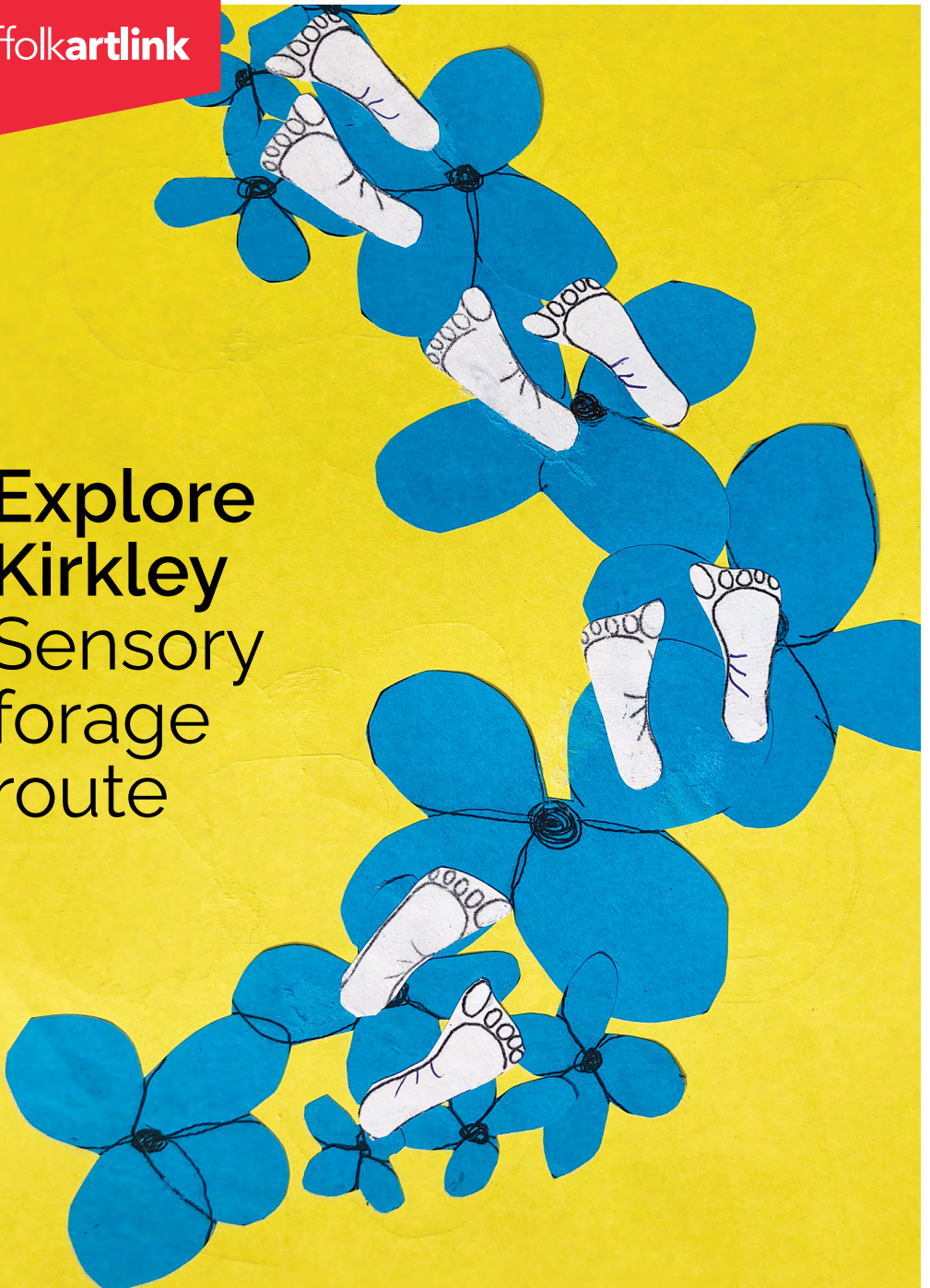


# Explore Kirkley Sensory forage route

Designed with wheelchair users  
and sensory needs in mind.

A collaboration with  
Wild About Kirkley



# Foraging route description

You can also follow the map on page 3

Starting at the Kirkley Cemetery entrance on London Road South, head North West up the central tarmac path (this is path 1 on the map).

On arriving at the circular path before the two church buildings, take the left-hand side path to head to the green burial area.

Turn left into the green burial area. There is a little lip down onto the grass at the end of the tarmac path. There is a bench located directly in front – this is a good spot to take a rest in a quiet spot. Perhaps you would like to do our suggested 'Green Activity' here.

*From the burial area bench, you can either:*

- Continue walking round the circular path and take the 3rd exit between the two church buildings to continue walking down the central path (path 3 on the map). At the intersection of paths after the circular pathway, take the left hand side path to the tall pines (path 4 on the map).

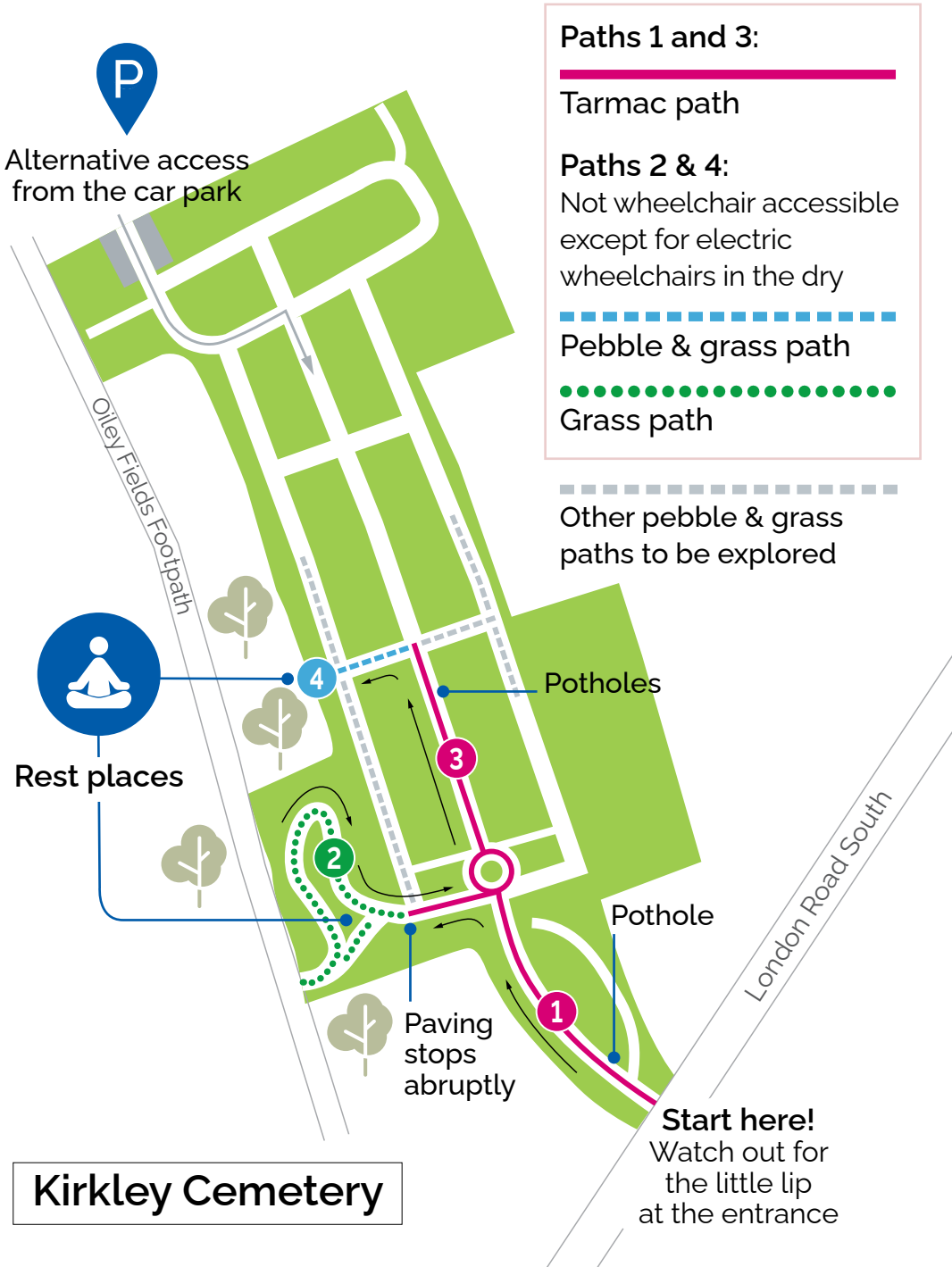
*or:*

- From the green burial area, turn right and follow the grass path along and down the slight slope and the burial area (path 2 on the map). There is a slight slope up as you follow the path back round to where the bench is situated.

From here you can take the grass path on the left before the small church, down between the tall pines. Stop where the path intercepts under the pines (Path 4 on the map).

The area beneath the pines is a good spot to take a rest before rejoining the central tarmac path and making your way back to the cemetery entrance.

# Foraging route map



# Plant profiles

## Some wild plants to taste & touch:



### **Cultivated Oat** (*Avena Sativa*)

Edible: Mature seed-grains can be crushed, ground or flattened then added to soups/casseroles. Good rattling sound, seed heads are heavy and rattle in the wind. The stem is really strong, has a good weight to it.



### **Linden Flowers** (*Tilia Sp.*)

Edible: Makes a relaxing tea, fresh or dried. Flowers feel like soft plastic when closed, when open they feel soft. Pick the leaf (on the same stalk) with the flower. You get sweetness from the flower, savoury from the leaf.



### **Crow Garlic** (*Allium Vineale*)

Edible: Flowers for garnish. Use the bulb raw or cooked (smells of garlic) – excellent for pesto. Strip-off the bulb's outer skin, then remove the stalk and root. Bobbly seed-head is hard and rough. Stem feels strong like a wire.



### **Rough Hawkbit** (*Leontodon Hispidus*)

Edible: The slightly bitter flower petals can be used in salads or as colourful garnish. Flowers feel like downy duck feathers, soft to touch. Purple tinged 'plums and custard' underside of petals. Leaves are rough, hairy and found at the base of the flower stems.

## What is green to you?

Find a quiet spot on our route, take a moment to observe as many different ideas of 'green' as possible. These could be colours, feelings, poems or textures. E.g. feathery fennel green or new beginnings green. Explore ways to share your perspective of green with others through drawing, writing or chatting.

## Access and parking

The entrance to Kirkley Cemetery is wheelchair accessible via the central tarmac path. The other paths (Paths 2 and 4 on the map) are less accessible in wet weather. There is street parking on London Road South, NR33 OPD. You can also park at the Cemetery Car Park at Kirkley Gardens, NR33.

## About this map

This route was created in collaboration with Suffolk Artlink's Wild About Kirkley participants. Designed with wheelchair users and sensory needs in mind, it has been devised to offer a new experience of green space in Kirkley. We hope you enjoy exploring Kirkley's unique plants and wildlife.

Wild About Kirkley participants, artist collective The Third Person and forager Jon Tyler spent time getting to know Kirkley through a series of creative sessions with local residents. Together they have created walking routes, activities and ideas for you to enjoy.

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.

A very special thank you to Juan Felipe Reyes Contreras and Kim and Bryony Mason for helping to design this route.

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