





Name: \_\_\_\_\_ Age: \_\_\_\_\_

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	<p>Rowan <i>Caorthann</i></p> <p>Rowan or mountain ash produces creamy white flowers in Spring through to early Summer turning to red berries in Autumn, which provide food for many species through Winter. In Celtic mythology it is known as the Tree of Life &amp; symbolises courage, wisdom &amp; protection.</p>	<p>When I found it</p> <p>Where I found it</p>
	<p>Hawthorn <i>Sceach Gheal</i></p> <p>Hawthorn, or whitethorn also known as the May tree, because large quantities of small white flowers appear from early May, while autumn brings an abundance of red haws. It is one of our most common native trees, and one that is steeped in legend and folklore. Watch out for its thorny branches!</p>	<p>When I found it</p> <p>Where I found it</p>
	<p>Red Clover <i>Seamair dhearg</i></p> <p>A native plant which has small, pinkish to reddish purple flower heads from May to October. Red Clover has a lot of medicinal value as well as agricultural uses, it fixes nitrogen into the soil which other plants can then absorb.</p>	<p>When I found it</p> <p>Where I found it</p>
	<p>Herb Robert <i>Ruithéal rí</i></p> <p>A common, native plant with pink flowers from April to November, this little flower can be found on banks, bases of walls, shingle, and shady places throughout the country. Its pink flowers have five un-notched petals and in the centre of the flower are orange anthers.</p>	<p>When I found it</p> <p>Where I found it</p>

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