




IMMA

A Guide to the Gardens and Meadows

Some wild plants and flowers in the grounds of the Irish Museum of Modern Art for visitors of all ages.

Please note:

Do not pick or taste any plant or flower if you are not sure what it is or what are its properties or where chemicals or pollution may have affected it.

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1. Bindweed (Irish name: Ialus mór)

This plant has long twisting stems and a white, trumpet-shaped flower. It is found in hedgerows and its flower is edible. It is native to Ireland.

2. Burdock (Irish name: Cnádán)

Burdock is a thistle which grows in grassland and roadsides. It has a reddish-purple flower which turns into a prickly burr containing the seeds of the plant. This burr becomes attached to passing animals. It is native to Ireland. Burdock is believed to have medicinal properties and has been used for the treatment of skin conditions.

3. Clover (Irish name: Seamair dhearg)

Clover grows on waste and cultivated land and helps to absorb nitrogen into the soil. It is native to Ireland.

4. Echinacea

Also known as coneflower, Echinacea is a daisy-shaped flower with brightly coloured pink and red leaves and flower head. It is used in teas and soups and it is believed to have medicinal properties associated with fevers, indigestion and the immune system.

5. Groundsel (Irish name: Grúnlas)

Found in cultivated and disturbed ground this plant has a yellow flower. It is native to Ireland and flowers all year round. In folklore groundsel was believed to have medicinal properties and was used for headaches and in poultices.

6. Hawthorne (Irish name: Sceach Gheal)

A small tree found in hedgerows and fields. It has small white flowers and in the Autumn it has red berries. It is native to Ireland.

7. Herb Robert (Irish name: Ruithéal rí)

Herb-Robert has a small pink flower with five petals. It grows on banks, at the base of walls and in shady places. It is native to Ireland. It has been used in the preparation of herbal tea.

8. Nettle (Irish name: Neadóg)

A common plant with spear-shaped leaves which grows in grass and woodland. The nettle is most associated with its sting. Its leaves have tiny hairs which release acid onto the skin when touched. The sap of a dock leaf is an antidote to the nettle sting and dock leaves can usually be found growing in close proximity to the nettle. The nettle is native to Ireland. It is a rich source of iron and vitamin C and can be used in the preparation of herbal tea and soup. It is important to use only the upper leaves. Nettles contain anti-histamines which are useful to deal with allergies and serotonin which is believed to help in general well-being.

9. Pineappleweed (Irish name: Lus na hiothlann)

Pineapple weed is in the same family as camomile. It has feathery leaves and greenish-yellow conical heads. If you crush the leaves you will get the smell of pineapple hence the name. It is found near paths and walkways. It is not native to Ireland. It is used in the preparation of herbal tea and early leaves can be used in salads.

10. Ribwort Plantain (Irish name: Slánlus)

Also known as 'rat-tail', this common plant can be found in urban and rural settings. It has a tall stem with small brown-green head. It is native to Ireland.

11. Self-heal (Irish name: Duán ceannchosach)

Self-heal grows in bare and grassy places. It has a purple-violet flower and is native to Ireland. Self-heal is believed to have medicinal properties including anti-allergenic and anti-inflammatory agents.

12. Sorrel (Irish name: Samhadh bó)

Sorrel is found in many locations such as fields, paths and road sides. It is a tall plant with small reddish flowers. It is native to Ireland.

13. St John's-Wort (Irish name: Lus na Maighdine Muire)

St John's-Wort has a yellow five-petal flower and if you hold its leaves up to the light you will see tiny perforations. It is found in grassy places, open woodland and road verges and is native to Ireland. It has been used in medicine as a treatment for depression and also as an ointment for skin problems.

14. Valerian (Irish name: Slán iomaire)

Valerian grows on walls and pathways and in coastal regions. It has fragrant pink flowers and is not native to Ireland. Valerian is believed to have medicinal properties associated with the treatment of insomnia.

15. Yarrow (Irish name: Athair thalún)

Yarrow grows in pastures, roadsides and waste areas. It has clusters of white disk-shaped flower heads containing tiny white flowers. It is native to Ireland. It is believed it has medicinal properties associated with blood clotting.

Production: Lisa Moran, IMMA

Acknowledgments: Seoidín O'Sullivan, Stephen Taylor, IMMA; Mary Conlon, Head Gardiner, RHK; Aaron Foley; Jacqueline Paterson, *Tree Wisdom: The Definitive Guidebook to the Myth, Folklore and Healing Power of Trees*, Paterson, 2002.

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3. clover



9. Pineappleweed



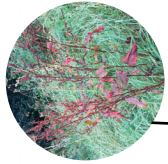
8. Nettle



2. Burdock



15. Yarrow



12. Sorrel



7. Herb Robert



4. Echinacea



13. St. John's wort



11. Self heal



main entrance

meadow

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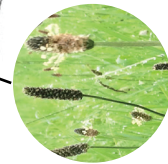
5. Groundsel



1. Bindweed



10. Ribwort Piantain



14. Valerian



6. Hawthorne



Irish Museum of Modern Art
Royal Hospital Kilmainham