

Top 10 plants	
Bog Myrtle – <i>Myrica gale</i>	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.
Cowberry/ Lingonberry – <i>Vaccinium vitis-idaea</i>	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- <i>Vaccinium myrtillus</i>	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.
Grasses/ sedges	
Cotton Grass – <i>Eriophorum angustifolium</i> , <i>Eriophorum latifolium</i> , <i>Eriophorum vaginatum</i>	Low growing perennial grasses on wet acidic soils in full sun. Grows in exposed to sheltered sites. Flowers followed by tufts of white cotton like seed heads in May/ June.
String sedge - <i>Carex chordorrhiza</i>	Found on bogs where it normally sits in standing water. Now only found in 3 locations, all in Scotland. This is an interesting sedge with long cord like growths along the ground
Perennials/ Annuals	
Alpine rock-cress - <i>Arabis alpina</i>	A perennial mat forming plant on rock ledges. The UK has 1 population on the Isle of Skye.
Sticky catchfly - <i>Silene viscaria</i> / <i>Viscaria vulgaris</i>	Mat forming tufted evergreen perennial 45 – 60cm tall. Found on rock outcrops and steep dry slopes.

	A rare native wildflower only found in 20 location throughout England, Scotland and Wales.
Trollius europaeus – Globe flower	Herbaceous perennial found in moist meadows in full sun to part shade, Trollius nationally is in decline due to intensive land management.
Underwater marine environment	
Seagrass - Zostera marina	<p>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.</p> <p>Seagrass is a perennial flowering plant, not a seaweed, found in our coastal waters.</p>
Moss	
Sphagnum Moss – Bog mosses	<p>This moss helps in the formation of peat bog. Spagnum Mosses can absorb more than 8 times their own weight in water.</p> <p>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.</p>