

# FLORA



**Rock Samphire**  
*Craobhraic*

Characteristic of rocky habitats, sea cliffs and occasionally shingle around the coasts of Ireland, this perennial has fleshy, aromatic leaves. Its small white or yellowish flowers, grouped in compound umbels, can be seen from June to September. The plant can be eaten raw or boiled.

Tá duilleoga aramatacha feolmhara ag an ilbhliantóg seo, atá le feiceáil i ngnáthóga carraigeacha, aillte cois farraige agus uaireanta ar scaineagán mórthimpeall chóstaí na hÉireann. Is féidir na bláthanna beaga atá bán nó scothbhuí, agus grúpáilte in umbail chomhshuite, a fheiceáil ó Mheitheamh go Meán Fómhair. Is féidir an planda a ithe amh nó bruite.



**Sea Beet**  
*Laíon na Trá*

A perennial, sea beet has glossy, leathery, dark green leaves, green or reddish stems and a long pole root. Its tiny flowers appear on long wavy spikes from July to September. It grows on shingle beaches and in other coastal habitats, individually or in sprawling clumps.

Is ilbhliantóg laíon na trá le duilleoga snasta dúghlasa agus cuma leathair orthu, gais ghlasa nó scothdhearga agus pol-fhréamh fada. Feictear a chuid bláthanna fíorbheaga ar spící fada casta ó lúil go Meán Fómhair. Fásann sé ar thránna scaineagáin agus gnáthóga eile cois cósta, astu féin nó i dtoim shraoilleála.



**Sea Bindweed**  
*Plúr an Phrionsa*

Sea bindweed is a creeping perennial plant with round leaves and large, delicate, pink-and-white funnel-shaped flowers which appear from June to September. It grows in sand dunes around Ireland, helping to bind the sand with its long roots and runners.

Is planda ilbhliantúil reatha é Plúr an Phrionsa le duilleoga cruinne agus bláthanna móra leochaileacha atá bándearg agus bán, a fheictear ó Mheitheamh go Meán Fómhair. Fásann sé i ndumhcha mórthimpeall na hÉireann, ag cuidiú leis an ngaineamh a nascadh lena fhréamhacha agus a reathairí fada.



**Marram Grass**  
*Muiríneach*

Marram grass has very long roots, and can roll up its leaves to avoid desiccation. It grows in a dry dune environment and is dominant in white dune. Familiar and widespread, this coarse high grass is the most important dune-building species in Europe.

Tá fréamhacha fíor-fhada ag an muiríneach, agus is féidir léi a duilleoga a rollú suas chun triomú a sheachaint. Fásann sí i dtimpeallacht dhuimhche atá tirim agus i forlámhach sna dumhcha bána. Forleathan agus coitianta, tá an fionnán seo ar an speiceas tógála duimhche is tábhachtaí san Eoraip.



**Sea Holly**  
*Cuileann Duimhche*

Sea holly is a hard, silvery-grey bushy plant with holly-shaped leaves, and blue thistle-like flowers from July to September. It grows on dunes and shingle. It is threatened by picking for dried flowers, and by cutting it in the way of summer picnics.

Is planda sceiche é cuileann duimhche atá crua agus airgead-liath le duilleoga cuileann-chruthacha, agus bláthanna gorma cosúil le feochadán ó lúil go Meán Fómhair. Fásann sé ar dhumhcha agus scaineagán. Tá bagairtí ann ó phiocadh do bhláthanna triomaithe, agus ó ghearradh má tá sé sa bhealach ar phicnici samhraidh.



**Dewberry**  
*Eithreog*

A bramble with white flowers, dewberry's fruits are a deep, almost black purple, and are coated with a thin layer or 'dew' of waxy droplets. The berries are edible but have a tart taste, even when fully ripe. It grows on grey dunes and dune heath.

Is dris í seo le bláthanna bána, agus bíonn dath domhain ar thorthaí na heithreoige atá beagnach dúchorra, agus iad brataithe le sraith thanaí de 'dhrúcht' nó bhraoiníní céiriúla. Is féidir na caora a ithe ach bíonn blas searbh orthu, fiú amháin nuair atá siad go hiomlán aibí. Fásann sé ar dhumhcha liatha agus fhraochmhá duimhche.



**Creeping Willow**  
*Saileach Reatha*

Creeping willow is a small prostrate shrub with slender reddish branchlets and small variable leaves. It grows up to 25cm high in dune slacks. Able to out-compete most other plants, it can turn a species-rich fixed dune grassland into a high biomass willow thicket.

Is tor beag sínte é an saileach reatha le craobhacha beaga tanaí atá scothdhearg agus duilleoga beaga athraitheacha. Fásann sé go 25cm ar airde i lagáin dhuimhche. Tá sé ábalta forlámhas a fháil ar phlandaí eile, agus is féidir leis talamh féaraigh duimhche shocraithe atá speiceas-shaibhir a aistriú go mothar saileach le bithmhais ard.



**Bladderwrack**  
*Feamainn Bhoilgíneach*

Bladderwrack is a common, leathery brown seaweed which anchors onto hard surfaces. Its paired air bladders act as buoyancy aids, while its seeds are in jelly-filled sacs near the tips of the plant. It is found mid-shore, in the sea and in brackish water.

Is feamainn choitianta donn ar chuma leathair í an fheamainn bhoilgíneach a ghreamaíonn ar dhromchlaí crua. Feidhmíonn a bholgáin air phéireáilte mar áiseanna buacachta, agus tá a cuid síolta i saic atá lán le glóthach in aice le barr an phlanda. Tá sí le fáil sa chladach láir, san fharraige agus in uisce goirt.