

FLORA



Algae
Algaí

These free-floating microscopic plants provide nutrition for lower orders of the aquatic food web, converting the sun’s energy into food via photosynthesis. Nutrient pollution causes rapid algal growth – called ‘algal bloom’ – and can contribute to eutrophication of lakes. *Plandaí micreascópacha iad seo a snámhann san uisce agus a chuireann cothú ar fáil do na cineálacha beatha is ísle i líonra bia an uisce. Úsáideann siad fótaisintéis chun solas na gréine a thiontú go bia. Tagann fás borb ar na halgaí má thruaillítear an t-uisce le cothaithigh. Blás algach a tugtar air agus is féidir leis eotrófú a dhéanamh ar locha.*



Willow Moss
Sailchaonach

With its roots anchored deep into gravel and bedrock fissures, willow moss is one of the few plants that can withstand high-velocity upland stream flows. It provides shelter and grazing for aquatic insects, and habitat for small fish species. *Tá an sailchaonach ar ceann den líon beag plandaí ar féidir leo cláideacha tapa na sruthán ardtailte a sheasamh. Bíonn a fhréamhacha greamaithe go maith i ngairbhéal nó i scoilteanna sa bhuncharraig. Cuireann sé foscadh agus bia ar fáil le haghaidh inveirteabraigh mhóra an uisce ar nós larbhaí na snáthaidí móra agus na gcuileanna cloch agus gnáthóg le haghaidh speicis éagsúla iasc beag.*



Water Lily
Bual-lile

With their beautiful white or yellow flowers, associated with summer days, these quintessential pond and shallow-lake plants may completely cover a large section of water. They provide shelter and habitat for fish and insects, and may keep water temperatures safely down under a glaring sun. *Is ar bhual-lilí sa samhradh lena mbláthanna bána nó buí a smaoiníonn daoine nuair a chuimhníonn siad ar phlandaí lochán agus locha éadomhne. Is féidir leo mórchuid de dhromchla an uisce a chlúdach. Cuireann siad foscadh agus gnáthóg ar fáil d’éisc agus d’fheithidí agus is féidir leo an t-uisce a choinneáil fionnuar in ainneoin ró-theas na gréine.*



Reed
Giolcach

Growing in shallow waters on the edges of lakes, reeds recycle excess nutrients and provide shelter for fish from bird and mammal predation. They help stabilise the banks of lakes and inhibit wave and boat-wake damage to lakeshores. Reeds were traditionally used for thatching roofs. *Fásann siad seo in uisce éadomhain ar imeall locha. Déanann siad athchúrsáil ar chothaithigh iomarcacha agus cuireann siad dídean ar fáil d’éisc ó chreachairí éan agus mamach. Cabhraíonn siad chun bruacha locha a dhaingniú agus cuireann siad srian leis an damáiste a dhéanann tonnta bád do na bruacha céanna. Baintí leas as giolcacha sa tseanaimsir do dhíonta tí.*



Water Crowfoot
Néal Uisce

Various species of crowfoot provide shelter and food to insects and foraging birds, while their roots help to consolidate riverbed structure. Although completely submerged for most of the year, in May and June the plants’ attractive white blossoms are held 1-2cm above the water. *Cuireann cineálacha éagsúla néalta uisce bia agus foscadh ar fáil le haghaidh feithidí agus éan ar lorg creiche agus cabhraíonn na fréamhacha chun struchtúir ghrinneall abhann a dhaingniú. Cé go mbíonn siad faoin uisce formhór na bliana cuireann siad bláthanna deasa bána 1-2cm os cionn barr an uisce i mí Bealtaine agus Meitheamh.*



Bull Rush
Coigeal na mBan Sí

Also known as reedmace, bull rush is easily recognised by its cigar-like flower head. It is found on the margins of ponds, lakes and streams throughout Ireland. A useful nutrient recycler, it is used in integrated constructed wetlands to help clean post primary-treated sewage waters. *Is furasta an planda seo a aithint ón mbláth mar thodóg atá aige. Tá sé le fáil ag fás ar imill lochán, locha agus sruthán ó cheann ceann na hÉireann. Planda úsáideach é seo a dhéanann athchúrsáil ar chothaithigh, agus úsáidtear é i mbogaigh chomhtháite a thógtar le cabhrú chun séarachas a ndearnadh an chéad chóireáil air a ghlanadh.*



Alder
An Fhearnóg

A useful coloniser of riverbanks, alder can ‘fix’ its own soil-borne nitrogen. It is therefore self-fertilising and able to grow in poor or disturbed ground. Its leaf fall helps to drive aquatic energy ecosystems, attracting many insects which are in turn eaten by fish and birds. *Crann úsáideach í an fhearnóg a fhásann ar bhruacha abhann agus ar féidir léi a cuid nítrigine féin a chuir ar fáil sa talamh. Cruthaíonn sí leasú di féin agus is féidir léi fás i dtalamh bocht nó in ithir a corraíodh. Nuair a thiteann na duilleoga spreagann siad éiceachórais an uisce, meallann siad a lán feithidí agus itheann éisc agus éin iad sin.*



Willow
An tSaileach

Strong riverbanks are essential to stream health. Where they have been disturbed or compromised, the willow takes quickly, establishing roots and preventing harmful erosion. It promotes aquatic biodiversity through its leaf fall and insect life, and is useful to humans for making baskets. *Ní mór bruacha teanna a bheith ag srutháin má tá siad le bheith sláintiúil. Fásann an tsaileach go tapa ar bhruacha a corraíodh nó a ndearnadh dochar dóibh, fásann na fréamhacha agus coisceann siad creimeadh díobhálach. Cuireann an tsaileach le bithéagsúlacht an uisce de bharr a cuid feithidí agus de bharr titim a nduilleog. Úsáidtear na slata chun ciseáin a dhéanamh chomh maith.*