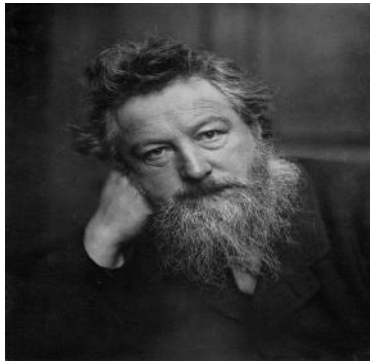




## The plants that inspired William Morris – self guided walk



Portrait of William Morris, aged 53 by Frederick Hollyer (c) Public domain  
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- Within the William Morris Garden there are 6 plaques that celebrate some of William Morris' designs. Wherever there is a plaque, you will find an example of the plant that inspired its design.
- Looking for the plaques using this self-guided walk is a great way to get to know the William Morris Garden, improve your plant identification skills and learn some interesting facts. You can do the walk as often as you like as the garden is always changing and there's always something interesting to see.
- Bring crayons and paper and you can make a brass rubbing of the plaques too.
- Remember not to touch or eat any of the plants in the garden as some have toxic qualities, including some of our inspirational plants.



- **If you want to help keep the garden looking beautiful**, improve your health and well-being, meet new people and gain new skills, then why not join the friendly group of volunteer gardeners who meet every Thursday 10.00am to 1.00pm in the William Morris Garden?
- No gardening experience is necessary, but please wear old clothes and sturdy shoes. Tools and gloves are provided.
- No regular commitment is required, just come along when you can.
- Please contact Ellie Mortimer for further information on 020 8496 2822 or [Ellie.mortimer@walthamforest.gov.uk](mailto:Ellie.mortimer@walthamforest.gov.uk)



### Identification tips:

- Anemones are members of the Buttercup (Ranunculaceae) plant family and have simple saucer shaped flowers like buttercups.
- All the anemones in the William Morris Garden have semi-evergreen vine-like leaves that grow in clumps. This means that they can be seen all year round unless there is a very cold winter, when they will die back.

There are 3 types of anemone in the William Morris Garden:

Summer/autumn flowering Japanese anemones, from China, but bred in Japan:

1. **Japanese anemone 'Honorine Jobert'** (*Anemone x hybrida* 'Honorine Jobert'), pictured above.

**Identification tip:** Look for its white flowers from August to October.

2. **Japanese anemone 'Queen Charlotte'** (*Anemone x hybrida* 'Queen Charlotte').

**Identification tip:** Its flowers are pink versions of the above and can also be seen from August to October.

Spring flowering anemone from the meadows and dry deciduous woodland of Central and

Western Europe:

3. **Snowdrop anemone** (*Anemone sylvestris*).

**ID tip:** Look out for its white flowers like the ones above from April to May.

### Did you know?

- Anemone means 'daughter of the wind' in Greek (Anemos is the wind God).
- Anemones are often called wind flowers because of the belief that anemone petals only open when the wind blows.
- **Handle with care:** Like other members of the Buttercup family, anemones have toxic properties and can cause skin irritation (painful, itchy skin/rash) and are poisonous if eaten (can cause diarrhoea and vomiting).



- This Mediterranean plant is one of the stars of the William Morris Garden and can be seen in several of its beds. See if you can also find it in another bed facing Forest Road.
- It is commonly known as a **cardoon, prickly artichoke or artichoke thistle**.

#### Identification tips:

- It is very easy to spot from June to September when it is fully grown at around 2 metres (6 foot) high with large purple thistle-like flowers (as pictured above).
- Look out for its fluffy, white seed heads in autumn/winter (see below left), clumps of jagged silver grey leaves in winter/spring (see below right) and its globe artichoke-like flower buds in spring.



#### Did you know?

- Its scientific name is *Cynara cardunculus* and it is closely related to the globe artichoke (*Cynara cardunculus* var. *scolymus*).
- Both plants are members of the Daisy (Asteraceae) plant family
- The cardoon was widely grown in Victorian times as a vegetable. Its celery-like stems are still a popular crop in France, Italy, Spain and North Africa.

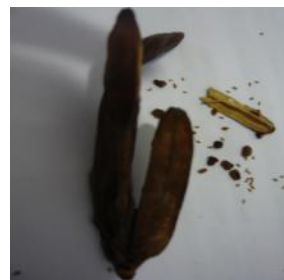


Image of Siberian Iris above right by Robadob2003 (23.5.07), downloaded on 30.6.19 from [https://commons.wikimedia.org/wiki/File:Iris\\_\(plant\).jpg](https://commons.wikimedia.org/wiki/File:Iris_(plant).jpg). Creative Commons license: [CC BY 2.5](https://creativecommons.org/licenses/by/2.5/): <https://creativecommons.org/licenses/by/2.5/>

- The beautiful multi-coloured flowers of the Siberian Iris (*Iris sibirica*) are a springtime treat from Europe and Central Asia. They were first collected in Siberia by monks in the Middle Ages and have been grown in Britain since 1596.

#### **ID tips:**

- The flowers appear in May and June and are a purply-blue colour with veined yellow and white throats that are perfectly complimented by clumps of bright green, slender, grass-like leaves.
- There are a small number of irises in this bed and they have been planted in a large group in another of the beds in the William Morris Garden to make a stunning springtime display.



- After flowering, green seed heads appear (as pictured above left) and by late summer (August) they will have turned brown and started to split open so the seeds can spread and grow in the garden or be collected and saved for growing new plants (see above image on right).
- Irises die back to survive the winter by storing their energy and nutrients in an underground stem called a rhizome. So look out for the green leaves changing to brown as they do this in autumn, before they are removed. Then keep your eyes peeled in spring for signs of new green growth.

#### **Did you know?**

- The Greek word for iris is rainbow.
- **Handle with care:** Siberian irises are members of the Iris (Iridaceae) plant family and like other members of the Iris family have toxic properties and can cause skin irritation (painful, itchy skin/rash) and is poisonous if eaten (can cause stomach pains and vomiting).



- The lilies in this bed are Daylily 'Stafford' (*Hemerocallis* 'Stafford') (pictured above left). Daylilies come from Asia, mainly eastern Asia, including China, Korea, and Japan

#### Identification tips:

- Daylilies' trumpet-like flowers are a summer treat enjoyed throughout July. Look out for the deep red flowers with yellow 'throats' of Daylily 'Stafford', in several of the beds and the salmon-pink flowers and yellow throats of Daylily 'Pink Damask' (*Hemerocallis* 'Pink Damask') (pictured below left).



- Daylilies' clumps of evergreen, long bright green arching leaves can be seen all year round. At the end of June look out for tall stems with long flower buds (as pictured above right) and you'll know that the flowers will begin to open soon.

#### Did you know?

- They are called daylilies as each flower only lasts a day, but as each stem has several buds, new flowers emerge daily throughout the flowering period.
- They are members of the Grass tree (Xanthorrhoeaceae) plant family, the same family as *Aloe vera*.
- All parts are edible, but some people are allergic (get windy and nauseous) and quantities of young shoots may be toxic.



- The rose is one of the most popular and well known plants in the world. There are 9 varieties/cultivars (cultivated varieties) in the William Morris Garden and more in other areas of the park – a small selection from the thousands available to grow. Most roses are native to (originally come from) Asia, but some are native to North America, northwest Africa and Europe.

#### Identification tips:

- The main flowering season for roses is summer, but, some of the varieties in the garden are 'repeat flowering' rather than 'once flowering', which means that they flower for a longer period.

#### Examples of 'once flowering' roses are:

- 1) The **Maiden's blush** (*Rosa 'Maiden's Blush'*) roses in this bed (pictured above left). They were introduced to Britain from France sometime before the 15<sup>th</sup> Century. In summer look out for their fragrant, double, rosette-shaped pale pinkish-cream flowers (7cm (3 inches) across).
- 2) The lightly scented native English wild rose, the **Dog rose** (*Rosa canina*) (pictured above right) that is in another bed in the garden.
- 3) The lightly scented **Rosa mundi or French rose** (*Rosa gallica 'Versicolour'*) (pictured below left). Look out for its stunning early summer display in one of the other beds in the garden. It is one of the oldest varieties of rose in the world and was grown by the Romans and Greeks. Most modern European rose cultivars have at least a small contribution from this rose in their ancestry.

- **An example of a 'repeat flowering' rose is 'Stanwell Perpetual'** (*Rosa 'Stanwell Perpetual'*) (pictured below centre) in the bed to the left, behind the hedge. It will repeat flower from spring, sometimes up to Christmas and its beautifully scented, pale pink flowers fade to white.

- Rose bushes' woody, thorny structures are most easily seen in winter when they have lost their leaves and their fruit, bright orange/red rose hips, provide winter colour and food for wildlife. The bright red rose hips of the Red-leaved rose (*Rosa glauca*) are pictured below right and look out for the groups of bright red oval hips on the Dog rose. Beware, most rose bushes have thorns that can scratch and cut you.



#### Did you know?

- Roses are members of the Rose (Rosaceae) plant family, the same family as most edible berries and fruits, such as strawberries, apples and cherries



- This is the Wild or woodland strawberry (*Fragaria vesca*).
- **It comes from the** woodland areas of many regions of the northern hemisphere including Europe, Asia, North America and parts of South America

#### Identification tips:

- Its small, daisy-like 5-petalled, white flowers with yellow centres, appear in early spring/summer. They become tiny, red fruits lasting from summer through to early autumn and its scientific name means 'small, thin strawberry' in Latin.
- Its low growing evergreen leaves have a jagged edge and can be seen all year round as pictured in the park in winter below.



- You'll find strawberry plants sharing another bed in the William Morris Garden with a plant with very similar leaves called *Potentilla* 'Miss Wilmott'. This is an ornamental version of the weed, creeping cinquefoil (*Potentilla reptans*). The trick to telling them apart is that the leaves of strawberry plants are divided into 3 leaflets (small leaves) rather than the 5 (cinque in Italian) leaflets on the other plants.

#### Did you know?

- It is a member of the Rose (Rosaceae) plant family.
- Archaeological evidence suggests that wild strawberries have been eaten by humans since the Stone Age. It was first cultivated by the Ancient Persians and was widely cultivated in Europe until the 18th century, when it began to be replaced by the larger fruited garden strawberry (*Fragaria × ananassa*). This is a hybrid of the woodland strawberry and another European species.
- **Hybrids** are the result of cross-pollination between different species of plants. It happens when plant breeders in nurseries or natural pollinators (wind, insects, animals) move pollen from one species of plant to the female part of a plant of another species, resulting in seeds for a new type of plant with characteristics from each parent species.