

Plants used in the wreath:

Water mint *Mentha aquatica*

Forget-me-not *Myosotis arvensis*

Watercress - *Nasturtium officinale*

Ox-Eye Daisy (*Leucanthemum vulgare*)

I love water meadows because they are rich with wildlife, very natural and full of wild flowers. There are no houses or roads. They were nearly destroyed in recent times by intensive agriculture and housing development. When I am on a water meadow I feel at peace with the world. So my wreath is dedicated to the British Water Meadows.

It is made with four most common native flowers found in chalk streams of the Meadows of Southern England. I used Ox-Eye Daisy which is the "Love me -- Love me not" daisy; a symbol of innocence. When there are lots of them they are very happy and very fragile. They stand out. I also used Forget-me-not which is a symbol of true love. They are very small but so beautiful. Watercress is a famous Hampshire salad leaf which was cultivated here for centuries. Watercress makes me think back into Victorian times ; it makes me imagine a Victorian girl eating a watercress sandwich just like I would today.

Water mint was used in traditional English dishes such as lamb in a mint sauce. Its flower is not very bold and doesn't stand out but it is very fresh and smells wonderful when you rub it between your fingers. It grows in clean fast running waters of chalk streams.

Conservation message:

Water Meadows with their beautiful wild flowers should not be destroyed when roads and houses are needed; we need to keep them for future generations so people of the future can enjoy them as we are.