

Sompting Parish Council working with Sompting Estate & the South Downs National Park



SOUTH DOWNS  
NATIONAL PARK



Common Mallow – *Malva sylvestris*



Bramble – *Rubus fruticosus*



Bristly Oxtongue – *Helminthotheca echioides*



Bladder Campion, or Maidenstears – *Silene vulgaris*



St Johns Wort – *Hypericum perforatum*

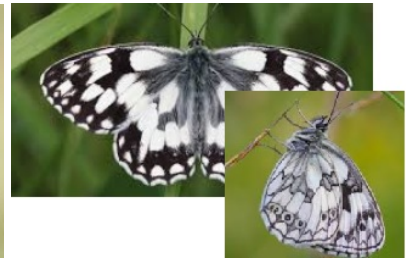
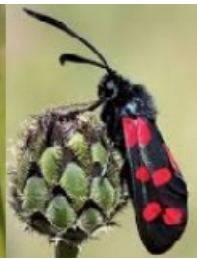


Ribwort plantain – *Plantago lanceolata*





Six-spot Burnet Moth



Marbled White Butterfly



Dock -  
*Rumex obtusifolius*



Restharrow – *Ononis repens*



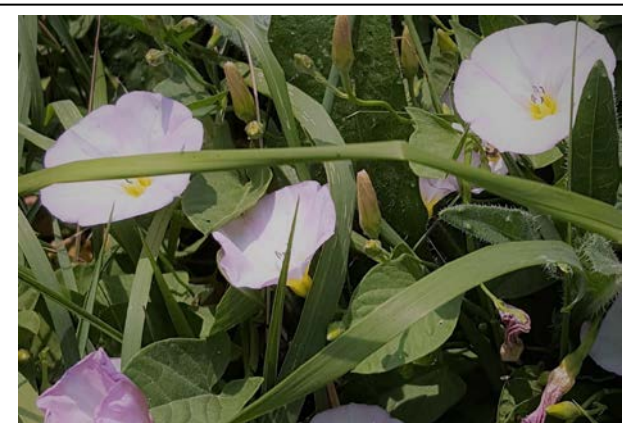
Hedge woundwort –  
*Stachys sylvatica*



Nettle – *Urtica dioica*



Hogweed or Cow Parsley –  
*Heracleum sphondylium*



Field Bindweed – *Convolvulus arvensis*



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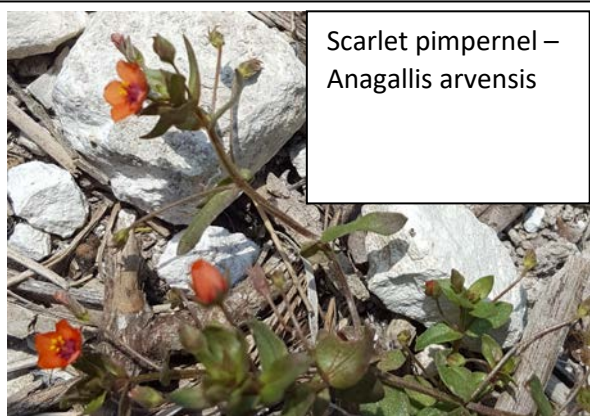
Lady's Bedstraw – *Galium verum*

Hedge bedstraw – *Galium mollugo*



Mugwort – *Artemisia vulgaris*

Hardheads / Common Knapweed – *Centaurea nigra*

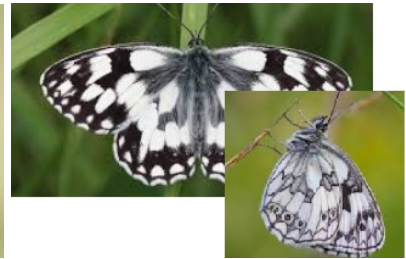


Scarlet pimpernel –  
*Anagallis arvensis*



Hedge  
Bindweed –  
*Calystegia  
sepium*





Six-spot Burnet Moth

Marbled White Butterfly

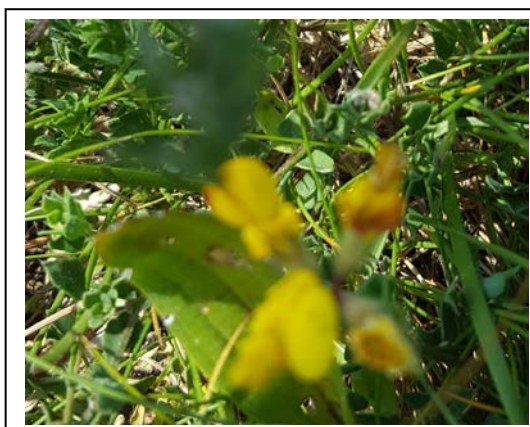


Ragwort – *Senecio vulgaris*

Agrimony – *Agrimonia eupatoria*



Greater Knapweed – *Centaurea scabiosa*



Birds Foot Trefoil – *Lotus corniculatus*

Gorse – *Ulex europaea*

*Other species spotted on the day: Yellow Toadflax – Linaria vulgaris; Wild Leek – Allium ampeloprasum; Musk Mallow – Malva moschata; Valerian – Centranthus ruber. Butterflies: Peacock, Small Skipper, Essex Skipper.*

National Meadows Day 2018 – Beggars Bush CP Public Access Meadow – our Parish Meadow Project