

Easily recognisable with its small white flowers and white pearl-like seeds. It comes up each year. It seems to thrive on disturbed ground and by the edge of footpaths.



Lithospermum officinale

4 figure	Site	Grid Ref	Recorder	Date	Number	Comments
4376	Park Point	SD4371676775	AK	25/08/23	1	one of many plants scattered along the cliff path.
4377	Frith Wood	SD4386277310	AK	17/05/23	2	Frith Wood top path white creek to Park Point .
4377	White Creek	SD4372077536	LF	22/06/23	1	White Creek at top of beach
4477	Grubbins Wood shore	SD4444577872	AK	23/06/23	11 plants	along the coastline for 10 m under sorbus from 4444577872 to life buoy
4477	Triangle before New Barns	SD4444977699	AK/AF	28/05/23	10 plants	All burnt off by the 17th June
4576	silverdale road below knott	SD4545976886	AK	08/07/23	2 clumps	2 large clumps on roadside just before Quarry entrance
4577	Arnside Knott	SD4549777428	AK	08/06/23	1 large plants	at the junction of the paths near the knotted trees and the seat.
4675	Eaves Wood	SD4615775980	JW	22/06/23	8	Eaves wood above castle bank one large and 7 small with another small one about 2m along the path.
4776	Hawes Water	SD4789077710	AK/AF	17/05/23	lots	the Boardwalk field at Hawes Water
4873	Crag Foot and Occupation Rd	SD4851173285	AK	14/09/23	several plants	by gate on both sides of Occupation Lane also further up at 4890273279
4877	Gait Barrows area	SD4831677439	AK	11/08/23	i plant	at edge of car park by shed
4982	Warton Crag	SD4913672703	LF	08/05/24	1 clump	
4976	White Moss	SD4972376789	AK	05/05/24	6 plants	both sides of the netting at the corner where the footpath turns

