

Horsetails and ferns

- Common horsetail - Equisetum arvense
 Bracken - Pteridium aquilinum

Flowering plants (grouped in families)Ranunculaceae

- Creeping buttercup - Ranunculus repens
 Meadow buttercup - R. acris
 Celery-leaved crowfoot - R. sceleratus
 Marsh marigold - Caltha palustris
 Lesser meadow rue - Thalictrum minus

Papaveraceae

- Long-headed poppy - Papaver dubium
 Field poppy - P. rhoeas

Cruciferae

- Scurvy grass - Cochlearia officinalis
 Sea rocket - Cakile maritima
 Yellow rocket - Barbarea vulgaris
 One-rowed water-cress - Rorippa microphylla
 Hedge mustard - Sisymbrium officinale

Hypericaceae

- Common St John's wort - Hypericum perforatum

Caryophyllaceae

- Common mouse-ear chickweed - Cerastium fontanum
 Sticky mouse-ear chickweed - C. glomeratum
 Common stitchwort - Stellaria media
 Red campion - Silene dioica
 Sea campion - S. maritima
 White campion - S. alba
 Sea sandwort - Honkenya peploides
 Ragged robin - Lychnis flos-cuculi

Chenopodiaceae

- Hastate orache - Atriplex hastata
 Shore orache - A. littoralis
 Frosted orache - A. laciniata

Geraniaceae

- Field crane's-bill - Geranium pratense
 Herb robert - G. robertianum
 Dove's-foot crane's-bill - G. molle
 Common stork's-bill - Erodium cicutarium

Papilionaceae

- Meadow vetchling - Lathyrus pratensis
 Hairy tare - Vicia hirsuta
 Common vetch - V. sativa
 Gorse - Ulex europaeus
 White clover - Trifolium repens
 Red clover - T. pratense
 Hop trefoil - T. campestre
 Lesser hop trefoil - T. dubium
 Kidney-vetch - Anthyllis vulneraria
 Restharrow - Ononis repens
 Purple milk-vetch - Astragalus danicus
 (Lucerne, as a field crop - Medicago sativa)

Rosaceae

- Meadow-sweet - Filipendula ulmaria
 Silverweed - Potentilla anserina
 Bramble - Rubus fruticosus
 Hawthorn - Crataegus monogyna
 Common agrimony - Agrimonia eupatoria
 Blackthorn - Prunus spinosa
 (Apple? - Malus domestica?)

Crassulaceae

- English stonecrop - Sedum anglicum

Onagraceae

- Rose-bay willow-herb - Epilobium angustifolium
 Great hairy willow-herb - E. hirsutum
 Broad-leaved willow-herb - E. montanum

Umbelliferae

- Hogweed - Heracleum sphondylium
 Hedge parsley - Torilis japonica
 Ground-elder - Aegopodium podagraria
 Hemlock - Conium maculatum
 Cow parsley - Anthriscus sylvestris
 Hemlock water-dropwort - Oenanthe crocata

Polygonaceae

- Sorrel - Rumex acetosa
 Broad-leaved dock - R. obtusifolius
 Curled dock - R. crispus

Urticaceae

- Stinging nettle - Urtica dioica

Salicaceae

- (Grey-leaved?) willow - Salix (cinerea?)

Plumbaginaceae

Sea pink, Thrift - *Armeria maritima*

Primulaceae

Cowslip - *Primula veris*
Garden loosestrife - *Lysimachia (punctata?)*

Boraginaceae

Yellow-and-blue Forget-me-not
- *Myosotis discolor*

Convolvulaceae

Bindweed - *Convolvulus arvensis*

Scrophulariaceae

Germander speedwell - *Veronica chamaedrys*
Ivy-leaved toadflax - *Cymbalaria muralis*

Labiatae

Wild thyme - *Thymus praecox*
ssp *arcticus*
Whorled clary (an escape) - *Salvia verticillata*

Plantaginaceae

Buck's-horn plantain - *Plantago coronopus*
Ribwort plantain - *P. lanceolata*
Broad-leaved plantain - *P. major*
Sea plantain - *P. maritima*

Campanulaceae

Harebell - *Campanula rotundifolia*

Rubiaceae

Sticky willie - *Galium aparine*
Lady's bedstraw - *G. verum*

Caprifoliaceae

Elder - *Sambucus nigra*

Dipsacaceae

Field scabious - *Knautia arvensis*
Small scabious - *Scabiosa columbaria*

Compositae

Creeping thistle - *Cirsium arvense*
Common thistle - *C. vulgare*
Common knapweed - *Centaurea nigra*
Autumnal hawkbit - *Leontodon autumnalis*
Smooth sow-thistle - *Sonchus oleraceus*
Prickly sow-thistle - *S. asper*
Perennial sow-thistle - *S. arvensis*
Colt's-foot - *Tussilago farfara*
Yarrow - *Achillea millefolia*
Feverfew - *Chrysanthemum parthenium*
Ragwort - *Senecio jacobaea*
Sticky groundsel - *S. viscosus*
Butterbar - *Petasites hybridus*
Daisy - *Bellis perennis*
Ox-eye daisy - *Leucanthemum vulgare*
Mouse-ear hawkweed - *Hieracium pilosella*
Smooth hawk's-beard - *Crepis capillaris*
Slender thistle - *Carduus tenuiflorus*

Juncaceae

Hard rush - *Juncus inflexus*
Soft rush - *J. effusus*
Sharp-flowered rush - *J. acutiflorus*

Orchidaceae

Pyramidal orchid - *Anacamptis pyramidalis*

Cyperaceae

Sand sedge - *Carex arenaria*

Gramineae

Yorkshire-fog - *Holcus lanatus*
Perennial Rye-grass - *Lolium perenne*
Smooth meadow-grass - *Poa pratensis*
Golden Oat-grass - *Trisetum flavescens*
Sweet vernal grass - *Anthoxanthum odoratum*
Common bent-grass - *Agrostis capillaris*
Creeping bent - *A. stolonifera*
False oat-grass - *Arrhenatherum elatius*
Red fescue - *Festuca rubra*
Crested hair-grass - *Koeleria macrantha*
Crested dog's-tail - *Cynosurus cristatus*
Cock's-foot - *Dactylis glomerata*
Common couch grass - *Elymus repens*
Sand couch - *E. farctus*
ssp *boreali-atlanticus*
Early hair-grass - *Aira praecox*
Soft brome - *Bromus hordaceus*
ssp *hordaceus*
Sterile brome - *B. sterilis*
Sea lyme-grass - *Leymus arenarius*
Marram grass - *Ammophila arenaria*

Birds (in order of first recording)

Herring gull
Lesser black-backed gull
Oystercatcher
Curlew
Yellowhammer
Meadow pipit
Common/arctic? tern
Cornbunting
Linnet
Gannet
Turnstone
Redshank
Common sandpiper
Sandwich tern
Pied wagtail (juvenile)
Goldfinch
Pock pipit
Black-headed gull
Starling
Lapwing
Cormorant
Wheatear
Ringed plover
Dunlin
Chaffinch
Greater black-backed gull (juvenile)
Common gull
Kittiwake
Eider
Heron

Other wildlife/natural history interest

White-lipped snail (*Cepaea hortensis*)
Garden Snail (*Helix aspersa*)

Meadow brown butterfly
Six-spot burnet moth
Green-veined white butterfly
Common blue butterfly
Small tortoise-shell butterfly

Small heath butterfly
Soldier beetle on umbellifer
Grasshopper spp.
Cinnabar moth larvae

Numerous *Ramalina* lichens on sea-shore rocks

Small section of fossil crinoid stem found down on the shore not far along from St Monance
Small caldera and associated lava and ash deposits with xenoliths
Very obvious dykes cutting vertically through the country rocks
Black volcanic sand with 'Elie rubies' (pyrope? garnets) near Elie

Windmill, rock cutting and salt pans complex at St Monance