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# Bee Balm

## (*Monarda didyma*)



- Bee balm is native to the eastern US, but has escaped cultivation in the northeast US and eastern parts of Canada and is found in New Brunswick.
- The dense, rounded, head-like cluster of bright red, tubular flowers attract bees, butterflies and hummingbirds.
- Cultivars are available with flowers in shades of pink, purple and white .
- It grows in moist soils, thickets and along streambanks.
- It has become a very popular garden plant.

### Interesting Facts

- Bee balm is also called Oswego Tea, after the Oswego people of New York, who used the leaves to brew a refreshing medicinal tea (used to treat a variety of ailments). Early settlers used it as substitute for regular tea.

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# Black-eyed Susan

*(Rudbeckia hirta)*



- This member of the sunflower (Aster) family blooms in shades of yellow or orange with a dark centre seed head
- Butterflies, bees and hummingbirds are very fond of its delicious nectar.
- It loves the sun, can grow almost anywhere, and is often found along roadsides and in meadows.

## Interesting Facts

- This flower can be in bloom from June to October!
- It's usually a biennial, but self-seeds readily.
- Like Echinacea, this flower is referred to as a coneflower because of the dome-shaped cone in the centre of the flower.
- Black-eyed Susans traditionally symbolize justice.

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# Bloodroot

*(Sanguinaria canadensis)*



- Bloodroot is a shade-loving woodland plant.
- The delicate flowers, with 8-12 white petals and yellow stamens, last for only a few days in spring.
- The single leaf has a distinctive lobed shape.
- Pollinated by small bees and flies.
- Ants disperse the seeds.

- Bloodroot's name comes from its red rhizome and bright orange/red sap.

## Interesting facts

- The plant is poisonous (do not eat!) and the sap may cause skin and eye irritation (it is a member of the poppy family).
- North American indigenous peoples used bloodroot for ailments, such as asthma, bronchitis, and fevers.
- Members of the Ponca tribe used it as a love charm.

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# Blue Flag Iris

## *(Iris versicolor)*

- This native wild iris has large, showy, blue to purple flowers with yellow and white streaking towards the centre.
- Flowering from June to July, it attracts bumblebees, moths, butterflies, hummingbirds and other pollinators.
- The long, gray-green, sword-shaped leaves emerge from thick rhizomes, which spread to form dense clumps of plants in wet areas.
- Blue Flag Iris grows in wet woods and meadows and along shorelines of lakes and rivers.



### Interesting Facts

- Although it is poisonous, First Nation peoples used the plant to alleviate many ailments and also used the leaves for weaving baskets and mats.
- Blue Flag Iris is the provincial flower of Quebec.

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# Canada White Violet

## *(Viola canadensis)*

- Canada white violet is a leafy-stemmed perennial with white flowers with a yellow 'throat'. Sometimes the flowers have purple streaks. The backs of the petals are pale purple.
- The leaves are heart-shaped, with coarse, rounded teeth.
- Canada white violet is normally found in deciduous woodlands, often growing in clusters.



- It attracts all types of bees, as well as flies and butterflies!

### Interesting Facts

- Canada white violet has larger flowers than our other white violets.
- In the forest, animals that sometimes feed on these plants include White-tailed Deer, Eastern Chipmunk and Wood Turtle.
- Although it is abundant in parts of its geographic range, it is very rare in New Brunswick.

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# Celandine Poppy

(*Stylophorum diphyllum*)



Photo: Jon MacNeill



Photo: Olivia DeYoung

- Celandine Poppy produces deep yellow flowers with 4 petals.
- It attracts bumblebees, butterflies, moths and other pollinators.
- Ants take the seeds back to their colonies to feed their larvae, dispersing some of them along the way.

## Interesting facts

- Members of the poppy family are characterized by the production of latex.
- The Celandine Poppy is listed under Ontario's Endangered Species Act, which protects the plant and its habitat (it is not native to New Brunswick).

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# Common Columbine

## *(Aquilegia vulgaris)*



- Common Columbine is a short-lived, but self-seeding, woodland perennial, with dainty bell-shaped flowers, native to Europe.
- While usually blue in the wild, hybrids exist in colours ranging from purple to pink to white. Bi-colour varieties are also popular.
- It has naturalized in some areas of eastern North America and is often found around old homesteads and abandoned gardens.
- The bell-shaped flowers are a favourite among hummingbirds, but also attract butterflies and bees.

### Interesting Facts

- Its names refer to birds – ‘Columbine’ means ‘like a dove’ (the flowers looking like five doves clustered together), while ‘Aquilegia’ means eagle in Latin (the shape of the petal spurs resembling an eagle’s talons) – one flower, two very different birds!

# Echinacea

(*Echinacea spp.*)



- Echinacea is a group of 9 species of plants in the daisy family, commonly referred to as purple coneflowers.
- They have leaves that are hairy with a rough texture, and large showy flowers, most often purple.
- They attract butterflies, bees, moths, and a variety of other pollinators.
- Birds are attracted to the seeds.



## Interesting facts

- ‘Echinacea’ is from the Greek word meaning ‘sea urchin’, referring to the spiny central disk of the flower.
- Echinacea species were widely used by North American native peoples for their medicinal qualities.
- European settlers quickly adopted the medicinal uses and Echinacea remains a popular a herbal remedy today.
- Echinaceas are native to North America, but not to NB. They are commonly grown here for their beauty and to attract pollinators.



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# False Solomon's Seal

*(Maianthemum racemosum)*



- This distinctive native woodland plant can grow to 90cm tall.
- Its zig-zagging stems end in clusters (racemes) of feathery creamy white flowers in spring.
- Bees, butterflies, flies and beetles pollinate False Solomon's Seal.
- The small, round fruit are green to start, turning speckled, and then red by late summer.
- The seeds are eaten by woodland birds and mice.



## Interesting facts

- Although this plant looks similar to the plant known as Solomon's Seal, the latter has bell-like flowers that dangle in pairs along the length of the stem, rather than in a cluster at the end.
- Aboriginal peoples and settlers have used this plant as a medicinal herb and some parts can be eaten.

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# Goldenrod

(*Solidago* spp.)



photo: Nadine Ives

- There are about 100 to 120 species of goldenrods, with about 14 species in New Brunswick!
- The plants have plumes or clusters of small yellow flowers.
- Groups of flowers usually include between 2 and 35 individual flower discs, but up to 60 in some species.
- The plants are an attractive source of nectar for bees, flies, wasps, and butterflies.

## Interesting facts

- Native North Americans chewed the leaves to relieve sore throats and the roots to relieve toothaches. The leaves and flowers can also be used for herbal teas.
- The plant is often unfairly blamed for causing hay fever (the culprit is usually ragweed, which flowers at the same time).
- Goldenrods are often viewed as weeds here, but are popular garden plants in other parts of the world (and have become invasive in some areas where they do not grow naturally.)

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# Lanceleaf Coreopsis

## *(Coreopsis lanceolata)*

- Lanceleaf Coreopsis, also called Lanceleaf Tickseed, produces sunny yellow flowers in late summer.
- It grows best in well-drained soils and full sun, and does well in areas with poor, dry soils.
- It is an excellent nectar plant, visited by sweat bees, syrphid flies, bumblebees, and other insects. Birds enjoy the seeds.



### Interesting Fact

- Both the Latin name, *Coreopsis*, and the common name 'tickseed', refer to the seeds, which resemble a bug or tick in shape.

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# Large-leaved Aster

*(Eurybia macrophylla)*



- Found in forested areas, Large-leaved Aster is named for its large, heart-shaped basal leaves, which are rough to the touch and have coarse toothed margins.
- The large white to pale blue/violet flowers bloom late summer to autumn, although large colonies with only a few flowering plants are commonly found.
- Butterflies, bees, wasps, flies, beetles and other insects all enjoy these flowers.

## Interesting fact

- The young leaves can be cooked and used as a vegetable. The older leaves are not used because they become too tough.

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# Lily of the Valley

(*Convallaria majalis*)



- Lily of the Valley is a popular shade garden plant, introduced from Europe.
- Its delicate, dangling, white, fragrant flowers are a sign of spring.
- It forms large colonies by spreading underground stems (rhizomes).
- It has escaped gardens in some areas and can be found in some woods.

## Interesting Facts

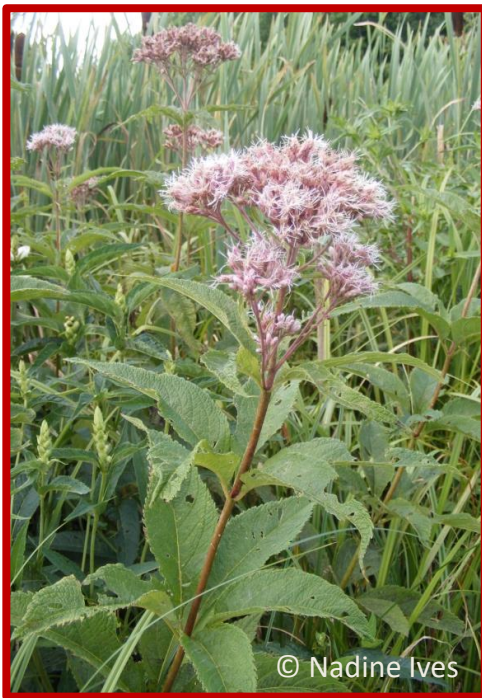
- Lily of the Valley is highly poisonous to humans and cats and should NOT be eaten!
- Because it may spread into natural areas, we recommend not planting this flower near woods. Instead, you may want to encourage the native Wild Lily-of-the-Valley (*Maianthemum canadense*).

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# Joe Pye Weed

## *(Eutrochium maculatum)*

- Joe Pye Weed is an impressive native flowering plant, common on low, moist ground and in ditches.
- The large, flat topped flower heads in varying shades of purple appear in mid-summer and last through fall.
- The tall (up to 1.8m) stems are purple, or green with purple spots.



- The dark green leaves are in whorls.
- The plants are an attractive source of nectar for butterflies and bees.



### Interesting facts

- Joe Pye, a First Nations healer from New England, used this plant to treat a variety of ailments, which led to the common name.
- A similar species with white flowers and leaves that wrap around the stem is also native to NB. It is commonly called Boneset, although it was used to treat fevers.

# May Apple

(*Podophyllum peltatum*)



- A spring-flowering woodland plant that spreads primarily through underground stems (rhizomes).
- Two deeply-lobed umbrella-like leaves shelter a single white flower arising between the two leaf stalks.



- The green fruit matures to yellow or red, and gives the plant its common name (although the flower appears in May; the 'apple' later).

### Interesting facts

- Like many plants, May Apples depend on *mycorrhizae* to assist with nutrient uptake.

- *Mycorrhizae* (meaning 'fungus roots') are a symbiotic (mutually beneficial) association of a fungus and the plant roots.
- May Apple is not native to NB, but is found nearby in other provinces and northeastern United States

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# Milkweed

(*Asclepias syriaca*)



- The pink to purple flowers of milkweed plants bloom from May to August; the leaves are broad with velvety undersides.
- Milkweeds are an important source of nectar for bees, wasps, butterflies, and many other pollinators.
- Pollen in these plants is packaged in 'pollen sacs' called pollinia. The feet or mouthparts of visiting pollinators hook the pollinia and pull them off the flower when the pollinator flies off.
- These are among the most complex flowers in the plant kingdom.

## Interesting Facts

- Milkweeds contain a white latex sap that contains alkaloids and other compounds, making it toxic to most herbivores.
- Monarch caterpillars are not only able to eat the plant, but incorporate the toxins for their own chemical defense, making them distasteful to potential predators.
- Milkweeds are the only type of plant on which Monarch butterflies lay their eggs.



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# New England Aster

*(Symphyotrichum novae-angliae)*



- A large, showy perennial, growing up to 2m in height.
- The hairy leaves are arranged densely around the stem.
- Purple flowers with orange-yellow centers bloom at the tips of leafy branches.
- A source of nectar for butterflies, moths, and a variety of other pollinating insects. It is a good autumn source of nectar.

## Interesting Facts

- Numerous cultivars of this attractive species have been developed and it has been introduced to many areas beyond its natural range, including Europe.

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# Red Trillium

(*Trillium erectum*)



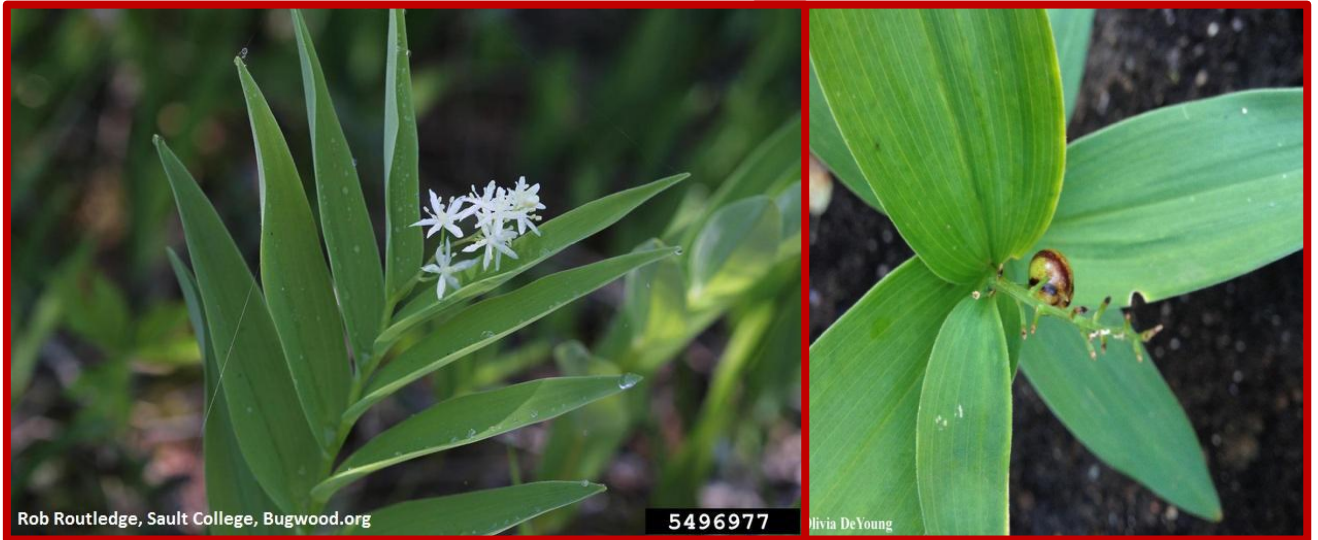
- Red Trillium is a perennial woodland plant, flowering April to June.
- It can grow to 40cm in height, and has a single, deep red flower with 3 petals, growing above a trio of pointed leaves.

## Interesting Facts

- Flies are the primary pollinators of Red Trilliums - they are attracted to the smell of the flowers, which resembles rotting meat.
- Red Trilliums are also called “Stinking Benjamin” because of the smell of the flowers.
- Most spring-flowering woodland plants are long-lived perennials that take several years to build up enough energy stores to produce flowers.
- Trilliums should never be picked because the plant will die if picked before the leaves have manufactured enough food for storage in the underground rhizomes until the following Spring.

# Starry False Solomon's Seal

*(Maianthemum stellatum)*



- A native woodland perennial with an arched stem bearing a cluster of small, delicate, white flowers in spring.
- The flowers attract bees, flower flies and tachinid flies.
- The fruit is green at first, with dark stripes, turning ruby red by late summer.
- The fruit is eaten by songbirds and mice.

## Interesting facts

- The young stems and leaves are edible, as are the berries, but always take care when eating wild edibles.

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# Swamp Curreant

## *(Ribes lacustre)*

- This native shrub is often found in moist habitats near streams.
- Branches are covered with small, sharp prickles and are cinnamon coloured. The flowers are reddish in colour and shaped like a shallow saucer.
- The fruit consist of hanging clusters of dark purplish berries, which are covered with bristly glandular hairs .



### Interesting Facts

- Bees, butterflies and birds all enjoy this plant's fragrant flowers.
- The berries are edible, but their flavour is described as pleasant to insipid.

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# Swamp Milkweed

*(Asclepias incarnata)*



- Swamp Milkweed grows in wet areas and has deep pink-magenta flowers.
- It attracts many butterflies and other pollinators with its nectar.
- Like Common Milkweed, Swamp Milkweed is host to Monarch butterflies, which lay their eggs on the leaves.
- Monarch larvae feed on and then pupate on milkweed leaves.

## Interesting Facts

- Swamp Milkweed is a good garden plant as it doesn't spread as aggressively as Common Milkweed can.
- It has a milky latex sap with numerous toxins.

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# Trumpet Honeysuckle

## *(Lonicera sempervirens)*

- The bright red to pinkish, tubular flowers are produced in clusters of several groups of three.
- This plant is a climbing vine, but does not aggressively take up a lot of space.
- It is native to the eastern US, but not New Brunswick.



### Interesting Facts

- This plant is a favourite of Ruby-throated hummingbirds, who are attracted to the red, trumpet-shaped flowers
- The fruit produced attracts quail, purple finch, goldfinch, hermit thrush and American robin.
- Parts of this plant have been used for medicinal purposes ,such as the leaves for bee stings and sore throats.

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# Virgin's Bower

## *(Clematis virginiana)*

- A native vine related to the popular garden Clematis.
- Its small white flowers bloom from July to September and are faintly sweetly fragrant.
- It grows in full sun and light shade, on the edges of woods, in fence rows, in thickets, and along streambanks.



### Interesting Facts

- This species has separate male and female plants.
- The male plants have somewhat showier flowers, but don't produce seeds.
- It may be most easily noticed in fall when the female plants have masses of silvery, silky, feathery seed heads.

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# Wild Ginger

(*Asarum canadense*)



- Wild Ginger is locally common in rich, deciduous woods.
- Its creeping stem/rhizome roots along its length.
- The maroon flowers are inconspicuous, hidden below the leaves.
- Pollinated flowers develop into a pod, which opens when ripe to reveal seeds with fleshy 'wings' that are eaten by ants, who disperse the seeds.

## Interesting facts

- The plant is called Wild Ginger because the rhizome smells and tastes like Ginger root, although the two are not closely related (and it's not a good idea to eat Wild Ginger).
- It was thought to be pollinated by flies, but it's now thought to be almost entirely self-pollinated.



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# Yarrow

*(Achillea millefolium)*

- Yarrow has fine, feathery, highly-dissected leaves that are fragrant and smell spicy.
- Small, white flowers appear in dense, flattened clusters from mid-July to September.
- These plants are an attractive source of pollen and nectar for butterflies and other insects.
- Very common in fields and along roadsides. Cultivated varieties come in a range of colours.



## Interesting Facts

- Yarrow in New Brunswick is a complex of native and introduced plants (from Europe) that hybridize and intergrade with one another.
- It has a long history of use as a medicinal herb in both Europe and North America.

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# Ruby-Throated Hummingbird

## *(Archilochus colubris)*

- There are five species of hummingbirds found in Canada; the Ruby-Throated hummingbird is the most common and is the only species found here in New Brunswick.
- The males are mainly green with a red patch on their throat; the females look similar, but with no red patch.



- They are especially attracted to red flowers and trumpet-shaped flowers into which they can reach with their long beaks and tongues.
- They also eat insects (catching them in mid-air) and spiders.
- Their nests are the size of a large thimble.

### What can you do to help?

- Hanging baskets and garden plants with the flowers they enjoy will attract hummingbirds to your garden. Be sure to get flowers that have ample nectar (many newer cultivars don't).
- They also will appreciate a source of water - a birdbath or other water feature.