

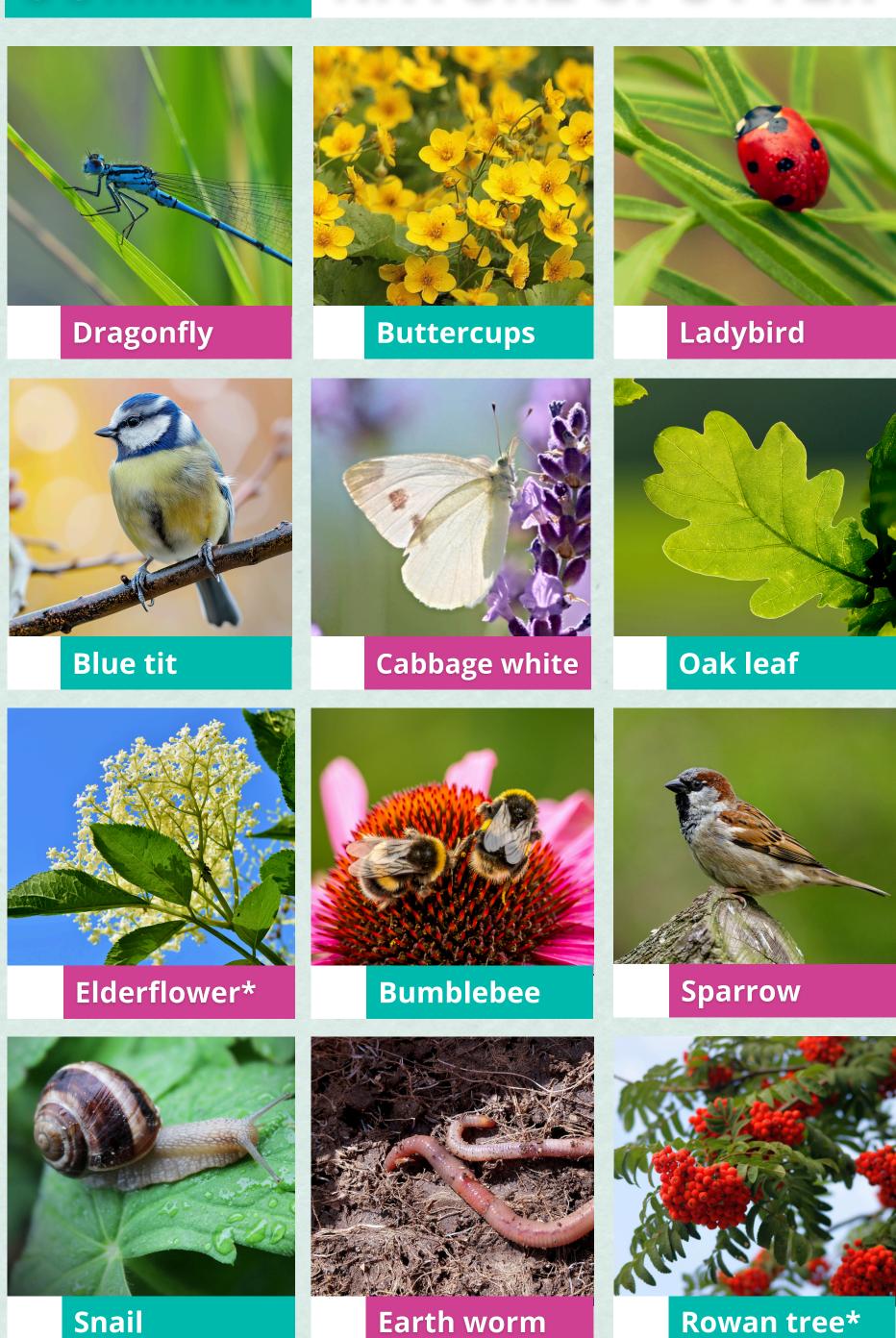
SUMMER NATURE SPOTTER

There's so much to see during nature's busiest time of the year. The trees display shady canopies, parks are packed with colourful flowers, and growing spaces are brimming with delicious fruit and vegetables.





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^{*}Elderflower & rowanberries should not be eaten raw. If unsure, don't forage.



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Fun Fact:

The rowan tree has a special place in the hearts of Scottish people. It's steeped in mythology and is commonly planted at doorways as a protection against witches and fairies. Their red berries are rich in Vitamin C.





Remember to

respect nature by not disturbing it, and leave everything as you found it.