

A list of flowering plant and fern species recorded on Par sands between 2000 and 2009 By P.Hunt (Planted species excluded unless self-sown)

No.	Latin Name	English Name	Remarks	Notes
1	<i>Acanthus Mollis</i>	Bears-Breech	On Spoil Heaps SX 078532	
2	<i>Acer Pseudoplatanus</i>	Sycamore		
3	<i>Achillea Millefolium</i>	Yarrow		
4	<i>Agrimonia Eupatoria</i>	Common Agrimony		
5	<i>Agrostis Capillaris</i>	Common Bent		
6	<i>Agrostis Stolonifera</i>	Creeping Bent		
7	<i>Aira Caryophyllea</i>	Silver Hair-Grass		
8	<i>Aira Praecox</i>	Early Hair-Grass		
9	<i>Allium Cepa</i>	Onion	One plant, Foreshore 2000	
10	<i>Allium Sphaerocephalon</i>	Round-Headed Leek	Fixed Dunes SX 082533; Not seen since 2006	
11	<i>Allium Triquetrum</i>	Three-Cornered Garlic		
12	<i>Allium Vineale</i>	Wild Onion		
13	<i>Alnus Glutinosa</i>	Alder		
14	<i>Alopecurus Pratensis</i>	Meadow Foxtail		
15	<i>Ammophila Arenaria</i>	Marram		
16	<i>Anacamptis Pyramidalis</i>	Pyramidal Orchid	SX 078532; Not Seen Since 2000	
17	<i>Anagallis Arvensis (ssp) Arvensis</i>	Scarlet Pimpernel		
18	<i>Angelica Sylvestris</i>	Wild Angelica		
19	<i>Anisantha Sterilis</i>	Barren Brome		
20	<i>Anthyllis Vulneria (ssp) Carpatica</i>	Kidney Vetch Slender		
21	<i>Aphanes Australis</i>	Parsley-Piert		
22	<i>Apium Graveolens</i>	Wild Celery	Riverbank SX 078533	

23	Apium Nodiflorum	Fool's Water-Cress	
24	Anthriscus Sylvestris	Cow Parsley	
25	Anthoxanthum Odoratum	Sweet Vernal Grass	
26	Arabidopsis Thaliana	Thale Cress	
27	Arctium Minus	Lesser Burdock	
28	Armeria Maritima	Sea Thrift	
29	Arrhenatherum Elatius	False Oat Grass	
30	Artemisia Vulgaris	Mugwort	
31	Arum Maculatum	Lords-and-Ladies	
32	Aster X Salignus	Common Michaelmas-Daisy	Garden Origin
33	Aster Tripolium	Sea Aster	
34	Aster X Versicolor	Late Michaelmas-Daisy	Garden Origin
35	Atriplex Glabriuscula	Babington's Orache	
36	Atriplex Laciniata	Frosted Orache	
37	Atriplex Littoralis	Grass-Leaved Orache	Soil/Rubble Heaps SX 079533 2009
38	Atriplex Patula	Common Orache	
39	Atriplex Prostrata	Spear-Leaved Orache	
40	Avena Fatua	Wild Oat	
41	Barbarea Verna	American Winter-Cress	
42	Bellis Perenis	Daisy	
43	Beta Vulgaris (ssp) Maritima	Sea Beet	
44	Bolboschoenus Maritimus	Sea Club-Rush	
45	Brassica Nigra	Black Mustard	
46	Brassica Oleracea (var.) Oleracea	Wild Cabbage	Nationally Scarce
47	Bromus Hordeaceus	Soft Brome	
38	Buddleja Davidill	Butterfly Bush	
39	Cakile Maritima	Sea Rocket	
50	Callitriche Obtusangula	Blunt Fruited Water-Starwort	
51	Callitriche Stagnalis	Common Water-Starwort	
52	Caltha Palustris	Marsh Marigold	In Reed Bed SX 086533
53	Calystegia Sepium (ssp) Sepium	Hedge Bindweed	
54	Calystegia Silvatica	Large Bindweed	
55	Calystegia Soldanella	Sea Bindweed	

56	Capsella Bursa-Pastoris	Shepherd's Purse		
57	Cardamine Flexuosa	Wavy Bitter-Cress		
58	Cardamine Hirsuta	Hairy Bitter-Cress		
59	Cardamine Pratensis	Cuckooflower		
60	Carex Arenaria	Sand sedge		
61	Carex Distans	Distant Sedge		
62	Carex Otrubae	False Foxsedge		
63	Carex Paniculata	Greater Tussock Sedge		
64	Carex Riparia	Greater Pond Sedge		
65	Catapodium Marinum	Sea Fern-Grass		
66	Centaurea Cyanus	Cornflower	Nationally Scarce Not Seen Since 2000	
67	Centaurea Nigra	Common Knapweed		
68	Centaureum Erythraea	Common Centaury		
69	Centranthus Ruber	Red Valerian		
70	Cerastium Diffusum	Sea Mouse-Ear		
71	Cerastium Fontanum (ssp) Vulgare	Common Mouse-Ear		
72	Cerastium Glomeratum	Sticky Mouse-Ear		
73	Cerastium Semidecandrum	Little Mouse-Ear		
74	Chaerophyllum Temulum	Rough Chervil		
75	Chamerion Augustifolium	Rosebay Willowherb		
76	Chenopodium Album	Fat-Hen		
77	Chenopodium Ficifolium	Fig-Leaved Goosefoot	SX 078532	
78	Cirsium Arvense	Creeping Thistle		
79	Cirsium Palustre	Marsh Thistle		
80	Cirsium Vulgare	Spear Thistle		
81	Clematis Vitalba	Traveller's Joy		
82	Clinopodium Ascendens	Common Calamint		
83	Cochleria Officinalis	Common Scurvygrass		
84	Coincya Monensis (ssp) Cheiranthos	Wallflower Cabbage	Established Ballast Alien	
85	Conium Maculatum	Hemlock		
86	Convolvulus Arvensis	Field Bindweed		
87	Cordyline Australis	Cabbage-Palm	Self-Sown Seedlings Occasionally Found	

88	Coronopus Didymus	Lesser Swine-Cress	
89	Corylus Avellana	Hazel	
90	Cotoneaster Sternianus	Stern's Cotoneaster	
91	Crassula Tillaea	Mossy Stonecrop	Nationally Scarce
92	Crataegus Monogyna	Hawthorn	
93	Crepis Capillaris	Smooth Hawk's-Beard	
94	Crepis Vesicaria (ssp) Taraxacifolia	Beaked Hawk's-Beard	
95	Crithmum Maritimum	Rock Samphire	
96	Crocsmia X Crocosmiiflora	Montbretia	
97	Cynosurus Cristatus	Crested Dog's-Tail	
98	Cyperus Eragrostis	Pale Galingale	
99	Cytisus Scoparius (ssp) Scoparius	Broom	
100	Dactylis Glomerata	Cock's-Foot Grass	
101	Dactylorhiza Praetermissa	Southern Marsh Orchid	
102	Daucus Carota (ssp) Carota	Wild Carrot	
103	Dianthus Barbatus	Sweet William	Garden Origin
104	Digitalis Purpurea	Foxglove	
105	Dipsacus Fullonum	Wild Teasel	
106	Dryopteris Dilatata	Broad Buckler Fern	
107	Dryopteris Filix-Mas	Male Fern	
108	Elytrigia Repens (ssp) Repens	Common Couch	
109	Elytrigia Juncea	Sand Couch	
110	Elytrigia Atherica	Sea Couch	
111	Epilobium Ciliatum	American Willow-Herb	
112	Epilobium Hirsutum	Great Willowherb	
113	Epilobium Lanceolatum	Spear-Leaved Willowherb	
114	Epilobium Montanum	Broad-Leaved Willowherb	
115	Epilobium Parviflorum	Hoary Willowherb	
116	Epilobium Tetragonum	Square-Stalked Willowherb	
117	Equisetum Arvense	Field Horsetail	
118	Eryngium Maritimum	Sea Holly	
119	Erigeron Karvinskianus	Mexican Fleabane	
120	Erodium Cicutarium	Common Stork's-Bill	
121	Erophila Verna	Common Whitlowgrass	

122	Eupatorium Cannabinum	Hemp-Agrimony		
123	Euphorbia Griffithil	Griffith's Spurge	SX 079533 Garden Origin 2002	
124	Euphorbia Helioscopa	Sun Spurge		
125	Euphorbia Paralias	Sea Spurge		
126	Euphorbia Peplus	Petty Spurge		
127	Fallopia Convolvus	Black Bindweed		
128	Fallopia Japonica	Japanese Knotweed		
129	Festuca Arenaria (var) Glabrata	Rush-Leaved Fescue	Foreshore SX 078532	
130	Festuca Arundinacea	Tall Fescue		
131	Festuca Rubra	Red Fescue		
132	Filago Minima	Small Cudweed		
133	Filipendula Ulmaria	Meadowsweet		
134	Foeniculum Vulgare	Fennel		
135	Forsythia x Intermedia	Forsythia	Garden Origin SX 078533	
136	Fraxinus Excelsior	Ash		
137	Fumaria Capreolata (ssp) Babingtonil	White Ramping Fumitory		
138	Fumaria Muralis (ssp) Boraiei	Common Ramping Fumitory		
139	Galeopsis Tetrahit	Common Hemp Nettle		
140	Galium Aparine	Cleavers		
141	Galium Mollugo (ssp) Mollugo	Hedge Bedstraw		
142	Gallium Palustre (ssp) Palustre	Common Marsh Bedstraw		
143	Galium Verum	Lady's Bedstraw		
144	Geranium Columbinum	Long-Stalked Crane's-Bill		
145	Geranium Dissectum	Cut-Leaved Crane's-Bill		
146	Geranium Molle	Dove's-Foot Crane's-Bill		
147	Geranium Pusillum	Small-Flowered Crane's-Bill		
148	Geranium Robertianum	Herb-Robert		
149	Geranium Rotundifolium	Round-Leaved Crane's Bill		
150	Geum Urbanum	Wood Avens		
151	Gladiolus Communis (ssp) Byzantius	Eastern Gladiolus	Garden Origin	
152	Glaux Maritima	Sea Milkwort	Riverbank SX 078533	
153	Glechoma Hederacea	Ground Ivy		
154	Gnaphalium Uliginosum	Marsh Cudweed		

155	Hedera Helix (ssp) Hibernica	Atlantic Ivy		
156	Helianthus Annuus	Sunflower		
157	Hemerocallis Fulva	Orange Day Lily		
158	Heracleum Sphondylium	Hogweed		
159	Hesperis Matronalis	Dame's-Violet	Garden Origin	
160	Hippophae Rhamnoides	Sea Buckthorn	Orignally Planted Now Spreading	
161	Hirschfeldia Incana	Hoary Mustard		
162	Holcus Lanatus	Yorkshire Fog		
163	Holcus Mollis	Creeping Soft Grass		
164	Honckenya Peplodes	Sea Sandwort		
165	Hordeum Murinum	Wall Barley		
166	Hyacinthoides Hispanica	Spanish Bluebell	Garden Origin	
167	Hyacinthoides Hispanica x Hyacinthoides Non-Scripta	Hybrid Bluebell		
168	Hyacinthus Orientalis	Hyacinth	Garden Origin	
169	Hypericum Humifusum	Trailing St.John's-Wort		
170	Hypericum x Inodorum	Tall Tutsan		
171	Hypericum Perforatum	Perforate St.John's-Wort		
172	Hypericum Tetrapterum	Square-Stalked St.John's-Wort		
173	Hypochaeris Radicata	Cat's Ear		
174	Impatiens Glandulifera	Indian Balsalm		
175	Inula Conyzae	Ploughman's-Spikenard		
176	Iris Foetidissima	Stinking Iris		
177	Iris Pseudacorus	Yellow Iris		
178	Jasione Montana	Sheep's-Bit		
179	Juncus Ambiguus	Frog Rush	Lake Shore SX 086533	
180	Juncus Bufonius	Toad Rush		
181	Juncus Conglomeratus	Compact Rush		
182	Juncus Effusus	Soft Rush		
183	Juncus Inflexus	Hard Rush		
184	Juncus Tenuis	Slender Rush		
185	Kickxia Elatine	Sharp-Leaved Fluellen		
186	Lamium Album	White Dead-Nettle		

187	Lamium Purpureum	Red Dead-Nettle	
188	Lapsana Communis	Nipplewort	
189	Lathyrus Pratensis	Meadow Vetchling	
190	Lavatera Arborea	Tree Mallow	
191	Lavatera Thuringiaca	Garden Tree-Mallow	Spoil Heaps SX 078533
192	Lemna Minor	Common Duckweed	
193	Lemna Minuta	Least Duckweed	
194	Leontodon Autumnalis	Autumn Hawkbit	
195	Leontodon Saxatilis	Lesser Hawkbit	
196	Lepidum Heterophyllum	Smith's Pepperwort	
197	Leucanthemum Vulgare	Ox-Eye Daisy	
198	Leucojum Aestivum (ssp) Pulchellum	Summer Snowflake	Garden Origin
199	Ligustrum Vulgare	Wild Privet	
200	Linaria Repens	Pale Toadflax	Not seen since 2003
201	Linaria Supina	Prostrate Toadflax	Not seen since 2003
202	Linaria Vulgaris	Common Toadflax	
203	Linum Bienne	Pale Flax	
204	Linum Usitatissimum	Flax	Bird-Seed Casual
205	Lolium Perenne	Perennial Rye-Grass	
206	Lonicera Japonica	Japanese Honeysuckle	Garden Origin
207	Lotus Corniculatus	Bird's-Foot Trefoil	
208	Lotus Pedunculatus	Greater Bird's-Foot Trefoil	
209	Lupinus Arboreus	Tree Lupin	
210	Luzula Campestris	Field Wood-Rush	
211	Luzula Multiflora	Heath Wood-Rush	
212	Lychnis Flos-Cuculi	Ragged Robbin	
213	Lychnis Coronaria	Rose Campion	Garden Origin
214	Lycopersicon Esculentum	Tomato	
215	Lycopus Europaeus	Gypsywort	
216	Lythrum Salicaria	Purple Loosestrife	
217	Malus Domestica	Apple	
218	Malva Moschata	Musk Mallow	
219	Malva Sylvestris	Common Mallow	
220	Matricaria Discoidea	Pineappleweed	

221	Medicago Arabica	Spotted Medick	
222	Medicago Lupulina	Black Medick	
223	Melilotus Altissimus	Tall Melilot	
224	Mentha Aquatica	Water Mint	
225	Mentha Spicata	Spear Mint	
226	Moehringia Trinervia	Three Nerved Sandwort	
227	Montia Fontana	Blinks	
228	Muscari Armeniacum	Garden Grape Hyacinth	
229	Myosotis Arvensis	Field Forget-Me-Not	
230	Myosotis Discolor	Changing Forget-Me-Not	
231	Myosotis Laxa (ssp) Caespitosa	Tufted Forget-Me-Not	Lake Margin SX 086533
232	Myosotis Sylvatica	Wood Forget-Me-Not	Garden Origin
233	Narcissus (sp)	Daffodil	Garden Origin or Escapes from Original Planting
234	Nicandra Physalodes	Apple-of-Peru	SX 078532
235	Oenanthe Crocata	Hemlock Water Dropwort	
236	Oenothera x Fallax	Intermediate Evening Primrose	
237	Oenothera Glazioviana	Large Flowered Evening Primrose	
238	Olearia Traversii	Ake-Ake	SX 079532 Apparently Self-sown
239	Ononis Repens	Common Restharrow	
240	Ophrys Apifera	Bee Orchid	SX 078533 Not seen since 2007
241	Origanum Vulgare	Wild Marjoram	SX 078533
242	Ornithopus Perpusillus	Bird's-Foot	
243	Panicum Miliaceum	Common Millet	
244	Papava Dubium (ssp) Dubium	Long-Headed Poppy	
245	Papaver Rhoedas	Common Poppy	
246	Papaver Somniferum (ssp) Somniferum	Opium Poppy	
247	Parentucellia Viscosa	Yellow Bartsia	SX 078533
248	Parietaria Judaica	Pellitory-Of-The-Wall	
249	Pastinaca Sativa	Wild Parsnip	
250	Persicaria Hydropiper	Water Pepper	



251	Persicaria Maculosa	Redshank	
252	Petasites Fragrans	Winter Heliotrope	
253	Phormium Tenax	New Zealand Flax	SX 079533 Apparently self-sown
254	Phragmites Australis	Common Reed	
255	Phyllitis Scolopendrium	Hart's-Tongue Fern	
256	Picris Echloides	Bristly Oxtongue	
257	Pilosella Officinatum	Mouse-Ear Hawkweed	
258	Pinus Radiata	Monterey Pine	
259	Pinus Sylvestris	Scots Pine	
260	Plantago Coronopus	Buck's-Horn Plantain	
261	Plantago Lanceolata	Ribwort Plantain	
262	Plantago Major	Greater Plantain	
263	Plantago Maritima	Sea Plantain	
264	Poa Annua	Annual Meadow-Grass	
265	Poa Trivialis	Rough Meadow-Grass	
266	Polygonum Aviculare	Knotgrass	
267	Polygonum Maritimum	Sea Knotgrass	Red Data Book SX 086532
268	Polygonum Oxyspermum	Ray's Knotgrass	SSP Raii
269	Polypodium Agg	Polypody	
270	Polystichum Setiferum	Soft Shield Fern	
271	Populus Alba	White Poplar	
272	Potentilla Anserina	Silverweed	
273	Potentilla x Mixta	Hybrid Cinquefoil	
274	Potentilla Reptans	Creeping Cinquefoil	
275	Primula Vulgaris	Primrose	
276	Prunella Vulagris	Self-Heal	
277	Prunus Persica	Peach	SX 078532
278	Prunus Spinosa	Blackthorn	
279	Pteridium Aquilinum	Bracken	
280	Publicaria Dysenterica	Common Fleabane	
281	Quercus Robur	Pedunculate Oak	
282	Ranunculus Acris	Meadow Buttercup	
283	Ranunculus Bulbosus	Bulbous Buttercup	

284	Ranunculus Ficaria (ssp) Ficaria	Lesser Celandine		
285	Ranunculus Flammula (ssp) Flammula	Lesser Spearwort		
286	Ranunculus Parviflorus	Small-Flowered Buttercup		
287	Ranunculus Repens	Creeping Buttercup		
288	Ranunculus Sardous	Hairy Buttercup		
289	Raphanus Raphanistrum (ssp) Maritimum	Sea Radish		
290	Reseda Lutea	Wild Mignonette	Not seen since 2003	
291	Reseda Luteola	Weld		
292	Rhinanthus Minor (ssp) Minor	Yellow Rattle		
293	Rorippa Palustris	Marsh Yellow-Cress		
294	Rosa Arvensis	Field Rose		
295	Rosa Canina	Dog Rose		
296	Rosa Pimpinellifolia	Burnet Rose	SX 086533	
297	Rosa Rugosa	Japanese Rose		
298	Rosa Sherardii	Sherard's Downy Rose		
299	Rubus Adscitus	Bramble		
300	Rubus Armeniacus	Bramble		
301	Rubus Boraenus	Bramble	SX 079534 Very Rare in Cornwall	
302	Rubus Botryeros	Bramble		
303	Rubus Caesius	Dewberry	SX 078533	
304	Rubus Cornubiensis	Bramble		
305	Rubus Dentatifolius	Bramble		
306	Rubus Leyanus	Bramble		
307	Rubus Peninsulae	Bramble		
308	Rubus Phaenicolasius	Japanese Wineberry	Garden Origin SX 078532	
309	Rubus Riddelsdellii	Bramble		
310	Rubus Rilstonei	Bramble		
311	Rubus Tuberculatus	Bramble		
312	Rubus Ulmifolius	Bramble		
313	Rubus Rubritinctus	Bramble		
314	Rumex Acetosa	Common Sorrel	SSP Acetosa	
315	Rumex Acetosella	Sheep's Sorrel	SSP Acetosella	

316	Rumex Conglomeratus	Clustered Dock	
317	Rumex Crispus (ssp) Crispus	Curled Dock	
318	Rumex Hydrolapathum	Water Dock	Lake Margin SX 086533
319	Rumex Obtusifolius	Broad-Leaved Dock	
320	Rumex Pulcher	Fiddle Dock	
321	Rumex Sanguineus	Wood Dock	SSP Viridis
322	Sagina Apetala (ssp) Apetala	Annual Pearlwort	
323	Sagina Procumbens	Procumbent Pearlwort	
324	Sagina Subulata	Heath Pearlwort	
325	Salix Alba	White Willow	
326	Salix Cinerea	Grey Willow	SSP Oleifolia
327	Salsola Kali (ssp) Kali	Prickly Saltwort	
328	Sambucus Nigra	Elder	
329	Sanguisorba Minor (ssp) Muricata	Fodder Burnet	
330	Saponaria Officinalis	Soapwort	
331	Scrophularia Auriculata	Water Figwort	
332	Scrophularia Scorodonia	Balm-Leaved Figwort	Nationally Scarce
333	Scutellaria Galericulata	Skullcap	Lake Margin SX 086533
334	Sedum Anglicum	English Stonecrop	
335	Sedum Album	White Stonecrop	
336	Senecio Jacobaea	Ragwort	
337	Senecio Sylvaticus	Heath Groundsel	
338	Senecio Vulgaris	Groundsel	
339	Sherardia Arvensis	Field Madder	
340	Sibthorpia Europaea	Cornish Moneywort	Nationally Scarce SX 084534
341	Silene Dioica	Red Campion	
342	Silene Uniflora	Sea Campion	
343	Sinapses Arvensis	Charlock	
344	Sison Amomum	Stone Parsley	By Ship Inn SX 088535
345	Sisymbrium Officinale	Hedge Mustard	
346	Sisymbrium Bermudiana	Blue-Eyed Grass	Ship Inn Car Park Verge
347	Solanum Dulcamara	Bittersweet	
348	Solanum Nigrum	Black Nightshade	

349	<i>Smyrniolus Olusatrum</i>	Alexanders	
350	<i>Solidago Gigantea</i> (ssp) <i>Serotina</i>	Early Golden Rod	Garden Origin SX 078532
351	<i>Solidago Virgaurea</i>	Golden Rod	
352	<i>Sonchus Arvensis</i>	Perennial Sow-Thistle	
353	<i>Sonchus Asper</i>	Prickly Sow-Thistle	
354	<i>Sonchus Oleraceus</i>	Smooth Sow-Thistle	
355	<i>Spergula Arvensis</i>	Corn Spurry	
356	<i>Spergularia Bocconeii</i>	Greek Sea-Spurry	Red Data Book SX 079533
357	<i>Spergularia Marina</i>	Lesser Sea-Spurry	
358	<i>Spergularia Rubra</i>	Sand-Spurry	
359	<i>Spergularia Rupicola</i>	Rock Sea-Spurry	
360	<i>Stachys Arvensis</i>	Field Woundwort	
361	<i>Stachys Palustris</i>	Marsh Woundwort	
362	<i>Stachys Sylvatica</i>	Hedge Woundwort	
363	<i>Stellaria Graminea</i>	Lesser Stitchwort	
364	<i>Stellaria Holostea</i>	Greater Stitchwort	
365	<i>Stellaria Media</i>	Chickweed	
366	<i>Stellaria Uliginosa</i>	Bog Stitchwort	
367	<i>Symphytum Officinale</i>	Common Comfrey	
368	<i>Symphytum x Uplandicum</i>	Russian Comfrey	
369	<i>Tamus Communis</i>	Black Bryony	
370	<i>Tanacetum Vulgare</i>	Tansy	
371	<i>Taraxacum Officinale</i>	Dandelion	
372	<i>Teucrium Scorodonia</i>	Wood Sage	
373	<i>Thymus Polytrichus</i>	Wild Thyme	
374	<i>Torilis Japonica</i>	Upright Hedge Parsley	
375	<i>Trifolium Arvense</i>	Hare's-Foot Trefoil	
376	<i>Trifolium Campestre</i>	Hop Trefoil	
377	<i>Trifolium Dubium</i>	Lesser Trefoil	
378	<i>Trifolium Micranthum</i>	Slender Trefoil	
379	<i>Trifolium Ornithopodioides</i>	Bird's-Foot Clover	
380	<i>Trifolium Pratense</i>	Red Clover	
381	<i>Trifolium Repens</i>	White Clover	
382	<i>Trifolium Striatum</i>	Knotted Clover	

383	Tripleurospermum Maritimum	Sea Mayweed		
384	Triticum Aestivum	Bread Wheat		
385	Tulipa Gesneriana	Garden Tulip		
386	Tussilago Farfara	Coltsfoot		
387	Typha Latfolia	Bulrush		
388	Ulex Europaeus	Gorse		
389	Ulmus Sp	Elm		
390	Urtica Dioica	Common Nettle		
391	Valeriana Officinalis	Common Valerian		
392	Verbascum Nigrum	Dark Mullein		
393	Verbascum Thapsus	Great Mullein		
397	Veronica Arvensis	Wall Speedwell		
395	Veronica Beccabunga	Brooklime		
396	Veronica Filiformis	Slender Speedwell		
397	Veronica Persica	Common Field Speedwell		
398	Veronica Serphyllifolia	Thyme-Leaved Speedwell		
399	Vicia Cracca	Tufted Vetch		
400	Vicia Hirsuta	Hairy Tare		
401	Vicia Sativa (ssp) Segetalis	Common Vetch		
402	Vicia Sepium	Bush Vetch		
403	Vicia Tetrasperma	Smooth Tare		
404	Vinca Major	Greater Periwinkle		
405	Vulpia Bromoides	Squirreltail Fescue		
	<b>Addenda</b>			
406	EPI Lobium Brunnescens	New-Zealand Willowherb		
407	Lamiastrum Galeobdolon (ssp) Argentatum	Variegated Yellow Archangel		
408	Polygonum Arenastrum	Equal-Leaved Knotgrass		
409	Athyrium Filix-Femina	Lady-Fern		

## Boundaries of 'Par Sands'

North: Southern fence line of Imery's haul road

East: Cliff face and foot of Polmear Hill

South: Sea

West: River adjacent to harbour

## References

Stace: New Flora of the British Isles.  
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