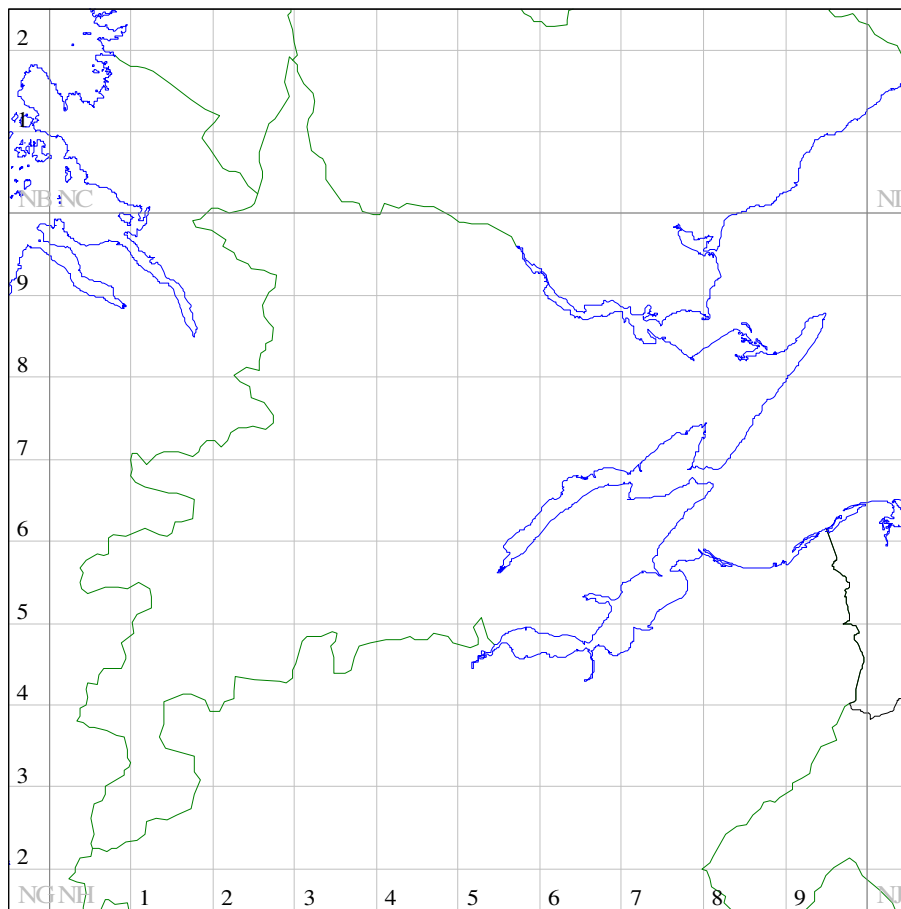


EASTER ROSS PLANT CHECKLIST (VC 106)

BARBARA AND BRIAN BALLINGER



EAST ROSS VC106

EASTER ROSS (VC 106) CHECKLIST for vascular plants. 2011

Barbara and Brian Ballinger

This is a very brief account of all the vascular plant and charophyte species recorded in Easter Ross. The authors are the Vice-County recorders for VC106 (Easter Ross) for The Botanical Society of the British Isles (BSBI)**.

Easter Ross has a variety of habitats. In the east are the fertile Black Isle and Fearn Peninsula with a long history of habitation and agriculture and some limited industrial development. The land is penetrated by the Dornoch, Cromarty, Moray and Beauly Firths. In the south the influence of developments associated with nearby Inverness is felt. The western part of the vice-county, which almost reaches the west coast in places, includes remote mountains and moorlands with lochs and large estates. Here much of the rock is acid, but there are some small base-rich areas. All this has given rise to a fairly varied flora, which includes some aliens particularly in the east..

We are very grateful to all the individuals and organisations who have recorded plants and helped us in many ways. We thank in particular Peter Wortham and Ro Scott our predecessors as vice-county recorders. The Inverness Botany Group assisted us and we acknowledge the support of Jim McIntosh of the BSBI and Heather McHaffie of the Royal Botanic Garden in Edinburgh.

The number of 10km squares or hectads in which the plant has been recorded since 2000 is indicated by H and a number and 20+ if there are more than 20. The figure in brackets represents the number of hectads (10km squares) in which the plant was recorded in the longer period between 1970 and 1999. These may or may not be the same as the post-2000 hectads. Information has been gleaned from various sources, including species record cards, BSBI computerised records, Atlas 2000 data and the Biological Records Centre (BRC). Numbers are not given for pre-1970 records. Lists of squares are provided for the less common species and examples are given of locations.

A star* denotes an alien species including ancient introductions (archaeophytes). The comments on frequency are a general guide only and do not have an exact numerical basis.

Further information about the locations of rare and scarce plants is given in our "Easter Ross Rare Plants Register" available on the BSBI website or as a privately published booklet (2009). An important reference source is Ursula Duncan's "Flora of East Ross-shire" (1980). Also referred to is the "New Atlas of the British Flora" (2002) edited by Preston, Pearman and Dines.

Abbreviations: New Red Data List (RDB): Endangered (EN), Vulnerable (VU), Near Threatened (NT), Data Deficient (DD).

Status List: Nationally Rare (NR) (occurring in fewer than 16 hectads or 10km squares in Great Britain), Nationally Scarce (NS) (occurring in 16-100 hectads in Great Britain).

Locally Rare (LR) native species occur in fewer than 4 sites (not squares) in the vice-county,

Locally Scarce (LS) species occur in fewer than 10 sites (not hectads) in the vice-county. Some other species are also only present in small quantities.

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**Sadly Barbara Ballinger died in 2010 but much of the work reported here was hers.

Please send records to brian@garrickwood.org.uk.

Species List: H indicates the number of hectads (10km squares) in which the plant has been recorded since 2000 and the number in brackets the number of hectads with records between 1970 and 1999.

Abies alba*(Silver Fir) NH67,77,87,97

H4(1). Planted in a few locations eg Geanies (NH97), Achandunie (NH67), N of Barbaraville.

Abies grandis*(Giant Fir)

H 9(2). Planted in places eg Garve, Marybank, Strathpeffer etc Self-seeding?

Abies concolor* (Low's Fir) NH 56

H1(0) Planted by Dingwall at Paradise Wood

Abies homolepsis* (Nikka Fir) NH 56

H1(0) Planted by Dingwall at Paradise Wood

Abies nordmaniana* NH45,67,76,87,97,98

H 6(0). Planted occasionally eg Geanies, Aultgowrie, Bogbain etc

Abies procera* (Noble Fir)

H 15(0). Fairly widely planted eg Tain, Boath, Invercharron etc. Some seedlings

Acer campestre*(Field Maple) NH45,46,55,56,66,75,76,77,78,87

H10(8). Planted in E. Ross eg E. of Tain, Rosemarkie, Dingwall, Alness etc

Acer cappodocium* NH56

H1(0) Planted at East End Wood by Dingwall

Acer platanoides* (Norway Maple)

H 17(14). Often planted eg Rosemarkie, Dingwall, Oldtown etc.

Acer pseudoplanatus*(Sycamore)

H 20+. Common and selfseeding eg Ardgay, Moy Island, Rosemarkie etc

Acer saccharinum*(Silver Maple) NH56

H 1(0). Planted at one site by Dingwall (NH541 600)

Achillea millefolium (Yarrow)

H 20+. Very common and in most squares. eg Tarbatness, Rosemarkie, Moy Island etc.

Achillea ptarmica (Sneezewort)

H 20+. Widespread although not as common as the previous species. eg Marybank, Loch Ailsh

Aconitum x cammarum* (A. napellus x variegatum) NH45,55,56,65,66,68,78

H 7(1). Garden escape only recorded recently. By Edderton, Marybank, Rosehaugh etc

Aconitum napellus* (Monkshood) NH66

H 1(4). A rare garden escape. Kiltearn (NH615 652)

Acorus calamus* (Sweet flag)

H 1 (1). Only recorded from the River Conon area NH496 544.

Adiantum capillus-veneris (Maidenhair fern)

Pre-2000. Unconfirmed older records for Ardross NH67 and Craigroy Burn NH68.

Adoxa moschatellina (Moschatel) NH55,56,65,66,67,75,76,77,78

H 9(4). Scattered in woodlands in the East. Rosemarkie, Dingwall, Drummondreach etc

Aegopodium podagraria* (Ground Elder)

H 20+. Widespread in the lowlands on waste ground etc eg. Rosemarkie, Dingwall, Achanalt station

Aesculus hippocastanum* (Horse Chestnut)

H 18(19). Fairly frequent and usually planted. eg Tain, Croick, Lemlar etc.

Aethusa cynapium (Fool's Parsley) NH78

H 1(0). Rare on waste ground and only seen at Tain (NH785 823) recently. May be an alien here.

Agrimonia eupatoria (Agrimony) LR NH87

H 1(3). Always rare and only seen lately at Shandwick(NH856 738) Also a 1999 NH 98 record

Agrimonia procera (Fragrant Agrimony) EX?

Pre-2000 (1). Last recorded at Craigdarroch NH45 in 1983 and probably now extinct in VC 106

Agrostemma githago (Corncockle) EX?

Pre-2000 (1). Only one post-1970 record when it was in a seed mix at Inver (NH88).

Agrostis canina (Velvet Bent)

H 20+. Widely recorded in uplands and lower ground. eg. Strath Rusdale, Easter Fearn, Castlecraig

Agrostis capillaris (Common Bent)

H 20+. Very common across the vice-county. eg Rosemarkie, Alness Point, Loch a Chroisg.

Agrostis gigantea (Black Bent)

H 12 (8). Sparse. Alness Point, Marybank, Redcastle etc.

Agrostis stolonifera (Creeping Bent)

H 20+. Very common, often in wetter places. eg Alladale, Rockfield, Beinn Enaiglair

Agrostis vinealis (Brown Bent)

H 20+. Common on higher ground. eg By Wyvis Lodge, Seana Bhraigh, Loch an Daimh

Aira caryophylla (Silver Hair Grass)

H 20+. On tracks, shores etc. Less common than *A. praecox*. eg Muir of Ord, River Orrin,

Aira praecox (Early Hair Grass)

H 20+. Common on tracks and dunes etc. eg Tain, River Conon, Ardgay Etc.

Ajuga x pseudopyramidalis (A. pyramidalis x reptans) VU LR NH45

H 1(1). A rare hybrid recently re-found by Torr Achilty (NH 447 545)

Ajuga pyramidalis (Pyramidal bugle) VU NS LS NH35,45,49,56,68,86

H 6(7). Scarce but new sites have been located. Torr Achilty, Allt na Caorach, Amat etc

Ajuga reptans (Bugle)

H 20+. Common in woods etc. eg. Urquhart, Craigroy Burn, Ardgay etc.

Alcea rosea* (Hollyhock)

Pre-2000 (1). Only one unlocalised record in NH 55 in 1999.

Alchemilla alpina (Alpine Lady's Mantle)

H 20+. Common on most mountains and high hills. eg Ben Wyvis, Seana Bhraigh, Meall Dheirgidh

Alchemilla conjuncta* (Silver Lady's Mantle) NH36 NC30

H 2(1). A garden escape at Garve (NH395 613) and Duag Bridge (NC386 006).

Alchemilla filicaulis (Southern Lady's Mantle) NC21, NH13,25,28,38,39,49,56,65

H9. Mainly recorded as its sub-species so this total does not reflect frequency.

Alchemilla filicaulis ssp filicaulis (Upland Lady' Mantle)

H 12 (14). Inland and upland distribution. Eileanich Lodge, Achederson, Scardroy Burn etc.

Alchemilla filicaulis ssp vestita (Hairy Lady' Mantle)

H 15(7). On hills, in woods etc. Blackpark, Drummondreach, Loch Borallan etc.

Alchemilla glabra (Common Lady's Mantle)

H 20+. Widely distributed across the vice-county. eg. Alness River, Orrin Dam, Milton Wood.

Alchemilla glomerulans (Folded Lady's Mantle) VU NS LS NH28,38,47

H 3(2). Rare on mountain outcrops. Recent records at Coire Lochain, Wyvis and Seana Bhraigh.

Alchemilla mollis* (Garden Lady's Mantle)

H 20+. An increasingly frequent garden escape. eg By Munloch, Tain, Lubcroy etc.

Alchemilla wichurae (Smooth Mountain Lady's Mantle) EN NS LR NH28 NC31

H 2(2). Very rare in the mountains. Recent records Coire Granda, Breabag Tharsuinn

Alchemilla xanthochlora (Meadow Lady's Mantle) LS NH45,55,56,66,67,68,87

H 6(3). Mainly eastern, Marybank, Hilton, Conon River etc

Alisma plantago-aquatica (Water Plantain) NH15,45,55,65,66,77,78,87

H8(3). Sparse but new sites have been located. Bayfield Loch, Ardroy, Mounteagle etc.

Alliaria petiolata (Garlic mustard)

H 11(12). Scattered in the east but less common than further south. Rosemarkie, Craig Wood etc.

Allium moly* (Yellow Garlic) NH87

H 1(0). A single casual record from Balintore (NH864 755).

Allium paradoxum* (Few-flowered Leek) NH56,77,78,87

H 4(0). Scarce by roadsides and tracks. Arabella (NH809 756), Tain, Nigg, Foulis Point..

Allium schoenoprasum* (Chives) NH65,87

H 2(0). Casual records from Hilton (NH 872 765) and Avoch (NH 698 541).
Allium ursinum (Ramsons) NH45,55,56,65,66,68,75,76,78,87
H 10(4). Scattered in the East. Rosemarkie, Conon Bridge, Black Rock Gorge etc.
Allium vineale (Crow Garlic) EX?
Pre-2000 only. Not seen for 50 years and probably extinct in E. Ross.
Alnus glutinosa (Alder)
H 20+. Very common and recorded from most 10km squares. eg. Tain, Rosemarkie, Loch Eye etc.
Alnus incana* (Grey Alder) NH45,54,55,58,64
H 5(4). Planted in a few places eg Dingwall, W. Kincardine hill, Drumsmittal etc
Alopecurus magellanicus (Alpine Foxtail) (A. borealis) NS LR NH37,45
H 2(3). Locally rare on Ben Wyvis (2 sites) and Strathvaich Allt Airgh Cheiridh (NH313 756).
Alopecurus geniculatus (Marsh Foxtail)
H 17(28). Fairly common in marshy ground and damp places. eg. River Alness, Lily Loch, Tain.
Alopecurus pratensis (Meadow Foxtail)
H 16(22). Frequent in agricultural areas. eg. Tarbatness, Ardross, Cromarty etc.
Alstroemeria aurea* (Peruvian Lily)
Pre-2000(1). One casual record from Tain NH78 in 1998.
Alyssum saxatile* see Aurinia saxatilis
Ammophila arenaria (Marram Grass) NH75,76,78,86,87,88,98
H 7(10). Present in some quantity on sandy shores eg Rosemarkie, Hillockhead, Nigg etc
Amsinckia micrantha* (Tarweed) NH64,98
H 2(3). Always rare. Recently at Portmahomack (NH911 841), Drumsmittal (NH648 491).
Anagallis arvensis (Scarlet Pimpernel) LS NH64,65
H 2.(3) Scarce and usually not persisting. Coulmor, Munloch Bay.
Anagallis minima see Centunculus minimus (Chaffweed) NT LR
Anagallis tenella (Bog Pimpernel) LS NH88
H 1(9). Always scarce in bogs etc and only 1 post-2000 record from Morrich More (NH840 838)
Anaphalis margaritacea* (Pearly Everlasting) NH66
H 1(10). An infrequent garden escape. Novar Estate (NH606 680).
Anchusa arvensis (Bugloss)
H 17(15). Common in fields in the east. eg. Balintore, Inver, Newhall Point etc.
Anemone nemorosa (Wood Anemone)
H 20+. Common in woodlands and on hillsides. eg. Conon Bridge, Garve, Milton etc.
Angelica sylvestris (Wild Angelica)
H 20+. Very common throughout the vice-county. eg Loch Eye, Redcastle, Loch Luchd Coire
Anisantha diandra* (Great Brome) NH86
H1(1). Present on shore a N. Sutor (NH807 688) in 2010 and an old record at Rockfield.
Anisantha sterilis* (Barren Brome) NH64,65,75,86,87,97,98
H 7(5). Fairly frequent on the shore. McFarquar's Cave, Kilmuir, Shandwick etc.
Antennaria dioica (Mountain Everlasting)
H 20+. Widely spread in the mountains but not usually in quantity. eg. Alladale, Beinn Dearg
Anthemis arvensis* (Corn Chamomile) EN/EX?
Pre-2000(1). An archaeophyte now probably extinct in E. Ross except when used in seed mixes.
Anthemis cotula (Stinking chamomile)*
Pre-2000 only. Old BRC record for NH 64 only.
Anthoxanthum odoratum (Sweet Vernal Grass)
H 20+. Very common throughout the area in lowland and upland areas. eg Tarbatness, Brahan
Anthriscus caucalis (Bur Chervil) LS NH45,76,87,88,98
H 5(5). This mainly coastal species is uncommon. Nigg, Portmahomack, Morrich More etc.
Anthriscus sylvestris (Cow Parsley)
H 20+. Common in the east eg Ardgay, Moy Island, Rosemarkie etc
Anthyllis vulneraria (Kidney Vetch)

H 12(9). Frequent mainly by the coast. Nigg, Munlochy Bay, Tain Plaids etc.

Anthyllis vulneraria ssp. carpatica*

Pre-2000(1). One older record in NH 55.

Antirrhinum majus* (Snapdragon) NH75,78

H 2(8). A garden escape at Avoch (NH703 550) and Tain (NH778 824).

Apera spica-venti* (Loose Silky Bent)

Pre-2000(1). Formerly rare in station yards but not seen since 1975 at Ardgay NH69.

Aphanes arvensis (Parsley Piert)

H 20+. Common on gravel, waste ground etc Glen Calvie, Ardgay, Kildary etc

Aphanes australis (Slender Parsley Piert)

H 15(18). Also widespread but perhaps under-recorded. Strathroy, W. Kincardine Hill, Hill of Nigg.

Apium inundatum (Lesser Marshwort) LS NH26,36,45,55,88

H 5(6). In a few lochs and rivers. Loch Ussie, Loch Garve, Grudie etc.

Aquilegia vulgaris* (Columbine)

H 10(10). A scattered garden escape. Ardnagrask, Grudie, Tain etc

Arabidopsis petraea (Arabis petraea) (Northern Rockcress) VU NS LR NH28

H 1(2). Rare in the mountains. Seana Bhraigh NH28 and older record in Freevater Forest NH38

Arabidopsis thaliana (Thale Cress)

H 20+. Common on roadsides, waste ground etc in the east. Barbaraville, Tarbatness, Ardross etc

Arabis caucasica* (Garden Arabis) NH66

H 1(0). A garden escape recorded once at Alness (NH655 692).

Arabis hirsuta (Hairy Rock Cress) LS NH75,86

H 2(4). Mainly on coastal sites. Rosemarkie (NH744 592), Nigg (NH802 689).

Araucaria araucana* (Monkey Puzzle) NH45,65

H 2(0). Occasionally planted and may self-seed. Castle Leod, Rosehaugh.

Arctium minus agg. (Lesser Burdock)

H 17(20). Fairly widespread. Much confusion between *A. minus* and *A. nemorosum*. eg. Nigg, Hilton

Arctostaphylos alpinus (Arctic Bearberry) NS

H 20+ Widely distributed on many mountains. eg. Ben Wyvis, Meallan Odhar, Carn Chuinneag

Arctostaphylos uva-ursi (Bearberry)

H 20+ Common in hilly country and heathland. eg. Corriefeol, Struie Hill, Croick.

Arenaria balearica* (Mossy Sandwort)

Pre-2000 only. Only one old record of a garden escape. Achandunie NH67 in 1957.

Arenaria leptoclados (Arenaria serpyllifolia ssp leptoclades)

Pre-2000. A 1966 record from the Dalmore distillery NH66

Arenaria norvegica (Arctic Sandwort) VU NC31

H 1(1). Only one recent record by the VC boundary on limestone at Breabag Tharsuinn (NC30 19).

Arenaria serpyllifolia (Thyme-leaved Sandwort)

H10(13). Frequent. All recent records probably of ssp. *serpyllifolia*. eg Rosemarkie, Nigg, Tain.

Arenaria serpyllifolia ssp. serpyllifolia NH45,65,75,77,98

H 5(6). Records from Rosemarkie, Wilkhaven, Nigg, Rosehaugh, Strathpeffer.

Armeria maritima (Thrift)

H 20+. Common on the shore but also on some mountains and occasionally on roadsides. eg Nigg

Armoracia rusticana* (Horse-radish) NH55

H 1(2). Rare garden escape. Roadside at Fodderty (NH522 591) and also previously at Dingwall.

Arrhenatherum elatius (False Oat Grass)

H 20+. Very common throughout except on high ground. eg. Marybank, Shandwick, Achanalt.

Artemisia absinthum* (Wormwood) NH64

H 1(3). Rare by the shore but persists at Charlestown (NH637 483) and N. Kessock (NH662 479).

Artemisia norvegica (Norwegian Mugwort) VU NR LR NH28,38

H 2(2). Near the summits of Seana Bhraigh and Carn Ban only.

Artemisia stellariana* (Hoary Mugwort).

Pre-2000. An unlocalised BRC record in NH87.

Artemisia vulgaris* (Mugwort) NH36,55,68,76,78,87

H 6(7). Scattered by the shore and on tracks. Balintore, Tain, Garve etc

Arum italicum ssp italicum* (Italian Lords and Ladies) NH45,75

H 2(0). A rare garden throw-out. Rosemarkie (NH734 577), Marybank(NH482 529).

Arum maculatum* (Lords and Ladies) NH45,55,56,66,75

H 5(3). Usually regarded as a garden escape in VC 106. Occasional eg Fortrose, Balavil, Alness .

Aruncus dioicus* (Goat's Beard Bridewort)

Pre-2000(2). Two older records only: Edderton (NH71 84) in 1971, Strathpeffer(NH48 57) in 1998.

Asperugo procumbens* (Madwort)

Pre-2000. A 19th century record from Portmahomack NH98 only.

Asplenium adiantum-nigrum (Black Spleenwort)

H 12.(10) Frequent on rocks, cliffs and walls. eg. Struie Hill, Hilton, Eathie Burn.

Asplenium marinum (Sea Spleenwort) LS NH86,97,98

H3(4) .Locally scarce on sea-cliffs. Tarbatness (NH946 872), by Geanies(NH901 796) and Nigg.

Asplenium ruta-muraria (Wall rue)

H 11(7). Less common than further south. Often on walls. eg Cromarty, Kilmuir, Rosemarkie.

Asplenium scolopendrium (Phyllitis scolopendrium) (Hartstongue)

H 10(6). Occasional on walls and rocky ground. eg Loch Monar, Redcastle, Avoch, Findon Wood.

Asplenium septentrionale (Forked spleenwort) NT NS LR NH27

H 1(1). First recorded in 1988 on a rockface at Cnoc na h-Iolaire by Beinn Dearg.

Asplenium trichomanes (Maidenhair Spleenwort)

H 20+. Widely distributed on walls, cliffs, etc by the sea and in the mountains. eg.Kilmuir, Evanton,

(Asplenium trichomanes ssp. quadrivalens

This is the common form of *A. trichomanes* in E. Ross.)

Asplenium trichomanes ssp. trichomanes NH27,59,65

H 3(2). There are few records for this ssp. Munloch Bay, Allt Domhain, Cnoc na h-iolaire.

Asplenium viride (Green spleenwort) LS NH15,56,68 NC20,21,30,31

H 7(7). Described as "not rare" by Duncan not many recent records. eg Struie, Benmore Fort.

Aster (alien taxon)* NH36,87

H 2(5). These records could not be attributed to a species.

Aster novi-belgae (Confused Michaelmas-daisy)* NH36,45,54,55,67,75,77,78,98

H 9(2). Of garden origin on roadsides, waste ground etc. Belleview, Contin etc

Aster x salignus (A.lanceolatus x novi-belgae)*(Common Michaelmas-daisy) NH,45,54,59

H 3.(1) Noted by Marybank (NH482 523), by Carbisdale etc.

Aster tripolium (Sea Aster)

H 13(8). Common in salt marshes eg at Udale, Inver, Redcastle etc.

Aster x versicolor(A.laevis x novi-belgae)*(Late Michaelmas-daisy)

Pre-2000(2). 1999 records in NH77,98.

Astragalus danicus (Purple Milk-vetch) EN NH75,76,78,86,87,88,97,98.

H 8(7). In many places by the shore on dunes etc. Shandwick, Nigg, Rosemarkie etc.

Astragalus glycyphyllos (Wild liquorice) LS NH75,76,86

H 3(4). Scarce by the shore. Nigg, Rosemarkie, Hillockhead (NH752 603).

Astrantia major (Pink Masterwort)*

Pre-2000. One unconfirmed 1982 record from NH 56 in the BRC file.

Athyrium distentifolium (Alpine lady-fern) NS NH13,15,26,28,47

H 5(13). In the mountains on rocks etc. eg. Seana Bhraigh, Moruisg, Ben Wyvis.

Athyrium filix-femina (Lady fern)

H 20+. Widespread in woods, shores and hillsides. Tarbatness, Balcladaich Wood etc.

Atriplex glabriuscula (Babington's orache)

H 11(8). Common on the shore. eg. Dingwall, Barbaraville, Munloch Bay.

Atriplex x gustaffsionana (A. prostrata x longipes) LR NH56,65

H 2(2). Known to grow at Munlochy Bay since 1968 and NE of Dingwall since 1975.
Atriplex laciniata (Frosted Orache) LS NH75,76,86,87,98
H 5(4). Occasional on the shore. eg Nigg, Balintore, Rosemarkie.
Atriplex littoralis (Grass-leaved Orache) NH54,56,65,66,76,77,86,87,88
H 9(12). Fairly widespread on the shore. eg Nigg, Tain, Inver.
Atriplex patula (Common Orache)
H 17(14). Common on the shore and also roadsides inland. eg Marybank, Redcastle, Barbaraville.
Atriplex praecox (Early Orache) NS LR NH65
H 1(1). Only known from Munlochy Bay where it is to be found on the south and north shores.
Atriplex prostrata (Spear-leaved orache) LS NH55,56,66,77,78,88,98
H 7(6). Less common than some other species. eg Shores at Inver, Dingwall, Barbaraville.
Atriplex x taschereaui (A. glabriuscula x longipes) LR NH86
H 1(1). A recent record from the shore at Nigg (NH803 688) where it was first seen in 1978.
Atropa belladonna (Deadly Nightshade) LR NH76,86
H 2(1). Present for some time by Eathie and by Cromarty where it may have spread along the shore.
Aubreta deltoidea*(Aubretia) NH55,75
H 2(2). Recently recorded as a garden escape. Conon Bridge, Fortrose (NH728 568).
Aurinia saxatilis* (Alyssum saxatile)
Pre-2000(1). One unlocalised Atlas record in NH98, presumably a garden escape.
Avena fatua* (Wild Oat) NH87
H 1(5). Widely recorded in Duncan's time but now rare. Hilton (NH874 767)
Avena sativa* (Cultivated Oat) NH45,65,75,88
H 4(0). Sometimes escapes from cultivation. Tain, Munlochy Bay, Easter Moy, Fortrose.
Avena strigosa (Bristle Oat)*
Pre-2000(1). Last recorded in 1976 at Cromarty NH76.
Avenula pratensis (Helictotrichon pretense) (Meadow Oat-grass) LS NH65,76,87,88,98
H 5(6). Regarded as frequent by Duncan but few recent records. eg. Rockfield, Tain, Shandwick.
Avenula pubescens (Helictotrichon pubescens) (Downy Oat-grass)
H 13(10). Frequent on shores and in grassland. Eg. Avoch, Benmore, Nigg etc.
Baldellia ranunculoides (Lesser Water-plantain) NT LR NH87,88
H 2(2). By two Lochs only, but present in some quantity in Loch Eye both in NH 87 and 88.
Barbarea intermedia (Early Wintercress)* NH36,45,64,66,98
H 5(3). May have become more common. eg North Kessock, Loch Kinellan, Tarbatness.
Barbarea vulgaris (Wintercress) LS NH64,66,75
H 3(3). Formerly fairly common but now scarce with only three recent records eg Alness and Avoch
Bellis perennis (Daisy)
H 20+ Remains very common on lawns, fields and grassy hillsides. eg. Craigroy Burn, Tarbatness.
Berberis buxifolia (Box-leaved Barberry)* NH55,56
H 2(0). An escape only recorded recently.. Near Eileanach Lodge (NH548 691) and Dingwall.
Berberis vulgaris (Barberry)*
Pre-2000 only. Not seen for 40 years. Formerly by Scatwell NH35 and Brahan Castle NH55.
Bergenia crassifolia (Elephant-ears)* NH87
H 1(1). By Loandhu as a persisting garden throw-out (NH 816 790).
Berula erecta (Lesser Water Parsnip) LR NH77,78
H2(0). At Rhanich, this being its first confirmed record for the vice-county. Now also Aldie Burn.
Beta vulgaris ssp cicla* (Foliage Beet) NH87
H1(0). Noted as a casual on the shore at Shandwick and Hilton NH 87 where it has not persisted.
Beta vulgaris ssp. maritima (Sea Beet) NH87
H 1(0). Seen on the shore at Hilton in 2004 but has not persisted.
Beta vulgaris ssp. vulgaris* (Root Beet)
Pre-2000. A 1979 BRC record in NH 87 only and no further reports.
Betula nana (Dwarf Birch) NS

H 14(16). Widely recorded on many of the mountainous areas. eg Ben Wyvis, Strathvaich, Sron Liath
Betula papyrifera* (Paper Birch) NH45
H 1(0). One record from Strathpeffer (NH485 583) where it was probably planted.

Betula pendula (Silver Birch)
H 20+ Common in most parts of the county but not quite as widespread as *B. pubescens*. eg Brahan

Betula pubescens (Downy Birch)
H 20+ Very common indeed in most areas including the uplands. eg Muirhead Wood, Ardgay.

Betula x intermedia (B. nana x pubescens)
Pre-2000 only. Recorded in 1909 by Garbat, Wyvis NH46.

Blechnum spicant (Hard Fern)
H 20+ Very common in woods, hills and moors. eg Rogie Falls, Craigroy Burn, Loch Ailsh.

Blysmus rufus (Saltmarsh Flat Sedge) LS NH65,64,88,98
H 4(8). On saltmarshes. Perhaps fewer recent records. Kilmuir, Morrich More, Rockfield, Munloch

Bolboschoenus maritimus (Sea Club Rush)
H 10(7). Present in quantity in some coastal sites. eg Ardroy, Redcastle, Udale Bay.

Borago officinalis (Borage)* NH87,98
H 2(3). A garden throw-out. Hilton (NH870 760) and Portmahomack (NH914 841).

Botrychium lunaria (Moonwort)
H 13(17). Scattered and sometimes elusive. eg Achederson, Loch Orrin, Morrich More.

Brachypodium sylvaticum (False Brome)
H 17(18). Common in woods, coasts, gorges etc. eg Eathie, Achilty Oakwood, Redcastle Woods.

Brassica napus* (Oilseed Rape) NH64,65,69,76,77,87,88,98
H 8(6). Seen as an escape from cultivation by roads, tracks etc. eg Inver, Barbaraville.

Brassica oleracea* (Wild Cabbage) NH55,75,87,98
H 4(4). Mainly by the coast and very persistent at Fortrose. Also Portmahomack, Muir of Ord.

Brassica rapa (Turnip)*
Pre-2000 (1). Recorded at Rosehaugh NH65 in 1971

Brassica tournefortii* (Pale Cabbage).
Pre-2000. Only recorded once. Dalmore 1954 (NH66).

Briza maxima* (Greater Quaking-grass)
Pre-2000(1). Only one unlocalised Atlas record from NH 87, presumably as a garden escape.

Briza media (Quaking Grass) LR NH45
H 1(3). Still by Loch Kinellan (NH 468 574) but it has not been refound at Ardross or Swordale.

Bromopsis erecta (Upright Brome) LR NH78
H 1(0). A 2004 record for Tain (NH78 52) where it may not have persisted.

Bromopsis ramosa (Hairy Brome)
H 14(7). Quite widespread in woodlands, gorges, by coast. eg Shandwick, Orrin Bridge, Craigton.

Bromus commutatus * (Meadow Brome)
Pre-2000. 19th century records from Tain, Nigg and Bonar Bridge.

Bromus hordeaceus (Soft Brome)
H 13(8). Frequent by the shore and roadsides etc eg Hilton, Fortrose, Strathpeffer.

Bromus lepidus* (Slender Soft Brome)
Pre-2000(1). Many old records but not seen since 1975 at Bonar Bridge NH69.

Bromus secalus* (Rye Brome)
Pre-2000. Only old unlocalised records.

Buddleja davidii* (Butterfly Bush)
H 15(13). Many recent records and has probably become more common. eg Evanton, Ardgay.

Buddleja globosa* (Orange-ball -tree) NH65,76
H 2. Probably planted. Newhall Point and Avoch (NH699 547) at the roadside.

Bupleurum subovatum* (False Throw-wax)
Pre-2000(1). Only one record from Nigg NH 87 in 1971 where it was probably a casual.

Buxus sempervirens* (Box)

H 9(4). Perhaps now more widespread but usually planted. eg Calrossie, Ardgay, Culmore.

Cakile maritima (Sea Rocket) NH75,76,78,87,8,98

H 6(7). Locally frequent on a few sandy shores.eg. Balintore, Eathie,Morrich More.

Calamagrostis epigejos (Wood Small-reed) LR NH45

H 1(1). Only one site in Torrachilty Wood (NH 441 557) where it was first found in 1988.

Calendula officinalis (Pot Marigold)* NH64,75,76,87,88,98

H 6(8). A garden throw-out by the shore or in towns. eg. North Kessock, Fortrose, Rockfield.

Callitriche brutia ssp hamulata (Intermediate Starwort)

H 20+. *C. hamulata* is now regarded as a subspecies of *C. brutia*. Ponds, lochs etc

Callitriche hermaphroditica LS NH 35,38,65,66,67,76,87,88

H 8(5). Much less common than the previous species. Lochs Eye, Lundie, Achnacloich etc.

Callitriche stagnalis (Water Starwort)

H 20+ Very common in lochs, ponds etc across the vice-county. eg.Conon Bridge, Loch Ussie.

Calluna vulgaris (Heather)

H 20+ Very common on moorland etc and recorded in virtually all squares.eg. Tarbatness, Brahan.

Caltha palustris (Marsh Marigold)

H 20+ Common in wet places and recorded in the majority of squares. eg Ardroy, Ord Loch, Garve

Calystegia pulchra* (Hairy Bindweed) NH 45,55,75,76,87

H 5(5). Relatively scarce by tracks etc. eg Hilton, Redcastle , Avoch.

Calystegia sepium (Hedge Bindweed)

H 10(12). Often by shores and tracks eg Barbaraville, Tarvie, Fortrose etc.

Calystegia silvatica* (Large Bindweed) NH59,65

H 2(6). Probably now less common. Allangrange (NH624 513), Ardgay (NH599 904).

Camelina sativa* (Gold-of-Pleasure)

Pre-2000. One 1834 record from Eathie and almost certainly extinct.

Campanula latifolia (Giant Bellflower) LS NH 45,54,55,59,65,75,76 NC30

H 8(5). Some plants may be garden escapes. Craig Wood, Oykel Bridge, Rosehaugh etc.

Campanula persicifolia (Peach-leaved Bellflower)* NH 55

H 1(2). An occasional garden escape. Conon Bridge (NH547 553). Formerly in NH 45.

Campanula poscharskyana* (Trailing Bellflower) NH 56

H 1(2). Of garden origin. One recent record at Dingwall (NH561 603).

Campanula rapunculoides*(Creeping Bellflower)

Pre-2000(2). Described as fairly frequent by Duncan but not seen since 2000.

Campanula rapunculus* (Rampion Bellflower)

Pre-2000. One old unlocalised and unconfirmed record in NH 78.

Campanula rotundifolia (Harebell or Scottish Bluebell)

H 20+ Very widespread on coasts, roadsides, moors etc. eg.Rosemarkie, W. Kincardine Hill.

Capsella bursa-pastoris (Shepherd's Purse)

H 20+ Widespread on fields, waste ground, shores etc, eg. Gilchrist, Shandwick. Croick.

Cardamine amara (Large Bittercress)

Pre-2000(3). Regarded as an error by Duncan but three subsequent unverified records.

Cardamine corymbosa* (New Zealand Bitter-cress)

Pre-2000(1) Recorded once in NH 55 in 1996 as a garden weed,

Cardamine flexuosa (Wavy Bitter-cress)

H 20+ Widespread in damper habitats. eg Dingwall, Toll Lochan, Muirhead Wood.

Cardamine hirsuta (Hairy Bitter-cress)

H 20+ Common on waste ground, roadsides, woods etc eg. Rosemarkie, Ardgay, Foulis Point.

Cardamine pratensis (Cuckoo-flower)

H 20+ Common in wet places eg Moy Island, Lubcroy, Croick.

Carduus crispus (acanthoides) (Wetted Thistle) LS NH 66,76,87,98

H 4(4). Scarce by the shore. Alness Point, Rockfield, Hillockhead, Shandwick.

Carduus nutans* (Musk Thistle) NH77,87

H 2(2). Near the sea and waste ground. Nigg (NH798 720), Balintore (NH862 754).
Carduus tenuiflorus (Slender Thistle) NH65,66,76,86,87,88,97,98
H 8(3). Frequently recorded by the shore eg Shandwick, Rockfield, Nigg.
Carex acuta (Slender Tufted Sedge) ?EX
Pre-2000(1) The most recent record is from south of Bonar Bridge in 1974
Carex acutiformis (Lesser Pond Sedge) LS NH 55
H 1(4). By Lochs, rivers etc. Ord Loch, Muir of Ord (NH525 503) and River Conon.
Carex aquatilis (Water Sedge) LS NH15,26,55
H 3(5). Scarce by lochs and lochans. Loch Ussie, Loch Gowan, Meallan Odhar.
Carex arenaria (Sand Sedge) NH75,76,78,86,87,88,97,98
H 8(8). Frequent by the shore eg Shandwick, Tain, Morrich More.
Carex atrata (Black Alpine Sedge) LR NH 28
H 1(2). Rare on basic mountain cliffs. The only post-2000 record is from Loch Luchd Coire.
Carex bigelowii (Stiff Sedge)
H 20+ Common on the higher hills. eg Beinn Dearg, Sgurr a Muillin, Ben Wyvis.
Carex binervis (Green-ribbed Sedge)
H 20+ Common on moorland, wet woods etc eg Carbisdale, Morrich More, Sgonnnan Mor
Carex canescens(C. curta) (White Sedge)
H 15(25) Frequent in damp places. eg Tarvie, Aldie Burn, Loch Craggie
Carex capillaris (Hair Sedge) NS LS NC 31 ,NH13
H 2(5). Base-rich sites. Recent records from Breabag Ridge and Sgurr nan Clachan Geala.
Carex caryophyllea (Spring Sedge) LR
Pre-2000(2). Older sites included Loch Morie NH57 and Morrich More NH88 in 1970-1.
Carex demissa (C. viridula ssp. oedecarpa) (Common Yellow Sedge)
H 20+ More common than the previous ssp and in similar places. eg. Glenuag Lodge, Nigg
Carex diandra (Lesser Tussock Sedge) NT LS NH54,68,77,78
H 4(4). Not in Duncan's flora but recorded since 1980. Tarradale, Ardmore, Pitmaduthy etc.
Carex dioica (Dioecious Sedge)
H 20+ Common in flushes etc. eg Invercharron, Toll Lochan, Scotsburn.
Carex distans (Distant Sedge) LS NH64,75,98
H 3(4). A coastal species perhaps seen less frequently lately. Tarbatness, Kilmuir, Rosemarkie.
Carex disticha (Brown Sedge)
Pre-2000 Only one unconfirmed record from Swordale NH56 in 1982.
Carex echinata (Star Sedge)
H 20+ Common in damp places. eg Loch Craggie, Glenuag lodge, Benmore Fort.
Carex extensa (Long-bracted Sedge) LS NH65,88,98
H 3(4). A saltmarsh sedge in few sites although the Morrich More (NH 88) population is large.
Carex flacca (Glaucous Sedge)
H 20+ Widespread in lowland and upland. eg Tarbatness, Loch Ailsh, Loch Luchd Coire.
Carex x fulva (C. hostiana x viridula) NH05,25,29,38,39,56,65,68,87
H 9(7). This hybrid has been recorded more often lately. eg Talich, Coire Mor, Duag Bridge.
Carex x grantii (C.recta x aquatilis)
Pre-2000(1). Recorded in the Kyle of Sutherland NH59 in 1983.
Carex hirta (Hairy Sedge) ?EX
Pre-2000 Only recorded in 1967 at Stathpeffer NH45.
Carex hostiana (Tawny Sedge)
H 20+ Common across the vice-county. eg Muirhead Wood, Lubcroy, Talich.
Carex x involuta (C. rostrata x vesicaria)
Pre-2000 only. No record since 1909 (Conon Island)
Carex laevigata (Smooth-stalked Sedge) LR NH46
H 1(3). In damp meadows etc. By Loch Garve (NH 406 604).
Carex lasiocarpa (Slender Sedge)

H 12(9). Recorded more often lately. eg Loch na Cran, Loch Ussie, Loch Borallan
Carex lepidocarpa (C. viridula ssp. Brachyrrhyncha) (Long-stalked Yellow Sedge)
H 20+ Common in wet places in E. and W. Lubcroy, Talich, Muir of Ord etc
Carex leporine (C. ovalis) (Oval Sedge)
H 20+ Fairly common in a variety of habitats. eg Loch Ailsh, W. Kincardine Hill
Carex limosa (Bog Sedge) LS NH15,35,36,44 NC30
H 5(3). Remains scarce but new sites found. eg Loch Gowan, Loch Craggie, Scardroy Burn
Carex magellanica (Tall Bog Sedge) NS/?EX
Pre -2000. The one site at Loch Mullardoch NH12 is probably lost from water level changes.
Carex maritima (Curved Sedge) EN LR NH98
H 1(1) The Morrich More site may be lost but recently refound in saltmarsh by Tarbatness .
Carex muricata ssp. pairae (lamprocarpa) LR
Pre-2000(2). Previous records form Learnie NH76 and Falls of Rogie NH45 in 1988.
Carex nigra (Common Sedge)
H 20+ Known from wetter places in many locations. eg Moy Island, Duag Bridge, Glen Calvie.
Carex oederi (C. viridula ssp. viridula) (Small-fruited Yellow Sedge) LS NH39,88,NC30
H 3(7). Recorded less often in recent years. Loch a Bhith, Morrich More, Duag Bridge
Carex otrubae (False Fox Sedge) NH55,56,66,76,77,86,87
H 7(6). Occasional by the shore. eg Nigg, Barbaraville, Kiltearn.
Carex pallescens (Pale Sedge)
H 19(24). Moderately frequent in damp places. eg Loch Garve, Rogie Falls, Alness River.
Carex panicea (Carnation Sedge)
H 20+ In most 10km squares. eg Tarbatness, Coire Lochain, Loch Mullardoch.
Carex paniculata (Greater Tussock Sedge) NC20 NH45,55,59,67,77,78
H 7(7). Occasional in wet habitats eg Rhanich, Carbisdale, Loch Achnacloich.
Carex pauciflora (Few-flowered Sedge)
H 20+ Widespread on moorland. eg Corriehallie Forest, Clar Lochan.
Carex pendula*(Pendulous Sedge) NH45,55,56,77
H 4(1). Likely to be introductions here. eg Contin, Foulis Castle, Urquhart.
Carex pilulifera (Pill Sedge)
H 20+ Common on moors etc. eg Lubcroy, Strath Ruisdale, Duag Bridge.
Carex pulicaris (Flea Sedge)
H 20+ Widespread in upland and also at lower levels. eg Sgurr a Chaorachain, Loch Ussie.
Carex recta (Estuarine Sedge) VU NR LS NH59,68,69 NC40
H 4(2). A rare species that is present in great quantity in the Kyle of Sutherland.
Carex remota (Remote Sedge) NH45,54,55,65,67,68,77
H 7(9). Scattered in damp woodlands eg Redcastle Woods, Drummondreach, Dunglass Island.
Carex riparia (Greater Pond Sedge) LR NH65
H 1(0). Only one site on the Black Isle by a pond where it may have been introduced.
Carex rostrata (Bottle Sedge)
H 20+ One of the commonest sedges in lochs and wet areas. eg Loch Eye, Corriehallie Forest.
Carex rupestris (Rock Sedge) NS LR NC31
H 1(1). Only known from one site on the Breabag Ridge by the border of VC 106.
Carex saxatilis (Russet Sedge) NS LS NH 04,13,14,28 47
H 5(6). On a few mountains only. Sgurr a Chaorachain, Sgurr na Clachan Geala, Ben Wyvis etc.
Carex spicata (Spiked Sedge)
Pre-2000. BRC records for 1961 at Rosemarkie NH75 and Eathie NH76. Not seen since.
Carex sylvatica (Wood Sedge)
H 11(7). Scattered in woodland sites. Craig Wood Dingwall, Redcastle, Rosehaugh, Avoch etc.
Carex vaginata (Sheathed Sedge) NS NH 27,28
H 2(2). On a few mountain rocks only. Loch Luchd Coire, Loch Li Fannich.
Carex vesicaria (Bladder Sedge)

H 11(6). Occasional by lochs and rivers. Moy Bridge, Culbockie Loch, Loch Achilty etc.
Carlina vulgaris (Carline Thistle) LS NH76,87,98

H 3(3). On the coast. Good populations at Shandwick, Hilton and Rockfield.
Carpinus betulus (Hornbeam) NH75

H 1(3). Probably an introduction in E. Ross. Avoch old railway.
Carum carvi (Caraway)
Pre-2000. No reports since 1960 (Barbaraville NH77).

Castanea sativa (Sweet Chestnut)
H 13(9). Often planted on estates. Rosemarkie, Nigg, Scotsburn etc.

Catabrosa aquatica (Whorl-grass) LS NH66,78,88,98

H 5(2). Scarce in ditches and burns, often by the coast. E of Tain, Morrich More, Arabella etc.
Cedrus atlanticus* (Atlantic Cedar) NH 45
H 1(0). Undoubtedly planted at Contin (NH461 565).

Cedrus deodara* (Deodar) NH45
H 1(0). In Castle Leod grounds presumably planted. (NH487 593).

Cedrus libani* (Cedar-of-Lebanon) NH65
H 1(0). Planted on Rosehaugh estate (NH680 556).

Centaurea cyanus (Cornflower) DD NH45,54,55,76,77,87

H 6(4). Now infrequent and sometimes planted. Redcastle, Dunglass, Tomich.
Centaurea montana* (Perennial Cornflower) NH55,75,77,78,87
H 5(2). Recently recorded as a garden escape. Tain, Tomich, Dingwall etc.

Centaurea nigra (Common Knapweed)
H 20+ Widespread in grassy areas, roadsides etc eg Moy Island, Duag Bridge, Benmore.

Centaurea scabiosa (Greater Knapweed) LR NH65
H 1(1). May not be native in E. Ross. Rosehaugh.

Centaureum erythraea (Common Centaury) LR NC 20,40
H 2(0). Recorded recently on tracks by Benmore and Inveroykel West (NC473 003).

Centaureum littorale (Seaside Centaury) NS LR NH88
H 1(0). Now only known from Morrich More where it grows in some quantity.

Centranthus ruber* (Red Valerian) NH87
H 1(2). A rare garden escape. Balintore, Hilton (NH872 763).

Centunculus minimus (Anagallis minima) (Chaffweed) NT LR
Pre-2000 (1). Always rare and not seen since 2000. Kinnahard 1998 (NH46 55).

Cerastium alpinum (Alpine Mouse-ear) VU NS LS NH28
H 1(2). Nationally scarce and only recently recorded from Seana Bhraigh and Beinn Dearg areas.

Cerastium arvense (Field Mouse-ear) LS NH54
H 1(5). Formerly described as common but now appears to be scarce. Lily Loch, Muir of Ord.

Cerastium cerastoides (Starwort Mouse-ear) NS LS NH12,16,28
H 3(2). Scarce on high mountains. Mam Sodhail, Sgurr a Chadha Dhairg.

Cerastium diffusum (Sea Mouse-ear) NH64,65,66,75,76,78,86,87,88,98
H 10(17). Frequent especially on the shore. eg Fortrose, Nigg, Tain.

Cerastium fontanum (Common Mouse-ear).
H 20+ Very common in most parts of the vice-county. eg Tarbatness, Beinn Tharsuinn, Geanies.

Cerastium glomeratum (Sticky Mouse-ear)
H 20+ Common in many areas. eg Cromarty, Shandwick, Brahan.

Cerastium nigrescens (C. arcticum) (Arctic Mouse-ear) NT NS LR NH28
H 1(1). Rare in the mountains. Seana Bhraigh, Beinn Enaiglair, Coire Grande

Cerastium semidecandrum (Little Mouse-ear)
H 11(11). By the shore in various places. eg Rosemarkie, Rockfield, Newhall Point.

Cerastium tomentosum* (Snow-in-summer)
H 11(10). A garden escape especially by the shore. eg North Kessock, Balintore, Inver.

Ceratocarpus claviculata (Climbing Corydalis) NH35,39,45,55,67,77,78,86

H 8(5). Scattered with some fairly extensive populations. eg Castlecraig, Loch Achnacloch.

Cercidophyllum japonica* (Katura) NH 56

H1 (0) Planted at Paradise Wood near Dingwall.

Cerithe major* NH98

H 1(0). A garden throw-out that did not persist. Portmahomack.

Chaenorhinum minus* (Small Toadflax)

Pre-2000(1). No records since 1975 (Muir of Ord NH55)

Chaerophyllum temulum (Rough Chervil) LS NH45,55,64,65,75

H 5(4). Scarce in woods, by roads etc. Craig Wood, Rosemarkie, Contin, Alcaig, Craigton.

Chamaecyparis lawsoniana* (Lawson's Cypress)

H 17(8). Widely planted in recent years and also seeds. eg Rosemarkie, Invercharron, Redcastle.

Chamaecyparis pisifera* (Sawara Cypress) NH56

H 1(0). Planted near Dingwall (NH553 605)..

Chamerion angustifolium (Rosebay Willowherb)

H 20+ Very common on waste ground etc. eg Tarbatness, Rosemarkie, Ardgay etc.

Chara aspera NH67,87,88

H 3 Records from Morrich More, Loch Eye and Loch Achnacloch.

Chara contraria NH87,88

H 2 At Morrich More and Loch Eye.

Chara hispida NH88

H 1 Red Stripe Loch, Morrich More.

Chara virgata NC21, NH15,36,45,55,67,77,78,87,88

H 9 More widespread than the above. eg Loch Kinellan, by Loch Borallan, Scardroy Burn.

Chara vulgaris NH65,86,88

H 3 Seen at Morrich More, by Nigg, Rosehaugh.

Chelidonium majus (Greater Celandine)

Pre-2000. Not recorded since 1912 (Rosehaugh)

Chenopodium album (Fat Hen)

H 17(14). A common agricultural weed in the east. eg Tarvie, Hilton, Barbaraville.

Chenopodium bonus-henricus (Good-King-Henry) VU LR NH55

H 1(2). Described as fairly frequent by Duncan but now very rare. Balloan(NH58 59) by shore.

Chenopodium suecicum* (Swedish Goosefoot)

Pre-2000. Only one older record. Dalmore distillery 1958 (NH66)..

Chionodoxa see **Scilla**.

Chrysanthemum segetum* (Corn Marigold) VU See **Glebionis segetum**

Chrysosplenium alternifolium (Alternate-Leaved Golden Saxifrage) LS NH45,55,56,77.

H 4(6). Much more scarce than *C. oppositifolium*. eg Milton Wood, by Brahan, Dunglass Island.

Chrysosplenium oppositifolium (Golden Saxifrage)

H 20+ Common in damp places. eg Fairy Glen, Lubcroy, Duag Bridge.

Chicorium intybus* (Chicory) NH87,98

H 2(0). In fields and rare. Portmahomack (NH907 839) and Mains of Tullich.

Cicerbita macrophylla*(Common Blue Sow-thistle) NH67,75,78

H 3(2). An escape only seen rarely in E. Ross. Redburn (NH742 840), Rosemarkie, Cnoc Navie..

Circaea x intermedia (alpina x lutetiana) (Intermediate Enchanter's Noughtshade)

H 12(10). Fairly frequent. Mainly in woodland eg Brahan, Hillockhead, Craig Wood .

Circaea lutetiana (Enchanter's Nightshade) NH45,55,56,66

H 4(8) Also in woods. eg Black Rock Gorge, Marybank, Balloan.

Cirsium arvense (Creeping Thistle)

H 20+ Very common in many areas. eg Tarbatness, Moy Island, Loch a Chroisg.

Cirsium heterophyllum (Melancholy Thistle) NC30,40, NH13,15,35,39,45,55,77

H 10(21). Many records but fewer since 2000. eg Scardroy Burn, Meig Dam, by Brahan.

Cirsium palustre (Marsh Thistle)

H 20+ Very widely recorded especially in wetter places. eg Loch Borallan, Pitmaduthy etc.

Cirsium x wankelii (C. heterophyllum x palustre)

Pre-2000(1). Only one record in 1985 by River Blackwater near Contin NH45.

Cirsium vulgare (Spear Thistle)

H 20+ Very common in fields etc. eg Tarbatness, Shandwick, Newton of Ochtow.

Claytonia perfoliata* (Spring Beauty) NH54,64,65,75,76,77,87

H 7(6). Mainly in the east close to the sea. eg Shandwick, Belleview, Fortrose.

Claytonia sibirica* (Pink Purslane) NC30. NH36,45,54,55,59,65,68,75,87

H 10(4). More often noted lately especially in woodland. eg Marybank, Invercharron, Garve.

Clematis vitalba (Travellers Joy)

Pre-2000 Last recorded in 1958 at Portmahomack NH98 where it was probably planted.

Clinopodium vulgare (Wild Basil) ?EX

Pre-2000(1). Not seen since 1991 at Avoch where it can no longer be found.

Cochlearia anglica (English Scurvygrass) LR NH69

H 1(4). Rare but problems in classification of Scottish plants. South of Bonar Bridge (NH608 911).

Cochlearia danica (Danish Scurvygrass) NH56,64,65,66,78,86,98

H 7(5). Rare on the coast but now also present in quantity on the A9. Tain, Nigg, Rockfield.

Cochlearia micacea (Mountain Scurvygrass)

Pre-2000(1). The status of this species is uncertain. Not recorded recently. Beinn Dearg 1978.

Cochlearia officinalis (Common Scurvygrass)

H 18(22). Widespread on the coast and also seen on the mountains. eg Redcastle, Rockfield.

Cochlearia officinalis ssp scotica (Scottish Scurvygrass) LR NH66,88

H 2(1). Status as a ssp uncertain. Scarce on the shore eg Cullicudden, Kiltearn, Morrich More.

Cochlearia pyrenaica (Pyrenaian Scurvygrass).

Pre-2000(1). An unlocalised record in NH 26 in 1971 is on the BRC database.

Coeloglossum (Dactylorhiza) viride (Frog Orchid) VU NH13,28,98

H 3(10). Described as frequent by Duncan but now seems more scarce. eg Tarbatness (NH948 876).

Colchicum autumnale* (Meadow Saffron) NH77,87,98.

H 3(2). Not in Duncan's Flora. A scarce escape. Barbaraville (NH754 724), Hilton, Tarbatness.

Comarum palustre (Potentilla palustris) (Marsh Cinquefoil)

H 20+. Common in marshes etc. eg Bayfield Loch, Moy Island, Newton of Ochtow.

Conium maculatum* (Hemlock) NH87,98

H 2(4). This archaeophyte may now be less common. Portmahomack, Balintore (NH866 759).

Conopodium majus (Pignut)

H 20+ Common especially in woods. eg Alness, Milton Wood, Allt Coire Ruchain.

Convallaria majalis (Lily-of-the-valley) NH55

H 1(0). Probably naturalised here. Brahan by drive (NH517 548).

Convolvulus arvensis (Field Bindweed) LR NH68,78,98.

H 3(1). Now scarce. Fields and waste ground. Portmahomack, Ardmore (NH700 867).

Conyza canadensis* (Canadian Fleabane) NH65,75

H 2(1). Not in Duncan's flora. Waste ground, shore etc. Avoch, Munloch Bay (NH681 524).

Corallorhiza trifida (Coralroot Orchid) VU

H 10(5). More sites have been found but remains elusive in woods. eg Whitebog Wood, Belmaduthy.

Cornus mas* (Cornelian-cherry) NH56

H 1(0). Probably planted north of Dingwall by Tulloch Castle (NH553 605).

Cornus sanguinea (Dogwood)*

Pre-2000. These old records may relate to *C. sericea*

Cornus sericea (Red-osier Dogwood)* NH45,55,59,64,75,77,78

H 7(4). Planted in various places. eg Dingwall, Tain, Brahan.

Cornus suecica (Dwarf Cornel) NT

H 20+ Given NT status in the Red Data Book but still widespread in the mountains in VC106.

Coronopus didymus* (Lesser Swine-cress) See Lepidium didymum

Cortaderia selloana* (Pampas-grass)

Pre-2000(1). A single record from Kildary where it was probably planted (NH766 761).

Corydalis solida * (Bird-in-the -bush) NH55

H 1(0). A garden throw-out in Craig Wood, Dingwall (NH552 595).

Corylus avellana (Hazel)

H 20+. Common in woodlands. eg Dingwall, Hillockhead, Scatwell.

Cotoneaster frigidus*(Tree Cotoneaster) NH55

H 1(0). Only one record from Contin by a forest track. (NH 454 567).

Cotoneaster horizontalis*(Wall Cotoneaster) NH55,59,64

H 3(6). Only recorded in recent years eg Braelangwell, Dingwall, North Kessock.

Cotoneaster integrifolius*(Entire-leaved Cotoneaster) NH56

H 1(2). Not recorded until the 1980s onwards. By Eilenanich Lodge on slope. (NH548 691).

Cotoneaster microphyllus* (Small-leaved Cotoneaster) NH59,65.

H 2(2). Recent records from by the River Carron and Munloch Bay.

Cotoneaster simonsii* (Himalayan Cotoneaster)

H 20+ By far the commonest naturalised Cotoneaster. eg Rosemarkie, Wood of Brae, Strathroy etc

Cotoneaster splendens*(Showy Cotoneaster)

Pre-2000 only. A 1966 record for Milbuie forest NH65.

Cotoneaster watereri* (Waterer's Cotoneaster) NH76

H 1(0). Planted on the edge of forestry at Milbuie (NH705 613).

Crassula helmsii*(New Zealand Pigmyweed) NH55

H 1(0). A highly invasive species which appears to have been eliminated from its former site.

Crassula tillaea (Mossy Stonecrop) NS

H 13(0). First found since 2000 on gravel tracks etc eg Dingwall station, Rosehaugh, Edderton.

Crataegus intricata*(Lange's Thorn).

Pre-2000(1). An unlocalised BRC record for NH 87.

Crataegus monogyna (Hawthorn)

H 20+. Very common especially in the east. eg Craigroy Burn, Rosemarkie. Dingwall etc.

Crepis capillaris (Smooth Hawk's-beard)

H 20+. Common especially on lower ground. eg Hillockhead, Kiltarn, Ardgay etc.

Crepis paludosa (Marsh Hawk's-beard)

H 20+ Common in damper places. eg Moy Island, by Loch Mullardoch, by Lubcroy etc

Crocsmia x crocosmiflora (C.aurea x potsii)*(Montbretia)

H 12(10). Naturalised in various places eg Marybank, Balintore, Tain.

Crocsmia paniculata*(Aunt-Eliza) NH64,66,77

H 3(1). Less frequent than the previous species. Kildary Loch, North Kessock, Novar.

Crocus biflorus x chrysanthus (Cream Beauty)* NH64,76

H 2(0). Occasionally seen as a garden throw-out. North Kessock, Cromarty.

Crocus x stellaris (C. angustifolius x flavus)* NH36,55,64,87

H 4(0). First seen recently as a garden throw-out. Dingwall. Conon Bridge, Balintore, Garve.

Crocus tommasinianus*(Early Crocus) NH55,56,64,75,86.

H 5(0). First recorded since 2000. eg Dingwall, North Kessock. Rosemarkie, Kilcoy etc.

Crocus vernus*(Spring Crocus) NH36,55,64,78,87

H 5(0). Of garden origin. Seen at Balintore (NH864 756), Garve(NH395 616) and Dingwall.

Cruciata laevipes (Crosswort) LS NH 56,66

H 2(2). Near its northern limit. Teachatt (NH588 651), Kiltarn (NH615 652).

Cryptogramma crispa (Parsley Fern) NH04,12,27,28,46,47.

H 6(15). In rocky places on mountains. eg Beinn Dearg, Ben Wyvis, Beinn Liath Mhor Fannaich.

Cryptomaria japonica* NH56

H1 (0) Planted at Paradise Wood near Dingwall

Cupressus sempervirens* (Italian Cypress) NH56

H 1(0). Planted at Paradise Wood by Dingwall.

Cymbalaria muralis* (Ivy-leaved Toadflax) NH35,55,65,66,75,76,77,78

H 8(5). Usually on walls. eg Tain, Rosemarkie, Alness, Tomich.

Cynoglossum officinale (Houndstongue) NT LR

Pre-2000(1). Only one post 1970 location at Eathie shore where it has not been refound recently.

Cynosurus cristatus (Crested Dogstail)

H 20+. Common in grassland and by tracks,. eg Craigroy Burn, Tarbatness, by Croick.

Cystopteris fragilis (Brittle Bladder-fern)

H 16(23). Quite frequent often on rocks or hills. eg Ben Wyvis, Rogie Falls, by Loch Orrin.

Cytisus scoparius (Broom)

H 20+. Very common on heaths, by tracks etc. eg Tarbatness, Rosemarkie, Moy Island.

Cytisus striatus* (Hairy-fruited Broom)

Pre-2000(1). Recorded as being planted at North Kessock NH64 in 1979.

Dactylis glomerata ((Cock's-foot)

H 20+Very common in various habitats. eg Allt Duchairidh, Geanies, Ardgay

Dactylorhiza x carnea (D. maculata x incarnata)

Pre-2000(1). A 1982 record only from the VC boundary. Said to involve *ssp cruenta*.

Dactylorhiza x formosa (D. maculata x purpurella) NH66,87

H 2(1). Recorded on several occasions over the years. Recently Broomtown House and Loch Eye.

Dactylorhiza fuchsii (Common Spotted-orchid) NH 55,56,66,76

H4(15).Seen less frequently lately and may have declined. Dingwall, Monadh Mor, Glen Glass.

Dactylorhiza incarnata (Early Marsh-orchid)

H 11(12). Scattered sites in damp meadows. eg Talich, Rhanich, Belmaduthy, Morrich More.

Dactylorhiza incarnata ssp. coccinea

Pre-2000(2). Older records from Morrich More and Strathsgitheach but it has not been refound.

(Dactylorhiza incarnata ssp incarnata

Recorded as *D. incarnata*)

Dactylorhiza incarnata ssp pulchella NH15,24,27,45,88.

H 5(1). Infrequent on damp ground. eg By Corrie Feol, Morrich More, Glen Chorainn

Dactylorhiza maculata (Heath Spotted-orchid)

H 20+Very common in many parts of VC 106 on mountains, heaths etc. eg Alladale,Talich.

Dactylorhiza purpurella (Northern Marsh-orchid)

H 20. Common in meadows, roadsides etc. eg Nigg, Tain, Talich, Carbisdale.

Dactylorhiza x transiens (D. fuchsii x maculata) NH56

H 1(0). A scarce hybrid. Recently recorded north of Dingwall (NH 559 601).

Dactylorhiza traunsteinerioides ssp lapponica NS (Lapland Marsh-orchid) NH24

H 1(2) First found in the 1990s in flushes in Glenchorainn, Strathconon.

Dactylorhiza traunsteinerioides ssp traunsteineri (Narrow-leaved Marsh-orchid)

Pre-2000(1). Only once recorded at Glen Chorainn but not seen again.

Danthonia decumbens (Heath-grass)

H 20+. Common in grassland, moors etc. eg Inveroykel, Tarbatness, Scotsburn.

Daphne laureola*(Spurge-laurel) NH77

H 1(0). Probably planted. Recent record by Barbaraville (NH744 718)

Darmera peltata* (Indian-rhubarb)

Pre-2000(1). Only one record in 1978 from Strathgarve Lodge NH46.

Datura stramonium* (Thorn-apple) NH59

H 1(0). A single record from Strathconon in 2003 (NH508 924).

Daucus carota (Wild Carrot) LS NH54,55,87,88,98

H 5(3). Restricted to the coast. eg Tarradale, Pitglassie, Balintore, Inver, Rockfield.

Deschampsia cespitosa (Tufted Hair-grass)

H 20+ Very common on low and high ground. eg Moy Island, Loch Borallan, Ardgay.

Deschampsia flexuosa (Wavy Hair-grass)

H 20+. Very common on mountains, moorlands etc. eg Allt na Caorach, Benmore Forest.

Deschampsia setacea (Bog Hair-grass) NS LR

Pre-2000(3). Not seen since 2000 and the Loch Ussie site may be lost after level changes.

Descurainia Sophia* (Flixweed) NH75,76,87,88,98

H 5(8). Scattered in mainly coastal locations. eg. Inver, Hilton, Nigg, Portmahomack.

Dianthus barbatus* (Sweet-William) NH98

H 1(0). First recorded at Portmahomack (NH913 841) as a garden escape in 2004.

Dianthus deltoides (Maiden Pink) NT NH15

H 1(1). Cultivar at Achnasheen NH 16 58. The native plant is probably extinct at N. Kessock NH64.

Digitalis purpurea (Foxglove)

H 20+ Very common in various habitats. eg. Craigroy Burn, Rosemarkie, Moy Island

Diphasiastrum alpinum (Alpine Clubmoss)

H 20+ Very common mainly in the mountains. eg. Struie, Ben Wyvis, Sguirr a Mhuillin

Diphasiastrum complanatum (Issler's Clubmoss)

Pre-2000. An unconfirmed 19th century record in NH59 only.

Diploxys muralis* (Annual Wall-rocket) NH75,87

H 2(3). Always rare and only two post-2000 records. Chanonry Ness, Balintore (NH 863 755).

Diploxys tenuifolia* (Perennial Wall-rocket) NH87

H 1(0). First recorded at Balintore in 2005 (NH 862 754)

Dipsacus fullonum (Wild Teasel) NH55

H 1(1). Regarded as extinct by Duncan but refound recently in NH55 (Kilcoy, Loch Ussie)

Doronicum pardalianches* (Leopard's-bane) NH36,54,55,66,68,75

H 6(4). An escape in a few places eg By Brahan, Rosemarkie, Muir of Ord

Doronicum x excelsum* (Harper-Crewe's Leopard's-Bane) NH 55,87

H 2(0). First noted since 2000 as a casual. Balintore (NH865 757), Balloan (NH584 591).

Draba incana (Hoary Whitlowgrass) LR

Pre-2000(3) The Tain site is probably lost but there is a 1998 record in NC31 (Breabag).

Draba norvegica (Rock Whitlowgrass) NS LR NH26,28

H 2(3). A rare mountain species. Loch Luchd Coire and Corrie Gorm in the Fannichs.

Drosera anglica (Great Sundew) NT

H 20+. Widely distributed in boggy areas although less common than *D. rotundifolia*.

Drosera intermedia (Oblong-leaved Sundew) NH23,26,49

H 3(7). There is considerable doubt about many records because of confusion with *D.x obovata*.

Drosera x obovata (D. anglica x rotundifolia)

H 18(3). Widespread usually close to parents. eg Duag Bridge, Scardroy Burn, Loch Cathrine

Drosera rotundifolia (Round-leaved Sundew)

H 20+ Very common in wet places eg Loch Craggie, Belmaduthy, Sgurr nan Each

Dryas octopetala NS LR NC31,NH28

H 2(2). Rare in the mountains. Breabag Tharsuinn, Loch Luchd Coire.

Dryopteris aemula (Hay-scented Buckler Fern)

Pre-2000(2). Loch Chuinneag and Rogie Falls Marsh where it has not been refound.

Dryopteris affinis (Scaly Male-fern)

H 20+ Common and now being divided into 3 species. At Marybank, Scardroy, Redcastle etc.

Dryopteris borrieri (D. affinis ssp borrieri) NH35,55,49,65

H 4(6). Probably under-recorded. Glenmarksie, Strathcarron, Munloch, Orrin Bridge.

Dryopteris carthusiana (Narrow Buckler-fern)

H 20+ Frequent in woods and moors etc eg. Muirhead Wood, W. Kincardine Hill

Dryopteris x deweveri (D. dilatata x D. carthusiana) NH65

H 1(1). South of Munloch (NH647 529) and previously by Orrin Bridge (NH50 53)..

Dryopteris dilatata (Broad Buckler-fern)

H 20+ Common in woods, moors etc eg. By Brahan, Beinn Enaiglair

Dryopteris expansa (Northern Buckler-fern)

H 20. In the mountains. Recorded more often lately. eg Sgurr a Muillin, Coire na Sguile

Dryopteris filix-mas (Male Fern)

H 20+ Common in woods, by tracks etc. eg. Rosemarkie, Moy Island, Ardgay

Dryopteris oreades (Mountain Male Fern) LS NH29

H 1(5). Perhaps under-recorded. By Loch an Daimh and older records from E. Fannichs, Glenuig.

Echinops exultatus* (Globe Thistle)

Pre-2000(1). Last seen at Dingwall station yard in 1971.

Echium vulgare (Vipers Bugloss) LR NH88

H 1(2). The Inver (NH864 828) site is probably from a seed mix.

Elatine hexandra (Six-stamened Waterwort) LR NH26,45

H 1(2). First recorded since 1990 at Loch Achanalt and Loch Garve (NH421 594).

Eleocharis multicaulis (Many-stalked Spike-rush) NC30,NH24,34,39,88

H 5(16). Many older records but noted less since 2000. By River Orrin, Lupmaldrig, Loch Eye etc

Eleocharis palustris (Common Spike-rush)

H 20+ Common in wet places. eg Loch Achanalt, Lubcroy, Newton of Ochtow

Eleocharis parvula (Dwarf Spike-rush) VU LR NH55

H 1(1). The first Scottish record was made at the Pitglassie, Dingwall site in 1999 (NH 552 574)

Eleocharis quinqueflora (Few-flowered Spike-rush)

H 20+. Very common in damp sites. eg Rhanich, Munloch, Scardroy Burn

Eleocharis uniglumis (Slender Spike-rush)

H 11(9) Sparse often by the shore. eg Kincardine, Tarbatness, Kilmuir

Eleogiton fluitans (Floating Club-rush) NC30 NH26,34,36,44,45,55,57,59

H 9(12). Occasional in wet places. Eg Carbisdale Loch, N. of Boath, Loch Achanalt

Elodea canadensis (Canadian Waterweed)

H 12(8). Locally common in lochs etc and perhaps increasing. eg Loch Eye, Loch Ussie

Elodea nuttallii* (Nuttall's Waterweed)

Pre-2000(1). Only one record from Allangrange (NH65) in 1978.

Elymus caninus (Bearded Couch) NC31 NH45,55,56,65,66,67,68,77

H 9(11). Scattered in woods, by rivers etc eg. Alness Point, Balnagown Woods, Rosehaugh

Elytrigia juncea (Elymus farctus) (Sand Couch) NH75,76,78,87,88,97,98

H 7(10). Various coastal locations. eg Rosemarkie, Hillockhead, Hilton.

Elytrigia x laxa (E. juncea x E. repens) NH76,77,78,87,88

H 5(1). In a few coastal sites. eg Nigg, Tain, Barbaraville.

Elytrigia repens (Elymus repens) (Common Couch)

H 20+ Common on roadsides, shore etc eg Tain, Marybank, Kiltearn.

Empetrum agg (Crowberry)

H 20+ On moors, mountains. Most of these records are ssp. nigrum.

Empetrum nigrum ssp hermaphroditicum

H 20+. Often in upland places. eg Gleann Beag, Fuar Tholl Mor, Ben Wyvis.

Empetrum nigrum ssp nigrum

H 10 (some included as agg.) Commoner than the previous ssp. eg Morrich More, Invercharron.

Epilobium alsinifolium (Chickweed Willowherb) LS

Pre-2000(6) Records in the 1990s in E. Loch Fannich and Wyvis areas but it has not been refound.

Epilobium anagallidifolium (Alpine Willowherb)

H 12(14). Frequent in the mountains eg Sgurr a Chaorachain, Ben Wyvis, Moruisg.

Epilobium brunnescens* (New Zealand Willowherb)

H 20+ Very common and increasing in gravel, burns etc eg Glenchorainn, Achnasheen, Castlecraig

Epilobium ciliatum* (American Willowherb) NH35,45,55,76,78

H 5(19). Recorded less often lately. eg Meig Dam, Balloan, Cromarty.

Epilobium hirsutum (Great Willowherb)

H 11(8). May have increased in frequency although still sparse. eg Inver, Priesthill, Tain.

Epilobium x interjectum (E. montanum x ciliatum)

Pre-2000 (1). Only one record from Strathpeffer in 1996 (NH 486 583).

Epilobium montanum (Broad-leaved Willowherb)

H 20+ Very common on tracks, in towns etc eg Rosemarkie, Ardgay, Morrich More.

Epilobium obscurum (Short-fruited Willowherb)

H 20+ Widespread often in damp places. eg Tarvie, Lily Loch, Nigg

Epilobium palustre (Marsh Willowherb)

H 20+ Very common in wetter places. eg Pitmaduthy Moss, By Loch Craggie, Carbisdale.

Epilobium parviflorum (Hoary Willowherb) NH55,65,66,67,77,78,86,87,98

H 9(11). On lower ground and near the shore. eg Tain, Alness, Kilmuir.

Epilobium tetragonum (Square-stalked Willowherb)

Pre-2000(2). Loch Achnacloch, Kinrive-Strathrory (BRC) but not in Duncan's Flora. Unconfirmed.

Epilobium x vicinum (E. ciliatum x E. obscurum)

Pre-2000(1). Only one record from Strathpeffer in 1996.

Equisetum arvense (Field Horsetail)

H 20+ Very common on waste ground, by lochs and tracks. eg Ardgay, Kilmachalmack,

Equisetum x bowmanii (E. sylvaticum x E. telemateia) NH55

H 1(0). Only one record from Loch Ussie in 2006 where it has not been refound.

Equisetum x dycei (E. fluviatile x E. palustre) N13,34,57

H 3(1). By lochs. Lochs Orrin, Morie, Mullardoch.

Equisetum fluviatile (Water Horsetail)

H 20+ Common in Lochs and damp places, eg. Loch Garve, Loch Ord, by Geanies

Equisetum hyemale (Rough Horsetail) NH24,25,36,48,56,64,65,67,88

H 9(5). Not common but new sites have been found. eg Srathsgitheach, Loch Achnacloch,

Equisetum x litorale (E. arvense x E. fluviatile) (Shore Horsetail) NH37,55,67,78

H 4(2). Scarce by ponds etc. Tain, Aldie Mill, Benmore, Strath Rory, Loch Ussie

Equisetum x mildeanum (E. pratense x sylvatica)

Pre-2000(1). Unlocalised and unconfirmed BRC record NH 36.

Equisetum palustre (Marsh Horsetail)

H 20+. Common in wet places. eg. Loch Achanalt, Morrich More, Beinn Enaiglair

Equisetum pratense (Shade Horsetail) NS LR NH68

H 1(1). Always locally rare. By Craigroy Burn (NH678 833) and pre-2000 at Seana Bhraigh.

Equisetum x rothmaleri (E. arvense x palustre) NC31 ,88

H 2(0). Loch Eye on mud.(NH834 801). Also probable site at Benmore(NC322 128)

Equisetum sylvaticum (Wood Horsetail)

H 20+ Widespread in woodland etc .eg Rhanich, Braelangwell, Craigroy Burn,

Equisetum telmateia (Giant Horsetail)

Pre-2000 (1). Unconfirmed record at Dam Wood (Belmaduthy) NH642 570.

Equisetum variegatum (Variegated Horsetail) NS LR NH88

H 1(0). The only recent records are from Morrich More in a forestry plantation and nearby.

Equisetum x wilmotii (E. fluviatile x telmateia) NH67

H 1(0). A very rare hybrid. Strathrory (NH663 776).

Eranthis hyemalis* (Winter Aconite) NH45,55,66,75,87

H 5(1). A garden escape. Dingwall, Rosemarkie, Marybank, by Fearn, by Evanton

Erica cinerea (Bell Heather)

H 20+ Common on heaths and moorland. eg Loch a Chroisg, Hillockhead, Sgurr nan Each

Erica tetralix (Cross-leaved Heath)

H 20+ Very common on wetter moorlands.. eg Muirhead Wood, Glenuig Lodge, Strathmulzie

Erigeron glaucus* (Seaside Daisy)

Pre-2000(3). An alien only recorded in an Atlas survey and not seen before or since.

Erinus alpinus* (Fairy Foxglove)

Pre-2000(2). An alien only recorded pre-2000 at Culbockie and NH 77 unlocalised.

Eriophorum angustifolium (Common Cottongrass)

H 20+ Very common in damper habitats. eg Rockfield, Seana Bhraigh, Loch Ailsh

Eriophorum latifolium (Broad-leaved Cottongrass) NH15,24,25,36,44,45,49,56,65,76,78,88
H 12(13). In more base-rich sites. Occasional, eg Scardroy Burn, Strath Sgitheach, Muirhead Wood

Eriophorum vaginatum (Hare's-tail Cottongrass)
H 20+ Common in bogs etc. eg Allt na Caorach, Loch Borallan, Carn Beag.

Erodium cicutarium (Common Stork's-bill) NH65,75,76,77,78,86,87,88,98
H 9(7). Almost entirely coastal. eg Shandwick, Nigg, Wilkhaven

Erophila glabrescens (Glabrous Whitlowgrass) LS NH35,45,76,78,88
H 5(1). A plant of gravel areas that may be under-recorded. eg Inver, Invergordon, Loch Luichart.

Erophila verna (Common Whitlowgrass)
H 20+ Often on bare ground. eg Fearn Station, Rosemarkie, Moy Island

Eruca vesicaria ssp sativa (Garden Rocket) NH76
H 1(0) A casual recorded once at Cromarty (NH789 676) in 2007.

Eryngium maritimum (Sea Holly) EX
Pre-2000. Not seen since 1956 and almost certainly extinct in E. Ross.

Erysimum cheiranthoides* (Treacle Mustard)
Pre-2000 An alien species not seen since 1955 when it was recorded at Dingwall.

Erysimum cheiri* (Wallflower) NH55,64,75,76,77,87,97,98
H 8(2). A garden escape by the coast where it may have increased lately. eg Hilton, Fortrose.

Erythronium dens-canis* (Dog's-tooth-violet) NH 78
H 1(0). A garden escape only recorded at Tain golf course. NH 786 822

Escallonia macrantha* (Escallonia) NH55
H 1(1). Probably planted at Dingwall NH552 592. Also an older record from NH77.

Eschscholzia californica* (Californian Poppy) NH87,88,98
H 3(3). A garden escape near the sea. Shandwick, Inver, Portmahomack.

Eupatorium cannabinum (Hemp Agrimony) LS NH56,75,76,86,87.
H 5(5). Almost entirely coastal. By Foulis point, Rosemarkie, Eathie, Hillockhead, Nigg etc

Euphorbia amygdaloides* (Wood Spurge) NH55
H 1(1). A garden throw-out in Craig Wood, Dingwall (NH55 59) An older record from Ardgay..

Euphorbia cyparissias* (Cypress Spurge) NH87
H 1(2). A garden escape at Balintore (NH 866 757). Also non-localised Atlas records in NH45,87.

Euphorbia dulcis* (Sweet Spurge) NH45,55, 87
H 3(2). An escape which persists by the River Conon. Moy Island, Gary Island. Also Loandhu

Euphorbia helioscopia* (Sun Spurge) NH54,75,76,77,87,98
H 6(5). An ancient introduction on waste ground etc. eg Rockfield, Avoch, Barbaraville.

Euphorbia lathyris* (Caper Spurge)
H 1(0). A casual. Only one unconfirmed record at Cromarty in 2006 (NH786 677)

Euphorbia peplus* (Petty Spurge) NH65,66,76,77,87,88,98
H 7(6). An old introduction on roadsides and shore. eg Inver, Barbaraville, Portmahomack

Euphrasia agg (Eyebrights)
H 20+. This group of species is common on tracks, hills, coastal areas etc

Euphrasia arctica ssp borealis
H 20+ Widespread on banks, shores and hills. eg Lubcroy, Hilton, Loch Gowan

Euphrasia confusa
H 20+ Common by tracks, lochs, dunes. eg Tain, Tarradale, Loch Orrin.

Euphrasia x electa (E. micrantha x E. scottica)
Pre-2000. Only one unlocalised old record from a specimen in the British Museum.

Euphrasia foulaensis LS/DD NH66,88,98
H 3(2). Coastal sites at Alness Point, Morrigh More and Wilkhaven (NH948 876).

Euphrasia frigida LS/DD NC31 NH13,14,15,17,28,46
H 7(3). Locally scarce on mountains .egWyvis,Seana Bhraigh,Sgurr na Clach Geala etc

Euphrasia micrantha
H 20+. Common on hills, tracks, moors. eg Allt na Caorach, Achilty Oakwood, Lubcroy

Euphrasia nemorosa

Pre-2000(3). Not seen recently and Duncan reports doubts about many earlier records.

Euphrasia ostenfeldii

Pre-2000 (1). Noted at Tarbatness NH98 in 1971 but no definite recent records.

Euphrasia scottica

H 20+ Many records and often in the mountains. eg Ben Wyvis, Glen Beag, By R. Orrin.

Euphrasia tetraquetra

Pre-2000. Only old records which Duncan regarded as doubtful.

Fagus sylvatica* (Beech)

H 20+. Common and often planted. eg Rosemarkie, Ardgay, Amatnatua.

Fallopia baldschuanica* (Russian Vine) NH76

H 1(5). Not in Duncan's flora but noted in Atlas 2000 surveys. Nigg (NH 794 692)

Fallopia convolvulus* (Black-bindweed) NH54,65,76,87,88,98

H 6(7). An ancient introduction (archaeophyte) perhaps now less common. Inver, Hilton, Bellevue.

Fallopia japonica* (Japanese Knotweed) NH45,55,56,59,65,66,75,77

H 8(9). Riverbanks, roadsides etc. An invasive garden escape. eg. Swordale, Dingwall, Rosemarkie.

Fallopia sachalinensis* (Giant Knotweed) NH55,65

H 2(1). Known from Dingwall by R. Peffery (NH551 590) for some time. Now also at Rosehaugh.

Festuca altissima (Wood Fescue) LR NH56

H 1(2). Only recorded since 1980. Allt na Caorach(NH56) and in the 1990s Black Rock Gorge etc

Festuca arenaria (*Festuca rubra* ssp *arenaria*) (Rush-leaved Fescue) NS LR NH75,86

H 2(0). Recent records from Nigg dunes and Rosemarkie dunes confirming pre-1970 findings..

Festuca arundinacea (Tall Fescue) See *Schedonorus giganteus*

Festuca filiformis (Fine-leaved Sheep's Fescue) NH 45

H 1(11). Not in Duncan's Flora but several Atlas 2000 records. On track by Tarvie (NH 430 590)

Festuca gigantea (Giant Fescue) See *Schedonorus giganteus*

Festuca heterophylla* (Various-leaved Fescue)

Pre-2000(2). An introduction not seen recently. Ardross (1979), Brahan (1978).

Festuca ovina (Sheep's Fescue).

H 20+. Widely distributed by tracks, on heaths etc. eg Alladale, Struie, Redcastle

Festuca pratensis (Meadow Fescue) see *Schedonorus pratensis*

Festuca rubra (Red Fescue)

H 20+. Very common in a variety of habitats. eg Marybank, Tarbatness, Brahan.

Festuca rubra ssp arctica

Pre-2000(2). No very recent records but noted in NH14 and 24 for Atlas 2000.

Festuca rubra ssp commutata

Pre-2000(1). Only one record from North Kessock NH64 in 1979.

Festuca rubra ssp juncea NH75,98

H 2(0). On rocky shores. Wilkhaven (NH944 871), Fortrose (NH 737 561).

Festuca rubra ssp littoralis NH65,77,87,98

H 4(2). In saltmarshes and boggy shores. Nigg, Munloch Bay, Rockfield, Meddat.

Festuca rubra ssp rubra

Pre-2000. Common but not recorded separately lately.

Festuca vivipara (Viviparous Sheep's-fescue)

H 20+ A common upland species. eg Mam Sodhail, Loch a Chroisg, Sgurr nan Each.

Ficaria verna (*Ranunculus ficaria*) (Lesser Celandine)

H 20+ Very common in woods, roadsides etc. eg Allan, Rogie Falls, Roskeen, Dingwall.

Ficaria verna ssp verna (*Ranunculus ficaria* ssp *bulbifer*)

Pre-2000 (2). Not noted since 1978 at Foulis NH56 but probably under-recorded.

Filago minima (Small Cudweed)

H 13(11). Scattered on gravel tracks etc. eg Kincardine, Dingwall, Castlecraig.

Filago vulgaris (Common Cudweed)

Pre-2000(1). Not seen since Atlas 2000. An unlocalised record in NH55 in 1999.

Filipendula camtschatica* (**Giant Meadowsweet**) NH55

H 1(0). First record in 2003 in a roadside site by Monadh Mhor (NH582 523)..

Filipendula ulmaria (**Meadowsweet**).

H 20+ Very common in damp meadows etc. eg Moy Island, Loch Garve, Allt Duchairidh.

Foeniculum vulgare* (**Fennel**) NH65,77, 87

H 3(2). Probably a garden escape here. Hilton, Barbaraville, Avoch.

Fragaria ananassa* (**Garden Strawberry**)

Pre-2000 Last recorded by Strathpeffer NH45 in 1966

Fragaria vesca (**Wild Strawberry**)

H 20+ Fairly common on banks dry places etc. eg Struie Hill, Shandwick, Lubcroy.

Frangula alnus (**Alder Buckthorn**) LR NH45

H 1(0). Only in one site at the east end of Loch Achilty (NH438 569).

Fraxinus excelsior (**Ash**)

H 20+ Common across the vice-county. eg Moy Island, Rosemarkie, Ardgay.

Fuchsia magellanica* (**Fuchsia**)

Pre-2000(2). Some older records but not seen since 1994 (Lochanan nan Tunnag NH76 76).

Fumaria bastardii (**Tall Ramping-fumitory**) LR NH65,88,98

H 3(1). Locally rare but there are identification difficulties. Rosehaugh, Inver, by Rockfield.

Fumaria capreolata (**White Ramping-fumitory**) NH56,64,65,75,76,77,86,87,98

H 9(8) Mainly coastal and occasional. eg Shandwick, Fortrose, Saltburn.

Fumaria densiflora (**Dense-flowered Fumitory**)

Pre-2000(5). Several mainly coastal records in the past but not seen since 1979.

Fumaria muralis (**Common Ramping-fumitory**)

H 15(9). Frequent by the shore, roadsides etc. eg Kilcoy, Tarbatness, Marybank

Fumaria officinalis (**Common Fumitory**)

H 12(13). Common on disturbed ground. eg Hilton, Gilchrist, North Kessock.

Fumaria officinalis ssp wirtgenii NH64,87,88

H 3(0). Recorded at Hilton, Craigton, Inver.

Fumaria purpurea (**Purple Ramping-fumitory**) NS LR NH87

H 1(1). The only recent record is from by Hilton(NH87) but it may be under-recorded.

Gagea lutea (**Yellow Star-of-Bethlehem**) LR NH55

H 1(1). Only one recent site at Kilcoy where it may have been introduced.

Galanthus nivalis* (**Snowdrop**)

H 14(2). An escape now persistent in woodlands etc. eg Marybank, Milton Wood, by Brahan.

Galega officinalis* (**Goat's-rue**) NH45

H 1(0). A garden escape first noted by Loch Ussie in 2006 (NH 496 566).

Galeopsis bifida (**Bifid Hemp-nettle**) NH45,54,55,56,59,65,87,98

H 8(8). Often in arable fields. eg Arabella, by Loch Ussie, Rosehaugh

Galeopsis speciosa* (**Large-flowered Hemp-nettle**) NH 59,67,87

H 3(5). In arable fields. Perhaps now less common. By Loch Achnacloich, Carbisdale, Hill of Nigg.

Galeopsis tetrahit (**Common Hemp-nettle**)

H 20(16). Frequent on arable land. eg Easter Fearn, Croick, Mouteagle

Galium album (**G. mollugo**) (**Hedge Bedstraw**) LS NH35,64,76

H 3(6). Seen less often lately. By Loch Meig (NH361 556), North Kessock (NH660 479). Cromarty

Galium aparine (**Cleavers**)

H 20+ Very common especially on lower ground. eg Tarbatness, Ardgay, Rosemarkie.

Galium boreale (**Northern Bedstraw**) NH13,15,36,45,49,57,65,NC30,31

H 9(26). Fewer recent records. In uplands and stony ground. eg Belmaduthy, Breabag Tharsuinn.

Galium odoratum (**Woodruff**)

H 12(11). In woodlands etc to the east. eg Milton Wood, Dingwall, Moy Island.

Galium palustre (**Common Marsh-bedstraw**).

H 20+. Common in wet places. eg Moy Island, Lily Loch, Carbisdale

Galium x pomeranicum (G. verum x G. mollugo)

Pre-2000(1). Recorded at Eathie Burn (NH 76) in 1979 and not noted since.

Galium saxatile (Heath Bedstraw)

H 20+ Very common in the uplands, moorland, grassland etc. eg Brahan, Seana Bhraigh, Whitebog

Galium sternerii (Limestone Bedstraw) LR/EX?

Pre-2000(1). Only one unlocalised record in NC20 which may not relate to VC106.

Galium uliginosum (Fen Bedstraw) LR/EX?

Pre-2000(1). It has not been refound at the site at Talich NH 87 where it was reported in 1998.

Galium verum (Lady's Bedstraw)

H 20+. Often in more basic grassland, on roadsides etc eg Tarbatness, Tain dunes, Benmore.

Gaultheria mucronata*(Prickly Heath) NH48

H 1(1). A South American native. Roadside at Amat (NH 465 891)

Gaultheria shallon* (Shallon)

Pre-2000(1). Recorded at Muir of Ord NH54 in 1998 but not seen since.

Genista anglica NT

H 11(13). Still at various locations in VC106 on moorland etc. eg Strathconon, Morrich More

Genista hispanica (Spanish Gorse)

Pre-2000(1). Recorded at Dingwall NH55 in 1998 but not refound.

Gentianella amarella (Autumn Gentian) LR

Pre-2000(4), Apart from *ssp septentrionalis* (below). Earlier reports from Breabag Ridge, Rockfield.

Gentianella amarella ssp septentrionalis NT LR NC20,30 NH88

H 3(1). Present on cleared forested dunes Morrich More and Benmore forest tracks (NC297 084).

Gentianella campestris (Field Gentian) VU

H 20. VU in RDB but widely distributed in VC106. eg Monar Dam, Strathvaich

Geranium columbinum (Long-stalked Cranes'bill)

Pre-2000(1) ? Only one unconfirmed record from Tain NH78 in 1987.

Geranium dissectum* (Cut-leaved Crane's-bill) NH55,56,77,87,98

H 5(5). An archaeophyte of disturbed ground. eg Balintore, Nigg RSPB, Tomich

Geranium endressii* (French Crane's-bill) NH36,66,76,87

H 4(6) .An escape on waste ground etc. Kiltearn, Garve, Cromarty,Balintore.

Geranium lucidum (Shining Crane's-bill) LS NH26,55,56,65,75

H 5(3). Scarce in this area on rocks, walls etc. Meall an Tuirc, Munloch Bay, Fortose, Dingwall

Geranium macrorrhizum* (Rock Crane's-bill) NH87

H 1(2). An occasional garden throw-out. Loandhu (NH 814 787).

Geranium x magnificum*(G. ibericum x platypetalum) (Purple Crane's-bill)NH36,45,46,64

H 4(0). A garden escape only recorded recently. Garve, Strathgarve, Loch Ussie ,N. Kessock.

Geranium molle (Dove's-foot Crane's-bill)

H 17(17). On grassland, verges etc. Commoner in the East. eg Urquhart, Tarbatness, Rosemarkie.

Geranium x oxonianum* (G.endressi x G. versicolor) (Druce' Cranes-bill)NH36,45,54,75,86

H 5(1). An alien recorded more often lately. eg Nigg, Marybank, Auchmore, Garve etc.

Geranium phaeum* (Dusky Crane's-bill) NH36,78

H 2(0). An occasional garden escape. Tain(NH791 827) , Garve (NH395 615).

Geranium pratense (Meadow Crane's-bill) NH36,48,56,66,68,76,87

H 7(7). Occasional on roadsides etc. eg Newton, Kincardine, by River Alness, Garve.

Geranium psilostemon* (Magenta Crane's-bill)

Pre-2000. One record only in 1967 at Strathpeffer NH45.

Geranium pusillum (Small-flowered Crane's-bill) LR NH76,88,98

H 3(2). May be less common than before 1970. Portmahomack, Cromarty, Morrich More.

Geranium pyrenaicum* (Hedgerow Crane's-bill). NH75,76,78,87

H 4(1). Occasional on roadsides etc. Tain, Balintore, Cromarty, Chanonry Point

Geranium robertianum (Herb-Robert)

H 20+ Very common in many places. eg Alness, Craigroy Burn, Rosemarkie etc.
Geranium sanguinum (Bloody Crane's-bill) NC30 NH55,75,76,86,87,88,98
H 8(9). Mainly coastal but also a garden escape. eg Nigg, Rosemarkie, Craig Wood Dingwall.
Geranium sylvaticum (Wood Crane's-bill) NH12,13,25,45,66,67
H 6(9). Less frequent than further south. eg Alness River, Moy Bridge, S. of Loch Mullardoch.
Geum x intermedium (G. rivale x G. urbanum) (Hybrid Avens) NH36,45,55,56,68,75,77,86
H 8(9). Usually with both parents. eg Urquhart, by River Conon, Black Rock Gorge.
Geum macrophyllum* (Large-leaved Avens) NH55,56,65,66,77
H 5(1). A scattered garden escape. eg Dingwall, Killen Burn, Balnagown Woods.
Geum quellyon* (Sweet Avens) NH64
H 1(0). A garden throw-out recorded in one site. By Drumsittal (NH 648 499)
Geum rivale (Water Avens)
H 20+ Common in wet places. eg Alness River, by Culisse, Loch Luchd Choire
Geum urbanum (Wood Avens)
H 17(17) Widespread although not as frequent as further south. eg Rogie Falls, Rosemarkie, Nigg,
Glaux maritima (Sea-milkwort)
H 14(13). Large populations in salt marshes. eg Redcastle, Kiltearn, Easter Fearn
Glebionis segetum* (Chrysanthemum segetum) (Corn Marigold) VU
H 10(8). This cornfield weed has survived better than most others. eg Fearn, Oldtown, Balloan.
Glechoma hederacea (Ground Ivy)
H 18(10). Frequent especially in the east. eg Marybank, Balavil, Ardgay, Geanies
Glyceria declinata (Small Sweet-grass) NH39,45,55,65,68,75,87
H7(7). Sparse in damp places. By Duag Bridge, Achederson, Ardmore.
Glyceria fluitans (Floating Sweet-grass)
H 20+ Common in marshes, ponds etc eg Nigg, Moy Island, Loch a Chroisg.
Glyceria maxima (Reed Sweet-grass)
Pre-2000 only. No confirmed recent records and there are no details about the BRC records..
Glyceria notata (Plicate Sweet-grass) LR
Pre-2000(5). No recent records although Duncan found it at Castlecraig, Evanton and Munloch.
Glyceria x pedicellata (G.fluitans x notata) (Hybrid Sweet-grass)
Pre-2000 (1). Only one old record at Corriefoulis by Evanton (NH57 64) in 1982.
Gnaphalium norvegicum (Highland Cudweed) EN NS LS NH28
H 1(7). Only one post-2000 record from Beinn Dearg but it is likely to persist in its other locations.
Gnaphalium supinum (Dwarf Cudweed) NT
H 15(13). Quite frequent in the high hills. eg Ben Wyvis, Seana Bhraigh, Mam Sodhail etc
Gnaphalium sylvaticum (Heath Cudweed) EN
H 18(19). Quite frequent on tracks and rides. eg Tarvie, Eileanaich Lodge, Duag Bridge etc.
Gnaphalium uliginosum (Marsh Cudweed)
H 20+. Common on tracks and fields. eg Fearn Station, Loch Garve, Strath Ruisdale etc.
Goodyera repens (Creeping Ladies Tresses)
H 15(13). Frequent in eastern pinewoods. eg Tain, Mounteagle, Carbisdale etc.
Groenlandia densa (Opposite-leaved Pondweed)
Pre-2000. One 1937 record from Strathpeffer where it may have been introduced.
Gymnadenia borealis (G. conopsia ssp borealis) (Fragrant Orchid)
H 20+ Frequent in grassland and heaths. eg Rhanich, Glen Chorainn, Heights of Keppoch.
Gymnadenia conopsea LR NH 76
H 1(2). Much less common than *G. borealis*. Muirhead Wood (NH 754 633)
Gymnocarpium dryopteris (Oak Fern)
H 15(28). Quite frequent in the west in woods etc. eg Duag Bridge, Rogie Falls, Corriefeol.
Gymnocarpium robertianum (Limestone Fern)
??Pre-2000. An unconfirmed record from Duag Bridge (NH 338 975) in 1980. Not seen again.
Hammarbya paludosa (Bog Orchid) LR NH29,36

H 2(2). Rarely seen in boggy places. Loch an Daimh, Loch Bad Leabmaidh
Hebe x franciscana* (**H. elliptica x H. speciosa**) (**Hedge Veronica**) NH77
H 1(0). Once recorded as a garden escape. Barbaraville (NH747 718)
Hebe salicifolia* (**Koromiko**)
Pre-2000(1). Only one record from Tain (NH78 83) in 1998.
Hedera helix (**Ivy**)
H 20+ Common in woods and other habitats. eg North Kessock, Shandwick, Gleann Fhiodhaig.
Hedera hibernica (**Atlantic Ivy**)
H 9(4). Some populations may not be native. eg. Fortrose, Redcastle. Muir of Ord.
Helianthemum nummularium (**Common Rock-rose**)
H 10(8). Mainly on sea cliffs, eg Eathie Burn, Tarbatness, Nigg etc.
Helianthus annuus* (**Sunflower**) NH87,98
H 2(1). An occasional escape. Portmahomack (NH 914 841), Fearn (NH 838 775)
Helictotrichon pratense (**Meadow Oat-grass**) **LS** see **Avenula pratensis**
Helictotrichon pubescens (**Downy Oat-grass**) see **Avenula pubescens**
Hemerocallis fulva* (**Orange Day-lily**)
Pre-2000 (2). An Atlas record for the Tain area in 1998.
Heracleum mantegazzianum* (**Giant Hogweed**) NH55,64,65,77
H 4(5). A troublesome alien still relatively scarce in VC106. eg By Tarbat House, Dingwall. etc
Heracleum sphondylium (**Hogweed**)
H 20+. Very common in grassland, on roadsides etc. eg Ardgay, Moy Island, Croik etc.
Heracleum sphondylium x H. mantegazzianum
Pre-2000(1). Only one 1974 record by Munloch NH65 for this hybrid.
Hesperis matronalis* (**Dame's-violet**)
H 14(9). Frequent on waste ground, roadsides etc. eg. Tain, Rosemarkie, Garve.
Heuchera sanguinea*(**Coralbells**) NH77
H 1(0). Roadside garden throw-out. Tomich 2005 (NH 702 709).
Hieracium **agg.** (**Hawkweeds**)
H 20+ Common in various habitats. The sections and microspecies are not listed separately.
Hippophae rhamnoides* (**Sea-buckthorn**) NH75,76,77,78,86,88,98
H 7(4) Introduced in VC106. Always coastal. eg. Nigg, Inver, Tain
Hippuris vulgaris (**Mare's-tail**)
H 11(15). Scattered in water bodies. eg Carbisdale Loch, Loch Garve, Novar Estate pond.
Holcus lanatus (**Yorkshire-fog**)
H 20+. Extremely common in many places. eg Nigg, Loch Borallan, Benmore.
Holcus mollis (**Creeping Soft-grass**).
H 20+. Very common especially in damper grassland. eg. Tarbatness, Moy Island, Brahan.
Holodiscus discolor* (**Oceanspray**) NH 45,69,77
H 3(2). An escaped shrub. Balnagown Woods, by River Carron, Strathpeffer.
Honckenya peploides (**Sea Sandwort**) NH75,76,77,87,88,98
H 6(11). Present in some quantity in certain coastal sites. eg Shandwick, Rosemarkie, Tain
Hordeum distichon sens. lat.* (**Barley**) NH87
H 1(1). An escape from cultivation. Hilton 2009 (NH 876 768).
Hordeum jubatum* (**Foxtail Barley**) NH45
H1(1). A casual record from a field near Marybank (NH478 536).
Hordeum murinum* (**Wall Barley**) NH75,78,87,97,98
H 5(3). On waste and disturbed ground. eg Tain, Shanwick, Geanies.
Hordeum secalinum (**Meadow Barley**)
Pre-2000. Only one record from Dalmore distillery NH66 in 1957.
Humulus lupulus* (**Hop**)
Pre-2000(1). Not recorded since 1972 at Ardgay NH59.
Huperzia selago (**Fir Clubmoss**)

H 20+. Common on higher ground. eg Struie, Seana Bhraigh, Allt na Caorach etc.
Hyacinthoides hispanica* (**Spanish Bluebell**) NH66,75,76,87,98
H 5(1). Probably less common than the hybrid. eg. Alness, Portmahomack, Shandwick.
Hyacinthoides x massartiana (H. hispanica x H. non-scripta)*
H 11(1). Increasing as a garden escape. eg. Rockfield, Cromarty, Ardnagrask etc.
Hyacinthoides non-scripta (Bluebell or Wild Hyacinth)
H 20+. Common in woodlands and by the shore. eg Kilmuir, Alness, Belleview etc.
Hydrocotyle vulgaris (Marsh Pennywort)
H 20+. Common in wet places. eg. Lily Loch, Grudie, Newton of Ochtow etc.
Hymenophyllum wilsonii (Wilson's Filmy-fern) LS NH12,39
H 2(5). In wet places to the west. Duag Bridge, below Bealach na h-Eige.
Hyoscyamus niger* (Henbane) VU/EX?
Pre-2000(1). Last record in 1979 at North Sutor (NH81 68) and probably extinct in E. Ross.
Hypericum androsaemum*(Tutsan) NH36,45,55,56,65,67,75
H 7(7). Probably not native here. eg Marybank, Rosehaugh, Ardress etc.
Hypericum calycinum* (Rose-of-Sharon) NH55,64,65,69,75
H 5(9). An occasional garden escape. Fortrose, Ardgay, Alcaig, Avoch, Charlestown.
Hypericum x desetangsii (H. maculatum x perforatum)(Des Etang's SJ) LS NH36,45,54,55,77
H 5(0). First recorded in 2002 but other sites have since been found. eg River Orrin, Tarbat House.
Hypericum hirsutum (Hairy St John's-wort) LR/EX?
Pre-2000(1). No records since 1980. Previously NE of Dingwall (NH55 59).
Hypericum humifusum (Trailing St John's-wort) NH35,45,54,58,65
H 5(9). Scattered on tracks etc. eg Torr Achilty, E. Moy, West Kincardine Hill, Loch Luichart.
Hypericum maculatum ssp obtusiusculum (Imperforate St John's-wort) LS NH64,67
H 2(4). Few recent records. N. Kessock Meadows (NH 65 48), Newmore Wood (NH 683 736).
Hypericum perforatum (Perforate St John's-wort)
H 13(10). There are more recent records for this species. eg Alness, Tain, Inver etc.
Hypericum pulchrum (Slender St John's-wort)
H 20+. The commonest *Hypericum* in VC106 in woods, heaths etc. eg Loch a Chroisg, Brahan etc.
Hypericum tetrapterum (Square-stemmed St John's-wort) LS NH45,55,65,66,86
H 5(5). Scarce in woods and roadsides. eg Nigg, Moy Bridge, Balloan etc.
Hypochaeris radicata (Cat's-ear)
H 20+ Very common on roadsides, fields etc. eg Tarbatness, by River Conon, Ardgay etc..
Iberis amara* (Wild Candytuft)
Pre-2000(1). Only one record from Strathpeffer NH45 in 1998 where it has not been seen again.
Iberis umbellata* (Garden Candytuft)
Pre-2000(2). Last record of this garden escape was in 1999 in NH87. Also Saltburn in 1979 NH76.
Ilex x altaclerensis* (I. aquifolium x perado) (Highclere Holly) NH35
H 1(0). A single tree by Little Scatwell (NH 378 562) perhaps bird-sown.
Ilex aquifolium (Holly)
H 20+. Common especially in woodlands. eg Muirhead Wood, Invercharron, Amat Forest etc.
Impatiens glandulifera* (Indian Balsam) NH45,55,56,65,66,75,76,87
H 8(5). In wet habitats and tending to spread. eg. Dingwall, Newhall point, by R. Sgitheach etc.
Imperatoria ostruthium* (Peucedanum ostruthium) (Masterwort)
Pre-2000. Only an unconfirmed 1909 record in NH55.
Inula helenium* (Elecampane)
Pre-2000(1). An occasional garden escape not seen since 1998 at Ardgay (NH59 90).
Inula hookeri* NH45
H 1(0). A garden escape near houses at Contin (NH458 562)
Iris foetidissima* (Stinking Iris)
Pre-2000 (1). A garden escape here. A single 1982 record from the River Conon (NH 530 540).
Iris germanica* (Bearded Iris)

Pre-2000(1). A single record from Lochanan nan Tunnag (NH 766 761) in 1994. Perhaps planted..

Iris pseudacorus (Yellow Iris)

H 20. Widespread in wet places. eg Talich, Loch Borallan, Munloch Bay etc.

Isoetes lacustris (Quillwort)

H 18(23). Frequent in lochs. eg. Lochs Garve, Achanalt, An Daimh etc.

Isolepis cernua? (Slender Club-rush)

Pre-2000. An unlocalised BRC record for NH 35 is likely to be an error.

Isolepis setacea (Bristle Club-rush)

H 14(21). Frequent in damp places. eg Loch Kinellan, Duag Bridge, Croick etc.

Juglans regia* (Walnut) NH56

H1 (1). Planted. Recorded near Dingwall and at Balconie House, Alness in 1976.

Juncus acutiflorus (Sharp-flowered Rush)

H 13(34). Frequent in wet places and possibly under-recorded. eg. Loch Ailsh, Kilmuir, Loch Ussie.

Juncus alpinoarticulatus (Alpine Rush) NS/EX?

Pre-2000(1). The site at Loch Ussie NH 55 is probably lost because of water-level changes.

Juncus articulatus (Jointed Rush)

H 20+. A common species of wet places. eg. Talich, Brahan, Sgurr nan Each etc.

Juncus balticus (Baltic Rush) NS LS NH86,88

H 2(6). Coastal and generally scarce although the Morrich More population is large. Also at Nigg.

Juncus biglumis (Two-flowered Rush) NS LR NH28

H 1(3). Rare in the mountains. Loch Luchd Coire (NH 284 877).

Juncus x buchenau (J. alpinoarticulatus x articulatus)

Pre-2000. Recorded in the past from Loch Ussie where it is likely to be extinct.

Juncus buffonius sens. str. (Toad Rush)

H 20+. Very common by water and on tracks. eg, Oykel Bridge, Scardroy Burn, Redcastle etc.

Juncus bulbosus (Bulbous Rush)

H 20+. Very common in damp places and in water. eg Loch Ussie, Tarvie, Sgurr nan Each etc.

Juncus castaneus (Chestnut Rush) VU NS LS NH15,28,47

H 3(4). Scarce on high mountain ledges etc. Moruisg, Seana Bhraigh, Ben Wyvis.

Juncus conglomeratus (Compact Rush)

H 20+ Common in fields, woodlands etc. eg. Muirhead Wood, Morrich More, by Loch Ailsh.

Juncus effusus (Soft-rush)

H 20+. Very common in damp places. eg. Craigroy Burn, Moy Island, by Glenuaig Lodge etc.

Juncus gerardii (Saltmarsh Rush)

H 14(11). Common on the shore. eg. Alness Point, Easter Fearn, Redcastle etc.

Juncus maritimus (Sea Rush) LR/EX?

Pre-2000(2). Probably extinct in VC106. Previously Morrich More (NH88) and Munloch Bay.

Juncus squarrosus (Heath Rush)

H 20+. Common on wet moorland etc. eg Hill of Nigg, Benmore Forest, Carn na Garbh-lice

Juncus tenuis* (Slender Rush) NH35,45,54,55,66,77,NC30

H 7(4). Occasional on tracks. eg Achilty Oakwood, Redcastle, Contin etc.

Juncus trifidus (Three-leaved Rush)

H 16(17). Frequent on high mountains. eg Mam Sodhail, Sgurr a Mhuillin, Carn Ban etc.

Juncus triglumis (Three-flowered Rush) LS NH04,14,15,28,47

H 5(10). On a few mountains. eg Moruisg, Sgurr a Chaorachain, Maoile Lunndaidh etc.

Juniperis communis (Common Juniper)

H 20+. Widespread in woodland, on moorland etc. eg. Tain dunes, Loch Achilty, Lubcroy .

Juniperis communis ssp communis

H 16. The commoner sub-species to which most of the above records belong.

Juniperis communis ssp nana NH13,14,24,26,27,38,48,NC21,31

H 9(18). Mainly in the uplands. eg. Breabag Tharsuinn, Garbh Choire Mor, by Loch Monar

Juniperis recurva* NH76

H 1(0). A record from waste land by Nigg (NH795 693)

Kalmia procumbens (Loiseleuria procumbens) (Trailing Azalea)

H 18(14). Common on high mountain summit areas. eg Beinn Dearg, Ben Wyvis, Sgurr a Mhuillin

Knautia arvensis (Field Scabious) LR NH65,76

H 2(2). Locally rare by roads etc. Jemimaville, Gordon's Mill (NH703 650), Kilmuir.

Kniphofia praecox* (Greater Red-hot-poker) NH64,87,88

H 3(0). A garden throw-out or planted. Shandwick, Inver (NH864 828), N. Kessock.

Kniphofia uvaria* (Red-hot-poker) NH87,98

H 2(1). Garden throw-outs or planted. Balintore, Tarbatness (NH947 875).

Koeleria macrantha (Crested Hair-grass) NH75,76,78,86,87,88,97,98

H 7(10). Frequent by the shore in the east. eg Tarbatness, Hillockhead, Tain, Nigg etc.

Laburnum alpinum* (Scottish Laburnum)

Pre-2000(1). No recent records but previously noted at Tain (1966) and Ardgay NH59 (1975)

Laburnum anagyroides* (Laburnum) NH56,75,76,77,78,87

H 6(4). Mainly by roadsides and often planted. eg, Tarbat House, Lemlair, Fortrose etc.

Lamiastrum galeobdolon ssp argentatum*

H 14(4). A frequent garden escape which appears to be increasing. eg. Tarvie, Muir of Ord, Tain.

Lamiastrum galeobdolon ssp montanum* (Yellow Archangel)

Pre-2000(1). An unlocalised Atlas record in NH 55 presumably introduced here if present.

Lamium album* (White Dead-nettle) NH54,56,76,86,87,98

H 6(6). Roadside and waste ground. eg. Newhall Point, Mountgerald, Tarradale Mains etc.

Lamium amplexicaule* (Henbit Dead-nettle) NH55,65,75,98

H 4(5). Roadsides and fields. eg. Portmahomack, Rosemarkie, Muir of Ord, Munloch Bay..

Lamium confertum* (Northern Dead-nettle). NH64,65,76,77,87,88,98

H 7(6). Occasional in fields, shore etc.in the east . eg. Shandwick, Barbaraville, Cromarty.

Lamium hybridum* (Cut-leaved Dead-nettle) NH77

H 1 (3). Always rare with a coastal record. Barbaraville (NH752 722).

Lamium maculatum* ((Spotted Dead-nettle) NH55,64,67,75,76,78,87,88

H 8(5). Occasional on roadsides, shore etc. eg. Balintore, Inver, Brahan.

Lamium purpureum* (Red Dead-nettle)

H 15(15). Frequent by tracks, on the shore etc. eg. Cullicudden, Rosehaugh, Castlecraig etc.

Lapsana communis (Nipplewort)

H 20+. Common in woodland, on roadsides etc. eg. Tarvie, Moy Island, Inver etc.

Larix decidua*(European Larch).

H 20+. Commonly planted and also self-seeding. eg. Amat, Alness, Grudie etc.

Larix x marschlii (L. decidua x kaempferi)* (Hybrid Larch)

H 19(6). Often planted and also self-seeds. eg. Garve, Novar, Blackmuir Wood etc.

Larix kaempferi* (Japanese Larch)

H 17(6). Frequently planted. eg. Scardroy Burn, Strath Rusdale, West Kincardine Hill etc.

Lathraea squamaria (Toothwort) LR NH55

H 1(1). A small population persists in Craig Wood, Dingwall (NH 555 599) at its northern limit.

Lathyrus grandiflorus* (Two-flowered Everlasting-pea)

Pre-2000(1). A garden escape last recorded by Dingwall in 1973.

Lathyrus latifolius* (Broad-leaved Everlasting-pea) NH87

H 1(1). A garden escape recorded at Shandwick (NH 859 750) and Fearn Station.

Lathyrus linifolius (Bitter Vetch)

H 20+ Common especially on moors. eg. Struie Hill, All na Caorach, Benmore Forest etc.

Lathyrus pratensis (Meadow Vetchling)

H 20+. Common on roadsides, in fields etc. eg. Marybank, Achanalt Station, Bonar Bridge etc,

Lavatera arborea*(Tree-mallow)

Pre-2000. A garden escape last recorded in 1938 at Balintore NH87.

Lavatera x clementii (L. olbia x thuringiaca)* NH64

H 1(0). A single plant was located by Charlestown (NH 636 486) in 2009.

Lemna minor (Common Duckweed)

H 18(14). Common in still water. eg. Allan by Fearn, Loch Ussie, Eathie etc.

Leontodon autumnalis (Autumn Hawkbit) see Scorzoneroideis autumnalis

Leontodon hispidus (Rough Hawkbit)

Pre-2000. A few unconfirmed old records which may be dubious. Not seen lately.

Leontodon saxatilis (Lesser Hawkbit)

Pre-2000(1). An unconfirmed record from Loch Achnacloich NH67 in 1987. Not recorded lately.

Lepidium campestre* (Field Pepperwort)

Pre-2000. Recorded in 1963 by North Kessock lighthouse NH64.

Lepidium coronopus* (Swine-cress)

Pre-2000. An unlocalised record from 1883.

Lepidium didymium* (Lesser Swine-cress)

Pre-2000. Not seen for many years. Fortrose area in the 1950s.

Lepidium draba* (Hoary Cress) NH87

H 1(1). A population persists on the shore at Shandwick (NH 859 750).

Lepidium heterophyllum (Smith's Pepperwort) LS NH45,54,55,75,87

H 5(5). Mainly eastern and not common. eg. Moy Island, Hilton, Fortrose etc.

Leucanthemum x superbum (L. lacustre x maximum)* (Shasta Daisy) NH55,64,66,67,87,98

H 6(6). An occasional garden escape. eg. North Kessock, Balintore, Novar etc.

Leucanthemum vulgare (Oxeye Daisy)

H 20+. Common in grassy places. eg. Dingwall Station, Rosemarkie, Loch a Chroisg etc.

Leycesteria formosa* (Himalayan Honeysuckle) NH45

H 1(2). A garden escape at Achterneed (NH 490 592). Older records from NH55 and Strathpeffer.

Leymus arenarius (Lyme-grass) NH75,76,77,78,86,87,88,98

H 8(10). Frequent on the shore. eg. Tarbatness, Rosemarkie, Nigg Ferry etc.

Ligusticum scoticum (Scots Lovage) LR NH78,87,98

H 3(3). Rare on the coast. Wilkhaven, Tain Plaids. The Balintore site may be lost.

Ligustrum ovalifolium* (Garden Privet) NH36,54,55,75,76,78

H 6(4). A garden throw-out or relic. eg. Redcastle, Avoch, Loch Luichart etc.

Ligustrum vulgare* (Wild Privet) NH49,54,64,67,76,77

H 6(1). May be an introduction in E. Ross. eg. North Kessock, Ardoss, East Amat etc.

Lilium pyrenaicum* (Pyrenean Lily) NH54,56,77

H 3(0). A garden throw-out. Upper Aultvaich, Milton, Heights of Fodderty (NH 515 608).

Limnanthes douglasii* (Meadow-foam) NH78

H 1(3). A garden escape. Tain roadside (NH 783 818). Older records in NH36,45,98.

Linaria maroccana* (Annual Toadflax)

Pre-2000(1). A garden escape recorded once at Tain (NH 78 83) in 1998.

Linaria purpurea* (Purple Toadflax)

H 16(8). An introduced species that is probably increasing. eg. Hilton, Rosemarkie, Grudie etc.

Linaria repens* (Pale Toadflax)

Pre-2000(1). Last record was at North Kessock NH64 in 1978.

Linaria vulgaris (Common Toadflax). NH64,68,76,77,78,98

H 6(7). By railways, in gravel etc.. eg. Invergordon, Easter Fearn, Kildary, Tain.

Linnaea borealis (Twinflower) NS LR NH65

H 1(0). A large patch grows in plantation pinewood at Wester Culbo on the Black Isle.

Linum catharticum (Fairy Flax)

H 20+. Common in many more base-rich habitats. eg. Oykel Bridge, Breabag Tharsuinn, Milbuie

Listera see Neottia

Lithospermum officinale (Common Cromwell) EX

Pre-2000. Last record was in 1956 at Castlecraig NH86 and likely to be extinct in E. Ross.

Littorella uniflora (Shoreweed)

H 20+. Very common in the edges of lochs. eg Lochs Garve, A'Gharbain, Catherine etc.

Lobelia dortmannia (Water Lobelia)

H 18(26). Common in lochs in shallow water. eg. Lochs Achilty, Garve, Ussie etc.

Lobelia erinus* (Garden Lobelia)

Pre-2000(3). A garden escape last recorded in 1998 at Strathpeffer (NH48 57) and Dingwall.

Lobularia maritima* (Sweet Alison) NH75,98

H 2(2). An occasional garden escape. Rockfield (NH 923 829), Chanonry Ness (NH739 562)

Loiseleuria see Kalmia

Lolium multiflorum* (Italian Rye-grass) NH65,87,98

H 3(5). On waste ground, fields etc. Now less common. Nigg RSPB, Seafield, Munloch Bay.

Lolium perenne (Perennial Rye-grass)

H 20+. Common in pastures and roadsides. eg. Tain, Tarvie, Oykel Bridge etc.

Lonicera nitida* (Wilson's Honeysuckle) NH54,55,76

H 3(2). A scarce garden throw-out. Gallowhill Wood (NH594 492), Whitebog, Dingwall

Lonicera periclymenum (Honeysuckle)

H 20+. Common especially in woodland. eg. Craigroy Den, Brahan, by Loch Monar etc.

Lonicera xylostium* (Fly Honeysuckle)

Pre-2000(1). Planted or an escape. Last recorded in 1974 at Brahan NH55.

Lotus corniculatus (Common Bird's-foot-trefoil)

H 20+. Common in grassland, on shores, cliffs etc. eg. Tarbatness, Moy Island, Benmore forest.

Lotus pedunculatus (Greater Bird's-foot-trefoil) NH45,55,59,65,68,69,77,87

H 8(18). Occasional in damp grassland, on roadsides etc. eg. Loch Kinellan, Carbisdale, Dingwall .

Lunaria annua* (Honesty)

H 13(11). On waste ground etc. eg. Kilcoy, Tomich, Tain etc.

Lupinus arboreus* (Tree Lupin) NH75,86,98

H 3(2). An occasional escape which may persist. Shandwick, Fortrose, Portmahomack.

Lupinus x regalis (L. arboreus x polyphyllus)* (Russell Lupin) NH45,55,77,87,98,NC30

H 6(13). An occasional garden escape. eg. Hilton, Barbaraville, Strathpeffer etc.

Lupinus nootkatensis* (Nootka Lupin)

Pre-2000(1). A garden escape last recorded in 1987 in NH78.

Lupinus polyphyllus* (Garden Lupin) NH78

H 1(2). An escape which is less common than *L. x regalis*. Tain NH78

Luzula arcuata (Curved Wood-rush) VU LR NH14,12

H 2(1). A rare plant of mountain summits. Mam Sodhail (NH11 25), Sgurr a Chaorachain (NH04)

Luzula campestris (Field Wood-rush)

H 20+ Frequent in grassy places. eg. Tarbatness, Duag Bridge, Newton of Ochtow etc.

Luzula luzuloides* (White Wood-rush)

Pre-2000(1). Only one 1978 record from Brahan Castle NH55.

Luzula multiflora (Heath Wood-rush)

H 20+ Common in acid grassland and moorland. eg. Craigroy Burn, Sgurr nan Each, Loch Borallan

Luzula pilosa (Hairy Wood-rush)

H 20+. Common in woodland, on roadsides etc. eg Marybank, Grudie, Cromarty etc.

Luzula spicata (Spiked Wood-rush)

H 12(21). Frequent on mountain summits. eg. Mam Sodhail, Seana Bhraigh, An Faocagach etc.

Luzula sylvatica (Great Wood-rush)

H 20+ Very common in woods, on river banks etc. eg. Moy Island, Loch Ailsh, Ardgay etc.

Lychnis see Silene

Lycium barbarum* (Duke of Argyll's Teaplant) NH76,77,86,87,88,98

H 6(5). Garden escapes on the shore. eg. Nigg, Hilton, Rockfield, Inver, Portmahomack.

Lycopodiella inundata (Marsh Clubmoss) EN EX?

Pre-2000. Probably extinct in E. Ross. Old records from Craigdarroch NH45. Unconfirmed NC30.

Lycopodium annotinum (Interrupted Clubmoss) NS NH24,27,28,36,37,38,45,48

H 8(9). Occasional on mountain slopes. eg Meall na Speireig, Creag a Ghlastail, Beinn Enaiglair.
Lycopodium clavatum (Stag's-horn Clubmoss)
H 20+ .Common on moorland and forest tracks. eg. Corriefeol, Struie, by Loch Fannich etc.
Lycopus europaeus (Gipsywort) NH45,55,64,65,77,87,88
H 7(5). Occasional by lochs and in wet places. eg. Loch Eye, Black Loch, Kilmuir, Kildary Loch.
Lysichiton americanus* (American Skunk-cabbage) NH55
H 1(0). A garden escape at Urquhart (NH580 584).
Lysimachia nemorum (Yellow Pimpernel)
H 20+. Woodland and also in the uplands. eg. Achederson, Craigroy Burn, Ardgay etc.
Lysimachia nummularia (Creeping-Jenny)
Pre-2000(5). Regarded as extinct by Duncan. Some records in the 1990s but it has not been refound.
Lysimachia punctata* (Dotted Loosetrife) NH45,54,55,59,65,66,69,77,78
H 9(9). A garden escape that has become more common. eg. Marybank, Logie Easter, Auchmore.
Lysimachia vulgaris (Yellow Loosetrife) NH66
H 1(0). A single record from Alness where it was probably planted.
Lythrum portula (Water-purslane) LS NH15,46,55,59,66,77,86
H 8(3). In wet places and pools. eg. Kyle of Sutherland, Loch a Chroisg, Nigg RSPB
Lythrum salicaria (Purple-loosetrife) NH15,54,59,64,66,78,87
H 6(8). Sparse in wet habitats eg. Carbisdale, Redcastle, Belleview, Novar, Kilmuir etc.
Malus pumila (M. domestica) (Apple) NH54,55,59,68,75,76,77,86,87
H 9 (5). Either escapes or planted. eg. Conon Bridge, Nigg, Rosemarkie, Belleview etc.
Malus sylvestris (Crab Apple) LS NH45,78,87
H 3 (6). Scarce in this area. Tarlogie, Torrachilty, Tain. Older records did not separate *Malus* species.
Malva alcea* (Greater Musk-mallow) NH64,87
H 2(0). A garden throw-out recorded at Loandhu (NH823 786) and North Kessock (NH65 47).
Malva moschata* (Musk-mallow) NH55,64,66,75,76,77,87,88,98
H 9(8). Likely to be a garden escape in this area. eg. Inver, Balintore, Barbaraville etc.
Malva neglecta* (Dwarf Mallow) NH75,76,87,88,98
H 5(2). A casual on waste land etc. eg. Hilton, Fortrose, Cromarty, Inver, Portmahomack.
Malva sylvestris* (Common Mallow) NH64,66,77,78,88,98
H 6(5). Occasional on waste ground, roadsides etc. Tain, Portmahomack, Barbaraville etc.
Matricaria chamomilla (M.recutita)* (Scented Mayweed)
Pre-2000(2). Old casual records in NH75 (Raddery area) and NH86 only.
Matricaria discoidea* (Pineappleweed)
H 20+. Common on field margins ,waste ground etc. eg. Rosemarkie, Inveroykel, Gleann Meinich
Matthiola incana* (Hoary Stock) NH87
H 1(1). A casual record from Balintore (NH 865 757) where it has probably not persisted.
Matthiola longipetala* (Night-scented Stock)
Pre-2000(1). A 1987 record from Conon Islands NH55 only.
Meconopsis cambrica* (Welsh Poppy)
H 13(10). An alien here which has increased. eg. Marybank, Strathpeffer, Ardgay etc.
Medicago lupulina (Black Medick) NC30 NH66,76,77,78,86,87,88,98
H 9(16). Scattered and mainly eastern on disturbed ground. eg. Tain, Newhall Point, Alness.
Medicago sativa ssp sativa* (Lucerne)
Pre-2000. Not recorded since the 19th century in E. Ross.
Melampyrum pratense (Common Cow-wheat)
H 20+. Common in woods and moorlands. eg. Lubcroy, Black Rock Gorge, Findon Wood.
Melampyrum sylvaticum (Small Cow-wheat) EN NR LR NH25,56
H 2(3). Rare . In the gorge at Corriefeol (NH206 505). Previously at Black Rock Gorge..
Melica nutans (Mountain Melick) LS NH35,45,68
H 3(8). Locally scarce in woodland. Meig Dam, Craigroy Burn, River Orrin, Torrachilty
Melica uniflora (Wood Melick) LR NH45

H 1(1). Only one recent site in the Achilty Oakwood (NH 431 570).

Melilotus indicus* (Small Melilot)

Pre-2000. No records since 1957 at Alness distillery NH66.

Melilotus officinalis* (Ribbed Melilot) NH65

H 1(0). A single recent casual record in a field at Rosehaugh. (NH680 553)

Mentha aquatica (Water Mint)

H 20+. Common in wet habitats. eg Loch Kinellan, Loch Garve, Invercharron etc.

Mentha arvensis (Corn Mint) LS NH45,54,55,87,88

H 5(3). Infrequent in damp places. eg. Redcastle, Hill of Nigg, Contin.

Mentha x gracilis (M. arvensis x spicata)

Pre-2000. Always rare and no records since 1968 when it was seen at Loch Ussie NH55.

Mentha x pipirata (M. aquatica x spicata)

Pre-2000(1). Last recorded at Nigg NH87 in 1970.

Mentha x rotundifolia (False Apple-mint) (M. suaveolens x longifolia) NH37

H 1(0). A provisional record from a car park area at Aultguish (NH 357 701)

Mentha spicata* (Spear Mint) NH26,45,54,57,75,87

H 6(6). An occasional garden escape. eg. Balintore, Achanalt, Strathpeffer, Avoch.

Mentha suaveolens* (Round-leaved Mint)

Pre-2000. The pre-1970 records may relate to *Mentha x villosa*

Mentha x verticillata (M. aquatica x arvensis) (Whorled Mint) NH45,68,78,77,88,NC21

H 7(5). Perhaps under-recorded. eg. Contin Wood, Ardgay, Inver, Loch Borallan.

Mentha x villosa (M. spicata x suavolens) (Apple Mint) NH54,56,69,76,87,98

H 6(1). An escape which is not in Duncan's Flora and may have increased. eg. Hilton, Ardgay.

Menyanthes trifoliata (Bogbean)

H 20+. Common in watery places. eg. Loch Ussie, Blackmuir Wood, Loch Eye etc.

Mercurialis perennis (Dog's Mercury) LS NH54,55,64,65,75,76

H 6(8). Mainly in woods and less common than further south. eg. Rosemarkie, Redcastle.

Mertensia maritima (Oysterplant) NT NS LR NH87

H 1(3). One persistent site on the shingle NE of Hilton (NH876 768).

Milium effusum (Wood Millet) LS NH55,66

H 2(4). Less common than further south. Drummondreach, Findon Wood., Craig Wood, Dingwall.

Mimulus agg.*(Monkeyflowers) NH45,55,66,78

H 4(10). Garden escapes. Not all have been identified at species level.

Mimulus guttatus* (Monkeyflower) NH45,46,55,65,66,75,77,78

H 8(5). Frequent in wet places. eg. Alness, Conon Bridge, Loch Garve, Loch Ussie.

Mimulus luteus?*(Blood-drop-emlets)

Pre-2000(1). The old records for this species may be erroneous.

Mimulus x robertsii (M. guttatus x luteus)*(Hybrid Monkeyflower) NC31NH45,55,56,59,76

H 6(2). An escape in damp habitats. eg. Rhanich, Carbisdale, Dingwall, Balloan, Loch Kinellan etc.

Mimulus moschatus*(Musk) NC30 NH55

H 2(1). A rare garden escape. By Oykel Bridge (NC385 002) and School Loch, Muir of Ord.

Minuartia sedoides (Cyphel) VU NS LS NC21,31,NH17,27,28

H 5(8). Scarce on mountain summits. eg Breabag Tharsuinn, Sgurr na Clach Geala, Beinn Dearg

Moehringia trinervia (Three-nerved Sandwort) NH45,55,65,66,67,75,76,86,87

H 9(9). Various woodland sites. eg. Rosemarkie, Munloch, Alness, Dingwall, Moy Island.

Molinia caerulea (Purple Moor-grass)

H 20+. Very common on moorland and heaths. eg. Loch a Chroisg, Rhiddorrich Forest, Ardgay.

Moneses uniflora (One-flowered Wintergreen) VU ?EX NR

Pre-2000(1). Not seen since 1971 at its former site at Blackmuir Wood NH 45 which was replanted.

Montia fontana (Blinks)

H 20+. Very common in damp places. eg. Alladale, Rhanich, Inveroykel, Meig Dam

Montia fontana ssp chondrosperma

Pre-2000(1). Not recorded since 1972 at Fortrose NH75.

Muscari armeniacum* (Garden Grape-hyacinth) NH36,55,64,66,75,76,87,98

H 8(0). A garden escape only recorded recently in E. Ross. eg. Dingwall, Shandwick, Alness.

Muscari neglectum*(Grape-hyacinth) NH77,78

H 2(0). Less common than the preceding species, Tain (NH 785 821) , Milton Wood (NH76 74).

Mycelis muralis (Wall Lettuce)

H 12(11). Frequent at lower altitudes. eg. Black Rock Gorge, Rosemarkie, Silver Bridge.

Myosotis arvensis* (Field Forget-me-not)

H 20+. Common in fields, waste ground etc. eg. Achanalt Station, North Kessock, Inver.

Myosotis discolor (Changing Forget-me-not)

H 20+. Disturbed ground and grassland etc. eg. Rosemarkie, Rockfield, Ardgay Station.

Myosotis laxa (Tufted Forget-me-not)

H 20+. Common in wet places. eg. Heights of Fodderty, Strathgarve Lodge, Benmore.

Myosotis ramosissima (Early Forgetmenot) LS NH75,76,86

H 3(7). Coastal and scarce. Rosemarkie, Nigg Ferry and N. Sutor.

Myosotis scorpioides (Water Forget-me-not)

H 20(17). Common in lochs and wet places. eg. Loch Achnacloich, Invercharron, Swordale.

Myosotis secunda (Creeping Forget-me-not)

H 20. Common in wet habitats. eg. Rhanich, Strathvaich, Loch Ailsh, Croick.

Myosotis sylvatica (Wood Forget-me-not) NH36,45,55,65,66,75,76,77,87

H 9(7). In woods . Probably a garden escape in E. Ross. eg. Newhall, Rosehaugh, Milton Wood,

Myosoton aquaticum (Water Chickweed) NH55

H 1(0). A recent new record. Growing by the River Peffery at Dingwall (NH 554 597).

Myrica gale (Bog-myrtle).

H 20+. Common on moors and in bogs. eg.Boath, Loch Ailsh, by Loch Mullardoch etc.

Myriophyllum alterniflorum (Alternate Water-milfoil)

H 20+. Common in lochs and ponds. eg. Rhanich, Loch Garve, Loch Borallan etc.

Myriophyllum spicatum (Spiked Water Milfoil) LS NH25,67

H 2(4). Few recent records. Loch Beannacharain (NH 221 518), Loch Achnacloich (N H66 73).

Myrrhis odorata* (Sweet Cicely)

H 15(14). Frequent by roads etc mainly in the east. eg. Newhall Point, Culicudden, Kincardine.

Narcissus sp* (Daffodils)

H 16(2). An increasing garden escape and also planted. eg. Dingwall, Rosemarkie, Tarbatness etc.

Narcissus poeticus (Pheasants-eye Daffodil)* NH86

H 1(0). A garden escape recorded at South Sutor (NH808 659) and also NH55 in 1950.

Narcissus pseudonarcissus subs pseudonarcissus*(Daffodil)

Pre-2000(1). An alien in E. Ross. Recorded in 1985 by the Alness River NH64 71.

Nardus stricta (Mat-grass)

H 20+. Very common on mountains and moorlands. eg. Lubcroy, Sean Bhraigh, Belmaduthy etc.

Narthecium ossifragum (Bog Asphodel).

H 20+. Very common on moors and bogs. eg. Loch Craggie, Hill of Nigg, Wood of Brae.

Nasturtium microphyllum (Rorippa) (Narrow-fruited Water-cress) NH45,55,66,87,88,98

H 6(3). In ditches etc. eg. Morrich More, Loch Ussie, Arabella, Balloan

Nasturtium officinale agg (Rorippa) (Water-cress) NH55,64,66,67,77,87,88,98

H 8(18). In ditches and ponds. eg. Loch Achnacloich, Nigg, Conon Bridge.

Nasturtium officinale (Rorippa nasturtium-aquaticum) NH45,65,76,,86,87,97,98

H 7(6) This species has not always been differentiated. eg. Loch Kinellan, Nigg, Munloch Bay.

Nasturtium x sterilis (N. officinale x microphyllum) (Hybrid Water-cress) NH45,55,67,87,88,98

H 6(3). In ditches and lochs etc. eg. Hilton, Loch Eye, Loch Ussie.

Neottia cordata (Listera cordata) (Lesser Twayblade)

H 20+. Common on moorland etc although inconspicuous. eg Rhanich, Carbisdale, Allt na Caorach

Neottia nidus-avis (Birdsnest Orchid) NT LS NH45,55,64,65,66,68

H 6(6). In woods. Scarce but some recent records. eg Strathpeffer, Drummondreach, Coulmore.
Neottia ovata (Listera ovata) (Common Twayblade) NH37,55,56,65,76,88
H 6(11). Occasional in woodland, grassland etc. Belmaduthy, Muirhead Wood, Morrich More etc.
Nepeta x faassenii (N. nepetella x mussinii)* (Garden Cat-mint)
Pre-2000(2). Recorded in 1973 at Old Shandwick NH87 as a garden throw-out.
Nigella damascena* (Love-in-a -mist)
H 1 (1) A garden throw-out recorded from Hilton (NH 872 763).
Nitella flexilis agg NH15,26,45,55,67,77,78,87
H 8. In lochs etc. eg. Loch Eye, Loch Achnacloch, Loch an Eich Bhain.
Nitella opaca NH27,45,55,67
H 4. In lochs. Lochs Achnacloch, Ussie and a'Gharbhain.
Nothofagus obliqua *(Roble) NH45, 56
H 2(0). A native of S. America. Planted at Castle Leod. (NH 486 592) and near Dingwall.
Nuphar lutea* (Yellow Water-lily) NH78
H 1(2). Likely to be an introduction in E. Ross. Tain Links Pond(NH 782 824). At Gledfield in 1976
Nuphar pumila (Least Water-lily) NS LR NH44,67
H 2(1). Rare in lochs. Loch Achnacloch (NH435 493), Gleann Goibhre Lochan (NH 665 737).
Nymphaea alba (White Water-lily)
H 14(11). Frequent in lochs and ponds. Sometimes introduced. eg. Loch Ussie, Alness, Moy Bridge
Odontites vernus (Red Bartsia)
H 15(11). Common on tracks, in woods etc. eg. Garve, Dingwall, Redcastle, Tain Plaids etc.
Oenanthe crocata (Hemlock Water-dropwort) NH54,55,64,65,66,75,98.
H 7(4). Near or on the shore. eg. Redcastle. Craigton, Kilmuir, Rosemarkie, Portmahomack.
Oenothera x fallax (O.biennis x glazoviana)*(Intermediate Evening-primrose). NH88
H 1(1). A rare garden throw-out. Inver (NH861 824). Previously Fortrose.
Oenothera glazioviana* (Large-flowered Evening-primrose). NH26,87
H 2(2). A garden escape. Loandhu, Hilton, Achanalt Station (NH259 614).
Omphalodes verna* (Blue-eyed-Mary) NH56,87
H 2(1). A persistent garden escape. Dingwall (NH556 604), Allan (NH 816 770).
Ononis repens (Restharrow) LS NH55,65,75.
H 3(5). Now scarce in E. Ross. Muir of Ord, Munloch Bay, Avoch.
Onobrychis vicifolia* (Sainfoin)
Pre-2000. Only a 1795 reference to cultivation at Cromarty.
Onopordon acanthium* (Cotton Thistle) NH87,98
H 2(2). An ancient introduction. Portmahomack (NH 916 844), Balintore (NH 863 755).
Ophioglossum vulgatum (Adderstongue) LR/EX?
Pre-2000(1). A single 1994 record for Morrich More (NH84 83) which has never been confirmed.
Orchis mascula (Early-purple Orchid) NH16,65,68,75,76,86,87,88,98
H 9(10). Occasional mainly in the east. eg. Nigg, Rockfield, Kilmuir, Shandwick, Struie Hill.
Oreopteris limbosperma (Lemon-scented Fern)
H 20+. Very common on moors, woods etc. eg. Duag Bridge, Croick, Sgurr a Mhuillin.
Origanum vulgare (Wild Marjoram) NH87
H 2(3). Probably of garden origin here. Balintore (NH 865 756), Charlestown (NH64 48).
Ornithogalum umbellatum (angustifolium)*(Star-of-Bethlehem) NH36,45,65,66,75,76,78,87,98
H 9(5). Naturalised and perhaps increasing. eg. Cromarty, Rockfield, Tain, Fortrose.
Ornithopus perpusillus (Birdsfoot) LR NH37,58
H 2(0). Rare and often not persisting on tracks etc. W. Kincardine Hill, Corriemollie Forest.
Orobanche minor (Common Broomrape) NH87
H1(0). Growing on Trifolium pretense in a goods yard (NH815 781)
Orthilia secunda (Serrated Wintergreen)
H 13(15). In gorges and woodlands. eg. Glen Glass, Allt na Caorach, Wester Culbo, Culbockie.
Osteospermum jucundum* NH98

H 1(0). An unusual garden escape. Rockfield shore (NH 923 829).

Oxalis acetosella (Wood-sorrel)

H 20+. Very common in woodland. eg. Rosemarkie, Strathpeffer, Loch Ussie, Ardgay.

Oxalis corniculata* (Procumbent Yellow-sorrel)

Pre-2000(1). Not recorded since 1979 at Saltburn (NH 72 69).

Oxalis exilis*(Least Yellow-sorrel)

Pre-2000(1). Only one unlocalised Atlas record in 1999 in NH 87.

Oxalis stricta* (Upright Yellow-sorrel).

Pre-2000(1). Only one record in 1974 in Brahan Woods NH55.

Oxyria digyna (Mountain Sorrel)

H 13(22). Frequent in the mountains on rocks etc. eg. Seana Bhragh, Corrie Feol, Loch Li Fannich.

Oxytropis halleri (Purple Oxytropis) NR LR NH76,86,87

H 3(3). Rare and declining. Shandwick, Nigg. The Eathie population may now be lost.

Papaver argemone (Prickly Poppy) VU LR NH87

H 1(1). In fields etc and often not persisting. Hilton (NH871 770). Older records from Nigg, Alness.

Papaver dubium* (Long-headed Poppy)

H 15(12). An ancient introduction. In fields, roadsides etc. eg. Shandwick, Muir of Ord, Eathie.

Papaver hybridum* (Rough Poppy)

Pre-2000(1). Only one record in 1975 at Muir of Ord NH 55.

Papaver pseudorientale* (Oriental Poppy). NH45,66,76,87

H 4 (1). A garden throw-out. Balintore, Alness, Aultgowrie, Nigg.

Papaver rhoeas* (Common Poppy) NH45,76,78,87

H 4(8). Probably of garden or seed-mix origin in E. Ross. eg. Shandwick, Talich, Cromarty, Tain.

Papaver somniferum*(Opium Poppy) NH55,66,76,76,77,78,87,88,98

H 9(9). By habitations as an escape. eg. Portmahomack, Hilton, Barbaraville, Inver.

Paris quadrifolia (Herb Paris). EX

Pre-2000(1). Formerly at Drummondreach NH55 but not seen since 1970 and likely to be extinct.

Parnassia palustris (Grass-of-Parnassus)

H 11(20). Scattered in mountains and shores. eg. Morrich More, Scardroy Burn, Strathsgitheac.

Pastinaca sativa (Wild Parsnip) NH 88

H 1(0). An introduction in E. Ross. At Inver (NH 864 828) probably from a seed-mix.

Pedicularis palustris (Marsh Lousewort)

H 20+. Common in wet places. eg. W. Kincardine Hill, Achanalt Marshes, Glen Calvie.

Pedicularis sylvatica (Lousewort)

H 20+. Very common on moorland etc. eg. Loch a Croisg, Newton of Ochtow, Glenuaig Lodge.

Pentaglottis sempervirens* (Green Alkanet)

H 14(9). Fairly frequent in the east on waste ground etc.. eg. Tarbat House, Rosemarkie, Urquhart.

Persicaria amphibia (Amphibious Bistort)

H 10(11). In water bodies and wet places. eg. Easter Fearn Point, Loch Eye, Loch Druidean.

Persicaria bistorta (Common Bistort) LS NH45,55,66,68,78,87

H 6(3). Grassy habitats with several sites in NH87. eg. Nigg, Loandhu, Brahan, Marybank.

Persicaria hydropiper (Waterpepper) LS NH05,35,45,55,59,66,78

H 7(3). Uncommon in wet places. eg. Loch a Chroisg, Moy Bridge, Novar.

Persicaria lapathifolia (Pale Persicaria) LS NH45,65,87,98

H 4(2). On waste and damp ground. eg. Tarvie, Marybank, Seafield, Loandhu.

Persicaria maculosa (Redshank)

H 20+. Common in fields, waste ground etc. eg. Croick, Oldtown, Talich, Alness.

Persicaria vivipara (Alpine Bistort)

H 13(22). Mainly upland. eg. Breabag Tharsuinn, Moruisg, Benmore Forest, Loch Morie.

Persicaria wallichii* (Himalayan Knotweed) NH45,59,77

H 3(1). An infrequent alien. Tarbat house, Invercharron, near Strathpeffer.

Petasites albus* (White Butterbur)

H 12(7). Frequent in damp places. eg. Tain shore, Conon Bridge, Tulloch Castle, Contin.
Petasites fragrans* (**Winter Heliotrope**). NH76

H 1(0). A persistent introduction at Cromarty (NH793 672).
Petasites hybridus (**Butterbur**) LS NH45,55.

H 2(4). In wet places. Appears to be more scarce than formerly. Easter Moy, Humberston.
Petasites japonicus* (**Giant Butterbur**) NH59,66

H 2(0). Only recently recorded in E. Ross. S. of Evanton (NH617 654), by River Carron.
Peucedanum ostruthium* (**Masterwort**) see **Imperatoria ostruthium**.

Phacelia tanacetifolia* (**Phacelia**). NH55,57,76

H 3(0). Only recently recorded in VC 106 as an introduction. Easter Balloan, Cromarty, Loch Ussie.
Phalaris arundinacea (**Reed Canary-grass**)

H 20+. A common grass of damp habitats. eg. Udale Bay, Tarvie, Moy Island.
Phalaris canariensis* (**Canary-grass**) NH56,64,75

H 3(1). An alien species occasionally found on waste ground etc. Kessock Bridge, Dingwall.
Phalaris paradoxa* (**Awnead Canary-grass**)

Pre-2000. A casual recorded in 1954 at Dalmore distillery NH66 and not seen since.
Phegopteris connectilis (**Beech Fern**).

H 20+. Common in the uplands and also woodland. eg. Ben Wyvis, Coire na Sguile, Black Rock
Philadelphus x virginalis (**P. coronarius x microphyllus x pubescens**)*(**Hairy Mock-orange**)

H 2(0). Probably planted at Dingwall to north (NH 543 593, NH553 605)
Phleum alpinum (**Alpine Catstail**) NS LR

Pre-2000(2). Last record from Sgurr na Lapaich NH13 in 1989. 1956 record from Seana Bhraigh.
Phleum arenarium (**Sand Cat's-tail**)

Pre-2000(1). An unconfirmed 1987 record from Tain NH78 where it has not been refound.
Phleum bertolinii (**Smaller Cat's-tail**) NH45,55,76,78,87,88,98

H 7(5). On shores and waste ground. Perhaps under-recorded. eg. Hilton. Tain, Rockfield.
Phleum pratense (**Timothy**)

H 20+. In fields, by tracks etc, eg. Eathie, Easter Fearn, Morrich More, Ardross etc.
Photinia davidiana* (**Stranvaesia**) NH55,66,67,75,76,77

H 6(0). Mainly planted by roadsides and tracks. eg. Hillockhead, Scotsburn, Mount High.
Phragmites australis (**Common Reed**)

H 14(13). Common. Water edges and damp ground. eg. Urquhart, Morrich More, Munloch Bay.
Phygelius capensis* (**Cape Figwort**)

Pre-2000(1). An alien shrub. One record from Strathpeffer in 1999 where it has not been refound.
Phyllitis scolopendrium (**Hartstongue**) see **Asplenium scolopendrium**

Physocarpus opulifolius* (**Ninebark**) NH55

H 1(1). A persistent alien growing by the R. Conon at Conon Bridge. (NH549 563).
Picea abies* (**Norway Spruce**)

H 20+. Commonly planted and also regenerating. eg. Eileanach Lodge, Redcastle, Munloch.
Picea jezoensis* (**Hondo**) NH56

H1(0). Planted near Dingwall at Paradise Wood
Picea omorika* (**Serbian Spruce**). NH55,66,77,78

H 4(0). Occasional in plantations and also regenerating. eg. ByTain, Loch Ussie, Novar.
Picea sitchensis* (**Sitka Spruce**)

H 20+. Very common in plantations and regenerating. eg. Scardroy Burn, Boath, Amat.
Pilosella aurantiaca* (**Fox-and-cubs**) NC30 NH36,45,55,56,65,75,78,87,88,98

H 11(11). Occasional by roadsides and tracks. eg. Garve, Tain, Rockfield, Dingwall.
Pilosella officinarum (**Mouse-ear-hawkweed**).

H 20+. Common in grassland etc. eg. Shandwick, Rosemarkie, Coire Mhuragein.
Pilularia globulifera (**Pillwort**) NT NS LS NC40, NH26,45,59

H 4(4). In Lochs and estuaries and only found in E. Ross recently. eg. Ochtow, Loch Achanalt.
Pimpinella saxifraga (**Burnet Saxifrage**) LR/EX?

Pre-2000(1). Only recorded in 1989 by Rockfield (NH915 814) and 1967 at Strathpeffer.

Pinguicula alpina (Alpine Butterwort) EX

Pre-2000. Now extinct in the UK. The only site was on the Black Isle by Auchterflow (1909).

Pinguicula lusitanica (Pale Butterwort)

H 13(7). On peat, flushes, etc. eg. Kilmachalmack, Loch Beannacharan, Allt Goibhre, Lubcroy.

Pinguicula vulgaris (Common Butterwort)

H 20+. Common in boggy places. eg. Struie Hill, Hillockhead. Breabag Ridge.

Pinus contorta* (Lodgepole Pine)

H 20+. Commonly planted and also regenerating. eg. Achnahamat, W. Kincardine Hill, Boath.

Pinus nigra* (Corsican Pine) NH55,64,75,76,87,88,97

H 7(2). Planted in a few places. eg. Geanies, Bayfield Loch, Morrich More.

Pinus radiata* (Monterey Pine)

Pre-2000(1). A single unlocalised Atlas record in 1999 in NH87.

Pinus sylvestris (Scots Pine)

H 20+. Common in the area, being native and planted. eg. Tain, Amat, Allt Duchairidh.

Plantago coronopus

H 11(11). Scattered on the shore. eg. Tarbatness, Rosemarkie, Alness Point, Nigg.

Plantago lanceolata (Ribwort Plantain)

H 20+. Very common in many habitats. eg. Shandwick, Moy Island, Strathmulzie.

Plantago major (Greater Plantain)

H 20+. Very common on tracks, fields etc. eg. Tain, Ardgay, Loch Achanalt, Nigg Ferry.

Plantago maritima (Sea Plantain)

H 20+. Very common on the shore and also inland roads. eg. Tarbatness, Lubcroy, Charlestown.

Plantago media (Hoary Plantain)

Pre-2000 (4). Possibly extinct. Last record at Lower River Conon in 1972 (NH53 54).

Platanthera bifolia (Lesser Butterfly Orchid)

H 15(11). Still found in meadows, moors etc but usually sparse. eg. Morrich More, Belmaduthy.

Platanthera chlorantha (Greater Butterfly Orchid) NT LS NH45,49

H 2(1). Rare in E. Ross. Recent records from Lower River Conon and Meall Dheirigh.

Poa alpina (Alpine Meadow-grass) NS LR NH28

H 1(2). Very rare in high mountains. Loch Luchd Choire and a 1989 record from Sgurr na Lapaich.

Poa angustifolia (P. pratensis ssp angustifolia) (Narrow-leaved Meadow-grass)

Pre-2000(7). Several Atlas records in 1998-9 but not seen since.

Poa annua (Annual Meadow-grass)

H 20+. Very common in various habitats. eg. Orrin Dam, Loch a Chroisg, Rosemarkie.

Poa chaixii* (Broad-leaved Meadow-grass). NH54,66,67.

H 3(1). Occasionally naturalised. Newhall House, Alness River, Redcastle Woods.

Poa compressa (Flattened Meadow-grass)

Pre-2000. A BRC record in 1956 in NH45 but not seen again.

Poa glauca (Glaucous Meadow-grass) NS LR

Pre-2000(1). Last noted at Seana Bhraigh in 1997 (NH28 87) and Cadha Dearg in 1995.

Poa humilis (Spreading Meadow-grass)

H 20+. Common by roads, fields etc. eg. Hillockhead, Eileanach Lodge, Garve, Rockfield.

Poa nemoralis (Wood Meadow-grass)

H 12(12). Frequent in woods, rocky ground etc. eg. Black Rock Gorge, Avoch, Kilmuir.

Poa palustris* (Swamp Meadow-grass)

Pre-2000(1). A BRC record in 1978 for Lower River Conon NH 530 540 has never been confirmed.

Poa pratensis (Smooth Meadow-grass)

H 20+. Very common in various habitats. eg. River Conon, Munloch Bay, Oykel Bridge.

Poa trivialis (Rough Meadow-grass)

H 20+. Very common in woodland, waste ground etc. eg. Rockfield, Newhall, Bonar Bridge.

Polemonium caeruleum* (Jacob's-ladder) NH55,65,77,78,87

H 5(0). An occasional garden escape. eg. Tain, Conon Bridge, Strathpeffer, Fearn Station, Nigg.

Polygala serpyllifolia (Heath Milkwort)

H 20+. Very common on moors, grassland etc. eg. Alladale, Tarbatness, Sean Bhraigh.

Polygala vulgaris (Common Milkwort) NC30,31 NH55,86,87,88

H 6(15). Shores, woods etc. Infrequent. eg. Shandwick, Loch Ussie, Morrich More, Einig Wood.

Polygonatum x hybridum (P. multiflorum x odoratum)*(Garden Solomon's-seal)

H 5(2). A garden escape in NH45,55,68,75,77. eg. Conon Bridge, Rosemarkie, Blackmuir Wood.

Polygonum arenastrum* (Equal-leaved Knotgrass)

H 16(11). Widespread on tracks, shores etc. eg. Barbaraville, Easter Fearn, Balnagall, Fortrose.

Polygonum aviculare (Knotgrass)

H 20+. Very common on waste ground, fields etc. eg. Oykel Bridge, Charleston, Alness.

Polygonum boreale (Northern Knot-grass) NS LS NH55,77,78,87

H 4(1). Recent records only on roadsides, waste ground etc. eg. Dingwall, Barbaraville, Balintore.

Polygonum oxyspermum (Ray's Knot-grass) EX?

Pre-2000. Last seen in 1910 at Balintore NH87 and likely to be locally extinct.

Polypodium interjectum (Western Polypody) LR NH65

H 1(1). On low cliffs at Munloch Bay(NH686 520). Older records from Rosemarkie.

Polypodium x mantoniae (P. interjectum x vulgare)

Pre-2000(1). A 1979 probable record from Ardross Castle (NH 61 74) but not seen again.

Polypodium vulgare (Polypody)

H 20+. Very common on walls, rocks and as an epiphyte on trees. eg. Aultgowrie, North Sutor.

Polystichum aculeatum (Hard Shield-fern)

H 19(15). Frequent in gorges and on rocks. eg. Kilmuir, Black Rock Gorge, Ardross.

Polystichum lonchitis (Holly Fern) VU LS NC21 NH13,27,38,46,68.

H 6(4). Scarce on mountain cliffs. eg. Ruighe Chnoc, Loch Li Fannich, Toll Lochan, Raven's Rock.

Populus alba* (White Poplar)

H 13(7). Planted in various places. eg. Redcastle, Garve, Newhall House, Nigg.

Populus x canadensis (P. deltoides x nigra)*(Hybrid Black-poplar) NH36,55,56,77,78,87,98

H 7(8). Occasionally planted. eg. Tain, Dingwall, Mouteagle. Portmahomack.

Populus x canescens (P. alba x tremula)* (Grey Poplar). NH56

H1(4). Recent record near Dingwall where it is planted. Also older reports.

Populus x jackii (P. deltoides x balsamifera)*(Balm-of-Gilead) NH76,77

H 2(5). Planted occasionally. Nigg (NH 794 692), Tarbat House (NH 767 733).

Populus nigra* (Lombardy-poplar)

Pre-2000. Some older records do not specify varieties. eg Black Rock Gorge in 1967.

Populus nigra var. italica (Lombardy-poplar). NH35,77

H 2(0). Rarely planted. Meg Dam (NH376 559) and by Delny.

Populus tremula (Aspen)

H 20+. Fairly common although often in small quantities. eg. Corrie Feol, Garbat Forest, Amatnatua.

Populus trichocarpa* (Western Balsam-poplar) NH55,56,77,87,98

H 5 (0). Planted in a few places. Cromarty Firth Bridge, Kildary, Conon Bridge, Portmahomack.

Potamogeton alpinus (Red Pondweed) NC31 NH45,55,65,67,87

H 6 (11). In a few lochs. Lochs Achnacloich, Ussie, Lundie, Garve, Ailsh.

Potamogeton berchtoldii (Small Pondweed). NH45,55,67,86,87

H 5(10). In 5 Lochs since 2000 but other sites in the 1990s. eg. Loch Ussie, Loch Achnacloich.

Potamogeton crispus (Curled Pondweed) LS NH45,55,65,87,88.

H 5(6). Less common in the north. eg. Loch Kinellan, Loch Ussie, Loch Eye, Rosehaugh.

Potamogeton filiformis (Slender-leaved Pondweed) LS NH55,68,87,88

H 4(5). Always scarce in VC106. Loch Eye, Morrich More, Loch Lundie, Easter Fearn.

Potamogeton x gessnacensis (P. natans x polygonifolius)

Pre-2000 (1). A single record in 1970 at Hill of Nigg NH87.

Potamogeton gramineus (Various-leaved Pondweed)

H 13(6). Frequent in lochs. eg. Lochs Eye, Bayfield, Gowan, Bad Bhathaich, Chuinneag.

Potamogeton x nitens (P. gramineus x perfoliatus)

Pre-2000 (7). Not recorded recently. Previously in Lochs Eye, Lundie, Ussie.

Potamogeton natans (Broad-leaved Pondweed)

H 20+ Common in water bodies. eg. Loch Beannacharain, Castlecraig, Tarlogie Loch.

Potamogeton obtusifolius (Blunt-leaved Pondweed) NH45,55,65,67,77

H 5(9). Scattered in Lochs. Loch Ussie, Loch Lundie, Loch Achnacloich, Lochanan nan Tunnag.

Potamogeton pectinatus (Fennel Pondweed) LS NH26,87,88

H 3(4). Always scarce. Loch Achanalt and Loch Eye (in NH87 and 88).

Potamogeton perfoliatus (Perfoliate Pondweed) NC31, NH45,46,55,67,87,88

H 7(11) In several lochs. eg. Lochs Achnacloich, Bayfield, Eye, Ussie.

Potamogeton polygonifolius (Bog Pondweed)

H 20+. Very common in bogs and ditches etc. eg. Boath, Craigroy Burn, Inveroykel.

Potamogeton praelongus (Long-stalked Pondweed) NT LS NH55,87,88

H3(4). Not often found. Loch Ussie, Loch Eye.

Potamogeton pusillus (Lesser Pondweed) LS NH45,55,67,68,77,87,88

H 7(3). Occasional only. Loch Ussie, Loch Achnacloich, Bayfield Loch, Loch Eye, Easter Fearn.

Potamogeton rutilus (Shetland Pondweed) NR LS NH45,55,87,88

H 4(3). New sites have been found but still scarce. Loch Ussie, Loch Eye, Bayfield Loch.

Potamogeton x zizii (P. gramineus x lucens) (P. x angustifolius)(Long-leaved Pondweed)

Pre-2000. A report from Loch Kinellan in 1967.

Potentilla anserina (Silverweed)

H 20+. Common on shores, roadsides etc. eg. Tarbatness, Rosemarkie, Sgodachail.

Potentilla erecta (Tormentil)

H 20+. Very common on heaths, mountains and grassland. eg. Moy Island, Sgurr nan Each, Ardgay

Potentilla erecta ssp strictissima

Pre-2000. This sub-species was last recorded in 1902 in the Fannichs NH26.

Potentilla fruticosa* (Shrubby Cinquefoil) NH45

H 1(0). A garden throw-out noted at Blackmuir Wood. (NH479 572)

Potentilla palustris (Marsh Cinquefoil) see **Comarum palustre**

Potentilla reptans (Creeping Cinquefoil) NH68

H 1(1). Probably an introduction in E. Ross. Ardchronie quarry (NH618 885).

Potentilla sterilis (Barren Strawberry).

H 18(11). On banks, in woodland etc. eg. Alness, Munloch, Brahan, Struie.

Potentilla tabernaemontani (P. neumanniana)(Spring Cinquefoil) NS LS NH68,75,76

H 3(3). On cliffs often by the sea, but there is one inland site. Struie, Rosemarkie, Eathie

Primula elatior* (Oxlip) NH87

H 1(0). Undoubtedly planted in E. Ross. At Old Shandwick (NH 856 739).

Primula x polyantha (P. veris x vulgaris) NH68

H1(1). At Ardgay where it may have been planted.

Primula scotica *(Scottish Primrose) EX

Pre-2000. It is now known that the lost Tarbatness plants were planted deliberately (recorded 1968).

Primula veris (Cowslip) LR NH66

H 1(1). Very rare in E. Ross and may not persist. Alness River (NH656 685) and earlier at Brahan

Primula vulgaris (Primrose)

H 20+. Common in woods, on banks etc. eg. Strathpeffer, Struie Hill, Ardgay, Loch Meig.

Prunella vulgaris (Selfheal).

H 20+. Very common in a variety of habitats. eg. Gleann Beag, Craigroy Burn, Loch Ailsh.

Prumnopitys (Podocarpus) andinus (Chilean Yew) NH 56

H1(0) A single site by Dingwall where it may have been planted.

Prunus avium (Wild Cherry)

H 20. Common in woodland and also planted. eg. Loandhu, Urquhart, Lily Loch.

Prunus cerasifera* (Cherry Plum) NH45,56,58,67
H 4(1). Likely to be planted. Oldtown, Ardross, Dingwall, Loch Kinellan.

Prunus cerasus* (Dwarf Cherry)
Pre-2000(1). A single record from Easter Kinkell (NH56 53) in 1977.

Prunus domestica* (Wild Plum) NH56,66
H 2(6). A scarce naturalised species. Kiltearn shore, SW of Cromarty Firth Bridge (NH57 61).

Prunus laurocerasus* (Cherry Laurel) NH54,55,56,64,65,66,77,88
H 8(3) Planted in woods and by tracks. eg. Tain, Kildary, Redcastle, Mountgerald.

Prunus lusitanica*(Portugal Laurel) NH45,54,55,64,77,78
H 6(1) Planted in woods etc. eg. Tain, Dingwall, Strathpeffer, Coulmore.

Prunus padus (Bird Cherry)
H 16(19). In woods and planted. eg. Alness, Ord Loch, Rosemarkie, Tarlogie.

Prunus spinosa (Blackthorn)
H 19(16).In woods, on shores and roadsides. eg Barbaraville, Wood of Brae, Bottacks.

Pseudofumaria lutea*(Yellow Corydalis) NH55,66,75
H 3(2). Infrequent on walls. Rosemarkie, Alness, Conon Bridge.

Pseudorchis albida (Small White Orchid) VU NH13,15,23,24,25,26,39
H 7(11). Scattered in the west of the vice-county. eg. E. Benula Forest, Creag Sgiathan, Corrievuic.

Pseudosuga menziesii* (Douglas Fir)
H 16(13). Frequently planted in woodlands. eg. Redcastle, Ord Hill. Loch Glascarnoch.

Pteridium aquilifolium (Bracken)
H 20+. Very common on acid soils. eg. by Loch a Chroisg, Ardgay, Bogbain.

Pterocarya fraxinifolia* (Caucasian Wingnut)
Pre-2000. A single record from Swordale by the river in 1999 (NH56.)

Puccinellia distans (Reflexed Saltmarsh-grass) LR NH66,88
H 2(2). Recent records are Morrich More (NH836 856) and Newhall (NH 698 657).

Puccinellia maritima (Common Saltmarsh-grass)
H 15(9). Common in saltmarshes. eg. Nigg, Udale Bay, Ardgay, Tarradale.

Pulicaria dysenterica (Common Fleabane)
Pre-2000. Not recorded since 1969 by the Lochluichart Dam (NH38 51).

Pulmonaria officinalis* (Lungwort) NH45,75,76,78
H 4(6). An occasional introduction. Tain, Rosemarkie, Strathpeffer, Cromarty.

Pulmonaria rubra*(Red Lungwort) NH46
H 1(0). A rare garden escape. By Strathgarve Lodge (NH 404 612).

Puschkinia scilloides* NH75
H 1(0). An unusual garden throw-out. Rosemarkie (NH 736 579).

Pyrola media (Intermediate Wintergreen) VU NS NH24,25,45,49,56,57,59,
H 7(11). Many populations do not flower here. eg. Corriefeol, Meall Dheirgidh, Allt na Caorach.

Pyrola minor (Common Wintergreen)
H 15(11).Frequent in woods and on heaths. eg. Marybank, Monadh Mhor, Munloch.

Pyrola rotundifolia ssp rotundifolia (Round-leaved Wintergreen) NT/EX?
Pre-2000. No recent records and may be locally extinct. Formerly at Hill of Nigg NH87.

Quercus cerris* (Turkey Oak) NH45,87
H 2(1). A rare introduction. Castle Leod (NH 488 592), by Loch Eye (NH 822 797).

Quercus ilex* (Evergreen Oak) NH56
H 1(3). An unusual exotic tree in E. Ross. Swordale (NH 565 653).

Quercus petraea (Sessile Oak)
H 20(14). Frequent in woodlands. eg. Cnoc Navie, Amat, Little Scatwell.

Quercus robur (Pedunculate Oak)
H 20+. More common than the *Q. petraea* eg. Garve, Strath Rusdale, Balnagown River.

Quercus x rosacea (*Q.petraea* x *robur*) NH45,54,55,58,59,66,76,87
H11(10). Frequent and perhaps under-recorded. eg, Muir of Tarradale, Calrossie, Invercharron.

Quercus rubra*(Red Oak) NH36,55,64,65,66,67

H 6(0). Usually planted. eg. Brahan, Ardross Castle, Culmore, Rosehaugh.

Radiola linoides (Allseed) NT

H 17(4). Scattered on tracks and probably often missed. eg. Kincardine, Aschederson, Novar.

Ranunculus aconitifolius*(Aconite-leaved Buttercup) NH36

H 1(0). An unusual garden throw-out in woodland by Garve (NH 397 613).

Ranunculus acris (Meadow Buttercup)

H 20+. Very common in grassland. eg. Talich, Benmore, Hillockhead.

Ranunculus aquatilis (Common Water Crowfoot) LS NH64,65,75,76,98

H 5(3). Infrequent in ponds. eg. Munloch Bay, Fairy Glen, Eathie, Rockfield.

Ranunculus arvensis* (Corn Buttercup)

Pre-2000(1). A record in 1998 at Inver(NH864 828) probably came from a seed-mix.

Ranunculus auricomus (Goldilocks Buttercup) EX?

Pre-2000(2). Always rare and not seen since 1974 (Strathpeffer NH45).

Ranunculus baudotii (Brackish Water-crowfoot)

Pre-2000. There is only a 1962 record from Hilton NH87 from the BRC.

Ranunculus bulbosus (Bulbous Buttercup) NH54,75,76,78,86,87,88,97,98

H 9(9). Mainly coastal in grassy places. eg. Tarbatness, Shandwick, Morrich More.

Ranunculus ficaria (Lesser Celandine) see Ficaria verna

Ranunculus flammula (Lesser Spearwort)

H 20+. Very common in wet places. eg. Boath, Craigroy Burn, Moy Island.

Ranunculus flammula ssp scoticus

Pre-2000(1). Not recorded since 1976 at Loch Borallan NC21. Probably under-recorded.

Ranunculus hederaceus (Ivy-leaved Crowfoot)

H 14(10). Frequent in wet places. eg. Scardroy Lodge, Avoch, Muirhead Woods, Balnagall.

Ranunculus lingua (Greater Spearwort) LR NH67,78,87

H 3(1). In marshes and lochs and uncommon in the north. Loch Eye, Loch Achnacloich, Tain.

Ranunculus parviflorus (Small-flowered Buttercup)

Pre-2000 (1). Probably introduced here. Brahan Castle Woods in 1978 (NH55).

Ranunculus peltatus (Pond Water Crowfoot) LS

Pre-2000(4). No definite recent records. Previously in Loch Kinellan, Rosemarkie, Hillockhead.

Ranunculus penicillatus (Chalk-stream Water Crowfoot) LR/EX?

Pre-2000.(3) Last localised record in 1978 at Avoch NH75 and may be extinct locally.

Ranunculus repens (Creeping Buttercup)

H 20+. Very common in various habitats. eg. Rogie Falls, Glenuaig Lodge, Ardgay.

Ranunculus sardous (Hairy Buttercup)

Pre-2000. Last recorded in 1966 at Gordon's Mills (NH70 65).

Ranunculus sceleratus (Celery-leaved Buttercup). NH55,65,69,77,78,87,88,98

H 8(6). Scattered and mainly coastal eg. Dingwall, Munloch Bay, Morrich More, Nigg RSPB.

Ranunculus trichophyllus (Thread-leaved Water Crowfoot) LS NH45,75,86,87,88

H 5(3). Uncommon and mainly eastern. eg Loch Kinellan, Fairy Glen, Castlecraig, Nigg, Balnagall.

Raphanus raphanistrum ssp raphanistrum* (Wild Radish)

Pre-2000.(8) Unlocalised Atlas records in NH68 (1999) and NH55(1998).

Reseda lutea (Wild Mignonette) LR

Pre-2000 (2). Coastal and not recorded since 1996 at Tarbatness NH98.

Reseda luteola* (Weld) NH66,76,78,87,97,98

H 6(7). Coastal in E. Ross. eg. Rockfield, Hilton, Dalmore, St. Bennet's Well, Shandwick.

Rheum x hybridum (R. palmatum x rhaponticum)*(Rhubarb) NH45,55,66,76,77,78,86,87,98

H 9(4). An escape or relic of cultivation. eg. Brahan, Barbaraville, Alness River, Nigg.

Rhinanthus minor (Yellow-rattle)

H 20+. Very common. Mainly ssp *stenophyllus* eg. Carbisdale, Seana Bhraigh, Black Rock.

Rhinanthus minor ssp borealis NC31 NH28,38,47

H 4(5). In the mountains. Breabag Tharsuinn, Ben Wyvis, Loch Luchd Choire, Coire Mor.

Rhynchospora alba (White Beak-sedge) LS

Pre-2000. Last recorded in the Tain area NH78 in the 1950s.

Rhinanthus minor ssp minor

Pre-2000(3). Last recorded at Rogie Falls Marsh and also Talich (NH85 78) in 1983.

Rhinthus minor ssp monticola

Pre-2000(4). The last record was in 1977 by Loch Glass NH47.

Rhynchospora alba (White Beak-sedge) LS NH45,49,77

H 3(8). Always uncommon in boggy places. Torrachilty Wood, Loch Cathrine, Amat, Pitmaduthy.

Rhododendron luteum* (Yellow Azalea) NH56

H(1). Planted at Paradise Wood, Dingwall (NH551 604).

Rhododendron ponticum*(Rhododendron)

H20+. Common in woods etc. eg. Brahan, Redcastle, Rosehaugh, Ardross.

Ribes alpinum* (Mountain Currant)

Pre-2000. A 1923 record from NH67.

Ribes nigrum* (Black Currant)

H 15(8). Naturalised and frequent. eg. Marybank, Loch Garve, Alness River

Ribes rubrum (Red Currant)

H 12(10). Many populations are probably escapes from gardens. eg. Urquhart, Rosehaugh, Talich.

Ribes sanguineum* (Flowering Currant)

H 10(8). An escape from cultivation. eg. Achnasheen, Invergordon, Aultgowrie.

Ribes spicatum* (Downy Currant) NS NH45,46

H 2(1). Perhaps of garden origin here. Strathgarve Lodge, Strathpeffer.

Ribes uva-crispa* (Gooseberry)

H 16(10). A frequent garden escape. eg. Evanton, Milton Wood, Edderton.

Rorippa palustris (Marsh Yellow-cress)

Pre-2000(1). One unconfirmed record from Muirhead Wood (NH753 632) in 1987.

Rorippa sylvestris (Creeping Yellowcress) LR

Pre-2000(2). Always rare and not seen since 1996 at Docherty Farm NH56.

Rosa caesia ssp caesia (Hairy Dog-rose) NH54,55,66,67,77

H 5(8). In hedges, by tracks etc. Alness Point, Lily Loch, Alness River, Alcaig, Priesthill.

Rosa caesia ssp vosagiaca (glauca) (Glaucous Dog-rose)

H 20+(6). Common by roads, on the shore etc.eg. Dalmore, Redcastle, Loch Achilty.

Rosa canina (Dog Rose)

H 10(4). Woods, roadsides etc. eg. Loch Achilty, Alness Point, Conon Bridge.

Rosa x dumalis (R. caesia x canina) NC30 NH76

H 2(0). Cromarty by the shore (NH793 672) and Oykel Bridge (NC386 006).

Rosa x glaucoides (R. caesia x mollis)

Pre-2000

Rosa caesia x sherardii

Pre-2000

Rosa x involuta (R. pimpinellifolia x sherardii)

Pre-2000

Rosa x molliformis (R. mollis x rubiginosa)

Pre-2000 only.

Rosa mollis (Soft Downy-rose) NH46,49,55,56,67,76

H 6(4). Roadsides, shores etc. eg. Nigg, Muir of Tarradale, Amatnatua.

Rosa x perthensis (R. mollis x sherardii)

Pre-2000

Rosa x rothschildii (R. canina x sherardii)

Pre-2000(2) 1999 Atlas records at Strathconon NH35 and Portmahomack NH98.

Rosa rubiginosa (Sweet Briar) LS NH56,66,87,98

H 4(6). Roadsides and coasts. Glen Glass, Hilton, Nigg, Portmahomack.

Rosa rugosa* (Japanese Rose)

H 12(8). Frequent especially on the shore. eg. Hillockhead, Balintore, Kilmuir.

Rosa x sabinii (R. mollis x pimpinellifolia)

Pre-2000. 19th century records only

Rosa sherardii (Sherard's Downy-rose).

H 20+(6). A common rose of roadsides, woods, shores etc. eg. Coulmor, Tomich, Mount High.

Rosa spinosissima (pimpinellifolia) (Burnet Rose)

H 10(9). Scattered mainly by the shore. eg. Nigg, Inver, Rosemarkie, Black Rock Gorge.

Rosa x suberecta (R. rubiginosa x sherardii)

Pre-2000

Rosa tomentosa (Harsh Downy-rose)

Pre-2000. (3) The Atlas and Loch Survey records for this species require confirmation.

Rubus chamaemorus (Cloudberry)

H 20+. Common in the mountains. eg. Sgurr a Mhuillin, Maoile Lunnaidh, Seana Bhraigh.

Rubus fruticosus agg. (Brambles)

H 20+. Common in woods, hedgerows etc. eg. Dingwall, Moy Island, Ardgay etc.

Rubus idaeus (Raspberry)

H 20+. Common in various habitats. eg. Rosemarkie, Brahan, Loinnbuie etc.

Rubus saxatilis (Stone Bramble) NC21, NH15, 25, 45, 47, 56, 67, 68,

H 8(25). Occasional especially in the west. eg. Loch Li Fannich, Scardroy Burn, Struie Hill

Rubus spectabilis* (Salmonberry) NH75

H 1(2). A rare introduction. Near Rosemarkie (NH 729 576)

Rubus tricolor*(Chinese Bramble) NH45,75

H 2(0) A garden escape only noted recently. Rosemarkie (NH724 577) and Dingwall (NH551 579)

Rudbeckia laciniata*(Coneflower) NH55

H 1(1). From N. America. A very persistent site by Conon Bridge (NH543 562).

Rumex acetosa (Common Sorrel)

H 20+. Very common in grassland, woodland, shores etc. eg. Tarbatness, Moy Island, Brahan.

Rumex acetosella (Sheep's Sorrel)

H 20+. Very common in grassland, moors etc. eg. Craigroy Burn, Nigg, Mam Sodhail.

Rumex conglomeratus (Clustered Dock)

Pre-2000(1) The 1996 record for NH55 requires confirmation. Also at Allangrange 1956.

Rumex crispus (Curled Dock)

H 20+. Common especially near the coast. eg. Eathie, Nigg, Inver.

Rumex crispus ssp littoreus

H 13(3). This coastal sub-species has not always been noted separately.

Rumex x hybridus (R. longifolius x obtusifolius) NH26,54,86.

H 3(3) Occasionally recorded. Loch Achanalt, S. Sutor, Tarradale House.

Rumex longifolius (Northern Dock)

H 18(9). Shores, waste ground etc. eg. Loch Kinellan, Alness Point, Ardgay.

Rumex obtusifolius (Broad-leaved Dock).

H 20+. Very common in various places. eg. Craigroy Burn, Tarbatness, Rosemarkie etc.

Rumex x pratensis (R. crispus x obtusifolius) NH54,65

H 2(1). May be under-recorded. Belleview (NH543 476), Milbuie (NH640 578).

Rumex x propinquus (R. longifolius x crispus) NH55,56

H 2(0). Only recorded recently in E. Ross. Dingwall (NH558 581), Cromarty Firth (NH574 613).

Rumex sanguineus (Wood Dock) NH36,54,55,56,64,65,75,77,88

H 9(4). In damp woods etc. eg. Dingwall, Rosemarkie, North Kessock.

Ruppia cirrhosa (Spiral Tasselweed)

Pre-2000. A 19th century record for Tarbat House NH77. It has never been recorded again.

Ruppia maritima (Beaked Tasselweed) NH55,65,66,77,78,88

H 6(10). Present on the shore in some quantity in places. eg. Inver, Kilmuir, Tain, Ardroy.

Sagina apetala (Annual Pearlwort)

H 20. Common on gravel, sand etc. eg. Tarvie, Rockfield, Kiltearn.

Sagina apetala ssp apetala NH55

H 1(4). Recorded by Dingwall. Duncan regarded some earlier records as errors.

Sagina filicaulis (S. apetala ssp erecta) NH66

H 1(14). Not often recorded lately. Noted by Dalmore.

Sagina maritima (Sea Pearlwort) LS NH36,45,76,78,88,98

H 6(3). On the coast but now also occasionally inland. eg. Tarvie, Nigg, Ness of Portnaculter.

Sagina nodosa (Knotted Pearlwort). NH34,76,78,88,98

H 5(10). Infrequent. Rhanich, Morrich More, Inver, Tarbatness, Muirhead Wood, Corriehallie.

Sagina procumbens (Procumbent Pearlwort)

H 20+. Very common in many places. eg. Tain, Loch Mullardoch, Tarbatness.

Sagina saginoides (Alpine Pearlwort) EN NS LR

Pre-2000(1). No recent records. An unlocalised NH13 1970 report and also Beinn Dearg in 1957.

Sagina subulata (Heath Pearlwort) LR

Pre-2000(1). Last recorded in 1999 near Achnasheen. Old reports from Beinn Dearg and Swordale.

Salicornia agg (Glassworts) NH65,66,76,77,78,87,88

H 7(7). Often only recorded at genus level. Large populations on some muddy shores.

Salicornia dolichostachya (Long-spiked Glasswort) LR NH77

H 1(0). The first confirmed record was at Meddat RSPB (NH788 738) in the saltmarsh.

Salicornia europaea (Common Glasswort) LS NH65,66,77,87,88

H 5(2). There are very large coastal Salicornia populations. eg. Munloch Bay, Dalmore, Nigg.

Salicornia fragilis (Yellow Glasswort) NS LR NH65,88

H 2(0). Only recently identified at at Munloch (NH 671 524) and Inver (NH 860 825).

Salicornia ramossissima (Purple Glasswort) LR NH77,88

H 2(2). May be under-recorded because identification is difficult. Meddat RSPB, Inver.

Salix alba* (White Willow) NH55,65,77,78

H 4(2). Occasionally planted. eg. Dingwall, Rosehaugh, Lochanan nan Tunnag.

Salix x ambigua (S. aurita x repens) NC30 NH24

H 2(2). An rarely recorded hybrid. By R. Orrin (NH301 479), Benmore Forest (NC306 092).

Salix aurita (Eared Willow)

H 20+. Very common on moors etc. eg. Inveroykel, Glenuaig Lodge, Loch Mullardoch.

Salix x calodendron (S. caprea x cinerea x viminalis)

Pre-2000. Only a 1965 record from Rosehaugh NH65.

Salix caprea (Goat Willow)

H 20+. Widespread in woods, by lochs and shores. eg. Rosemarkie, Loch Ailsh, East Amat.

Salix caprea ssp sphacelata

Pre-2000 (2). Probably under-recorded. Creag Illie (NH44 83) in 1988, Creag Ulladail (1974).

Salix cinerea (Grey Willow)

H 20+. Common in damper woodland. eg. Muirhead Wood, Raven's Rock, Allt na Caorach.

Salix cinerea ssp oleifolia

H 20+. This is the common sub-species in E. Ross. eg Invercharron, Inveroykel, Balnagown

Salix x forbyana (S. cinerea x purpurea x viminalis)

Pre-2000. Recorded at Rosehaugh (NH 68 58) in 1966.

Salix fragilis* (Crack Willow)

H 12(10). Occasional in the east. eg. Tain, Tarbat House, Mount High.

Salix herbacea (Dwarf Willow)

H 20+. Common in the mountains. eg. Ben Wyvis, Beinn Dearg, Sgurr na Clach Geala.

Salix lapponum (Downy Willow) VU NS NH02,13,24,38,46,47

H 7(7). Scattered mountain sites. eg Carn na Breabaig, Toll Lochan, Little Wyvis.

Salix x multinervis (S. aurita x cinerea) NC30

H 1(3). A rarely recorded hybrid. Lubcroy (NC 358 015). Previously at Conon Bridge island.

Salix myrsinites (Whortle-leaved Willow) EN LR

Pre-2000(1). In the mountains. No recent records. Fuar-tholl Beag 1987 (NH14).

Salix pentandra (Bay Willow) NC40 NH55

H 2(5) May not be native in E. Ross. Inveroykel (NC460 010), Balloan (NH584 589).

Salix phylicifolia (Tea-leaved Willow)

H 14(8). Scattered by rivers, tracks etc. eg. By River Carron, Kilmachalmack, Loch Cathrine.

Salix purpurea (Purple Willow) NH55

H 1(3). Scarce and occasionally planted. Muir of Ord (NH525 503).

Salix repens (Creeping Willow)

H 20+. Common on shores and moorland. eg. Tain dunes, W. Kincardine Hill, Aultdearg.

Salix x rubens (S. alba x fragilis)

Pre-2000.(1). Last recorded in 1973 at North Kessock NH64.

Salix x rubra (S. purpurea x viminalis)

Pre-2000. Last record in 1966 at Alcaig NH55.

Salix x sericans (viminalis x caprea)

Pre-2000(1). No recent records. Last noted at Avoch NH65 in 1975.

Salix x smithiana (S. cinerea x viminalis)

Pre-2000. No definite records since 1890 at Rockfield.

Salix triandra* (Almond Willow)

Pre-2000. Recorded from Achandunie NH67 in 1955 but not seen lately.

Salix viminalis* (Osier) NH45,46,55,56,66,67,76,78,87,98

H 10(9). Often planted in the east. eg. Dingwall, Newmore Wood, Portmahomack.

Salsola kali ssp kali (Prickly Saltwort) VU LS NH75,76,88

H 3(4). On the coast and less common than further south. Rosemarkie, Nigg, Morrich More.

Sambucus nigra (Elder)

H 20. Common in woods, by the coast etc. eg. Alness, Tarbatness, Craigroy Den.

Sambucus racemosa* (Red-berried Elder) NH45,54,55,56,59,65,66

H 7(7). Planted and naturalised. eg. Blackmuir Wood, Alness, Balavil, Invercharron.

Sanicula europaea (Sanicle) NH25,45,55,56,65,67,68,75,76,77

H 10(15). In broad-leaved woodland and gorges. eg. Kilmuir, Corrie Feol, Eathie Burn, Dingwall.

Saponaria officinalis* (Soapwort) NH76,77,87,88

H 4(3). An escape often in "flora pleno" form. eg. Shandwick, Nigg, Inver, West Rariche.

Sasa palmata* (Broad-leaved Bamboo) NH55,66

H 2(0). Planted or escaped. By River Conon (NH510 538), Foulis Catle (NH594 635)

Saussurea alpina (Alpine Saw-wort) NH13,26,27,28,38,47

H 6(11). On cliffs in the mountains. eg. Coire Mor, Toll Lochan, Loch Luchd Choire, Ben Wyvis.

Saxifraga aizoides (Yellow Saxifrage)

H 20+. Common in the hills and on wet rocks. eg. Glen Calvie, Allt Duchairidh, Meallan Odhar.

Saxifraga cespitosa (Tufted Saxifrage) EN ?Absent.

Pre-2000? An unconfirmed report from Seana Bhraigh (NH29 87) in 1991.

Saxifraga granulata (Meadow Saxifrage) NH65,75,76,78,86,88,97,98

H 8(5). On cliffs by the shore. Locally frequent. eg. Rosemarkie, Nigg, Tain, Rockfield.

Saxifraga hypnoides (Mossy Saxifrage). VU NC31,NH12,13,28,56,75,76

H 7(8). Mainly in the hills but also coastal. eg. Creag na H-eige, Freevater Forest, Rosemarkie.

Saxifraga nivalis (Alpine Saxifrage) NS LR NH47

H 1(2). Mountain rocks. Fiaclach, Ben Wyvis. Previously at Sgurr na Lapaich and Seana Bhraigh.

Saxifraga oppositifolia (Purple Saxifrage)

H 15(13). Frequent on the higher mountains. eg. Ben Wyvis, Fuar Tholl Mor, Creag Sgiathan.

Saxifraga x polita (S. hirsuta x spathularis) (False Londonpride) NH59,64

H 2(0). A scarce garden escape. Craigton (NH666 488), Carbisdale (NH573 954).

Saxifraga rivularis (Highland Saxifrage) NR LR

Pre-2000(1). Last record at Seana Bhraigh in 1995 (NH28 87) with very difficult access.

Saxifraga stellaris (Starry Saxifrage)

H 19(21). Common in higher hills. eg. Ben Wyvis, Mam Sodhail, Seana Bhraig.

Saxifraga tridactylites (Rue-leaved Saxifrage) LS NH86,88

H 2(3). Scarce and coastal in this area. Morrich More (NH 838 856) and Nigg dunes (NH 802 689).

Saxifraga x urbium (S. spathularis x umbrosa) (London Pride) NH45,59,64,67,76,77,87,88

H 10(4). A garden escape ,perhaps now more frequent.eg. Inver, Auchmore Wood,

Scandix pecten-veneris* (Shepherd's Needle) EN

Pre-2000. Only an unconfirmed 1834 record by Gordon.

Schedonorus arundinaceus (Festuca arundinacea) (Tall Fescue)

H 14(7) Frequent and often coastal eg. Eathie, Tain, Rockfield, Pitmaduthy.

Schedonorus giganteus (Festuca gigantea) (Giant Fescue) NH45,55,56,66,67,75

H 6(8). In the East. Contin, Dingwall, Rosemarkie, Wood of Brae etc

Schedonorus pratensis (Festuca pratensis) (Meadow Fescue)

H 11(7). Occasionally found on roadsides, shores and grassland. eg Eathie, Redcastle, Moy Bridge.

Schoenoplectus lacustris (Common Club-rush) LS NC21 NH05,26,29,45,46,56,67,68,78

H 9(8). In lochs etc and new populations have been found. eg. Lochs Cran, Achanalt, an Daimh.

Schoenoplectus tabernaemontani (Grey Club-rush)

Pre-2000. The 1974 BRC record for NH69 has not been confirmed and it may not relate to VC106.

Schoenus nigricans (Black Bog-rush)

PT 17(22). Frequent in base-rich boggy places. eg. Munloch, Struie Hill, Talich, Muirhead Wood

Scilla forbesii*(Chionodoxa forbesii) (Glory-of-the-Snow) NH36,55,56,66,75,78,87

H 7(0). An early-flowering garden escape. eg Tain, Rosemarkie, Balintore.

Scilla sardensis* (Chionodoxa sardensis) (Lesser Glory-of-the-Snow) NH45,55,66,75,78

H 5(0). A garden escape only recorded recently. eg Marybank, by Evanton, Aultgowrie

Scilla siberica*(Siberian Squill) NH55,75,78

H 3(0). A recent garden escape. Tain, Rosemarkie, Dingwall.

Scleranthus annuus (Annual Knawel) EN LR NH87

H 1(1). Now much more scarce than before 1970. On a track by Wester Rariche (NH 836 735).

Scleranthus annuus ssp polycarpa

Pre-2000. A solitary record from Tain NH78 in 1890.

Scorzoneroide autumnalis (Leontodon autumnalis) (Autumn Hawkbit)

H 20+. Very common in grassland, by roads etc. eg. Nigg Ferry, Glenuaig Lodge, Loch Borallan.

Scrophularia auriculata (Water Figwort)

Pre-2000. The 1982 BRC record from the lower River Conon (NH54 56) has never been confirmed.

Scrophularia nodosa (Common Figwort)

H 17(14). Frequent in woods, roadsides etc. eg. Eathie, Alness River, Achanalt Station.

Scrophularia vernalis* (Yellow Figwort) NH55

H 1(1). A rare garden escape. Conon Bridge (NH544 548) and previously Muir of Ord.

Scutellaria galericulata (Skullcap). NC40 NH45,46,55,59

H 5(9). Occasional in wet places but many records from NH45. eg. Moy Island, Loch Garve.

Securigera varia* (Crown Vetch) NH87

H 1(0). An unusual garden escape at Shandwick (NH860 752).

Sedum acre (Biting Stonecrop)

H 15(13). By the shore and on walls etc. eg. North Kessock, Muir of Ord, Strathpeffer, Fortrose.

Sedum album*(White Stonecrop) NH45,55,64,75,76,86,87,88,98

H 9(6). By the sea and on walls. eg. Inver, Hilton, Cromarty, Contin.

Sedum anglicum (English Stonecrop) NH75,76,86,97,98

H 5(6). Scarce on the coast eg. Hillockhead, Nigg, Cromarty, McFarquar's Cave, Geanies.

Sedum forsterianum* (Rock Stonecrop) NH45,59,64,66,75

H 5(3). Occasionally naturalised on walls and the shore. eg. North Kessock, Ardgay, Alness.

Sedum rosea (Roseroot)

H 13(10). Frequent on mountain rocks. eg. Beinn Dearg, Fiaclach on BenWyvis, Moruisg.
Sedum rupestre* (Reflexed Stonecrop)
 Pre-2000(2). A garden escape at Strathgarve Lodge NH46 and Strathpeffer NH45 in 1998.
Sedum spectabile* (Butterfly Stonecrop) NH36,66,77,87
 H 4(0). A recent garden throw-out. Loandhu, Hilton, Garve, Barbaraville, Alness.
Sedum spurium* (Caucasian Stonecrop) NH55,77
 H 2(7). An occasional garden escape. Urquhart (NH579 585), Barbaraville(NH747 718).
Sedum telephium (Orpine) NH45,77,87
 H 3(0), May be of garden origin in E. Ross. Loandhu, Marybank, Priesthill.
Selaginella selaginoides (Lesser Clubmoss)
 H 20+. Common in base-rich sites. eg. Rhanich, Morrish More, Seana Bhraigh, Breabag Ridge,
Sempervivum tinctorum* (House-leek)
 Pre-2000 (6). Noted on roofs etc in the past but not recorded since 2000.
Senecio aquaticus (Marsh Ragwort)
 H 17(20). Frequent in marshy places. eg. Loch Achanalt, W. Kincardine Hill, Loch Morie,
Senecio cineria* (Silver Ragwort)
 Pre-2000. A single unlocalised Atlas record in NH87 in 1999.
Senecio jacobaea (Common Ragwort)
 H 20+. Very common in fields, roadsides, waste ground etc. eg. Shandwick, Ardgay, Loch a Chroisg.
Senecio x ostefeldii (S. aquaticus x S. jacobaea) NH36
 H 1(1). A persistent site in marshy ground by the River Blackwater at Garve (NH397 613).
Senecio sarracenicus (S. fluviatilis)* (Broad-leaved Ragwort) NH87
 H 1(2). A garden escape which is very persistent by Tullich at the roadside (NH850 765).
Senecio squalidus* (Oxford Ragwort) NH55
 H 1(3). Less common than further south. Muir of Ord Station (NH527 502). Previously at Nigg.
Senecio sylvaticus (Heath Groundsel)
 H 20+. Common on cleared woodland, waste ground etc. eg. Tarvie, Kilmachalmack, Kilmuir.
Senecio viscosus* (Sticky Groundsel)
 H 15(9). On disturbed and open ground. eg. Garve, Avoch, Invergordon.
Senecio vulgaris (Groundsel)
 H 20+. Common in fields and waste ground. eg. Rosemarkie, Dingwall, Achanalt Station.
Sequoia sempervirens* (Coastal Redwood) NH45,55
 H 2(0). Occasionally planted. Kilcoy, Aultgowrie (NH469 516).
Sequoiadendron giganteum* (Wellingtonia) NH45,56,65,66
 H 4(2). Planted in a few places. Novar, Mountgerald, Rosehaugh, Castle Leod.
Sherardia arvensis (Field Madder) EX?
 Pre-2000. Not recorded since 1956 and likely to be extinct in E. Ross.
Sibbaldia procumbens (Sibbaldia) VU
 H 14(11). Scattered on mountain summits. eg. Sgurr na Chaorachain, Moruisg, Fionn Bheinn.
Silene acaulis (Moss Campion)
 H 13(13). Frequent on high mountains. eg. Sgurr a Chaorachain, an Faochagach, Moruisg.
Silene coronaria (Lychnis coronaria)* (Rose Campion) NH55,77,87
 H 3(11). An occasional garden escape. Loandhu, Barbaraville, Urquhart.
Silene dioica (Red Campion)
 H 17(14). Common in woods and shores. eg. Shandwick, Dingwall, Avoch, Alness river.
Silene flos-cuculi (Lychnis flos-cuculi) (Ragged Robin)
 H 20. Common in wet base-enriched grassland . eg. Evanton, Loch Kinellan, Eathie etc
Silene gallica* (Small-flowered Catchfly)
 Pre-2000. One record only for Rosemarkie in 1942
Silene x hampeana (S. dioica x S. latifolia)
 H 16(7). A common hybrid usually near parents. eg. Kiltearn, Nigg, Kilmuir, Dunglass.
Silene latifolia* (White Campion)

H 19(18). Frequent on roadsides, shores etc. eg. Tarbatness, Fortrose, Newhall, Balintore.

Silene noctiflora* (Night-flowering Catchfly)

Pre-2000. The last definite record was at Inver NH88 in 1957.

Silene uniflora (Sea Campion)

H 13(10). Mainly coastal but rarely by rivers. eg. Rosemarkie, Rockfield, Easter Moy, Nigg.

Silene viscaria (Sticky catchfly) NT

Pre-2000. Recorded above Evanton in 1873

Silene vulgaris (Bladder Campion) LS NH54,55,56,64,65,75,88

H 7(6). Now fairly uncommon. Roadsides and shore. eg. Redcastle, Maryburgh, Inver.

Silybum marianum* (Milk Thistle) NH64,65,87,98

H 4(3). An occasional casual. Hilton, Kilmuir, Portmahomack, N.Kessock.

Sinapis alba* (White Mustard) NH65,87

H 2(2). A scarce alien. Avoch (NH698 540), Rosehaugh (NH675 557), Black Hill(NH82 73).

Sinapsis arvensis* (Charlock)

H 13(16). Frequent in fields and waste ground. eg. Kincardine, Barbaraville, Croick.

Sisymbrium altissimum* (Tall Rocket)

Pre-2000. Last recorded in 1956 at North Kessock NH64.

Sisymbrium officinale* (Hedge Mustard)

H 15(15). Frequent on roadsides, waste ground, shores etc. eg. Shandwick, Muir of Ord, Inver.

Sisymbrium orientale* (Eastern Rocket) NH76,86,98

H 3(4). A scarce alien by the shore. Nigg, Tarbatness, Rockfield.

Sisyrinchium striatum* (Pale Yellow-eyed-grass)

Pre-2000(1). One Atlas record from the Dingwall area NH55 in 1999.

Solanum dulcamara (Bittersweet)

H 11(5). Scattered in woods, by tracks and on the shore. eg. North Kessock, Loch Kinellan

Solanum tuberosum* (Potato) NH45,56,75,76,77,86,87,88,98

H 9(4). An occasional throw-out from cultivation. eg. Inver, Dingwall, Marybank.

Solidago canadensis* (Canadian Goldenrod) NH55

H 1(5). A scarce alien species. Dingwall (NH550 590).

Solidago virgaurea (Goldenrod)

H 20+. Common in the mountains, on banks etc. eg. Beinn na Feusaige, Black Rock, Shandwick.

Sonchus arvensis (Perennial Sowthistle)

H 17(17). Common on the shore, occasional inland. eg. Barbaraville, Dingwall, Culrain.

Sonchus asper (Prickly Sowthistle)

H 20+. Common on waste land, roadsides etc. eg. Tain, Croick, Boath.

Sonchus oleraceus (Smooth Sowthistle)

H 18(18). Common on disturbed ground, by the sea etc. eg. Rosemarkie, Evanton, Inver.

Sorbaria kirilowii* (Chinese Sorbaria)

Pre-2000(1). A single Atlas record for Balavil railway crossing NH55 in 1999.

Sorbus aria* (Common Whitbeam)

H 10(0). Usually planted in E. Ross. eg. Tain, Marybank, Balnagown Woods.

Sorbus aucuparia (Rowan)

H 20+. Very common in woods, hills etc. eg. Craigroy Burn, Moy Island, Bogbain.

Sorbus croceocarpa*

Pre-2000 (1). A Loch Survey report from Lochanan nan Tunnag (NH766 761) in 1994. Introduced.

Sorbus intermedia* (Swedish Whitebeam) NH14,45,54,55,66,76,77,87

H 8(1). Occasionally planted. eg. Hillockhead, Tarvie, Drummondreach.

Sorbus latifolia*(Broad-leaved Whitebeam) NH54,69

H 2(0) Planted by Tarradale (NH54) and Bonar Bridge (NH608 914).

Sorbus rupicola (Rock Whitebeam) NS LR NH76

H 1(1). Six trees scattered on the cliffs near Eathie (NH 766 616).

Sparganium angustifolium (Floating Bur-reed)

H 20+. Common in lochs and ponds. eg. Loch Kinellan, Newton of Ochtow, Loch Sheilah.
Sparganium emersum (Unbranched Bur-reed) LS NH05,45,77
H 3(3). Rare in lochs with few confirmed records. By Loch Cran, E. Moy and Black Loch.
Sparganium erectum (Branched Bur-reed)
H 10(15). Frequent in lochs and streams. eg. Loch Eye, Morrich More, Dingwall.
Sparganium natans (Least Bur-reed) NH44,45,49,54,55,65,67,77
H 8(8). Occasional in lochs and pools. eg. Lily Loch, Culbockie Loch, Monadh Mor.
Spartina anglica* (Common Cord-grass) NH55,56,76,77
H 4(1). Introduced in the Cromarty Firth. Dingwall, Udale Bay. Seedlings at Meddat.
Spartium junceum* (Spanish Broom)
Pre-2000(1). A single unlocalised Atlas record in NH98.
Spergula arvensis (Corn Spurrey) VU
H 20(18). Common in fields and waste ground. eg. E. of Tain, Marybank, Oldtown.
Spergularia marina (Lesser Sea-spurrey)
H 20+. Common on the shore and also salt-treated roads. eg. Munlochy Bay, Marybank, Hilton.
Spergularia media (Greater Sea-spurrey)
H 15(10). Common in saltmarshes and the shore. eg. Inver, Easter Fearn, Charlestown.
Spergularia rubra (Sand Spurrey)
H 18(16). Frequent on tracks and gravel. eg. Achederson, Redcastle, Strath Rusdale.
Spiraea sp*(Brideworts)
H 14(8). Frequent introductions. Some are only recorded at genus level.
Spiraea x billardii* (S. alba x S. douglasii)* (Billard's Bridewort) NH59
H 1(0). Escapes from cultivation. Invercharron (NH582 912), Kilmachalmack (NH504 979).
Spiraea douglasii* (Steeple-brush) NH55
H 1(6). Escape at Muir of Ord (NH525 503) .
Spiraea x pseudosalicifolia* (S. salicifolia x douglasii)* (Confused Bridewort)
H 9(2). Of garden origin. eg. Tain, Achanalt, Ardgay, Bogbuie.
Spiraea x rosalba* (S. alba x S. salicifolia)* (Intermediate Bridewort) NH54
H. 1 (0). Escape from cultivation. Corry of Ardnagrask (NH507 480). Old record from Conon Br.
Stachys x ambigua (S. palustris x sylvatica) (Hybrid Woundwort) NH45,46,56,59,78,87
H 6(3). Occasional in damp places. eg. Tain Plaids, Loch Garve, Nigg RSPB.
Stachys arvensis (Field Woundwort)
Pre-2000. Last recorded in NH55 in the 1998 Atlas survey. More frequent in the past.
Stachys byzantina* (Lamb's-ear)
Pre-2000. Recorded in NH77 and 87 for the Atlas in the 1990s but not seen since.
Stachys palustris (Marsh Woundwort)
H 17(12). Common in damp habitats. eg. Oykel Bridge, Invercharron, Aultgowrie.
Stachys sylvatica (Hedge Woundwort)
H 20+. Common in woods, riverbanks etc, eg. Craigroy Burn, Brahan, Cromarty.
Stellaria alsine (S. uliginosa) (Bog Stitchwort)
H 20+. Very common in wet places. eg. Loch Garve, Croick, Benmore Forest.
Stellaria graminea (Lesser Stitchwort)
H 20+. Common in woods, meadows etc. eg. Marybank, Inveroykel, Achnasheen.
Stellaria holostea (Greater Stitchwort)
H 20+. Common on roadsides, woodland etc, especially in the east. eg. Alness, Tomich, Duag Bridge
Stellaria media (Common Chickweed)
H 20+. Very common on waste ground, fields etc. eg. Barbaraville, Tarbatness, Allangrange.
Stellaria pallida (Lesser Chickweed) LS NH65,75,87,98
H 4(4). Rarely seen but may be under-recorded. eg. Munlochy Bay, Shandwick, Tarbatness.
Stratoites aloides* (Water Soldier) NH64
H 1(0). An introduction in a pond at North Kessock (NH645 481).
Suaeda maritima (Annual Sea-blite)

H 10(9). Frequent in saltmarshes and shores. eg. Dalmore, Tain, Inver, Nigg.
Subularia aquatica (Awlwort) NC21,30 NH14,15,26,27,29,47,49
H 9(13). Occasional in shallows of lochs. eg. Lochs a Croisg, nan Druidean, Borallan.
Succisa pratensis (Devil's-bit Scabious)
H 20+. Very common on moorland, uplands etc. eg. Genuag Lodge, Loch Mullardoch, Kilmuir.
Symphoricarpos albus* (Snowberry)
H 18(12). Frequently naturalised in woods and hedges. eg. Dingwall, Rosemarkie, Alness
Symphytum asperum* (Rough Comfrey)
Pre-2000(2). Last recorded in 1997 at Rosehaugh (NH65).
Symphytum officinale (Common Comfrey) LR
Pre-2000(2). Not seen since 1998 in an unlocalised Atlas record in NH55. At Munloch in 1978.
Symphytum tuberosum (Tuberous Comfrey)
H 11(3). Occasional in damp places. eg. Tain, Marybank, Milton.
Symphytum x uplandicum (S. asperum x officinale)* (Russian Comfrey)
H 10(3). Occasional in the east by roads, shores etc. eg. Swordale, Moy Island, Shandwick.
Syringa vulgaris* (Lilac) NH36,46,55,75,76,77,87,98
H 8(6). In Hedges, roadsides etc. eg. Loandhu, Conon Bridge, Nigg.
Tanacetum parthenium* (Feverfew)
H 17(15). Frequent on waste ground and near houses. eg. North Kessock, Alness, Balintore.
Tanacetum vulgare (Tansy) NH54,55,66,75,76,77,78,87,98
H 9(8). Occasional on waste ground and by the shore. eg. Dingwall, Rosemarkie, Tain.
Taraxacum (Dandelions)
H 20+. Very common in many places. The microspecies are not listed here.
Taxus baccata (Yew)
H 12(10). Probably mainly introduced in E. Ross. eg. Contin, Redcastle, Rosehaugh.
Teesdalia nudicaulis (Shepherd's Cress) NT LS NH26,45,55,59
H 4(2). Always scarce on shingle and tracks. Dunglass Island, by Brahan, Carbisdale Wood.
Tellima grandiflora* (Fringecups) NH45,55,64,65
H 4(0). First noted as a garden escape lately. eg. Strathpeffer, Balavil, Avoch, Dingwall.
Teucrium scorodonia (Wood Sage)
H 20+. Very common in woodland, on banks etc. eg. Struie Hill, Moy Island, Lubcroy.
Thalictrum alpinum (Alpine Meadow-rue)
H 20(19). Widespread in the mountains. eg. Seana Bhraigh, Cnoc na h-iolaire, Meall Dheirgidh.
Thalictrum flavum (Common Meadow-rue)
Pre-2000(1). A single unlocalised Atlas record in NH55 in 1999, where it has not been seen since.
Thalictrum minus (Lesser Meadow-rue) LS NH76,78,86,87,88,98
H 6(6). To be found in limited areas of coast. eg. Wilkhaven, Inver, Shandwick, Nigg, Tain
Thlaspi arvense* (Field Penny-cress) NH54,64,75,76,78,87
H6(5). Occasional in fields and waste ground. Nigg, Gilchrist, Fortrose, North Kessock.
Thuja plicata* (Western Red-cedar) NH55,56,75
H 3(4). Occasionally planted. Chanonry Ness, Brahan, Dingwall.
Thujopsis dolabrata* (Hiba) NH65,66
H 2(0). Planted by Alness River (NH656 688) and Rosehaugh (NH676 555).
Thymus polytrichus (Wild Thyme)
H 20+. Very common on grassy areas, banks etc. eg. Tarbatness, Breabag Tharsuinn, Geanies.
Tilia cordata (Small-leaved Lime)
Pre-2000(1). Last recorded in 1975 by Muir of Ord Station (NH53 50).
Tilia x europaea* (T. cordata x T. platyphyllos)* Lime
H 18(12). Frequently planted. eg. Rosemarkie, Brahan, Rosehaugh.
Tilia platyphyllos* (Large-flowered Lime). NH56
H 1(0). Planted in Paradise Wood, Dingwall.
Tofieldia pusilla (Scottish Asphodel) LS NC21,NH13,14,15,24,28,36

H 7(8). Scattered populations in the uplands. eg. Sgurr na Clachan Geala, River Orrin.
Tolypella glomerata NH88
H 1(0). The only records are from Morrigh More (NH837 854).
Torilis japonica (Upright Hedge-parsley)
H 15(13) Frequent in woods and on shores etc. eg. Barbaraville, Eathie, Redcastle.
Tragopogon pratensis (Goat's-beard) LS NH54,55,68,76,87
H 5(2). Uncommon by roads and railways. eg. Tarradale, Conon Bridge, Invergordon, Hilton.
Trichophorum cespitosum (Deergrass)
H 20+. Very common on moorland. eg. Allt na Caorach, Sgurr nan Each, Hunting Hill.
Trientalis europaea (Chickweed-wintergreen)
H 20+. Common in woodland and moorland. eg. Orrin Dam, Hill of Nigg, Marybank.
Trifolium arvense (Hare's-foot Clover) LR NH78
H 1(3). Tain Station. Previously at Fortrose(1973), Morrigh More(1971), Strathpeffer.
Trifolium aureum* (Large Trefoil)
Pre-2000(1). Last recorded in 1978 at Munloch NH65.
Trifolium campestre (Hop Trefoil)
H 12(7). Occasional in grassy places. eg. Inver, Fortrose, Balintore.
Trifolium dubium (Lesser Trefoil)
H 20+. Common in grassland, on tracks etc. eg. Rosemarkie, W. Kincardine Hill, Strath Bran.
Trifolium hybridum* (Alsike Clover) NH15,67,87,98
H 4(7). Occasional in fields, roadsides etc. eg. Fearn Station, Nigg, Culnaha, Strathroy.
Trifolium medium (Zigzag Clover) NH45,55,56,64,65,76,77,78,87
H 9(8). Occasional in grassy places. eg. North Kessock, Conon River, Pitmaduthy Moss.
Trifolium micranthum (Slender Trefoil)
Pre-2000(1). Only one Atlas record from Dingwall NH55 in 1998.
Trifolium pratense (Red Clover)
H 20+. Common in grassland and waste land. eg. Tarbatness, Rosemarkie, Newhall Point.
Trifolium repens (White Clover)
H 20+. Very common on waste land, tracks, grassland etc. eg. Craigroy Burn, Nigg Ferry,
Triglochin maritima (Sea Arrowgrass)
H 13(12). Common on the shore. eg. Munloch Bay, Redcastle, Morrigh More etc.
Triglochin palustris (Marsh Arrowgrass)
H 20+. Common in wet places. eg. Lubcroy, Talich, Loch Ailsh.
Tripleurospermum inodorum* (Scentless Mayweed)
H 20(26). Very common in fields and on waste ground. eg. Lochsline, Belleview, Gordon's Mill.
Tripleurospermum maritimum (Sea Mayweed)
H 15(12). Common on the shore. eg. Rosemarkie, Nigg, Balintore.
Trisetum flavescens (Yellow Oat-grass) LS NH87,97, 98
H 3(5). Scarce on the coast. Hilton, by Geanies, Rockfield.
Triticum aestivum* (Bread Wheat) NH76,87
H 2(0). A rare casual. Cromarty shore (NH791 673, Loandhu (NH817 791)).
Trollius europaeus (Globoseflower)
H 20+. Common in mountains and base-rich meadows. eg. Belmaduthy, Lubcroy, Loch Borallan.
Tropaeolum majus* (Nasturtium) NH15,78,87,88,98
H 5(2). An occasional garden escape. eg. Achnasheen, Inver, Rockfield.
Tsuga heterophylla* (Western Hemlock-spruce)
H 17(11). Frequently planted and also regenerates. eg. Mount High, Ord Hill, Strath Vaich.
Tulipa gesneriana* (Garden Tulip) NH36,45,55,64,78,87
H 6(0). An occasional garden throw-out. eg. By Loch Kinellan, Garve, Shandwick.
Tussilago farfara (Colt's-foot)
H 20+. Common on tracks, river banks etc. eg. Conon Bridge, Gorstan, Inver.
Typha angustifolia (Lesser bulrush)

Pre-2000. A 19th century record from south of Ardgay.

Typha latifolia (Bulrush)

H 13(10). Frequent in shallow water. eg. Loch Kinellan, Black Loch, Redcastle.

Ulex europaeus (Gorse)

H 20+. Very common in many habitats. eg. Tarbatness, Rosemarkie, Moy Island.

Ulex galli (Western Gorse)

Pre-2000(1). Only one record from the lower River Conon in 1987 (NH459 554).

Ulmus glabra (Wych Elm)

H 20+. Common in woods, by roads etc. eg. Redcastle, Oldtown, Oykel Bridge.

Ulmus procera* (English Elm) NH45

H 1(0). Planted at Castle Leod. (NH487 592).

Urtica dioica (Common Nettle)

H 20+. Very common in nutrient-rich sites. eg. Ardgay, Rosemarkie, Dingwall.

Urtica urens* (Small Nettle) NH35,49,59,65,87,88,98

H 7(7). Occasional on waste or arable land. eg. Shandwick, Croick, Seafield.

Utricularia intermedia (Intermediate Bladderwort) NC21 NH05,15,26,35,36,45

H 7(12). Occasional in shallow water mainly in the west. eg. Grudie, Loch Gowan, Loch Crann.

Utricularia minor (Lesser Bladderwort) NH16,24,34,44,45,46,55,58

H 8(10). Infrequent in pools and lochs. eg. Loch na Moine Mor, Corriehallie Forest, Loch Kinellan.

Utricularia ochroleuca (Pale Bladderwort) LR

Pre-2000(2). Older records in Loch Kinellan and Lochan a Choire Bhuidhe (NH 22 96).

Utricularia vulgaris (Greater Bladderwort) NH15,45,49,55,77

H 5(12). This includes *U. australis*. eg. Pitmaduthy Moss, Loch Ussie, Loch Garve.

Vaccinium microcarpum (Small Cranberry) NS

H 10(6). In bogs and more sites have been found. eg. Loch a Bhith, Loch na Scarbh, Deanich

Vaccinium myrtillus (Bilberry)

H20+. Very common on moors and hills. eg. Loch a Croisg, Ardgay, Inveroykel West.

Vaccinium oxycoccus LR (Cranberry) NH55

H 1(0). Much rarer than *V. microcarpum* in E. Ross and only recently confirmed. Monadh Mor.

Vaccinium uliginosum (Bog Bilberry)

H 16(19). Frequent on the higher hills. eg. Seana Bhraigh, Fuar Tholl Mor, Moruisg.

Vaccinium vitis-idaea (Cowberry)

H 20+. Common mainly in the uplands. eg. Allt na Caorach, Lubcroy, Knock Farrel.

Valeriana officinalis (Common Valerian)

H 20+. Common mainly in damp habitats. eg. Moy Island, Brahan, Loch Borallan.

Valeriana pyrenaica* (Pyrenean Valerian)

Pre-2000. Last recorded in 1956 at North Kessock NH64.

Valerianella locusta (Common Cornsalad) NH65,75,87,98

H 4(8). Coastal and now may be less common. eg. Munloch Bay, Rosemarkie, Hilton, Tarbatness.

Verbascum nigrum (Dark Mullein)

Pre-2000(2). Last records by Munloch NH65(1978) and Evanton NH66 (1972)

Verbascum thapsus (Great Mullein)

H 11(10). Waste ground, shores etc. eg. Hilton, Fortrose, Kincardine.

Veronica agrestis* (Green Field-speedwell) NH54,65,77

H 3(3). Fields etc. Perhaps now less frequent. Munloch Bay, Muir of Ord, Priesthill.

Veronica anagallis-aquatica (Blue Water-speedwell) LS NH88

H 1(4). Scarce in ditches. Morrich More and Balnagall (NH827 813).

Veronica arvensis (Wall Speedwell)

H 20+. Common on roadsides, shores, walls etc. eg. Rosemarkie, Moy Island, Nigg Ferry etc.

Veronica beccabunga (Brooklime)

H 20+. Common in wet locations. eg. Allan by Fearn, Urquhart, Loch Garve etc.

Veronica chamaedrys (Germander Speedwell)

H 20+. Very common in woods, roadsides etc. eg. Shandwick, Craig Wood, Dingwall, Ardgay.
Veronica filiformis* (Slender Speedwell) NH45,54,55,56,66,75,76,78

H 8(6). Quite frequent in grassland, woods etc. eg. Tain, Kiltearn, Mountgerald, Fairy Glen.
Veronica hederifolia* (Ivy-leaved Speedwell) NH55,64,65,66,67,75,76,86,87

H 9(6). Often seen in fields, shore, woods. eg. North Kessock, Cromarty, Kilmuir, Shandwick.
Veronica hederifolia ssp hederifolia NH55

H 1(1). Has not usually been recorded as a separate sub-species. Craig Wood, Dingwall.
Veronica longifolia* (Garden Speedwell) NH77

H 1(1). A garden escape seen by the roadside at Priesthill (NH741 729).
Veronica montana (Wood Speedwell) NH45,48,55,59,65,66,75,77

H 8(8). Infrequent in woods. eg by Orrin Falls, Alladale, Milton Wood, Findon Wood, Avoch.
Veronica officinalis (Heath Speedwell)

H 20+. Very common in many habitats including moors, woods etc. eg. Tain, Loch Ussie.
Veronica persica* (Common Field-speedwell)

H 16(5). Fields, waste ground etc. mainly in the east. eg. Tain, Barbaraville, Nigg, Torrachilty.
Veronica polita* (Grey Field-speedwell)

Pre-2000(2). No recent records. Previously unlocalised NH46 and Foulis Castle in 1974.
Veronica scutellata (Marsh Speedwell)

H 14(33). Frequent in damp places. eg. Morrich More, Mouteagle, Loch Morie, Kilmuir.
Veronica serpyllifolia (Thyme-leaved speedwell)

H 20+. Very common in woods, waste ground etc. eg Craigroy Burn, Croick, Oykel Bridge.
Veronica serpyllifolia ssp humifusa (Mountain Speedwell) NT LS NH27,28,38,46

H 4(6). Scarce in mountain flushes. Coire Mor, Loch Li Fannich, Ben Wyvis, Cona Mheall.
Viburnum lantana* (Wayfaring-tree)

Pre-2000(2). Not recorded lately and was probably planted. Brahan Castle 1974 and Allangrange.
Viburnum opulus (Guelder-rose) NC30,NH45,55

H 3(10). In woods and with few recent records. Ord Loch, by Brahan, Lubcroy.
Vicia cracca (Tufted Vetch)

H 20+. Very common on roadsides, meadows etc. eg Tarvie, Tarbatness, Black Rock Gorge etc.,
Vicia hirsuta (Hairy Tare)

H 14(15). Frequent on roadsides, shores etc. eg. Rosemarkie, Tomich, Avoch, Lily Loch.
Vicia lathyroides (Spring Vetch) NH65,75,76,86,87,88,98

H 7(9). Occasional on the coast. eg. Hillockhead, Shandwick, Munloch Bay, Nigg Ferry.
Vicia lutea (Yellow Vetch)

Pre-2000. Only an unconfirmed and unlocalised BRC record for NH76 in 1962.
Vicia sativa (Common Vetch)

H 20+. Common by roads, fields etc. eg. Tarbatness, Duag Bridge, Ardgay.
Vicia sativa ssp nigra

H 11(17). The commonest sub-species of *V. sativa* in the area.
Vicia sativa ssp sativa* NH65,78,87

H 3(4). Infrequent in E. Ross. Morangie (NH 766 839), Munloch Bay and Fearn Station.
Vicia sativa ssp segetalis

Pre-2000(2). Last record was for the Atlas in 1999 in NH 87.
Vicia sepium (Bush Vetch)

H 20+. Very common on roadsides, shores, woods etc. eg. Marybank, Tain, Rosemarkie.
Vicia sylvatica (Wood Vetch) LS NH45,65,76

H 3(7). Scarce often on the coast. Aultgowrie, Hillockhead, Eathie Burn, St Bennet's Well.
Vicia tetrasperma (Smooth Tare)

Pre-2000. Not seen since 1954 at Balintore and may be extinct in E. Ross.
Vinca major* (Greater Periwinkle) NH64,66,75,76,78,87

H 6(3). A well established garden escape. eg. Nigg, Tain, Hilton, North Kessock, Kiltearn, Fortrose.
Vinca minor* (Lesser Periwinkle) NH36,45,46,54,56,66,75,87

H 8(6). Woods and roadsides etc. eg. Swordale, Garbat Forest, Alness, Strathpeffer, Garve.

Viola arvensis (Field Pansy)

H 15(15). Common especially in the east. eg. Culicudden, Gilchrist, Craigroy Burn, Marybank.

Viola canina (Heath Dog-violet) NT NC30 NH15,27,34,36,56,88

H 7(10). Occasional on moors and shores. eg. Morrich More, Loch Orrin, Corriemollie Forest.

Viola x contempta (V. tricolor x arvensis) (Hybrid Pansy)

Pre-2000. No records since 1967 at Alness.

Viola cornuta* (Horned Pansy)

Pre-2000(2). An occasional garden escape not seen lately. Kiltearn 1997, Wester Fearn 1979.

Viola lutea (Mountain Pansy) EX?

Pre-2000. No records since 1957 at Loch Garve NH46.

Viola odorata* (Sweet Violet) NH45,54,75

H 3(1). An infrequent garden escape. Contin Churchyard, Avoch, Tarradale House.

Viola palustris (Marsh Violet)

H 20+. Common in the hills and wet places. eg. Breabag Tharsuinn, Muirhead Wood, Lupmaldrig

Viola reichenbachiana* (Early Dog-violet)

Pre-2000(2). No record since 1974 by Arcan Mains NH55 and Muir of Fairburn NH45 in 1972.

Viola riviniana (Common Dog-violet)

H 20+. Very common in various habitats. eg. Alness, Ord Loch, Loch a Chroisg, Shandwick.

Viola tricolor (Wild Pansy) NT

H 10(12). Occasional by fields, roads, railways etc. eg. Achederson, Easter Fearn, Avoch.

Viola x wittrockiana (V. altaica x lutea x tricolor)* (Garden Pansy) NH36,45,55,76,87

H 5(1). An escape first recorded recently. eg. Marybank, Shandwick, Cromarty, Hill of Nigg

Viscum album* (Mistletoe)

Pre-2000. Only a 1969 BRC record from Black Rock Gorge (NH59 66).

Vulpia bromoides (Squirreltail Fescue) NH36,45,46,65,66,87

H 6(9). Occasional in gravel, waste ground etc. eg. Balintore, Evanton, Torrachilty, Rosehaugh.

Vulpia myuros* (Rat's-tail Fescue) NH15,36,55,66,75,76,78,87,98

H 9(1). Often by railways. eg. Fearn Station, Tain, Achnasheen, Garve, Alness, Invergordon, Avoch

X Dactylodenia legranduna (G. conopsea x D. maculata)

Pre-2000(1). Recorded at Belmaduthy (NH64 56) in 1986.

Zanichellia palustris (Horned Pondweed) LR NH68,69

H 2(1). In brackish pools and lagoons. E. Fearn Lagoon, Bonar Bridge south by estuary (NH60 91)

Zostera marina (angustifolia) (Eelgrass) NT

H 11(10). Common in the firths. eg. Redcastle, Foulis Point, Ardroy, Udale, Barbaraville, Inver.

Zostera noltei (Dwarf Eelgrass) VU

H 13(12). Large populations on muddy and sandy shores. eg. Morrich More, Dingwall, Charlestown.