

✓	COMMON NAME
	Bush Honeysuckle
	Cow-wheat
	Green-leaved Rattlesnake Plantain
	Helleborine
	One-sided Pyrola
	Partridgeberry
	Pinesap
	Pipsissewa
	Shinleaf or Pyrola
	Small Purple-Fringed Orchid
	Tall White Lettuce
	Wintergreen
	Wood lily

More Information:

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Small Purple-Fringed Orchid

Platanthera psycodes - Native.

This orchid occurs in moist open areas such as wet forest edges, stream and river banks, roadside ditches, and moist meadows. It occurs in forests and swamps where the soil is moist and highly organic. (July - August).



One-sided Pyrola

Pyrola secunda - Native.

One-sided Pyrola, a member of the Wintergreen Family, occurs in cool, moist, shady forests with a humus-rich soil, but can also occur in dry soil, shade. The species name *secunda* describes the one-sided (secund) arrangement of flowers. (June - August).



Wintergreen

Gaultheria procumbens - Native.

A traditional remedy for aching limbs, fever, sore throats, and sore stomach. The leaves have a menthol flavour, were a substitute for imported tea, and to flavour chewing gum and toothpaste. Wintergreen oil in the leaves contain methyl salicylate, a pain-relieving compound. (June -



July).



Shinleaf or Pyrola

Pyrola elliptica - Native.

Shinleaf prefers cool, shady sites with humus-rich, moist soil. It can grow in full shade (deep woodland), semi-shade (light woodland), or in full sun.

Shinleaf is a common species of *Pyrola*. Like other members of the Wintergreen Family, Shinleaf leaves contain a drug similar to aspirin; leaves have been used as a plaster on bruised limbs to reduce pain - hence the name. The name "Shinleaf" is derived from the early use of the leaves to make plasters for injured shins. (June - August).



Mid to Late Summer Forest Wildflowers and Other Flowering Plants

Killarney and Sudbury Area



One-sided Pyrola

Mid- to Late Summer (July - August)

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Pipsissewa

Chimaphila umbellata - Native.
Pipsissewa, or Prince of Pine, is a member of the Wintergreen Family. The name *Chimaphila* means "winter-loving", referring to the evergreen leaves. Pipsissewa was used for medicinal purposes. The name Pipsissewa comes from the Cree word, *pipsisikweu*, meaning "it breaks into small pieces", a reference to its use for the treatment of gall and kidney stones. Extracts from the leaves were used to make the root beer drink. (July - August).



Wood lily

Lilium philadelphicum - Native.
The Wood Lily occurs in the wooded areas close to the transition zone between the forest and adjacent open area. Wood Lily is the floral emblem of Saskatchewan. There are actually 3 petals and 3 sepals on the flower, even though it appears to have 6 petals. (June - August).



Cow-wheat

Melampyrum lineare - Native.
This is a small woodland annual that is a partial root parasite. The generic name is derived from the Greek *melas* (black) and *pyros* (wheat) because



the seeds turned bread to a black colour when mixed with other grains. The name of Cow-wheat is derived from the belief during the Middle Ages, that the small seeds could be changed into wheat. (June - August).

Partridgeberry

Mitchella repens - Native.

Partridgeberry is a trailing or creeping evergreen herb. It grows on a variety of dry or moist soil types in woods or on rocky outcrops.

Partridgeberry grows in semi-shade or full sun. The white, fragrant, tubular flowers occur in pairs. (June - July).



Helleborine

Epipactis helleborine - Native.
This orchid occurs in a mixed dry to moist forest. It tolerates rocky soil. It originated from Europe where it was used for medicine. It has escaped from domestic gardens into the wild. (July - September).



Green-leaved Rattlesnake Plantain

Goodyera oblongifolia - Native.

This member of the orchid family occurs in dry to moist coniferous and deciduous woods. The single main white vein on the leaves of the Green-leaved Rattlesnake Plantain differs from the mottled and many white-veined leaves of the Rattlesnake Plantain. (July - September).



Pinesap

Monotropa hypopithys - Native.

Pinesap has no real leaves, just scales. Pinesap plants that bloom in summer tend to be yellow. Those that bloom in fall are reddish. Pinesap, like its relative Indian Pipe, has no chlorophyll so it does not get energy from sunlight. Pinesap is saprophytic. That is, it gets nutrients from organic matter in the soil, including roots of other



plants. (July - August).

Tall White Lettuce

Prenanthes alba L. - Native.

Some *Prenanthes* roots were once used as a remedy for snakebite, hence the alternate name "Rattlesnake root". There are several species of Rattlesnake-roots, all of which have drooping flower heads, distinctly lobed leaves, and milky juice. (July - September).



Bush Honeysuckle

Diervilla ionicera - Native.

This shrub occurs in dry soil in sandy or rocky woods, on cliffs, and in open pastures. It is distinguished from other Honeysuckles of the *Lonicera* genus by its toothed leaves. The flowers are adapted for pollination by bumblebees and hawkmoths. (June - July).

