

✓	COMMON NAME
	Downy Yellow Violet
	Foamflower
	Fringed Polygala
	Goldthread
	Jack-in-the-pulpit
	Naked Mitrewort
	Nodding Trillium
	Northern Blue Violet
	Northern Sweet Coltsfoot
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More Information:

Look for other brochures prepared by Ontario Wildflower or check the web site:

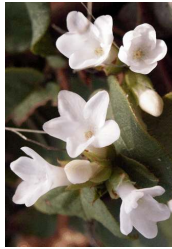
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Trailing arbutus

Epigaea repens - Native.

This early spring flowering plant is one of the most aromatic. The Puritans named the Trailing Arbutus the "Mayflower" in remembrance of the ship that carried them to the New England after a long and severe winter. (April - May).



White Trillium

Trillium grandiflorum - Native.

This is the floral emblem of Ontario. The whole plant dies down and disappears after flowering.



Before you pick a flower, remember that it may take up to 5 years for the seed to germinate and the plant to flower. (April - May).

Nodding Trillium

Trillium cernuum - Native.

The flowers of Nodding Trillium are easy to miss because they are hidden beneath the leaves. Nodding Trillium prefers moist woods (May - June).



Trout Lily

Erythronium americanum - Native.

Trout Lily forms a colony of 1-leaved sterile shoots with no flowers and a few 2-leaved fertile plants with flowers. The mottled leaves resemble the skin pattern of a brook trout. The Trout Lily is pollinated by ants. After a seed is planted, it takes up to 7 years for a mature plant to grow and flower. (May - June).



Northern Blue and Northern White Violet

Viola septentrionalis and *Viola pallens* - Native.



The leaves and flowers are edible and contain much more Vitamin C as an equal portion of oranges. It is said that when violets appear in your dreams, fortune is not too long away. (May - June).

Naked Mitrewort

Mitella nuda - Native.

This plant occurs in moist, organic-rich hardwood or conifer swamps, and floodplains. It commonly in moss around tree stumps or in small moist depressions on the ground. (May - June).



Ephemeral Forest Wildflowers and Other Flowering Plants

Killarney and Sudbury Area



Trout Lily

Spring
(April - May)

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Northern Sweet Coltsfoot

Petasites frigidus - Native.

This is one of the earliest plants to flower; the flowering stems appear before leaves emerge.



What appear to be flowers are actually clusters of florets, modified true flowers. All parts of the plant have a sweet celery-like scent. (May)

Foamflower

Tiarella cordifolia - Native.

Foamflower grows by underground stolons instead of runners. The plant name comes from the Greek word *tiara*, meaning small crown, referring to the



fruit's shape. The plant is high in tannin. Native Americans made leaf tea to cure mouth sores and eye ailments. Root tea was used to treat diarrhea and a poultice for topical wounds. (May - June).

Fringed Polygala

Polygala paucifolia - Native.

It occurs in clusters that resemble a flock of butterflies. The plant keeps one fertile flower buried on a stem used for propagation. It was thought that, if eaten by nursing mothers or fed to cows, it would increase milk production. (May - June).



Goldthread

Coptis trifolia - Native.

Goldthread rootstalk is bright yellow in colour and looks like a bit of golden wire. Native Americans chewed roots to treat mouth sores and made tea from the roots to treat mouth sores. The name *Coptis* means "cut", referring to the divided leaves. (June - July).



Round-leaved Hepatica

Hepatica americana - Native.

This is one of the early spring wildflowers. It has no petals! The flowers appear before the leaves. The hairy stems help keep the plant warm when the spring temperatures drop to freezing. The leaves were thought to resemble the human liver, hence the Latin name, *Hepatica*. (April - May).



Jack-in-the-pulpit

Arisaema triphyllum - Native.

Jack-in-the-pulpit can alternate its sex from year-to-year depending on the nutrients available in the soil. The tiny flower is hidden inside a green- and purple-striped, tube-shaped bract that curls to form a funnel with a broad, pointed cap. The "jack" is a fleshy green spike



inside the bract. The most noticeable part is the "pulpit", which is a modified leaf that wraps around and hides the flower. (May - June).

Pink Lady's Slipper

Cypripedium acaule - Native.

The orchid lives in a special relationship with soil fungi that help the seeds germinate and grow. The fungi nourish the seedling for



2 or 3 years before the plant has leaves large enough to sustain itself by photosynthesis. Because of this special relationship, it is virtually impossible to transplant this wildflower into your garden. Please leave it in the wild. Lady's Slipper plants can take years to mature, and their average life span is about 20 years. That is a good reason NOT to pick the flowers. (May - July).

Rose-twisted Stalk

Streptopus roseus - Native.

It is distinguished from False Solomon's Seal by the alternate leaves on the zig zag stem and the single flower. The name *Streptopus* comes from the Greek word *streptos* meaning "a twisted foot, easily bent or twisted" and *roseus*, from the



Latin, "rose coloured". (May - June).

Spring Beauty

Claytonia Virginica - Native.

Spring Beauty is one of the earliest spring wildflowers. After it flowers, the entire plant disappears by early summer until the following spring. It grows from tiny tubers. The flowers close at night or during storms or during cloudy weather. (April - May).



Downy Yellow Violet

Viola pubescens - Native.

This is one of the early spring wildflowers. Violets are so successful in part because they have the ability to ballistically scatter their seeds over long distances. This happens when the three sides of each fruit dry, slowly squeeze shut, and shoot out the seeds over a period of an hour or more. The downy yellow violet scatters its seeds up to five meters away. It prefers rich, moist slopes in wooded areas and moist hardwood forests. (May - June).

