

Walking routes  
for exploring  
Kirkley differently

# Explore Kirkley

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The map on page 6 has been created by two artists and a forager to offer you new and creative ways of exploring Kirkley. Kasia, Carrie and Jon spent time getting to know Kirkley through a series of creative sessions with local residents. Together they have created recipes, walking routes, activities and ideas for you to enjoy.

## Wild plants in Kirkley

This map highlights a selection of the useful wild plants that occur in and around Kirkley. The journeys detail some of the uses that have been made of local grasses, herbs, shrubs and trees both past and present.

By exploring the routes covered (as well as finding your own) you will discover more about the fascinating floral history of the area, gain more awareness of what grows in Kirkley's green spaces and a deeper appreciation of your own connection to wildlife and wild-spaces.


This publication is not intended to be a guide to the identification of wild plants, edible or otherwise. It is in no way a substitute for expert knowledge or dedicated field guides.

*Cover image: Alexanders by Patricia Benton*

## Foraging walks

Below we've listed some wild plants of interest found along the walks. On page 8 is a plant gallery to help you recognise the plants along with some descriptions (the numbers below refer to the photographs in the plant gallery).

### Kirkley Ham Circular *(purple solid line route)*



(1) Alexanders	(11) Gorse flowers
(2) Brambles (Flowers)	(12) Japanese Rose
(5) Common Mallow	(14) Nettles
(6) Dandelion	(15) Pineappleweed
(7) Elder flowers	(16) Pine needles
(8) Fat-Hen	(18) Sea Radish
(9) Fennel	(22) Tansy

### Parish Paths Wander *(blue dashed line route)*



(1) Alexanders	(19) Smooth Sow-Thistle
(3) Chickweed	(20) Sorrel
(4) Common Comfrey	(21) Sweet Vernal-Grass
(6) Dandelion	(23) Three-Cornered Garlic
(10) Garlic Mustard	(24) Yarrow
(13) Linden leaves	
(17) Primrose flowers	

# Artists' walk

By exploring this route we hope that you will feel inspired by the contrasting visual landscape - the seafront with its vast open space and big sky in comparison to the urban Linden tree-lined road leading back to the Kirkley Centre, with its cascading chimney pots that frame the sky above. Enjoy the suggested creative activities, perhaps you can come up with some more of your own?

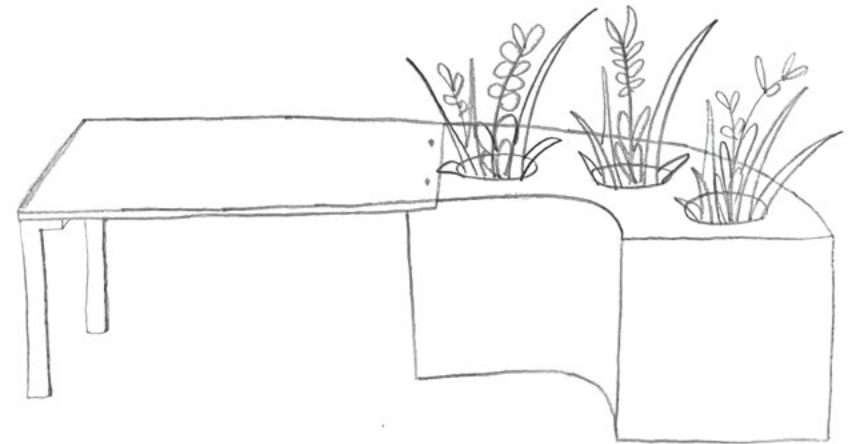
## Beach stroll *(yellow dotted line route)*



1. Find a comfortable place to sit, cast your eyes over the skyline, roof tops, trees, chimney stacks. What shapes appear?
2. Take a walk through a green space, how many different variations of green can you see?
3. What time of year is it? How can you tell? What plants can you see?
4. Find a Linden tree. Explore the colours, textures and shapes of the tree. Do a sketch or a rubbing or take a photograph with your phone.
5. Invite a friend to join you with a flask of hot water. Walk to the Kirkley Centre and find the planter (you can locate it on the map), choose a herb, pick a few leaves. Steep in your flask of hot water for 3 minutes. Spend time discussing the flavours of your herbal tea.

## Kirkley planters

Throughout Kirkley Creates artists Carrie Phoenix and Kasia Posen worked with local people to explore the identity of Kirkley through its green spaces, architecture and plant life. As part of the legacy of the project they have designed two planters, one that functions as a seat and one that functions as a table. They are located at the Kirkley Pantry and the Kirkley Centre. Both will be filled with edible plants, accessible to all in the Kirkley community. They are spaces to connect, rest, socialise and share.

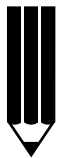
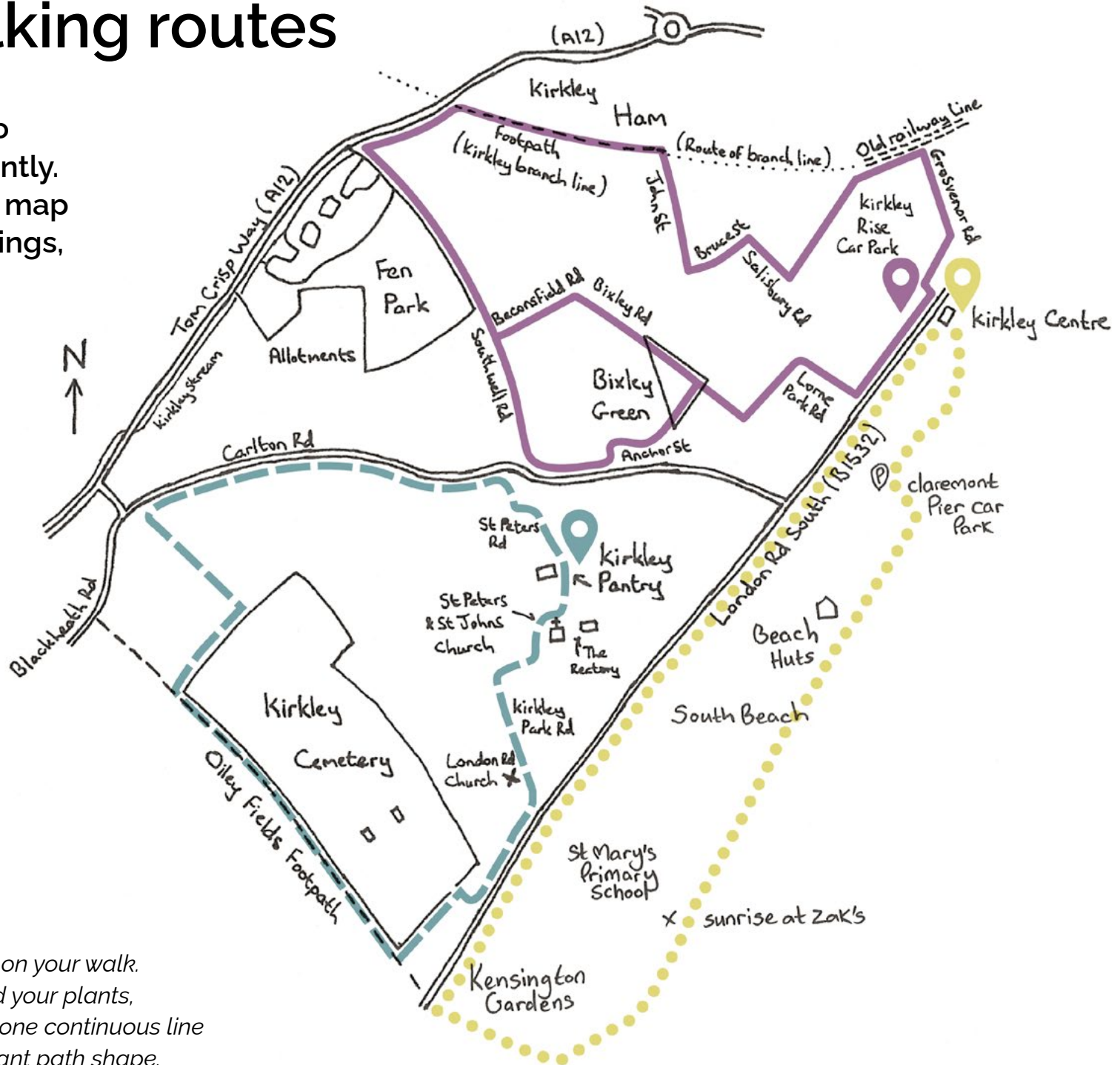


# Kirkley walking routes

Here are some ways to explore Kirkley differently. Create a personalised map by recording your findings, thoughts and ideas.



The pins mark the start of the walks

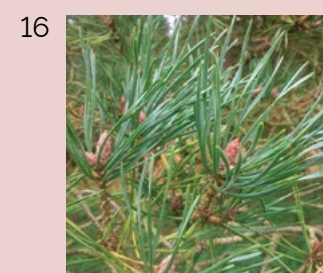
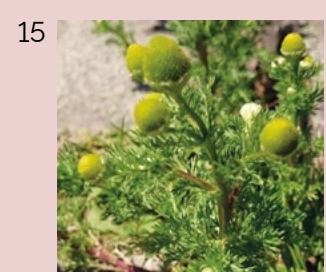
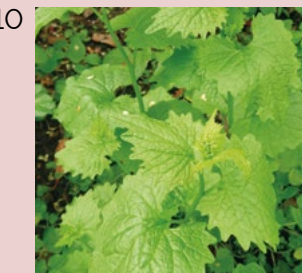
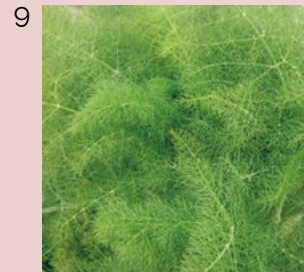
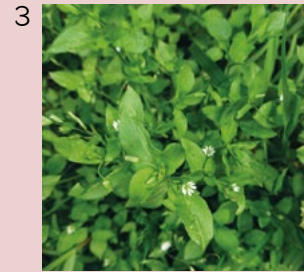


Map the plants you find on your walk. When you have mapped your plants, connect the marks with one continuous line to create your unique plant path shape.



# Plant gallery

(1) Alexanders (2) Brambles (Flowers) (3) Chickweed (4) Common Comfrey  
(5) Common Mallow (6) Dandelion (7) Elderflowers (8) Fat-Hen (9) Fennel  
(10) Garlic Mustard (11) Gorse flowers (12) Japanese Rose (13) Linden  
leaves (14) Nettle (15) Pineappleweed (16) Pine needles (17) Primrose  
flowers (18) Sea Radish (19) Smooth Sow-Thistle (20) Sorrel (21) Sweet  
Vernal-Grass (22) Tansy (23) Three-Cornered Garlic (24) Yarrow



# Plant profiles

Forager Jon Tyler spent time researching Kirkley and all it has to offer during a series of sessions with local residents. Here is more detailed information about some of the commonly found plants in the area.

## Alexanders

(*Smyrniolus atrum*), Carrot Family

Kirkley might consider adopting this tall, glossy leafed member of the umbellifers as its official plant because Alexanders have already adopted Kirkley and can be found in almost every green space in the parish. An invader that came with the Romans but decided to stay on, it has not always been welcome; one local name being 'Devils Bread'. It is in fact one of the few wild plants for which all parts are edible. It's all a matter of knowing what time of year to harvest and how to prepare it. Winter; roots and young leaves. Spring; stems (double peeled) and flower buds. Autumn; seeds.

## Dandelion

(*Taraxacum officinale*), Daisy Family

Easily recognised with its sunny yellow pom-pom flowers (followed by the seed 'clocks') and yet it has many lookalikes; Hawkbits, Cat's-ear, Sow-thistles and Hawkweeds probably all get mistaken for it. However all are at least relatives and, like dandelion, are in the daisy family, as are chicory and lettuce. All parts of the plant have uses both for food and in herbal

remedies. The young leaves are used in salads but can be a bit bitter and dandelion is still sometimes referred to as 'Wet the bed'; you have been warned!

## Elderflower

(*Sambucus nigra*), Honeysuckle Family

If the strawberry is the quintessential fruit of summer then Elder must surely be the flower of the summer. Its umbel-like bunches of frothy cream flowers adorns roadsides, hedges and rail lines throughout June in both town and country alike. Then as if by magic the flowers are gone to be replaced by clusters of purple, wine scented, earthy tasting berries in August. Elderflowers have many uses as a flavouring, both fresh and dried; elder champagne, elder panna cotta, and elder delight to name just a few, so not just for cordial!

## Garlic mustard

(*Alliaria petiolata*), Cabbage Family

A plant that does not hang around; by mid summer it is already setting seed. In the spring its stiff green stems with pale, shiny and ragged triangular leaves are distinctive, even before the cluster of small white, four petal flowers appear. The 'cross shaped' configuration of petals is a useful clue (and later the seed pods) to it being in the crucifers (cabbage family). The young stem leaves are very tasty in salads or when used in pesto and picked sparingly won't stop the plant from setting seed for next years crop.

## Japanese Rose

(*Rosa rugosa*), Rose Family

As the name implies not a native species; but still a welcome addition to the wild rose set. Although not yet fully naturalised Japanese rose seems to have a preference for coastal locations. The flowers are typically rosy; either a rich dark



pink or white (with a hint of pink). Regardless of colour they are highly perfumed with the distinctive rose fragrance. Despite the powerful scent most people recognise them by their large red, rounded autumnal rose-hips – with the 'itching' powder hairy insides. The petals can be used in salads, jams /jellies, dried for infusing or in harissa paste; the fruits can be used like other rose-hips.

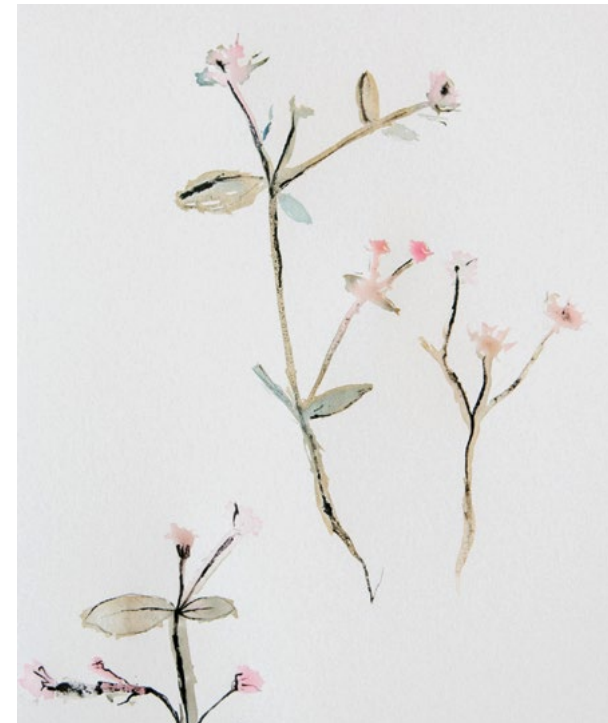
## Tansy

*(Tanacetum vulgare)*, Daisy Family

In the past Tansy was much in demand and once the doyen of the kitchen garden. It was used sparingly as a substitute for cinnamon and/or nutmeg and as bitter adjunct to apples. However it was most widely eaten for its presumed medicinal properties (it was supposed to get rid of worms). Tastes have changed somewhat; with the demand for Tansy's pungent bitterness now gone, its reduced to haunting the highways and byways a forgotten herb. Nevertheless it remains a distinctive plant; fern like, feathery leaves appear in the spring followed by stiff stems ending in a tight cluster of 'button' yellow flowers by mid summer.



*Garlic Mustard*  
by Patricia Clark



*Chickweed* by  
Honor Dawn

Notes and drawings



## About Kirkley Creates

This map has been created as part of Suffolk Artlink's Kirkley Creates programme. Kirkley Creates is our partnership project with Community Action Suffolk, First Light Festival and the Kirkley Pantry.

Led by artist collaborators The Third Person, and working with forager Jon Tyler and choreographer Tim Casson, Kirkley Creates invited the Kirkley community to explore the area's green spaces, beach and architecture through a series of social and creative sessions, which included planting, foraging, drawing, painting and dance. Carrie Phoenix and Kasia Posen are visual artists who began collaborating in 2019 where their project 'The Third Person' was formed to explore and share identities of locations through new eyes.

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