Helleborus viridus is a hardy perennial that occurs in shady limestone areas. and is often found in woodland glades or hedge banks.

It has large palmate and toothed leaves and the flowers are a pale green with yellow stamens. It appears to be declining in our area.



## Helleborus viridus

4 fig gps	site	gps	recor der	latest date	no	comment
4476	Far Arnside	SD4440476557	AK	04/03/24	1 plant	in among daffodils on RHS from Far Arnside before gate
4477	Arnside Park	SD441770				Arnside Park two good clumps. Last record 2000.
4478	Grubbins Wood	SD4476778118	NF/ LM	17/03/24	3	also 1 small at SD4481978137
4575	Silverdale Cove area	SD4569375384	AK	17/02/24	1 clump	behind the wall on RHS going down to the cove from the Lots.
4576	Middlebarrow Plain	SD4565876575	AK	02/03/24	sever al clump s	Middlebarrow Plain. Bridle path from Arnside Tower to Caravan park. along the LHS of path from SD4565876575 to SD4564176548
4578	Beachwood	SD4503578323	AK	05/03/24	2 plants	overgrown by ivy.
4578	Redhills Wood	SD4573578184	AK	31/03/24	1 clump	1 large clump by side of wall on LHS of path from High Knott Road to lower pastures
4676	Middlebarrow Wood	SD4633376920	ME	24/05/23	large patch	Middlebarrow Wood, large patch on field side of path
4677	Hagg Wood	SD4657677808	NF/ LM	26/03/24	35 plus	35+ clumps, 4 flowering, in patch 6 m x1m, some outliers. Access up from public footpath, along railway line
4978	Slack Head Marble Quarry	SD4935478807	AK	28/03/24	3	4 metres from road edge either side of the fence. 3 clumps
4979	Beetham	SD4927479357	NF/ LM	23/03/24	30	Vigorous patch with densely clustered plants,v sparser at edges. 30+ clumps, 13 clumps with flowers.

