

Shingle beach nature area

A vanishing habitat



Please scan for more information.



YELLOW HORNED POPPY



SEA KALE



VIPER'S BUGLOSS



TREE MALLOW

Life is tough on the beach if you are a plant.

The ground around our roots is unstable and low in vital nutrients and most of the water available to us is salty. We are exposed to harsh winds, burning sun but some of us cope. We try to dig deep with our roots for fresh water and some of us are lucky to have leaves that can store the water along with being coated with tiny wax scales that cut down water loss and reflect the harshest sunlight.

We even attract some unusual insects and other invertebrates to visit us.

We are declining elsewhere but we do enjoy our home in Sidmouth.

Look out for us:

Sea Beet, Sea Campion, Sea Carrot, Sea Wormwood, Sea Mayweed, Rock Samphire, Buck's-horn Plantain, Thrift.

Several of our descendants are food plants, Sea Kale is still forced and blanched to produce a delicious white vegetable that was a favourite of the Prince Regent.



The area is maintained by volunteers with permission and assistance from East Devon District Council who manage the beach.



<https://sidvalleybiodiversity.org/>