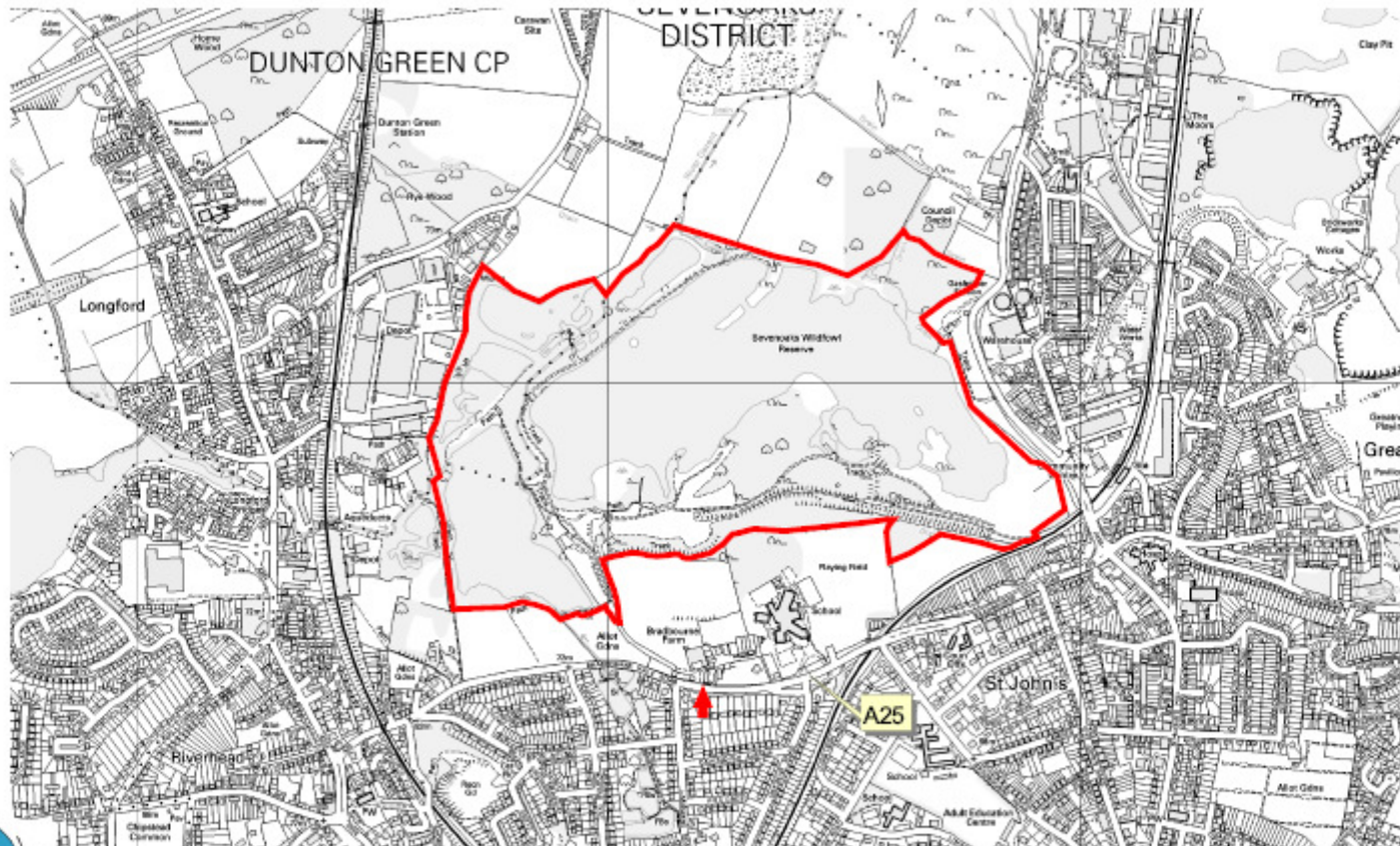


Kent Wildlife Trust Wildlife Study Day Information Sheet

No.	25	Title	Wild flowers – folklore, food and fantasy	Date	Saturday 10 th July 2010
No. of students	5-20	Start time	10 am	Finish time	4 pm
Leader	<p>Sue Buckingham, an enthusiastic field botanist who whilst teaching courses on wild flower identification for many years has developed a keen interest and amassed a considerable amount of knowledge of their folklore and the origins of their names.</p>				
Who should attend	<p>This study day is intended for anyone who enjoys wild flowers and would like to learn which were used by our ancestors in medicine, as food, fodder, dyes, in superstition and subsequently how they have acquired their rich wealth of common names.</p>				
Meeting place	<p>Jeffrey Harrison Visitor Centre, Sevenoaks Wildlife Reserve, on the north side of the A25, Bradbourne Vale Road, between Riverhead and the Bat and Ball crossroads. Map Ref TQ 520565</p>				
Other sites to be visited	<p>No other sites, we will find plenty of plants on the Reserve</p>				
Programme	<p>There will be an introductory lecture in the classroom with slides and the rest of the day will be spent walking around the reserve where a great variety of wild flowers are to be found and where we can continue our folklore discussion as we come across them.</p>				
Subjects to be covered	<p>How many names do you know for Traveller's joy and who named it that anyway? Why is St John's-wort so called and what is the story behind forget-me-not? Was loose-strife used to loosen strife and why are tormentil, restharrow and figwort so called?</p> <p>As well as delighting in the stories behind these and very many more common names we will learn which people have influenced plant folklore from the Ancient Greek philosophers and their writings to the herbalists Gerard and Culpepper and of course the simple country folk up and down the country with their vast amount of plant knowledge built up and passed on by word of mouth over the centuries.</p> <p>We will learn which plants were used to treat various ailments, which have been popular food and delicacies and how many have become associated with magic and superstition.</p>				
What to bring	<p>Please have suitable waterproof outdoor clothing and footwear and a picnic lunch. You might like to bring a notebook and pencil and a wild flower field guide for use on the reserve such as Francis Rose 'Wild flower Key'.</p>				
Other information	<p>This Study Day is for educational purposes and botanical interest only and the cures and uses of plants that we discuss are historical artefacts and not modern-day prescriptions. Therefore Sue Buckingham accepts no responsibility relating to usage of plants by those participating based on information given or discussed. It is unwise to treat a complaint using a wild plant and the intention is not to teach those participating to eat plants or to make remedies using them.</p>				

Sevenoaks Wildlife Reserve



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