

Belfast



Plant



Map

BLICK SHARED STUDIOS
& KARISHMA'S WORLD

Explore Belfast's relationship with plant life and place. Discover some of the plants and trees growing naturally throughout the city, along with places to pause, sit and enjoy a moment of nature and the benefits it brings to your wellbeing.



RAGWORT

Folklore held that a leprechaun's favorite spot to sit and mend his shoes on a summer morning was right atop a ragwort plant.

Loved by butterflies and bees this non-native plant thrives everywhere even in cracks in concrete such as car parks with little to no water.



BUDDEJA



COMMON GROUNDSEL

Traditionally viewed as a sacred herb of protection, a powerful cure in folk medicine, and a plant bound to the supernatural.

An important foodplant for the caterpillars of some priority species butterflies and a good nectar source for bees.



COMMON BIRD'S-FOOT TREFOIL



BRAMBLES

Thick patches were thought to be protected by the Sidhe (the fairies). Stripping a sacred patch entirely bare was considered terrible luck; foragers always left the first or last of the harvest as an offering to the Otherworld..

Known as "piss-a-beds" in mid-Ulster with the superstitious threat touching them would make you wet the bed. They are also completely edible and among the first wildflowers to bloom each year, making them an ideal food source for the first pollinators emerging from hibernation.



DANDELION



HERB ROBERT

Traditionally believed to be lucky to grow outdoors, but unlucky to bring inside.



COLTSFOOT

Also known as 'Son-before-father' as the flowers appear before the leaves.



NETTLE

Alongside carrageen seaweed and charlock, nettles served as a vital, nutrient-dense survival food during the Great Famine. In Irish folklore they are deeply tied to spring purification, protection against fairy mischief, and seasonal survival.

The plant is entirely edible. Young leaves and shoots can be eaten raw or cooked similarly to spinach. The leaves contain vitamins A, C, and K, plus essential minerals like iron, calcium, and potassium.



WALL LETTUCE



ROSEBAY WILLOWHERB

Carries folklore as a "thunder-flower" that brings storms if picked. Alongside modern symbolism of resilience, hope and recovery, due to its growth following events like the Blitz.

Places

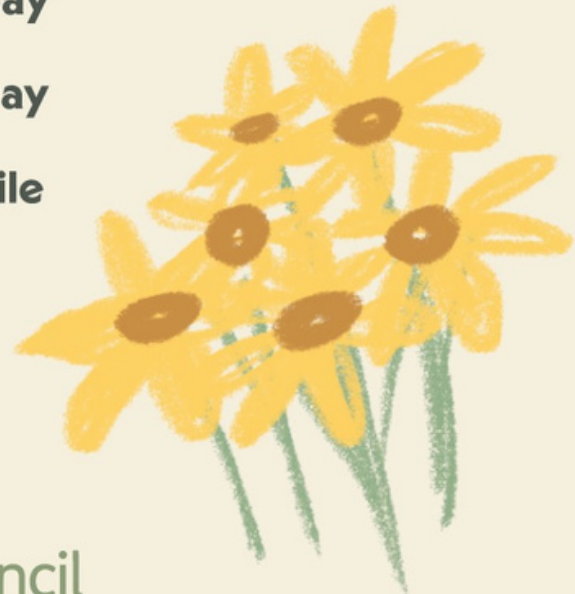


to



Pause

- City Quays Gardens
- Cathedral Gardens
- Writers Square
- Jubilee Square
- Titanic Memorial Garden
- Garden of Remembrance
- Pocket Gardens Adelaide Street
- Bankmore Square
- Crescent Gardens
- Botanic Gardens
- Palm House and Tropical Ravine
- Oxford Street
- Lanyon Quay
- Donegal Quay
- Queen's Quay
- Maritime Mile



**BELFAST
DESIGN
WEEK**

**Blick
Shared
Studios**



**Belfast
City Council**

Belfast

Plant

Map

Use this map to discover some places to pause and see if you can spot any of these plants!

