

Flowering rush
Butomus umbellatus



Look out for these tall plants on the edges of still or slow moving water. The long leaves are twisted and it has eye-catching pink flowers.

Ox-eye daisy
Leucanthemum vulgare



This plant is full of bitter juice. In the past this juice was often mixed with the bedding of farm animals as an insect repellent.

Water-plantain
Alisma plantago-aquatica



Emerging adult dragonflies and damselflies may crawl up the stems of this plant to dry their new wings before flying off.

Teasel
Dipsacus fullonum



A favourite food for goldfinches. Their spiky flower heads were once used to comb or 'tease' out the fibres in woollen cloth prior to spinning-hence the name.

Tufted vetch
Vicia cracca



This member of the pea family offers a good source of nectar for butterflies and bees. Like other leguminous plants it enriches soil by fixing nitrogen into it.

Broad-leaved pondweed
Potamogeton natans



One of the most common pondweeds. It grows in still freshwater, rooted in mud at the bottom.

What's that plant?

Thanks to sponsorship from the Mayor of London, state schools in Greater London can visit absolutely FREE!



Image of Common spotted orchids by Martin Senior. Printed on recycled paper. Wildfowl & Wetlands Trust (WWT) reg charity in England & Wales, no. 1030884 and Scotland, no. SC039410

Water mint
Mentha aquatica



Like other members of the mint family it has aromatic leaves. Its pinkish flowers attract butterflies.



Water milfoil
Myriophyllum spicatum



You might see the reddish spikes of this plant on the water surface. It helps keep pond habitats healthy and well oxygenated.



Great willowherb
Epilobium hirsutum



This tall common herb has narrow leaves that are similar in appearance to those of willows hence the name 'willowherb'.



Water dock
Rumex hydrolapathum



Often seen along rivers, streams and canal banks. It has large spear-shaped leaves which can help nettle stings when rubbed on the skin.



Greater pond-sedge
Carex riparia



Its broad green leaves can be found all year round and provide a good hiding place for birds and other wildlife. It can grow to over one metre tall.



Marsh marigold
Caltha palustris



This pretty plant is found in damp meadows and beside streams. It is one of the first wetland plants to bloom in early spring.



Common reed
Phragmites australis



In the past it was used for building and thatching houses. It is still used to make mouthpieces for woodwind instruments.



Purple loosestrife
Lythrum salicaria



Likes to live in boggy ground. Has strong anti-bacterial properties and was used to treat cholera in the 19th century.



Yellow flag iris
Iris pseudacorus



Can be used in reedbed filtration systems to help purify grey water and reduce pollution in our water courses.



Plants provide habitats and food for many creatures. How many different plants can you spot?