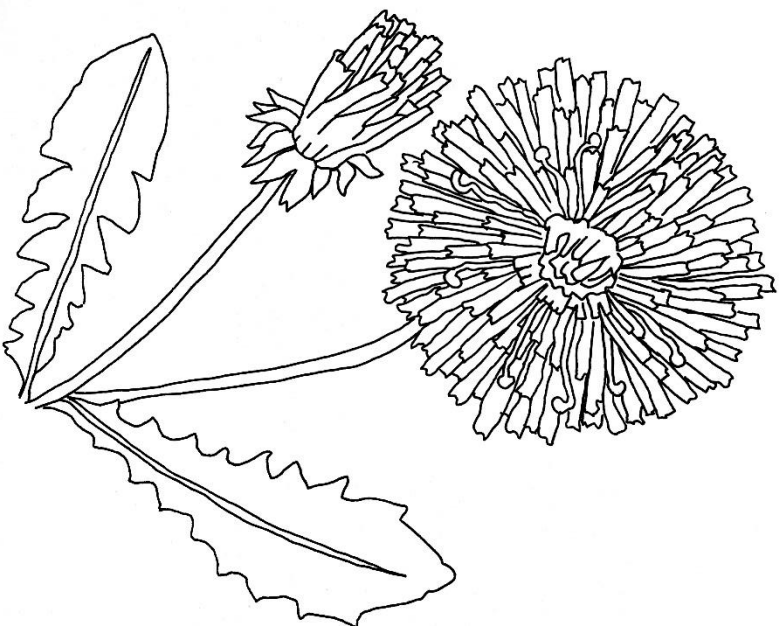


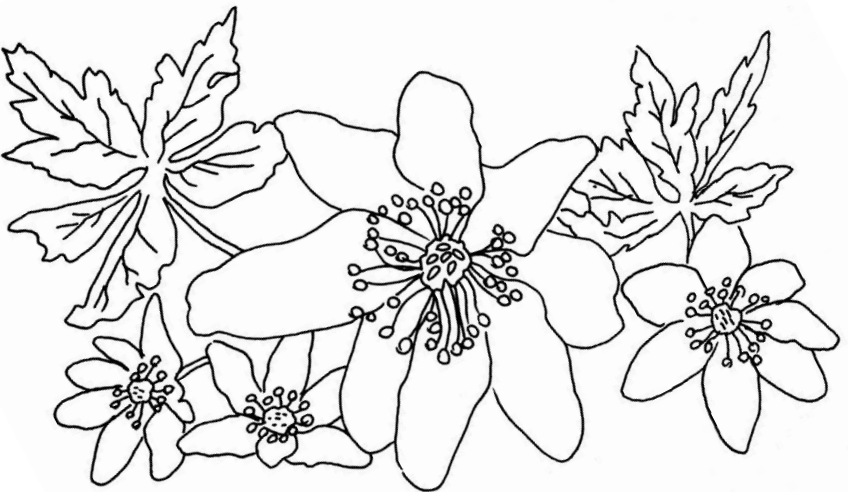




1 Cowslip



2 Dandelion



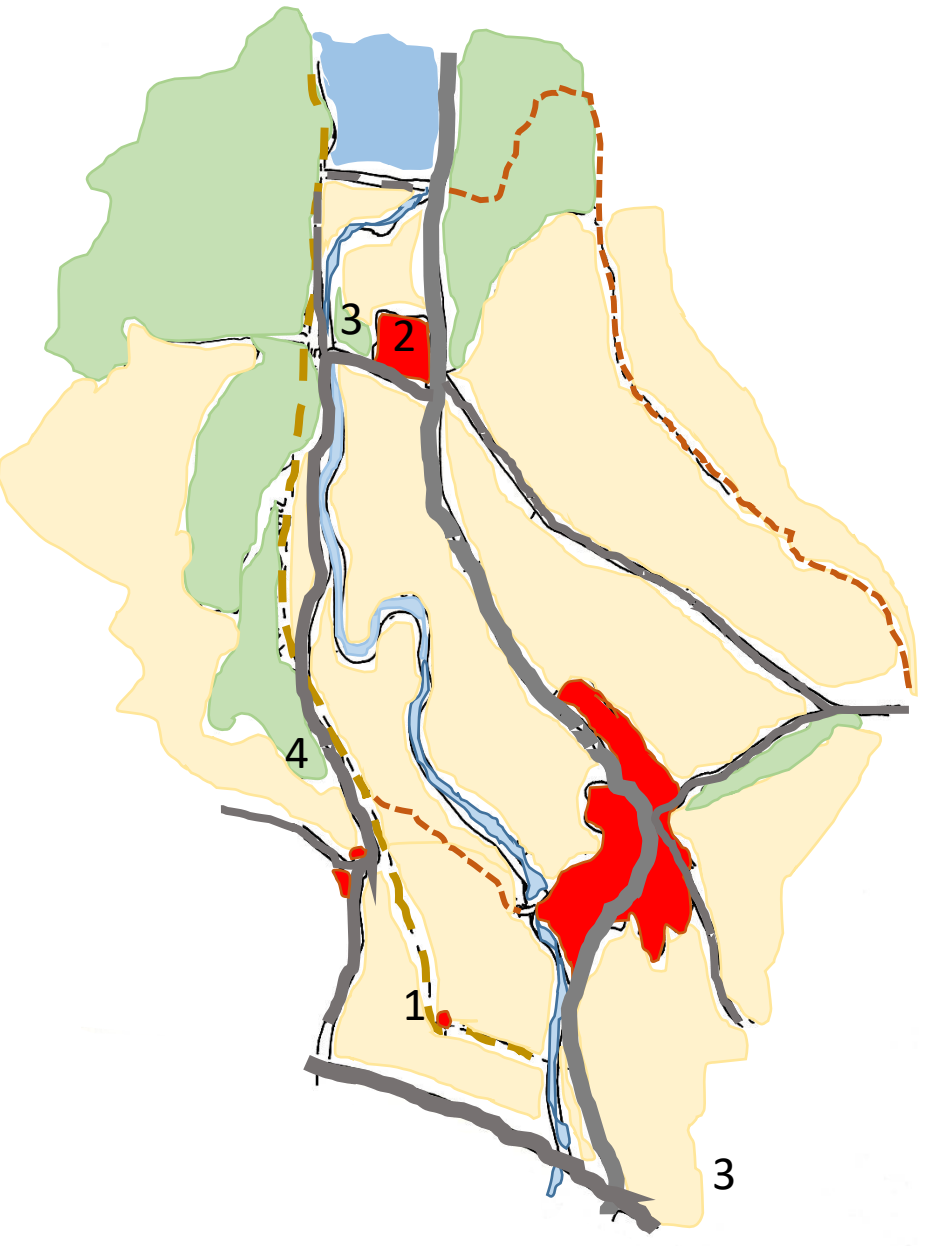
3 Wood Anemone



4 Forget me Not

1. Cowslip – The Cowslip is a cousin of the Primrose Like many other spring flowers, the Cowslip is closely associated with English folklore and tradition, including adorning garlands for May Day and being strewn on church paths for weddings. Found near the Quaker House in Bamford. *Thanks to Steve Eyre and Penny Lavery.*

2. Dandelion – from the French ‘Dents de Lion’ (lion’s teeth). Part of the daisy family, flowers from March to October. Most of the plant is edible: leaves can be used in salads, roots can be roasted and the flower heads can be used to make wine and vegan burgers.



3. Wood Anemone – found in woodland and often forming carpets of light pinkish delicate flowers that turn their backs to the breeze. These were photographed near the river below Yorkshire Bridge and Saltergate Lane (golf course) *Thank you Elaine Randall*

4. Forget me Not – found in damp places and forming beds of blue petals with tiny yellow throats. The name was first used by Henry IV and taken from the German *Vergissmeinnicht*. These were photographed on the Thornhill Trail. *Thank you Peter Feetham*