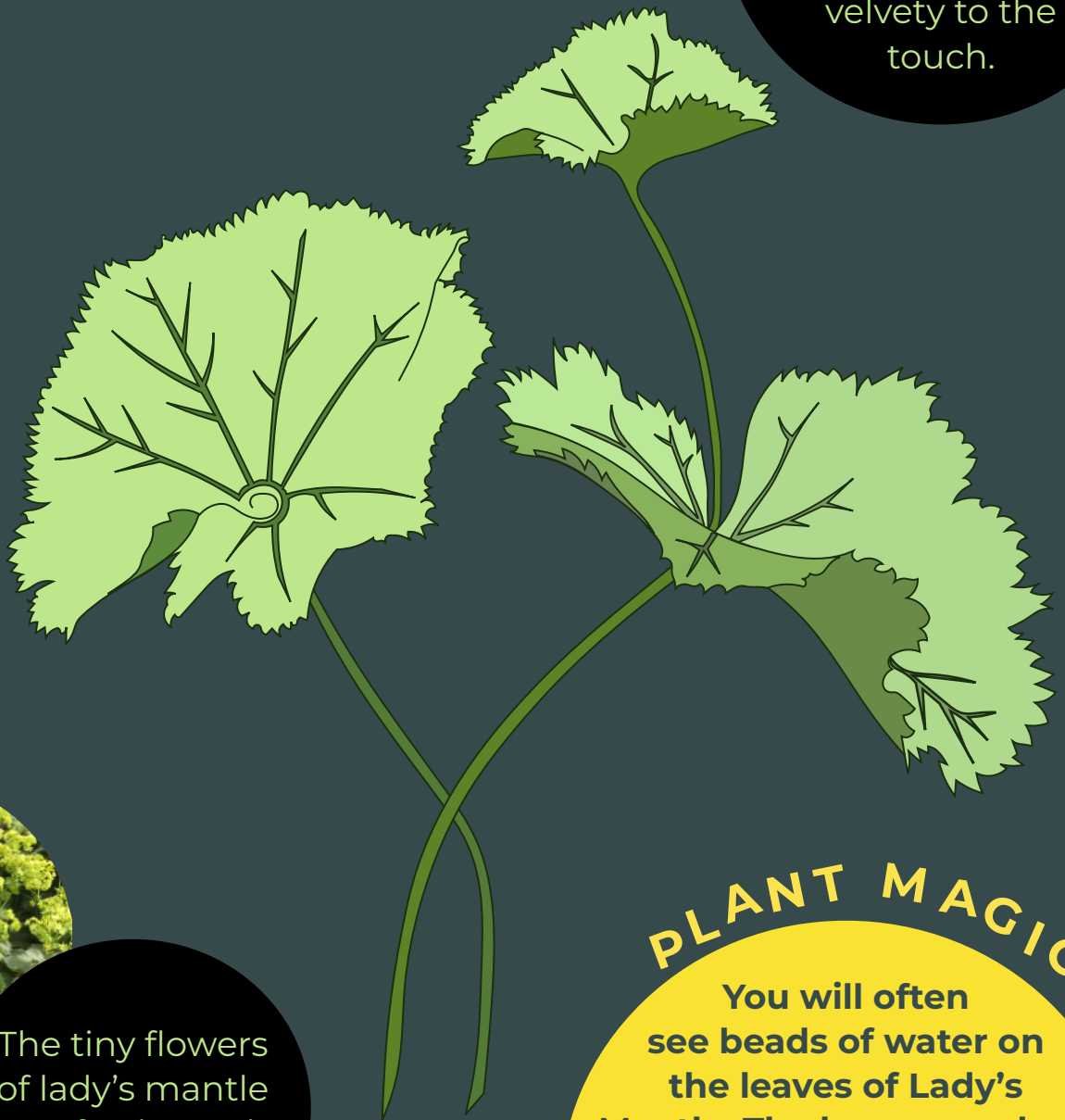
## Staying Safe

- Make sure you stay safe and care for nature this summer by:
- Making sure an adult knows where you are at all times and that younger children are well supervised
- Keeping your distance (2 metres) from other people outside of your family or two shared households.
- Washing your hands regularly and after touching plants and soil
- Being careful not to touch plants with stings, thorns or itchy sap
- Not picking wild plants and flowers

# Lady's Mantle

*Alchemilla mollis*

Leaves are round with toothed edges. There's a ripple in the leaf, and the leaves feel soft and velvety to the touch.



The tiny flowers of lady's mantle are frothy and acid green.

## PLANT MAGIC

You will often see beads of water on the leaves of Lady's Mantle. The leaves produce this water themselves. Alchemists used to collect this liquid, believing it had magical properties and could transform metal into gold.

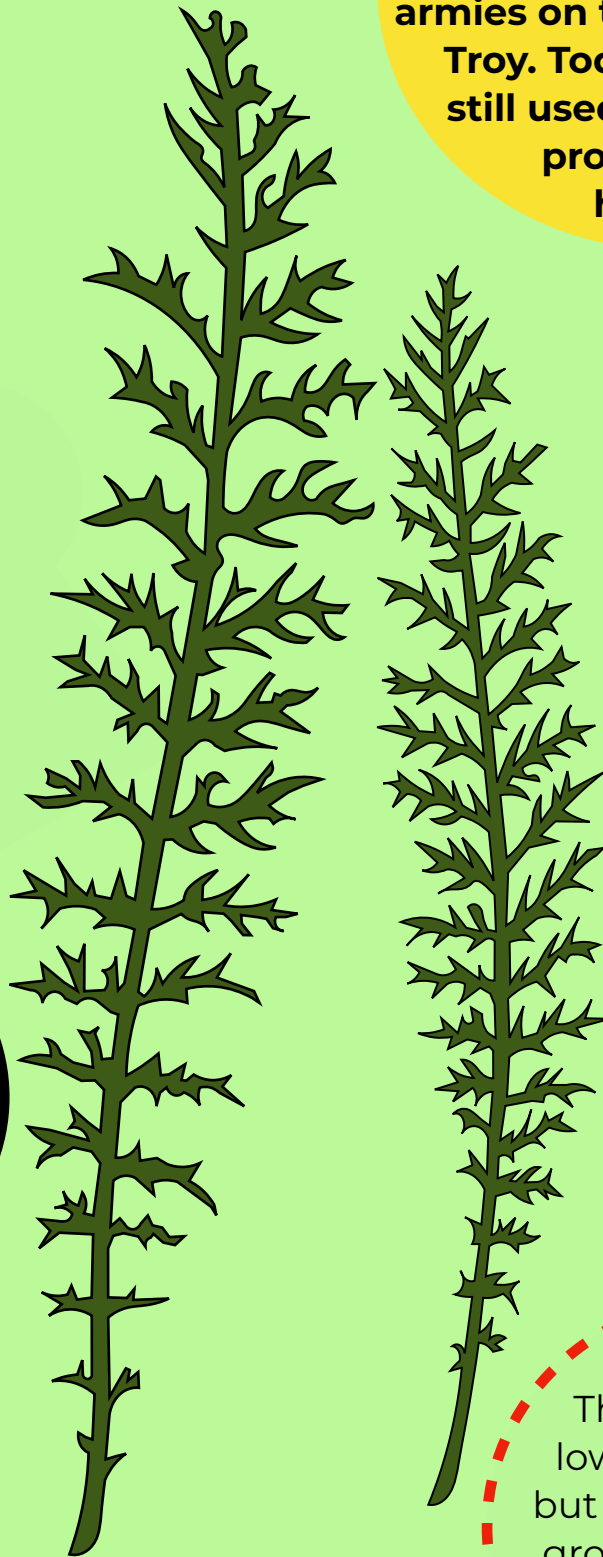


## PLANT MAGIC

The story goes that a centaur gifted this plant to the ancient Greek warrior Achilles, to heal his armies on the battlefields of Troy. Today, this herb is still used in skincare to promote skin healing.

# Yarrow

*Achillea millefolium*



Sometimes known as 'little feather', the feathery leaves are easy to spot in the grass.

This plant grows low to the ground, but in the summer it grows upwards and has a crown of small white flowers.



# Ribwort Plantain

*Plantago lanceolata*

Long, pointed leaves grow from a central point in the ground. They have deep ridges all the way up each leaf.

The leaves of this plant contain allantoin, a compound which helps skin cells to grow and heal.



This plant grows on earth that has been squashed, so you will often find it on footpaths.



## PLANT MAGIC

**Tiny seeds of Ribwort Plantain were taken to North America on the shoes of European settlers. These plants popped up everywhere the settlers' travelled, and so Native Americans called these plants 'white man's footsteps'.**