

Dune Plants of Grattan Beach



An Mhuiríneach Marram Grass

Ammophila arenaria

- A perennial grass forming stiff, hardy clumps of stems up to 1.2 metres
- Main dune-building species, traps and stabilises loose sand sediments due to a complex network of roots and rhizomes
- Can withstand up to 1 metre of burial in sand



Beaches & Dunes
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An Meacan Mara Sea Radish

Raphanus raphanistrum subsp. maritimus

- Rough, bristly-textured leaves growing in a rosette
- Yellow flowers from June to August
- Tapering seed pod with two or three “peas” clearly visible
- Is frost-hearty and can grow in poor, sandy, and salty soils
- A natural diuretic, digestive aid, and poultice for skin inflammation and bruises



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An Lus Bealtaine Mara Sea Mayweed

Tripleurospermum maritimum

- Small, white, daisy-like flowers that smell like chamomile when crushed
- Prefers full sun and well-drained sandy soil, is highly tolerant of salty conditions
- Historically has been used to treat ailments such as digestive issues, skin conditions, and respiratory problems, is an anti-inflammatory and anti-allergenic



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An Cearrbhacán Mara Sea Rocket

Cakile maritima

- Annual plant, grows in clumps or mounds on the foreshore of sandy beaches
- Shiny, fleshy leaves, green in color and tinted with purple or magenta
- White to light purple flowers
- The fruits float and are water-dispersed



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Dune Plants of Grattan Beach



Laíon na Trá Sea Beet

Beta vulgaris subsp. maritima

- A perennial plant up to 80 centimetres with dark green, leathery and shiny leaves
- Lower leaves are wavy and triangular while the upper leaves are narrow and oval
- Can tolerate high levels of salt
- Its leaves have a pleasant texture and taste, can be served raw or cooked (minus the tough stems), similar to spinach



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Dune Species Posters By

Coastal Monitoring and Adaptation Planning (CMAP) Project

Thanks to Researchers Axel Leahy and Kate Sanders, University of Galway for sharing these wonderful posters.

SOURCE/LEARN MORE

<https://dunes.ie/coastal-monitoring-and-adaptation-planning-cmap-project/>

