

# Native Wildflowers

## Longwoods Road Conservation Area - Kiosk Gardens



**A Gardening Alternative  
Involving Native Plants that:**

*Help Wildlife*

*Help the Soil*

*Serve as Seed Banks for  
Surrounding Natural Areas*

*Provide Natural Works of Art  
Year-Round*

*Please the Senses*



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## Sources:

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**DISCLAIMER: Medicinal references in this guide are not treatment recommendations and merely relate plant use by First Nations. Do not use for self-medication.**

# WHITE FLOWERS

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Canada Anemone</b> (<i>Anemone canadensis</i>)</p> <p>Flowering Time: May-July</p>	<p>Buttercup</p>	<p><b>Height:</b> 4-10"  <b>Leaves:</b> 1-3 lobed basal leaves; slender stalk bearing single flower, followed by paired or whorled stalkless leaves.  <b>Flowers:</b> 1½" wide; 5 sepals; no petals; numerous stamens.  <b>Location:</b> Meadows, thickets.</p>	<p><b>Wildlife:</b> Bees and flies eat nectar, birds eat seeds.</p>
	<p><b>Flowering Spurge</b> (<i>Euphorbia corollata</i>)</p> <p>Flowering Time: September</p>	<p>Spurge</p>	<p><b>Height:</b> 6-36"  <b>Leaves:</b> Alternately arranged along stem, 1-3" long and ¼-7/16" wide.  <b>Flowers:</b> Very small. Stems repeatedly forked in two, with each final branch ending in a flower cluster.  <b>Location:</b> Open areas like roadsides and old fields. Prairie and grassland conditions.</p>	<p><b>Medicinal:</b> Purgative, treatment of sores, cancers and urinary tract diseases. Milky sap can be a skin irritant.  <b>Wildlife:</b> Deer and wild turkey eat parts of plant, mourning doves eat seeds.</p>
	<p><b>Foxglove Beardtongue</b> (<i>Penstemon digitalis</i>)</p> <p>Flowering Time: Spring-Early Summer</p>	<p>Beardtongue</p>	<p><b>Height:</b> 2'  <b>Leaves:</b> Oppositely arranged along stem, lance shaped.  <b>Flowers:</b> 1" long, white or pale purple. Flower tube swollen in middle.  <b>Location:</b> Fields and borders of woods.</p>	<p><b>Wildlife:</b> Forage for deer and birds.</p>

## WHITE FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Culver's Root</b> (<i>Veronicum virginicum</i>)</p> <p>Flowering Time: Late July-Sept.</p>	<p>Figwort</p>	<p><b>Height:</b> 5'  <b>Leaves:</b> In whorls of 3-7, lance-shaped, sharply toothed.  <b>Flowers:</b> Tubular flowers in spikes.  <b>Location:</b> Woods, meadows.</p>	<p><b>Wildlife:</b> Butterflies and bees feed on pollen and nectar.</p>
	<p><b>White Goldenrod</b> (<i>Solidago bicolor</i>)</p> <p>Flowering Time: April-June</p>	<p>Composite</p>	<p><b>Height:</b> 6-30"  <b>Leaves:</b> Lower leaves toothed, upper leaves often entire (meaning outside margin of leaf is not toothed).  <b>Flower:</b> Flower heads small, in long, cylindrical clusters.  <b>Location:</b> Dry fields.</p>	<p><b>Wildlife:</b> Bees feed on nectar and pollen.</p>
	<p><b>Wild Strawberry</b> (<i>Fragaria virginiana</i>)</p> <p>Flowering Time: April, May</p>	<p>Rose</p>	<p><b>Height:</b> 1-3"  <b>Leaves:</b> ½ to 1" wide, usually 3 coarsely toothed, egg-shaped leaflets per compound leaf.  <b>Flowers:</b> White flowers in small clusters, usually no taller than leaves.  <b>Location:</b> Roadsides, fields.</p>	<p><b>Food Source:</b> Red berry is edible, juicy and sweet.  <b>Wildlife:</b> Berries eaten by many species. Plant is a larval host for Gray Hairstreak butterfly.</p>

# YELLOW FLOWERS

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Prairie Dock</b> (<i>Silphium terebinthinaceum</i>)</p> <p>Flowering Time: July-October</p>	<p>Composite</p>	<p><b>Height:</b> 4-10'  <b>Leaves:</b> Large, toothed, egg shaped.  <b>Flowers:</b> Numerous flower heads 1½-3" wide.  <b>Location:</b> Prairies, open woods.</p>	<p><b>Medicinal:</b> Tea made from roots treated intestinal worms, tea made from leaves is an emetic. Used to treat coughs and lung ailments.  <b>Wildlife:</b> Attracts birds and bees.</p>
	<p><b>Tall Sunflower</b> (<i>Helianthus giganteus</i>)</p> <p>Flowering Time: Late August-September</p>	<p>Composite</p>	<p><b>Height:</b> 5-10'  <b>Leaves:</b> Mostly alternate, lance-shaped and shallowly toothed.  <b>Flowers:</b> Heads are 1 ½-2 ½" wide.  <b>Stem:</b> Often purple.  <b>Location:</b> Swamps, damp thickets.</p>	<p><b>Medicinal:</b> Tea made from leaves used to treat high fevers. Poultice formed from leaves used on snake and spider bites. Seed used for pulmonary complaints.  <b>Wildlife:</b> Birds eat seed heads, insects eat pollen and nectar.</p>
	<p><b>Compass Plant</b> (<i>Silphium laciniatum</i>)</p> <p>Flowering Time: July-September</p>	<p>Aster</p>	<p><b>Height:</b> 5-9'  <b>Leaves:</b> Basal leaves look similar to Pin Oak, can be 18" long and orient their length North to South.  <b>Flowers:</b> Up to 5" across, form a loose spike.  <b>Stem:</b> Bristly, when broken emits a fragrant but bitter, thick sap.  <b>Location:</b> Open meadows.</p>	<p><b>Use:</b> Bitter sap used as mouth-cleansing chewing gum.  <b>Wildlife:</b> Seeds eaten by birds and small mammals. Nectar and pollen used by bees and butterflies.</p>

## YELLOW FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Common Evening Primrose</b> (<i>Oenothera biennis</i>)</p> <p>Flowering Time: Late June- October</p>	<p>Evening Primrose</p>	<p><b>Height:</b> 1-6'  <b>Flowers:</b> 1-2" wide, fully open at dusk. Pollinated by moths.  <b>Leaves:</b> Lance-shaped, wavy-edged and slightly toothed.  <b>Location:</b> Dry open places.</p>	<p><b>Medicinal:</b> Used to treat menstrual and bowel pain.  <b>Food Source:</b> Roots boiled &amp; eaten like potatoes, shoots eaten raw.  <b>Wildlife:</b> Used by moths, bees, small mammals and deer.</p>
	<p><b>Sweet Ox-Eye</b> (<i>Heliopsis helianthoides</i>)</p> <p>Flowering Time: July-late Sept.</p>	<p>Composite</p>	<p><b>Height:</b> 2-5'  <b>Leaves:</b> Larger leaves have long stalks, opposite arrangement, coarsely and sharply toothed.  <b>Flower:</b> 1 ½-2 ½" wide, central disc cone shaped.  <b>Location:</b> Open woods and thickets.</p>	<p><b>Wildlife:</b> Hummingbirds enjoy nectar and pollen.</p>
	<p><b>Grey-Headed Coneflower</b> (<i>Ratibida pinnata</i>)</p> <p>Flowering Time: July-October</p>	<p>Composite</p>	<p><b>Height:</b> 3-5'  <b>Leaves:</b> Larger leaves divided into 3-7 lance shaped, toothed leaflets.  <b>Flower:</b> Flower rays long and narrow, strongly drooping.  <b>Location:</b> Dry soils.</p>	<p><b>Wildlife:</b> Songbirds eat seeds in late fall. Butterflies and bees feed on the nectar and pollen.</p>

## YELLOW FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Zigzag Goldenrod</b> (<i>Solidago flexicaulis</i>)</p> <p>Flowering Time: Early Autumn</p>	<p>Goldenrod</p>	<p><b>Height:</b> 1-3'  <b>Leaves:</b> Egg-shaped, sharply toothed, narrow at base to form short stalk.  <b>Flower:</b> Grow in short clusters in leaf axils (place where leaf/leaf stem meets the plant stalk) or in a terminal cluster.  <b>Stem:</b> Zigzags and is somewhat angled.  <b>Location:</b> Rich woods.</p>	<p><b>Wildlife:</b> Flowers attract butterflies and bees. Seeds eaten by Swamp Sparrows, Pine Siskins and small mammals.</p>

## PURPLE, RED and PINK FLOWERS

	<p><b>Smooth Rose</b> (<i>Rosa blanda</i>)</p> <p>Flowering Time: July</p>	<p>Rose</p>	<p><b>Height:</b> 2-5'  <b>Leaves:</b> 3-9 leaflets per leaf stalk. Leaflets arranged in single row on both sides of leaf stalk. Dull green colour.  <b>Flower:</b> Pinkish petals broadest at tip.  <b>Stem:</b> Upper stem usually without prickles, or has weak and scattered prickles.  <b>Location:</b> Shores, rocky slopes.</p>	<p><b>Medicinal:</b> Fruit used to treat itches. Fruit rich in Vitamins A, C and E.  <b>Wildlife:</b> Provides food and nesting structure for native bees and bumblebees.</p>
	<p><b>Round-headed Bush Clover</b> (<i>Lespedeza capitata</i>)</p> <p>Flowering Time: July-October</p>	<p>Pea</p>	<p><b>Height:</b> 2-5'  <b>Leaves:</b> Short-stalked, 1 1/2" long, silvery beneath. Leaflets 3x longer than wide.  <b>Flowers:</b> Many flowers in dense clusters at top of stem, creamy white with purple markings.  <b>Location:</b> Dry woods, fields.</p>	<p><b>Medicinal:</b> Root used as antidote to poison. Used to treat neuralgia and rheumatism.  <b>Wildlife:</b> Seeds provide food for birds and other wildlife.</p>

## PURPLE, RED and PINK FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Prairie Smoke</b> (<i>Geum triflorum</i>)</p> <p>Flowering Time: May-July</p>	<p>Rose</p>	<p><b>Height:</b> 6" - 1 ½'</p> <p><b>Leaves:</b> Fern-like, 7-19 leaflets, softly haired.</p> <p><b>Flowers:</b> Reddish pink to purple, nodding.</p> <p><b>Seeds:</b> Grow long styles which form a feathery gray tail, resembling a feather duster.</p> <p><b>Location:</b> Prairies, well-drained soils.</p>	<p><b>Medicinal:</b> Root used to treat sore throats and surface wounds.</p> <p><b>Wildlife:</b> Butterflies feed on nectar.</p>
	<p><b>Wild Columbine</b> (<i>Aquilegia canadensis</i>)</p> <p>Flowering Time: April-July</p>	<p>Buttercup</p>	<p><b>Height:</b> 36"</p> <p><b>Leaves:</b> 1 ½" long; compound, divided and subdivided into groups of 3.</p> <p><b>Flower:</b> Bells hanging from stem; 5 curved spurs, colour varies from purple to orange.</p> <p><b>Location:</b> Rocky woods, slopes.</p>	<p><b>Wildlife:</b> Butterflies, bees, hummingbirds, and hawk-moths feed on nectar. Seeds eaten by finches and buntings.</p>
	<p><b>Showy Tick Trefoil</b> (<i>Desmodium canadense</i>)</p> <p>Flowering Time: July-September</p>	<p>Pea</p>	<p><b>Height:</b> 2-6'</p> <p><b>Stems:</b> Downy</p> <p><b>Flowers:</b> ½" long in loose clusters.</p> <p><b>Seeds:</b> Pods with 3-5 joints, covered in tiny hooked hairs that grab onto clothing.</p> <p><b>Location:</b> Borders of woods, banks.</p>	<p><b>Wildlife:</b> Hummingbirds and butterflies feed on nectar. Host plant to larval stages of Silver-Spotted Skipper, Eastern Tailed Blue and Hoary Edge butterflies.</p>

## PURPLE, RED and PINK FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Wild Bergamot</b> <i>(Monarda fistulosa)</i></p> <p>Flowering Time: July-September</p>	<p>Acanthus</p>	<p><b>Height:</b> 2’  <b>Leaves:</b> Oppositely arranged along stem. Triangular or lance shaped, grayish.  <b>Flower:</b> Lilac or pink dense flower head. Bracts are often pink tinged.  <b>Location:</b> Dry hillsides and margins of woods.</p>	<p><b>Medicinal:</b> Used to treat colds, headaches, stomach aches and sore throats. “Bergamot Oil” is inhaled to treat bronchial complaints.  <b>Wildlife:</b> Butterflies, hummingbirds and bees eat nectar. Useful to keep deer from eating garden.</p>
	<p><b>Carpenter's Square</b> <i>(Scrophularia marilandica)</i></p> <p>Flowering Time: July-October</p>	<p>Figwort</p>	<p><b>Height:</b> 2-8’  <b>Stem:</b> Four-sided, square.  <b>Leaves:</b> Egg shaped, coarsely toothed, long stalked.  <b>Flower:</b> Very small, sac-shaped, arranged in clusters. Greenish-brown with magenta interior.  <b>Location:</b> Woods and thickets.</p>	<p><b>Medicinal:</b> Once used as a tonic for fever and “female complaints” the plant is no longer recommended for self-medication as it is toxic in sufficient doses.  <b>Wildlife:</b> Used by native bees.</p>
ORANGE FLOWERS				
	<p><b>Butterfly Weed</b> <i>(Asclepias tuberosa)</i></p> <p>Flowering Time: July-September</p>	<p>Milkweed</p>	<p><b>Height:</b> 1-2’  <b>Stem:</b> Hairy.  <b>Leaves:</b> Lance-shaped or narrow, 2-5” long.  <b>Flowers:</b> Bright orange flowers arranged in umbels (large flattened heads made up of many stalked flowers that originate from a common point on the stem (like an umbrella) ).</p>	<p><b>Medicinal:</b> Root used to treat pleurisy and other lung disorders. This plant contains toxins and must be used carefully.  <b>Wildlife:</b> Attracts butterflies and hummingbirds.</p>

## BLUE-SHADED FLOWERS

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Smooth Aster</b> (<i>Aster laevis</i>)</p> <p>Flowering Time: August-October</p>	<p>Aster</p>	<p><b>Height:</b> 3’  <b>Leaves:</b> Thick and smooth to the touch. Leaf edges are mostly unserrated.  <b>Flowers:</b> ¾-1” wide, blue or violet rays.  <b>Location:</b> Dry fields and open woods.</p>	<p><b>Medicinal:</b> Roots were chewed for toothaches, boiled root tea used for fevers.  <b>Wildlife:</b> Attracts birds and butterflies. Larval host plant for Pearl Crescent butterfly.</p>
	<p><b>Sky Blue Aster</b> (<i>Aster oolentangiensis</i>)</p> <p>Flowering Time: August-October</p>	<p>Aster</p>	<p><b>Height:</b> 1 ½-3’  <b>Leaves:</b> Alternate leaves become shorter and narrower as they go up the stem. Upper leaves 1 ¼” long, lower leaves larger – around 3 ¾ “ long. Only lower and middle leaves are stalked.  <b>Flowers:</b> Individual flowers are grouped in a panicle (group of flowers forming flattened head) ½ - 1 ½’ long.  <b>Location:</b> Open areas.</p>	<p><b>Wildlife:</b> Nectar used by butterflies and native bees.</p>
	<p><b>Blue Vervain</b> (<i>Verbena hastata</i>)</p> <p>Flowering Time: July-September</p>	<p>Vervain</p>	<p><b>Height:</b> 2-4’  <b>Leaves:</b> Lance-shaped, coarsely toothed.  <b>Stem:</b> Four-sided, hairy with whitish hairs.  <b>Flowers:</b> Small flowers (1/6-1/3” wide) arranged in a spike. Blue-purple colour. Usually only a few flowers in flower on spike at a time.  <b>Location:</b> Moist fields, can tolerate wet soil.</p>	<p><b>Medicinal:</b> Used to treat depression, headaches, cramps, jaundice, coughs and fevers.  <b>Wildlife:</b> Nectar used by butterflies and bees. Larval host for Common Buckeye butterfly.</p>

## BLUE SHADED FLOWERS continued

PICTURE	NAME	FAMILY	DESCRIPTION	FIRST NATIONS & WILDLIFE USES
	<p><b>Narrow-Leaved Vervain</b> (<i>Verbena simplex</i>)</p> <p>Flowering Time: Late May-September</p>	<p>Vervain</p>	<p><b>Height:</b> 1-2'  <b>Leaves:</b> Narrow, lance-shaped, tapering to base. Opposite arrangement.  <b>Flowers:</b> Small flowers (1/6-1/3" wide) arranged in a spike. Blue-purple colour. Usually only a few flowers in flower on spike at a time.  <b>Location:</b> Dry fields.</p>	<p><b>Wildlife:</b> Nectar used by butterflies. Plant is a larval host for Common Buckeye butterfly.</p>

### WHY PLANT NATIVE?

Our native biodiversity - or variety of life – is threatened. Plants and other organisms that have existed in North America for thousands of years are now disappearing due to alien species introduced knowingly or unknowingly by us. These alien invasive species from Asia, Africa and Europe have the advantage of a brand new environment with no controlling agents such as predators or herbivores. Some invasive species have adaptations, such as the fungus killing toxins called glycosinolates secreted by garlic mustard *Alliaria petiolata* (see Glossary). Glycosinolates kill the native fungi that normally exist in a symbiotic – or mutually beneficial - relationship with our native trees, shrubs and plants. This affects our native plants' abilities to take in vital water and nutrients which are provided by the fungi, resulting in the disappearance of many native forest species.

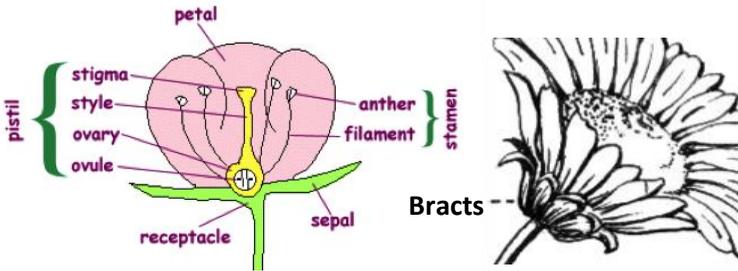
Planting native species helps to re-establish the plants as well as the food and shelter they provide for native wildlife. Seeds from our native gardens can be gathered and spread over suitable areas. The plants themselves can be transplanted to areas where they once existed and flourished. Scientists are now discovering that once garlic mustard establishes a large colony, it slows its production of glycosinolates. This is good news! We may be able to re-establish native plants along with the fungi they require, but we need to have the proper native plants ready to go.



**This is where you come into the picture!**



# GLOSSARY OF TERMS



Parts of a flower



Garlic Mustard



Style



Spike



Lobed



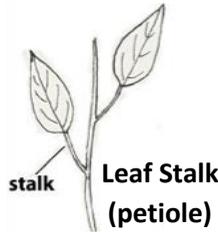
Toothed



Simple



Compound



Stalked



Stalkless (sessile)



Opposite



Alternate



Whorled



Basal Rosette