

TOWER OF LONDON

FLOWER INFO

SPACE TO STIR AND BE STIRRED

TOWER OF LONDON • HAMPTON COURT PALACE • BANQUETING HOUSE  
KENSINGTON PALACE • KEW PALACE • HILLSBOROUGH CASTLE AND GARDENS



*Ammi majus*, Bishop's Flower

This bloom is a member of the carrot family, which means that its common relatives include fennel, parsley, and dill. The moat was once the perfect place to grow herbs and vegetables like these. The south moat, which catches the most sun, has been used on and off for growing vegetables since the 19th century. During the Second World War the Tower community had allotments there as part of the 'Dig for Victory' campaign. Do you grow your own vegetables in your garden or windowsill? If yes, which ones?



*Gypsophila elegans*, Annual Baby's Breath

The white delicate petals of Baby's Breath are associated with purity and innocence. This flower has long been used in the floristry industry for bridal bouquets, and as gifts to expectant mothers. We often attach deeper meaning and symbolism to flowers, allowing them to say things words sometimes cannot – what specific flowers can you think of that symbolise gratitude, grief or even love?



*Arctotis fastuosa*  
Cape Daisy  
Variety 'Zulu Prince'



*Glebionis segetum*  
Corn Marigold  
Variety 'Eastern Star', there are also yellow and white varieties



*Achillea millefolium*, Yarrow, there is also a pink variety

Yarrow is a great flower for attracting pollinators. Bees and butterflies especially love the open petals to land on, and the broad, flat flowers make the pollen easy to reach. It's important to provide food for these insects because they provide food for us. One out of every three mouthfuls of our food has been produced with the help of pollinators.



*Leucanthemum vulgare*  
Oxeye Daisy



*Rhodanthe chlorocephala*  
Pink and White Everlasting  
Variety 'Pierrot'



*Helianthus*, Sunflower  
Variety 'Summer Beauty', there are also red and white varieties

As well as looking the most dramatic in the field of flowers, Sunflowers are also some of the most useful plants. Most people have sunflower oil in their kitchen which comes from the seeds of the plant. The seeds can also be used in cooking once dried or roasted and are common in birdseed mixes. The plant can be used as a dye, in soap and in paints. Can you think of all the ways you use Sunflowers in your daily life?



*Linaria vulgaris*, Common Toadflax

Take a moment and look closely at this Common Toadflax. Do you see the delicate tubular flowers balanced at the end of long stems? The little details of the flowers are beautiful when you notice them. As you wind around the Superbloom paths, spotting flowers as you go, do you feel connected to nature? The smell, look and process of planting flowers have all been proven to reduce anxiety and stress and help us to relax.



*Orlaya grandiflora*  
Large-flowered Orlaya



*Malope trifida*  
Mallow-wort  
Variety 'Alba'



*Coreopsis tinctoria*,  
Garden Tickseed  
Variety 'Tall', there is also a red variety



*Limnanthes douglasii*  
Meadow-foam



*Rudbeckia hirta*  
Black-Eyed Susan  
Variety 'My Joy'



*Bupleurum salicifolium*  
Wild Anise



*Galium verum*  
Lady's Bedstraw



*Anethum graveolens*  
Dill





***Eschscholzia californica*, California Poppy  
Variety 'Mikado', there are also yellow,  
pink, purple and white varieties**

Traditionally, the Californian Poppy has been used to treat pain, anxiety, stress, depression, migraines, and to help people sleep. At the Tower of London there is a long history of growing flowers for medicinal purposes. When Sir Walter Raleigh was imprisoned here from 1603 – 1616 he grew herbs and flowers in the Tower Lieutenant's garden and used them to make his famous herbal elixirs and medicines. Raleigh used both native and non-native plants – strawberries and gillyflowers were grown alongside aloe vera and turmeric.



*Atriplex hortensis*  
Garden Orache  
Variety 'Rubra'



*Linum grandiflorum*  
Crimson Flax



***Agrostemma githago*, Corncockle**

Some people consider the Corncockle native to the UK. It grows in cornfields and in the 16th century was so common that Shakespeare used it jokily in 'Love's Labour's Lost'. However, some stories say it was accidentally introduced from mainland Europe by Iron age farmers 2,400 years ago. This would make it a naturalised plant, a plant that has been introduced to a particular area and thrived there. Determining if a plant is native or not is not as easy as you might think.



*Gilia tricolor*  
Bird's-Eyes



*Origanum vulgare*  
Wild Marjoram



*Malva*  
Mallow



*Salvia nemorosa*  
Balkan Clary



*Calendula officinalis*  
Pot Marigold  
Variety 'Indian Prince',  
there is also a white variety



*Dimorphotheca  
aurantiaca*  
Namaqualand Daisy



***Cosmos bipinnatus*, Mexican Aster  
Variety 'Gloria', there are also pink  
and white varieties**

Flower names have their own history. Often named according to the flower's botanical qualities and then passed on through oral histories, it is sometimes difficult to know their exact origin. It is said that Spanish priests named this flower after growing it in their gardens. They noticed the perfect symmetry of the flowering heads, calling the flower 'cosmos', the Greek word meaning an ordered or harmonious universe.



***Linaria maroccana*, Annual Toadflax  
Variety 'Fairy Lights'**

This snapdragon-like flower attracts specific pollinators such as butterflies and bees. These bright blooms make a great landing pad for pollinators but the insects need long tongues to reach down to the nectar in the narrow, pointed lobes. In some cases, flowers and pollinators have co-evolved, with particular insects becoming highly tuned to a particular flower's shape or colour.



***Centaurea cyanus*, Cornflower  
Variety 'Blue boy', there are also red,  
pink, white and black varieties**

We planted thousands of Cornflower seeds, to return the colour blue to the Tower of London moat. It is a nod to when it was once filled with water and acted as a line of defence against attacking armies. Now instead of keeping people out, we are inviting people in to enjoy the space. Look around and imagine waves of cornflowers flooding this moat, can you picture what it would have looked like before it was drained in 1845?



*Centaurea americana*  
American Basketflower  
Variety 'Aloha Rosa'



*Silene armeria*  
Sweet-William Catchfly  
Variety 'Electra'



*Vaccaria hispanica*  
Cowherb  
Variety 'Pink Beauty'



*Clarkia unguiculata*  
Clarkia  
Variety 'Appleblossom'



*Viscaria oculata*  
Rose Angel



*Lychnis coronaria*  
Rose Campion



*Convolvulus tricolor*  
Dwarf Morning Glory  
Variety 'Blue Ensign'



*Echium vulgare*  
Viper's-bugloss  
Variety 'Blue Bledder',  
there is also a  
pink variety



***Papaver rhoeas*, Common Poppy,  
there are also white and pink varieties**

Poppies have come to signify remembering fallen soldiers and military personnel from conflicts since the First World War. They were a common sight on the front line because their seeds thrived in soil that was disturbed by the shelling and fighting. Here at the Tower of London, we commemorated the Centenary of the First World War in 2014 by filling the moat with ceramic poppies. We include Poppies in our Superbloom as a flower with a deeper meaning, forever connected to our history.