



**THE SUFFOLK FLORA
PRESERVATION TRUST**
Simpson's Fromus Valley

Flora recorded at Simpson's Fromus Valley includes:

Field forget-me-not (*Myosotis arvensis*), woods avens (*Geum urbanum*), spear thistle (*Cirsium vulgare*), black bryony (*Tamus communis*), germander speedwell (*Veronica chamaedrys*), black horehound (*Ballota nigra*), creeping buttercup (*Ranunculus repens*), herb robert (*Geranium robertianum*), hedge mustard (*Sisymbrium officinale*), stinging nettle (*Urtica dioica*), bittersweet (*Solanum dulcamara*), smooth sow thistle (*Sonchus oleraceus*), prickly sow thistle (*Sonchus asper*), hogweed (*Heracleum sphondylium*), curled dock (*Rumex crispus*), burdock (*Arctium lappa*), groundsel (*Senecio vulgaris*), cock's foot (*Dactylis glomerata*), false oat grass (*Arrhenatherum elatius*), soft brome (*Bromus hordeaceus*), yorkshire fog (*Holcus lanatus*), rough meadow-grass (*Poa trivialis*), common mouse ear (*Cerastium fontanum*), yarrow (*Achillea millefolium*), lesser stitchwort (*Stellaria graminea*), meadow buttercup (*Ranunculus acris*), cowslip (*Primula veris*), lesser celandine (*Ranunculus ficaria*), celery leaved buttercup (*Ranunculus sceleratus*), tufted forget-me-not (*Myosotis laxa*), thread-leaved water crowfoot (*Ranunculus trichophyllus*), hedge woundwort (*Stachys sylvatica*), watercress (*Rorippa nasturtium-aquaticum*), blue water speedwell (*Veronica anagallis-aquatica*), pignut (*Conopodium majus*), marsh thistle (*Cirsium palustre*), birds foot trefoil (*Lotus corniculatus*), branched bur-reed (*Sparganium androcladum*), common spike rush (*Eleocharis palustris*), dog's mercury (*Mercurialis perennis*), common water plantain (*Alisma plantago-aquatica*), water crowfoot (*Ranunculus aquatilis*), black medic (*Medicago lupulina*), bugle (*Cirsium palustre*), daisy (*Bellis perennis*), lady's smock (*Cardamine pratensis*), self-heal (*Prunella vulgaris*), thyme leaved speedwell (*Veronica serpyllifolia*), white clover (*Trifolium repens*), crested dog's tail (*Cynosurus cristatus*), primrose (*Primula vulgaris*), creeping thistle (*Cirsium arvense*), meadow foxtail (*Alopecurus pratensis*), black bryony (*Tamus communis*), brooklime (*Veronica beccabunga*), pink water speedwell (*Veronica catenata*), cleavers (*Galium aparine*), cow parsley (*Anthriscus sylvestris*), ground ivy (*Glechoma hederacea*), ivy (*Hedera helix*), sanicle (*Sanicula europaea*), ransomes (*Allium ursinum*), moschatel (*Adoxa moschatellina*), stinging nettle (*Urtica dioica*), lords and ladies (*Arum maculatum*), creeping bent (*Agrostis stolonifera*)

Butterflies sighted at Simpson's Fromus Valley include:

Speckled wood, green veined white, small white, orange tip, large white, painted lady, brimstone

Insects sighted at Simpson's Fromus Valley include:

Broad bodied chaser, blue tailed damselfly, large red damselfly, four spot chaser, azure damselfly, emperor, azure damselfly

Birds sighted at Simpson's Fromus Valley include:

Blackcap, blue tit, bullfinch, chiffchaff, dunnoek, great tit, green finch, magpie, moorhen, red legged partridge, song thrush, turtle dove, whitethroat, french partridge, sparrowhawk, kestrel, sparrowhawk, woodcock, collard dove, skylark, wood pigeon, stock dove, wren, mallard, teal, pied wagtail, meadow pipit, robin, mistle thrush, fieldfare, blackbird, long tailed tit, redwing, goldcrest, jay, carrion crow, jackdaw, house sparrow, starling, rook, chaffinch, linnet, yellowhammer, goldfinch, snipe, barn owl