

Level		Days		Shared occupancy cost		
FM	I	12-14 July	Fri - Sun	£270	£220	£170
Centre	Date			Sole occupancy cost	Non-Residential cost	

Sedges and Rushes



The location of many of John Constable's paintings, Flatford Mill runs over 120 Natural History and Arts courses in a unique and tranquil learning environment.

Course Overview

The habitats in the vicinity of Flatford contain a rich variety of sedges and rushes – more than enough for the beginner to develop a taste and a passion for these beautiful yet often unappreciated plants. By mid-July most of the species will already be fruiting (when they are easiest to identify) yet several rushes will still be in flower when they are at their most beautiful. By exploring the saltmarshes, the woodlands, meadows and riverbanks, we shall find an exciting diversity of species.

The course is designed to give the beginner a sound foundation. Despite their superficial appearance, rush flowers are in fact very similar to those of lilies on a miniature scale. However, sedges have flowers unlike any other families of flowering plants. So beginners, whether or not they are familiar with wild flowers, will have lots to learn over the week-end. We shall not be hunting for rarities or clocking up a long list of species, but rather we shall spend time consolidating an understanding and developing a confidence to tackle their identification independently. Given the short duration of the course we will concentrate on the commoner members of each family and focus particularly on floral rather than vegetative features.

We shall spend most of the week-end outside exploring the local habitats. The emphasis of the course will be on identification by close examination as well as considering useful field characteristics. The pace will seldom be strenuous. However, participants must be prepared to be out in all weathers and to walk over

all sorts of terrain. Wet weather will not stop play, though we may spend more of the time working inside. Plenty of guidance will be given in the use of scientific keys to identification. You will be encouraged to make use of the low power microscope, not just as an aid to identification but in order to wonder and enquire at the intricacy and beauty of these, often overlooked, yet attractive plants that are so often lumped together as being “green and dull and difficult to identify”. For two families of plants that play such a significant role in our wild landscapes, it seems a pity to neglect them.

What the Fee Includes

Residential course fee includes:

- Full board accommodation including cooked breakfast, picnic lunch, homemade cakes and an evening meal. Vegetarian and other dietary option available.
- Up to 8 hours teaching time a day, plus relaxing breaks for meals and refreshments.
- Tea and coffee making facilities available throughout the day.
- Use of resources including library, workrooms, studios and the Centre grounds.
- Transport during the courses.
- Insurance to cover cancellation, personal belongings, personal accident, legal liability and medical emergency.

If you choose to be a non-resident on a residential course, the fee will include all the above except accommodation and breakfast.

Accreditation

Although this is not an accredited course, it is suitable for CPD (Continuing Professional Development) and a Certificate of Attendance can be provided on request.

About the Tutor

Ros Bennett is a botanist and ecologist. She was formerly a full time tutor at Flatford Mill and then organiser and leader of courses for FSC Overseas. She has written books on flowers and has taught courses on wild flowers to all age groups and from beginners to professionals.

What to Bring

Please bring the following with you if you can:

- Appropriate warm and waterproof clothing and footwear (waterproofs and wellies available on loan at the centre)
- A lunchbox and flask.
- A x10 magnification hand lens (available on loan or for purchase on the course, approximately £9.00)
- Two pairs of fine pointed forceps and/or two mounted needles (available on loan)

Recommended Books

- *New Flora of the British Isles* by Stace (CUP) ideally the 3rd edition
- *Grasses, Sedges, Rushes & Ferns of Britain & Northern Europe*. 1984. Fitter, R.; Fitter, A. & Farrer, A. ; Collins
- *Sedges of the British Isles*. 2007. Jermy A. C.; Simpson D.A.; Foley M.J.Y. and Porter M.S. 3rd edition. BSBI Handbook 1.
- *Colour Identification Guide to the Grasses, Sedges, Rushes & Ferns of the British Isles and NW Europe*. 1989. Rose, F.; Viking
- *Collins Wildflower Guide* by Streeter

Recent editions are best. Copies of these books are available on loan at the Centre (but maybe not be up-to-date editions).

Start and Finish times

Check in is from **1600** on Friday, but the first formal activity is dinner at **1900** (with the bar open from **1845**) followed by an evening classroom session.

Residents: Please aim to arrive between **1600 and 1800** on the Friday to allow us sufficient time to show you to your accommodation and around the communal areas.

Non-residents: You do not need to arrive quite so early but please can you be here by **1800** as we need to show you the communal areas as well.

The course ends at **1600** on Sunday.

Special Offer

Bring a friend!

If you are attending a course at Flatford Mill at the sole occupancy price, we are offering a special rate for a friend or partner not enrolled on the course to also stay at £50 per night for dinner, bed and breakfast.

How to book

Bookings can be made by telephoning the Centre; we are open 0930 – 1700 weekdays and most weekends. Alternatively, bookings can be made via our website: www.field-studies-council.org.