

Himalayan Balsam is an invasive species which we are trying to keep in check in the woods. Our best defence is to pull it up BEFORE it flowers and pops its seed heads out to spread another generation.

## HAVE YOU GOT A BIT OF TIME TO PULL SOME AS YOU WALK THROUGH THE WOODS?

Ideally you need clothing with long sleeves and long trousers and wear wellies or strong boots. You may want to use gardening gloves and wear a hat as there are often flying insects around.

If you've not done pulling before, start on the flat and learn the knack of pulling the plants completely out – including roots. You may want to snap them over – before depositing them in a pile where they won't cause an obstruction. The plants themselves are not toxic and can be left in the woods in heaps to rot down.

Please be careful in the proximity of bracken where there may be ticks.

This is what the plant looks like (left) and (right) when in flower



If you decide to do some pulling, let us know how you get on – it's really addictive ([info@judywoods.org.uk](mailto:info@judywoods.org.uk)) and perhaps put photos on Facebook.

Thanks for helping out – it's very much appreciated – please think about making it official and joining the Friends of Judy Woods – see our website for details.

[www.judywoods.org.uk](http://www.judywoods.org.uk)