

# TOP 10 PLANT LIST

## THE SEAWILDING GARDEN

### UNDERWATER MARINE ENVIRONMENT

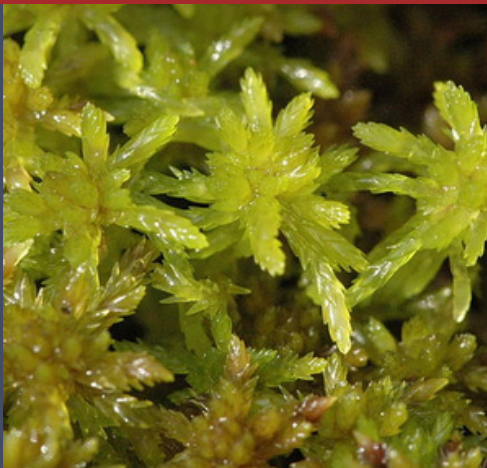


#### Seagrass - *Zostera Marina*

Seawilding is working in Loch Craignish to enhance and restore existing seagrass meadows. Seagrass is a vital habitat for other species and is considered a keystone species encouraging the return of lost biodiversity.

Seagrass is a perennial flowering plant, not a seaweed, found in our coastal waters.

### MOSS



#### Sphagnum Moss – Bog mosses

This moss helps in the formation of peat bog. Sphagnum Mosses can absorb more than 8 times their own weight in water. A key plant in the restoration of peat bogs throughout the UK. Peat bogs are a vital carbon sink and similar to seagrass, sequester large amounts of carbon.

Photo attribution: [James Lindsey](#)

### SHRUBS



#### Bog Myrtle – *Myrica gale*

Deciduous shrub, found in wet acidic soils in sheltered/ sunny locations. Grows to approximately 1.5m high and spread. Highly aromatic foliage. Flowers are yellow and brown catkins at the ends of shoots emerge in Spring.

Photo attribution: [Sten](#)



#### Cowberry/ Lingonberry – *Vaccinium vitis-idaea*

Can form a dense mat on forest floors, has tough leathery evergreen leaves. White bell shaped flowers emerge in early summer followed by tart cranberry like red fruits.

Found in old growth forests, and is an indicator of former old growth forests, dry and wet heaths on acidic soils in partial shade - woodland edges etc



#### Blaeberry- *Vaccinium myrtillus*

Found growing on acidic soils that are moist but with good drainage. Indicator of former woodlands and has value to a wide range of animals and insects.

Photo attribution: [Anneli Salo](#)