

Common Name	Genus/species	Description	Traits (Note that herbal and edible traits need to be checked fully before use)
Sweet Flag	<i>Acorus americanus</i>	One of our favourite plants! The North American species of Calamus, it was thrown at the feet of royalty and when crushed the leaves emit an aromatic citrus, cinnamon smell. The flower head blooms in spring and is pale yellow and phallic-like.	Herbal, Edible, Wildlife, Native Americans have used small pieces of dried root to sweeten breath, reduce tobacco cravings and keep the throat moist. The roots have been candied and used to flavour food and drink. The inner portion of new shoots of Sweet Flag can be eaten fresh in salads. Caution do not confuse with poisonous Iris. Sweetflag has also been traditionally used in potpourri and as a fixative for additional scents. The leaves have also been woven into wreaths adding a lovely sweet spicy scent. Sweet Flag is also known as "muskrat root" because the muskrat does like to feast on its roots.
Fennel Giant Hyssop	<i>Agastache foeniculum</i>		
Broadleaf Water Plantain	<i>Alisma triviale (plantago-aquatica)</i>	The large green leaves are both beautiful and functional as an oxygenator. An open head of fine white flowers produces lots of seeds for wildlife in the fall. Great for the water garden or pond.	Herbal, Wildlife, Oxygenator, Broadleaf Water Plantain was used medicinally by Native Americans to help kidney and lung conditions. Plantain is good as a poultice for minor cuts, bruises and insect bites. It has been said that eating plantain seed may keep the mosquitoes away. Water Plantain leaves have been known to be an occasional snack for moose and ducks. Oxygenators produce oxygen as a by product of photosynthesis.
Nodding Wild Onion	<i>Allium cernuum</i>	The attractive nodding pink flowers and upright dark green foliage add a unique dimension to any garden. Tastes of onion.	Herbal, Edible, The bulbs, tender leaves (before flowering) and bulblets (after flowering) of Nodding Wild Onion are entirely edible. They can be eaten raw or cooked alone, used in salads, stews, or pickled. Native Americans used Nodding Wild Onion bulbs to treat colds, fevers, colic and croup. The bulbs were also used in a poultice to put on the chest for bad chest colds and lung ailments.
Beach/Marram Grass	<i>Ammophila breviligulata</i>	This species is a primary sand dune stabilizer and can be buried up to a metre by shifting sand and still survive. Although, it does not tolerate compaction by foot or vehicle traffic.	Stabilizes sand dunes, Marram Grass spreads by underground rhizomes. It possesses taproots up to thirty feet long and is key to stabilizing beaches and sand dunes. Beach grass's seeds are also a food source for many songbirds.
Pearly Everlasting	<i>Anaphalis margaritacea</i>	The delicate white flowers bloom in the fall making a great dried flower. The leaves are furry.	Dried Flower, Herbal, Pearly Everlasting is an excellent choice for dried flower arrangements. Native Americans use it as a tea for colds and sore throats. It is also used as a poultice for burns sores and bruises.
Big Bluestem	<i>Andropogon gerardii</i>	The dominant grass of Tallgrass Prairie in Ontario. It is a soil builder that roots deeply into the soil to get water and nutrients in times of drought. The seed head resembles a Turkey's foot giving it its other common name.	Prairie Dominant, Herbal, About 200 years ago you would have seen endless fields of this prairie species. It is a truly unique experience to walk through a field of Big Bluestem which reaches heights up to eight feet tall. Big Bluestem is a nutritious forage for livestock, excellent for restoring land and boosting its fertility. Songbirds also enjoy its seeds. Native Americans used this plant medicinally as a diuretic and general tonic.
Canada Anemone	<i>Anemone canadensis</i>	An excellent groundcover in shady areas. The 2 cm white flowers bloom for a long time in the spring.	Groundcover, Herbal, Canada Anemone is an excellent choice for a groundcover as it will spread readily. It has astringent properties and has been used by Native Americans historically for wounds, and minor skin irritations. Caution; anemone is a member of the buttercup family and does contain caustic irritants.
Thimbleweed	<i>Anemone virginiana</i>	The seed head looks like a thimble. It has white flowers in the spring and attractive leaves.	Herbal Anemone virginiana has also been used as an expectorant, astringent and used as a poultice for boils. Caution, it has been noted to possess irritating compounds.
Hemp Dogbane	<i>Apocynum cannabinum</i>	This fibrous plant can be used to make rope. The pink flowers are in pairs and produce a pair of thin milkweed-like pods.	Rope, Poisonous, Hemp Dogbane has been used for making fibre and for rope. Historically used in small doses for heart ailments by Native Americans but has been found to be poisonous as it contains toxic heart-affecting compounds.
Beech Wormwood	<i>Artemisia campestris</i>	The silvery green leaves make this an interesting addition to a dry garden.	Medicinal, Tall Wormwood is also known as Sagebrush because its scent is similar to sage. It has been used by Native Americans for various lung ailments, for expelling worms and for colds. It has also been used as a poultice for minor skin conditions. Warning this plant has been known to cause allergic reactions.
Swamp Milkweed	<i>Asclepias incarnata</i>	The pink flower clusters are a big hit with the butterflies! We find that Monarch larvae like it better than the common milkweed.	Herbal, Wildlife, Swamp Milkweed had been used historically as a general tonic, laxative, diuretic, worm expellant and as a purgative. Caution; can be toxic. Native people would use its fibres to make twine. Swamp Milkweed is very attractive to hummingbirds, Monarch and Viceroy butterflies.
Sullivant's Milkweed	<i>Asclepias sullivantii</i>	The pink flowers are on top of the v-shaped smoothed leaves.	
Common Milkweed	<i>Asclepias syriaca</i>	One of the larval host plants for the endangered Monarch Butterfly. It makes an attractive addition to the garden but can spread rhizomatously. The pink flowers bloom in the summer in dry or mesic soil.	Herbal, Edible, The young shoots of Common Milkweed can be boiled as greens and flowers can be dipped in batter and fried. Caution this plant may be easily confused with other milkweeds and dogbanes which are not safe to ingest. The silky down from the seed pods of all milkweeds have been used for stuffing pillows and cushions when other materials were scarce. Caution; most other milkweeds are poisonous be sure to correctly identify.
Butterfly Milkweed	<i>Asclepias tuberosa</i>	The vivid orange of Butterfly Milkweed makes it an essential ingredient in a dry garden. In the summer the flowers attract a variety of butterflies.	Herbal, Poisonous, Butterfly Milkweed is also known as pleurisy root as it was historically used as a remedy for pleurisy and for other lung ailments. It has also been used as a poultice for bruises and swelling but potentially toxic in large quantities. The silky down from the seed pods has been used for stuffing pillows and cushions when other materials were scarce. Very attractive to hummingbirds, Monarch and Viceroy butterflies.
Heath Aster	<i>Aster (Symphyotrichum) ericoides var. ericoides</i>	The numerous small flowers vividly glow white on cloudy fall days. A great plant for dry areas.	Wildlife, Heath Aster is an important food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Smooth Aster	<i>Aster (Symphyotrichum) laevis var. laevis</i>	The light blue flowers of this short aster are great in a dry garden and it can take partial shade conditions. The basal leaves are blue/green and smooth.	Wildlife, Smooth Aster is an invaluable food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Northern Bog/Bog Aster	<i>Aster borealis/nemoralis</i>		
Heart-leaved Aster	<i>Aster cordifolius</i>	This woodland aster has clusters of pale blue flowers and the leaves are heart shaped. Perfect for shady gardens.	Herbal, Wildlife, Heart-leaved Aster was historically smoked in pipes to attract game by Native Americans. Pioneers began using it because of its sedative properties that were found to be similar to if not favoured over Valerian. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.

Calico Aster	<i>Aster lateriflorus</i>	This white aster is found in meadows and along woodland edges. This aster has a cluster of white flowers.	Wildlife, Calico Aster is a significant food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Large-leaved Aster	<i>Aster macrophyllus</i>	This dry woodland aster has large heart-shaped leaves and white to purple flowers. The leaves form a ground cover in deep shade.	Edible, Wildlife, The young shoots of Large-leaved Aster can be boiled and eaten. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
New England Aster	<i>Aster novae-angliae</i>	This large bushy aster has bright purple and yellow flowers in the fall and attracts many pollinators. It is very important to migrating monarchs.	Herbal, Wildlife, New England Aster was used in tea for fevers and for diarrhoea by Native Americans. It was also smoked in a pipe to attract game. Monarch butterflies and other butterflies depend on the nectar that asters provide especially during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Sky Blue Aster	<i>Aster oolentangiensis</i>	The light blue flowers of this short aster are great in a dry garden. The basal leaves are rough.	Wildlife, Sky Blue Aster is a vital food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Hairy Aster	<i>Aster pilosus</i>	This aster produces an abundance of white flowers in the fall. This bushy aster is good in the garden as well as in the wet meadow areas where it typically grows.	Wildlife, Hairy Aster is a key food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Swamp Aster	<i>Aster puniceus</i>	This mauve aster produces an abundance of flowers in the fall. This bushy aster grows well in wet meadow areas.	Wildlife, Swamp Aster is an essential food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Flat-topped Aster	<i>Aster umbellatus</i>	This early blooming aster has a flat topped umbel of white flowers and attracts many pollinators.	Wildlife, Flat-topped Aster is a significant food source for butterflies, moths and insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Arrow-leaved Aster	<i>Aster urophyllus</i>	This dry woodland aster has a cone of pale blue/white flowers and the leaves are arrowhead shaped.	Wildlife, Arrow-leaved Aster is an invaluable food source for butterflies, moths, insects and birds. Monarchs and other butterflies depend on the nectar that asters provide during their fall migration. Asters provide a small percentage of food supply and offer shelter for various game and song birds and other small mammals.
Nodding Bur-marigold	<i>Bidens cernua</i>	The nodding yellow marigold flowers of this plant brighten the edges of many water bodies in the fall. The stick tight seeds are eaten by many wildlife species.	Annual, Wildlife, Nodding Bur-marigold has pretty drooping yellow flowers which produce little burrs to help it spread its seed by attaching itself to unsuspecting people or animals. Nodding Bur-marigold is eaten by ducks and songbirds.
Common Beggars Tick	<i>Bidens frondosa</i>	The upright yellow marigold flowers of this plant are found in moist areas in the fall. The stick tight seeds are eaten by many wildlife species.	Annual, Wildlife, Common Beggars Tick seeds are eaten by ducks, songbirds other small mammals.
Side-oats Grama	<i>Bouteloua curtipendula</i>	This short clump-forming prairie grass has unique oat-like seeds that dangle from the side of the stem.	Wildlife, Erosion control, Edible, Historically Native people used the dried stems of Side Oats Gramma for making tools such as brushes and brooms and added ground seeds to food for extra nutrition. Side Oats Gramma is also a food source for game birds, songbirds, and deer.
Fringed Brome	<i>Bromus ciliatus</i>	This medium sized grass has a drooping seed head with fringed edges to the seeds. It grows in moist areas and wet meadows.	Wildlife, Fringed Brome is a food source for birds and is Ontario's most common brome grass.
Kalm's or Prairie Brome	<i>Bromus kalmii</i>	This medium sized yellow-green grass has a drooping seed head and it grows in prairie and moist meadow areas.	Wildlife Prairie Brome is also a food source for birds.
Canada Bluejoint	<i>Calamagrostis canadensis</i>	This medium sized blue-green grass is habitat for many species and grows along the edges of water bodies and in wet meadows.	Wildlife, Canada Bluejoint was historically used by Native Americans for bedding material and for lining and insulating food storage areas. It is also important forage eaten by deer, moose and muskrats. Canada Bluejoint also provides shelter and nesting areas for waterfowl and shore birds.
Harebell	<i>Campanula rotundifolia</i>	Attractive blue bell-like flowers, with basal leaves that form a groundcover in dry beds. It flowers from the summer into the fall, the flowers even withstanding a light frost.	Wildlife, Harebell looks quite delicate with beautiful blue flowers yet this plant is a tough and adaptable prairie species. Harebell is also attractive to bees, butterflies and insects.
Water Sedge	<i>Carex aquatilis</i>	This clump forming aquatic sedge is good for erosion control and it grows right in the water to a 30 cm depth. Good seed production for wildlife.	Erosion control, Wildlife, Water Sedge grows farther into the water than other sedges. Wetland Sedges are very important for erosion control and they provide shelter, food and nesting areas for many game birds, waterfowl, and songbirds. They also offer vital winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Bebb's Sedge	<i>Carex bebbii</i>	This clump forming wet meadow sedge produces large amounts of seed for wildlife. The erect seed heads are like a cluster of balls. Good for shoreline erosion control.	Erosion control, Wildlife, Bebb's Sedge was named after botanist Michael Schuck Bebb who lived in the 1800's and also studied willows. Wetland Sedges are very important for erosion control and they provide shelter, food and nesting areas for many game birds, waterfowl, and songbirds. They also provide important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Bottlebrush Sedge	<i>Carex comosa</i>	The seed head of this clump forming wetland sedge is spiky like a bottle brush. Quite attractive at the edge of a water garden. Good for shoreline erosion control.	Erosion control, Wildlife, Bottlebrush Sedge is also key for erosion control and it offers shelter, food and nesting areas for many game birds, waterfowl, and songbirds. Wetland sedges provide important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Fringed Sedge	<i>Carex crinita</i>	The seed head of this clump forming wetland sedge gracefully droops. Quite attractive at the edge of a water garden. Good for shoreline erosion control. It also can grow in partly shady areas.	Erosion control, Wildlife, Wetland Sedges are very important for erosion control and they provide shelter, food and nesting areas for many game birds, waterfowl, and songbirds. They also offer important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.

Porcupine Sedge	<i>Carex hystericina</i>	A common species found along the edge of water bodies. Wildlife eat the spiky nodding seeds. Good for shoreline erosion control.	Erosion control, Wildlife, Porcupine Sedge is also a vital species for erosion control and it provides shelter, food and nesting areas for many game birds, waterfowl, and songbirds. Sedges offer important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Tussock Sedge	<i>Carex stricta</i>	This is tussock former and if you are ever in an undisturbed wetland you will find yourself going up and down these hummocks that can get to be a metre tall. A great plant for erosion control and wildlife. It grows with its feet in the water and raises itself out over many years. One of my favorites.	Erosion control, Wildlife, Tussock Sedge was historically harvested for packing and insulating material for ice houses. It was also used for making rugs. Wetland Sedges are very important for erosion control and they provide shelter, food and nesting areas for many game birds, waterfowl, and songbirds. They also provide vital winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Tuckerman's Sedge	<i>Carex tuckermanii</i>	This sedge is a clump forming species in wet part-shade or swampy areas. The pointed clusters of seed capsules are inflated with the seed inside.	Erosion control, Wildlife, Tuckerman's Sedge is an essential plant for erosion control and it also provides shelter, food and nesting areas for many game birds, waterfowl, and songbirds. Sedges offer important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Fox Sedge	<i>Carex vulpinoidea</i>	This clump forming wet meadow sedge produces large amounts of seed for wildlife. The erect seed heads are like a foxes tail and it blooms later in the summer. Good for shoreline erosion control.	Erosion control, Wildlife, Fox Sedge is an essential plant for erosion control and it provides shelter, food and nesting areas for many game birds, waterfowl, and songbirds. Sedges offer important winter forage for deer and other small mammals. Wetland sedges can be used as ground covers and as a possible lawn alternative for wet areas. Dragonflies and damselflies can be seen flying amongst the sedges looking to feast on the many insects it attracts.
Wild Senna	<i>Cassia hebecarpa</i>	Many bright yellow flowers with chocolate-brown stamens bloom in the summer and it produces a seed pod in the fall. A bright addition to the garden.	
Turtlehead	<i>Chelone glabra</i>	The white flowers bloom in late fall and in profile have some resemblance to a turtle's head. A great plant for the moist areas on a property.	Herbal, Wildlife, Turtlehead was used as a tea by Native Americans as a contraceptive and as a worm remedy. Turtlehead has also been used as a folk remedy for fever, constipation and for inflammatory skin conditions. It is also a food source and breeding site for the Baltimore Checker Spot butterfly.
Twigrush	<i>Cladium mariscoides</i>	A stiffly erect rush that grows in low nutrient areas like fens. The plant allows for more species diversity between the well spaced stems.	Wildlife, Twigrush is actually not a true rush but is a sedge. It spreads vigorously by rhizome and grows into the water providing habitat for wildlife, including fish and other invertebrates.
Lance-leaved / Sand Coreopsis	<i>Coreopsis lanceolata</i>	This short Coreopsis likes dry soils and the prolific yellow flowers make it a great addition to the garden.	Wildlife, Dye plant, Lance-leaved Coreopsis is a long blooming perennial which is attractive to butterflies and the songbirds enjoy its seed. Lance-leaved Coreopsis makes a good cut flower and can be used to make a yellow, green, brown and black dye.
Tall Coreopsis	<i>Coreopsis tripteris</i>	This towering plant reaches well overhead with its many small yellow and black flowers that last into the fall.	Wildlife, Dye plant, Tall Coreopsis is also a long blooming perennial which is attractive to butterflies and the songbirds enjoy its seed. Tall Coreopsis also makes a good cut flower and can be used to make a yellow, green, brown and black dye.
Umbrella Sedge	<i>Cyperus strigosus</i>		
Swamp Loosestrife	<i>Decodon verticillatus</i>	The willow-like branches loop over and root again giving a distinctive look to the edge of a marsh. The clusters of purple flowers are attractive in the fall and wildlife eat the many seeds.	Wildlife, Swamp Loosestrife is our native loosestrife and is not aggressive like the invasive species Purple Loosestrife which is from Europe. Swamp Loosestrife grows along the water edge with pretty pinkish purple flowers which later provide seed for waterfowl to eat.
Showy Tick-trefoil	<i>Desmodium canadense</i>	The beautiful pink flowers of this shrubby plant are wonderful attractors of butterflies and other pollinators. The seeds are eaten by birds but the stick tight seeds cling to clothes for dispersal so keep it away from pathways. It is a nitrogen fixing legume.	Fixes nitrogen, Wildlife, Showy Tick-trefoil is a member of the legume family is high in protein as a food source for wildlife. Its roots contain bacteria that can "fix" nitrogen in the soil increasing soil fertility.
Pointed-leaved Tick-trefoil	<i>Desmodium glutinosum</i>	This woodland plant grows along trails and has white and pink flowers in the summer and produces unique seeds in the fall that can stick to your pants.	Fixes nitrogen, Pointed-leaved Tick-trefoil is a member of the legume family is high in protein as a food source for wildlife. Its roots contain bacteria that can "fix" nitrogen in the soil increasing soil fertility.
Three-way Sedge	<i>Dulichium arundinaceum</i>	The attractive bamboo like shoots of this plant pop out of the water and are quite ornamental. The leaves are three tiered up the stem.	Three-way Sedge gets its name because it grows with leaves branching out in three directions and even the individual stems will be turned in three different directions. It is a food source for waterfowl and muskrats.
Pale Purple Coneflower	<i>Echinacea pallida</i>	Our native Purple Coneflower has fine petals and grows in dry prairies. It attracts many butterflies and is known to have more immune boosting properties than the non-native coneflower.	Herbal, A tincture or wash made from the roots of Pale Purple Coneflower have been used for boils, acne, and abscesses. Powdered root/tea helps stimulate the immune system to help fight off illness. E.pallida, E.angustifolia are said to contain higher levels of the chemical component that help boost the immune system compared to E.purpurea.
Purple Coneflower	<i>Echinacea purpurea</i>	The only plant in the nursery that is not native to Ontario. Buy the Pale Purple Coneflower. Plant in Garden Only	Herbal, A tincture or wash made from Purple Coneflower roots has been used for boils, acne, and abscesses. Powdered root/tea helps stimulate the immune system to help fight off illness. E.pallida, E.angustifolia are said to contain higher levels of the chemical component that help boost the immune system than E.purpurea.
Blunt Spike-rush	<i>Eleocharis obtusa</i>	This is a very attractive plant in a water garden. The fine leaves have a ball of seed at the end. Wildlife enjoy eating the seeds.	Erosion control, Wildlife, Blunt Spike-rush grows in thick mats into the water providing erosion control and habitat for frogs and fish. Ducks and other waterfowl enjoy its seeds, while dragonflies and damselflies like to search for food and rest in and around this species.
Marsh Spike-rush	<i>Eleocharis palustris</i>	This spike-rush forms a grass-like carpet at the edge of the water. Great for erosion control and wildlife.	Erosion control, Wildlife, Marsh Spike-rush grows in thick mats into the water providing erosion control and habitat for fish and frogs. Dragonflies and damselflies like to search for food and rest in it and ducks and other waterfowl enjoy its seeds.
Canada Wild-rye	<i>Elymus canadensis</i>	This early successional grass establishes quickly in a prairie and seeds the first or second year. A great cover crop species for establishing a prairie. The nodding seed heads are very attractive and attract wildlife. One of the first species to colonize sandy shorelines and dunes.	Wildlife, Edible, Canada Wild-rye also grows along stream banks and woodland edges and is a good forage plant for livestock, deer and birds. It also provides shelter and protection for wildlife. Native Americans also used wild rye as a food source. Well suited as a cover crop.
Bottlebrush Grass	<i>Elymus hystrix / Hystrix patula</i>	This medium sized grass has erect seed heads in the later summer that look prickly like a bottle brush. It does well in moist or dry shade.	Bottlebrush Grass got its name because of its interesting seed head which resembles a bottlebrush. It is a woodland grass which makes a nice addition to a shady garden.
Riverbank Wild-rye	<i>Elymus riparius</i>	This early successional grass establishes quickly on riverbanks and seeds the first or second year. A good riparian cover crop species for stream banks. The erect seed heads are attractive to wildlife.	Wildlife, Riverbank Wild-rye is found in along stream and waters edge and is also a food source for wildlife.

Virginia Wild-rye	<i>Elymus virginicus</i>	This early successional grass establishes quickly on riverbanks and wet slopes and seeds the first or second year. A good riparian cover crop species for stream banks and slopes. The nodding seed heads are very attractive and attract wildlife.	Wildlife, Forage, Erosion control, Virginia Wild-rye is found along streams and edges of woodlands. It is also a good forage plant for livestock and wildlife.
Fireweed	<i>Epilobium angustifolium</i>	This woodland edge wildflower has abundant firey mauve flowers and grows in large patches along roadsides. It quickly colonizes after a fire.	Medicinal, Wildlife, Fireweed was used by Native Americans as a root poultice various skin conditions and a tea was used for diarrhoea. Fireweed has antibacterial properties which help reduce inflammation. Bees find Fireweed attractive and it is also a food source for small mammals.
Rattlesnake Master	<i>Eryngium aquaticum</i>	Sword shaped yucca-like leaves and unusual white ball flower cluster. An interesting addition to the garden.	Wildlife, Herbal. It gets its common name from its use as a remedy for snakebites.
Joe-pye Weed	<i>Eupatorium maculatum (Eutrochium)</i>	Joe-Pye attracts a large number of pollinators to the garden. A must have species for butterfly lovers. The large pink umbel flowers in the fall and it likes a moister area of the garden.	Herbal, Medicinal, Joe-Pye Weed was named in honour of a Native American Medicine man who was said to have cured typhoid fever with it's roots. Native American people used Joe-Pye to induce perspiration and was also thought to be a aphrodisiac. Historically used to treat gout and gravel in the urinary system or kidney stones hence its' name "gravel root". Herbalists today recommend it for cystitis and prostate problems.
Boneset, Thoroughwort	<i>Eupatorium perfoliatum</i>	The leaves of Boneset are diamond shaped and the stem goes through the centre of the leaves making a bit of a cup. The leaves turn purple in the fall and the white umbel flower is attractive in the late summer.	Herbal, Medicinal, Boneset tea was a traditional Native American remedy for feverish conditions. Used to help fight nasty influenza viruses "break bone fevers" in the civil war and to help; ward off infection, cure fevers, improve indigestion, and treat malaria and typhoid fever. Herbalists today still use it for feverish colds, because it encourages perspiration which helps stimulate immune system. Caution this herb is to be used in small quantity and for a short period of time only. Research has shown potential for treating cancer.
White Snakeroot	<i>Eupatorium rugosum (Ageratina altissima var. altissima)</i>	The fine bright white flowers of this delicate woodland plant grow in moist areas of part shade.	Poisonous, Herbal White Snakeroot was historically used by Native Americans for bladder infections and fevers. In the 1800's White Snakeroot was held responsible for "Milk sickness". Milk sickness was caused by consuming milk that had been tainted because cattle had grazed on White Snakeroot. Milk sickness claimed many lives at that time but this disease is rarely heard of these days.
Bottle Gentian / Closed Gentian	<i>Gentiana andrewsii</i>	One of my favorites! The enclosed bright blue flower is a challenge for bumble bees to pollinate. One of the last flowers to bloom in the fall adding vivid colour to the garden as other plants die back.	Medicinal, Herbal, Bottle Gentian has bottle shaped blooms that do not open, only strong and very determined bees and hummingbirds are able to penetrate it's blooms for pollination. Many Gentian species are used as a tea to stimulate digestion and have also been used in brewing and making liquers.
Fringed Gentian	<i>Gentianopsis crinita</i>	The upright blue flowers are truly stunning in the fall. The fringed edge of the petals is unique. It likes moist soil.	Medicinal, Fringed Gentian has become relatively rare and is a threatened species. Fringed Gentian also has medicinal properties as a digestive tonic.
Prairie Smoke	<i>Geum triflorum</i>	A great short plant in the dry garden. Pretty red flowers in the spring that turn into tufts of pink fluff that finish into grey smoke-like whisps as they dry.	Medicinal, Prairie Smoke has been used by Native Americans as an infusion or tea for minor skin conditions and soothing coughs.
Rattlesnake Manna-grass	<i>Glyceria canadensis</i>	A medium height grass that grows on the edge of marshes and wet areas. The graceful seeds rattle in the wind.	Erosion control, Wildlife
Fowl Manna-grass	<i>Glyceria striata</i>	This short grass has sword-like leaves and fine wispy seeds. Lots of seeds for wildlife. Good for erosion control at the edge of a wet area.	Erosion control, Wildlife. Fowl Manna-grass is vital for erosion control and it provides a moderate food source for waterfowl. This grass is highly variable depending on where it is growing.
Sneezeweed	<i>Helenium autumnale</i>	Do you want flowers? This bushy plant has copious amounts of yellow flowers that last a long time and attracts many pollinators. The flowers are quite unique.	Herbal, Historically Sneezeweeds powdered leaves were used as "snuff" to induce sneezing in hopes to ward off illness. Tea from the flowers was taken to kill intestinal parasites.
Tall Sunflower	<i>Helianthus giganteus</i>	A TALL sunflower for a dry area! This plant will tower over your head and is good in a prairie or to brighten the back of a garden planting.	Wildlife, Herbal, Dye Plant, Tall sunflower has been used in folk remedies as a tea for fevers, coughs and lung ailments and used as a poultice for insect bites. Traditionally sunflowers were eaten roasted, used in baking and pressed as a seed oil. They do produce tubers similar to Jerusalem Artichoke but not as big or plentiful, which can be eaten or used as you would potatoes. The flowers can be used to create a yellow dye and purple is created from the seed shells.
Pale-leaved Sunflower	<i>Helianthus strumosus</i>	Much like the Woodland Sunflower but it can take full sun better. Birds love the seeds of this yellow sunflower	Wildlife, Herbal, Dye Plant, Pale-leaved Sunflower also known as Pale-leaved Woodland Sunflower has been used in folk remedies as a tea for fevers, coughs and lung ailments and used as a poultice for insect bites. Traditionally sunflowers were eaten roasted, used in baking and pressed as a seed oil. They do produce tubers similar to Jerusalem Artichoke but not as big or plentiful, which can be eaten or used as you would potatoes. The flowers can be used to create a yellow dye and purple is created from the seed shells.
Jerusalem artichoke	<i>Helianthus tuberosus</i>		
Sweet Oxeye / False Sunflower	<i>Heliopsis helianthoides</i>	An orange-yellow sunflower that blooms for long periods in the summer. The flowers attract many pollinators and the seeds are eaten by birds. An all around good performer.	Wildlife. Sweet Oxeye is long blooming and attractive to butterflies. It also makes a good cut flower.
Marsh Hibiscus / Swamp Rose Mallow	<i>Hibiscus moscheutos</i>	Large pink flowers as big as your outstretched fingers and they say native plants aren't showy. This marsh edge plant does well even in a dry garden.	Herbal, Marsh Hibiscus has been used historically to sooth urinary and lung conditions. Mallows have high levels of mucilage in the leaves and roots which can be made into an infusion and used as a wash. The mucilage provides a coating that soothes the affected areas and helps them heal.
Blue-flag Iris	<i>Iris versicolor</i>	This Iris is a rich blue and grows in marshes around the edges of Lakes. Lots of flowers in late June make a great display. Great in any water garden. It also secretes an antibacterial substance that inhibits E.coli.	Anti-microbial, Poisonous, Wildlife, Blue-flag Iris was historically used by Native Americans as a poultice for skin conditions and as a topical analgesic. Caution: it contains poisonous compounds and is considered toxic. The compounds that make Iris poisonous to people also kills microbes and bacteria in water. The Ruby-throated Hummingbird is very attracted to the flowers of the Iris family.
Pale Blue-flag Iris	<i>Iris virginica</i>	This Iris is pale blue and grows in marshes around the edges of the Great Lakes. Lots of flowers in early June it makes an excellent display. Great in any water garden. It also secretes an antibacterial substance that inhibits E.coli.	Anti-microbial, Poisonous, Wildlife, Pale Blue-flag Iris was historically used by Native Americans as a poultice for skin conditions and as a topical analgesic. Caution: it contains poisonous compounds and is considered toxic. The compounds that make Iris poisonous to people also kills microbes and bacteria in water. The Ruby-throated Hummingbird is very attracted to the flowers of the Iris family.
Jointed Rush	<i>Juncus articulatus</i>	Found in most wetlands this shorter rush is good for erosion control.	Erosion control, Wildlife, Jointed Rush is a fast spreading plant which is excellent for erosion control. It also provides a source of food for small mammals and birds.
Baltic Rush	<i>Juncus balticus</i>	This rush can be found in most marshes but it is well suited to wet sandy areas where it spreads well. One of the first species to colonize moist sandy shorelines.	Erosion control, Wildlife, Baltic Rush is a fast spreading plant which is excellent for erosion control. It also provides a source of food for small mammals and birds.
Soft Rush	<i>Juncus effusus</i>	A great species for erosion control and wildlife habitat. This clump forming rush is quite attractive in a water garden but is usually found at the edge of wet areas and in wet meadows.	Erosion control, Wildlife, Soft Rush looks very similar to Softstem Bulrush but their flowers and growth habits are not similar. Soft rush grows in fairly solid clumps which is excellent for erosion control. It also provides a source of food for small mammals and birds. Native Americans used the stems of Soft Rush for basketry, clothing, and for making torches.

Path Rush	<i>Juncus tenuis</i>	A good short plant for moist pathways. It tolerates disturbance well and is used for wildlife cover. Found in wet meadows and marsh edges.	Erosion control, Wildlife, Path Rush is named as such because it tends to grow on compacted soil along natural paths. It is a fast spreading plant which is excellent for erosion control. It also provides a source of food for small mammals and birds.
Torrey's Rush	<i>Juncus torreyi</i>	An excellent rush for erosion control in wet areas. It spreads quickly to cover disturbed soils. Good for wildlife habitat on more clay sites.	Erosion control, Wildlife, Torrey's Rush is a fast spreading plant with interesting seed heads. Torrey's Rush is used for erosion control and provides a food source for small mammals and birds.
Rice Cut-grass	<i>Leersia oryzoides</i>	While this grass has sharp leaves that give you a paper cut if your not mindful, it is an excellent plant for erosion control along streams and wildlife eat the seeds.	Erosion control, Wildlife, Rice-cut Grass forms dense mats of abrasive leaves that will grab you as you walk through it. Walking through in shorts is not recommended as it will leave its marks. Rice-cut Grass seeds are enjoyed by waterfowl and songbirds alike.
Roundheaded Bushclover	<i>Lespedeza capitata</i>	This medium height bushclover has creamy white flowers in the summer, rounded clover-like leaves and it is a nitrogen fixer on dry sites.	Medicinal, Nitrogen Fixer, Forage, Lespedeza species contain similar compounds to that of Red Clover which is an excellent antioxidant and studies show it may help prevent cancers and kill tumours. It is used in pharmaceutical preparations in Europe for treating gout and rheumatism. Native Americans used the dried stems as "burning sticks" to treat neuralgia and rheumatism. The stems were stuck into the skin and burnt from the top down to the skin. Roundheaded Bushclover is also good forage plant as it is a legume and is high in protein as a food source. Its roots contain bacteria that can "fix" nitrogen in the soil increasing soil fertility. Attractive to birds and is larval host for butterflies.
Hairy Bushclover	<i>Lespedeza hirta</i>		Medicinal, Nitrogen Fixer, Forage, Lespedeza species contain similar compounds to that of Red Clover which is an excellent antioxidant and studies show it may help prevent cancers and kill tumours. It is used in pharmaceutical preparations in Europe for treating gout and rheumatism. Native Americans used the dried stems as "burning sticks" to treat neuralgia and rheumatism. The stems were stuck into the skin and burnt from the top down to the skin. Hairy Bush clover is also good forage plant as it is a legume which is high in protein as a food source. Its roots contain bacteria that can "fix" nitrogen in the soil increasing soil fertility. Attractive to birds and is larval host for butterflies.
Rough Blazing-star	<i>Liatris aspera</i>	The bright purple flowers are more spread out but larger than the Dense Blazingstar. Also a butterfly magnet, it takes dry soils.	Herbal, Dye Plant, Rough Blazing-star was used historically as a remedy for kidney and bladder ailments, colic, and the roots used as a poultice for snakebites. Rough Blazing-star attracts bees, birds and is a larval host for butterflies. It also makes a nice addition to a cut flower arrangement.
Dwarf / Cylindrical Blazing-star	<i>Liatris cylindracea</i>	A short Blazingstar with sparse purple flowers. It attracts butterflies and tolerates very dry soils.	Wildlife, Dye Plant, Dwarf Blazing-star attracts bees, birds and is a larval host for butterflies. It also makes a nice addition to a cut flower arrangement.
Dense Blazing-star	<i>Liatris spicata</i>	A butterfly magnet and a must have for the garden. The breathtaking purple spike of flowers lasts for a long time. It likes more moisture in the soil.	Wildlife, Dye Plant, Dense Blazing-star attracts bees, birds and is a larval host for butterflies. Liatris makes a nice addition to a cut flower arrangement
Michigan Lily	<i>Lilium michiganese</i>	A awe-inspiring plant with its large brilliant orange drooping flowers. It likes the partial shade of a woodland edge.	Medicinal, Michigan Lily was used as a root tea by Native Americans for stomach ailments, fevers and cold and used as a poultice for sores, bruises and other minor skin conditions. Most true lily bulbs are edible cooked like a root vegetable however, they are not usually found in great abundance.
Wood Lily	<i>Lilium philadelphicum</i>	The radiant large orange upright flowers of this woodland edge wildflower are magical in the early summer.	Medicinal, Wood Lily was used as a root tea by Native Americans for stomach ailments, fevers and cold and used as a poultice for sores, bruises and other minor skin conditions. Most true lily bulbs are edible cooked like a root vegetable however, they are not usually found in great abundance.
Cardinal Flower	<i>Lobelia cardinalis</i>	One of those species that photography just cant do justice to the breathtaking red flowers. Hummingbirds love this wet meadow plant. It does well in a garden but is a short lived perennial. Cover with leaves over winter.	Wildlife, Herbal, Cardinal Flower is used homeopathically to treat asthma, bronchitis, whooping cough, croup and pneumonia. Caution as it is potentially toxic. Bees, butterflies and hummingbirds love Cardinal Flower.
Indian Tobacco	<i>Lobelia inflata</i>	The delicate blue flowers run up the stem and the seed pod is inflated in the fall. Wet meadows and stream banks are its' home.	Herbal, Medicinal, Indian Tobacco was used by Native Americans for many conditions. Still in use today by homeopaths to treat asthma, bronchitis, whooping cough, croup and pneumonia. Indian Tobacco is also used in anti smoking products as it has a similar taste and effects as nicotine. Lobeline is the chemical compound that stimulates deeper breathing which assists in the healing process of respiratory illnesses. Also used to induce vomiting. Caution as is potentially toxic.
Great Blue Lobelia	<i>Lobelia siphilitica</i>	Profuse blue flowers, a great garden plant, it typically grows in wet meadows and along streams.	Herbal, Wildlife, Native Americans used Great Blue Lobelia to treat syphilis so it was named Lobelia siphilitica. Great Blue Lobelia has similar herbal medicinal properties as Lobelia inflata. Caution as is potentially toxic. Attractive to bees and hummingbirds.
Water Horehound	<i>Lycopus americanus</i>	This herbaceous wetland plant has white flowers in the leaf axils and the leaves turns purple in the fall.	Herbal, Wildlife, Water Horehound has been used in folk remedies like true Horehound for sore throats and coughs. Water Horehound is also attractive to bees and butterflies.
Swamp Candles	<i>Lysimachia terrestris</i>	Two reasons why this plant is a "candle", the bright yellow spike of flowers lights up the marsh in the fall and the vegetative buds on the stem resemble candles.	Wildlife, Swamp Candles stand out with there distinctive yellow flowered stems that rise above the others, like a candle in the dark. Swamp Candles also attract bees, moths, and small mammals.
Wild Mint	<i>Mentha arvensis/canadensis</i>	This mint grows well in moist and medium soils. The mauve flowers bloom in the later summer and the leaves make a nice tea.	Herbal, Edible, Wild Mint has been used as a tea for indigestion, colds, sore throats, colic, gas, headaches and diarrhoea. It is still widely used today. The leaves are used as a tea, for salad, making jelly, and as food flavouring or garnish. Mint has antiseptic and stimulating properties and is also used in a variety of personal care products. Wild Mint is also attractive to bees.
Monkey Flower	<i>Mimulus ringens</i>	This medium height wetland edge plant produces an abundance of purple snapdragon-like flowers in the summer	Wildlife, Monkey Flower has pinkish mauve flowers which were named because the flower is said to resemble a smiling monkey face. Monkey Flower is attractive to bees, butterflies and birds.
Bee Balm / Oswego Tea	<i>Monarda didyma</i>	The shocking red flowers of this plant attract many hummingbirds. The aromatic leaves are used in Earl Grey tea and make a nice tea on their own.	Herbal, Edible, Bee Balm is adored by bees, butterflies and hummingbirds. Bee Balm has a strong thyme like scent with a citrus top note. Bee Balm or Oswego Tea contains high levels of thymol. Used for it's stimulating, anti inflammatory, diuretic, antiparasitic and antiseptic properties. Native Americans drank tea of leaves and flowers for colds to relieve congestion, induce sweating and relieve flatulence and vomiting. Native Americans and early settlers also used bergamot for flavouring meat. Well known as a tea substitute called "Oswego" Tea" following the Boston Tea Party which made black tea was virtually unattainable and very expensive. Still in use today for tea, flavouring foods and raw in salads. Note: not to be confused with "Bergamot" essential oil which is expressed from a citrus fruit which Bergamot was named after.

Wild Bergamot	<i>Monarda fistulosa</i>	The mauve flowers of this plant attract many pollinators. The aromatic leaves make a nice tea on their own.	Herbal, Edible, Wild Bergamot is adored by bees, butterflies and hummingbirds. Wild Bergamot has a strong thyme like scent with a citrus top note. Wild bergamot contains high levels of thymol. Used for it's stimulating, anti-inflammatory, diuretic, anti-parasitic and antiseptic properties. Native Americans drank tea of leaves and flowers for colds to relieve congestion, induce sweating and relieve flatulence and vomiting. Native Americans and early settlers used it for flavouring meat. Well known as a tea substitute along with Oswego Tea after the Boston Tea Party which made black tea virtually unattainable and very expensive. Still in use today for tea, flavouring foods and raw in salads. Note: not to be confused with "Bergamot" essential oil which is expressed from a citrus fruit which Wild bergamot was named after.
Spotted Bee Balm / Horsemint	<i>Monarda punctata</i>	This rare Bee Balm grows in dry sandy sites. The whirled clusters of spotted yellow flowers rise up the stem and the white minty smelling leaves are a treat to see.	Herbal, Edible, Scent: similar to Wild bergamot. "Horsemint" is also very high in thymol and was also taken as a tea by Native Americans for colds to relieve congestion, induce sweating and relieve flatulence, vomiting and ease arthritic pain. Still in use today for tea, flavouring foods and raw in salads. The stems and flowers dry well making it ideal for dried flower arrangements.
Sweet-scented White Water-lily	<i>Nymphaea odorata (N.tuberosa)</i>	White water lily has large white and yellow flowers and pac-man shaped floating leaves. The large leaves help to keep the water cool.	Nutrient uptake, Wildlife, Herbal, Edible, White-Water-lily acts as a natural living filter system which helps clarify water in ponds streams and rivers. The seeds are enjoyed by many ducks and the roots are enjoyed by muskrats, beavers and porcupines. Deer eat both the roots and leaves. White Water lily also provides shelter and food for fish, frogs and other invertebrates. Root poultices were used medicinally by Native Americans for acne, cuts and swelling. The young uncurled leaves, buds, seeds and the tubers of White Water-lily can be cooked and eaten.
Evening Primrose	<i>Oenothera biennis</i>	This wildflower grows well in dry soils. The numerous four petaled flowers bloom in the late summer and produce large amounts of seed for birds.	Herbal, Medicinal, Edible, Native Americans used Evening Primrose root tea for digestive problems, and skin conditions. Oil from the seeds of Evening Primrose is used today internally and externally to help various skin conditions and hormone imbalances. It is taken as a dietary supplement by some to help arthritis, asthma, pms, metabolic disorders and alcoholism. The seed oil is a natural source of the essential fatty acid "gamma-linolenic acid". Evening Primrose is an important food source for birds.
Sensitive Fern	<i>Onoclea sensibilis</i>	The attractive fronds of this fern are robust and take a variety of site conditions. It is a spreader and not a clump forming species.	Sensitive Fern was given its name as it is sensitive to frosts.
Switch Grass	<i>Panicum virgatum</i>	This Tallgrass prairie grass is attractive in large displays with its fine seed heads. A tall and very hardy grass it needs no watering once established. Good for sand dune stabilization, soil erosion control and wildlife habitat. A dominant grass of Tallgrass Prairie in Ontario. It roots deeply into the soil to get water and nutrients in times of drought.	Erosion control, Wildlife, Switch Grass is a suitable forage for animals and has been tested as a crop for livestock feed and biofuel. It is a food source for game birds, and songbirds. This plant is clump forming and spreads readily by root and seed. Excellent for restoring land and it's fertility. Native people have used this plant as an infusion for cold symptoms.
Grass-of-parnassus	<i>Parnassia glauca</i>	The succulent heart-shaped leaves stay green year round and in the fall the delicate white flowers add to any pond edge, wet meadow or fen.	Grass-of-Parnassus was named as it was thought to be the same plant that grew on Mount Parnassus in Greece. Interestingly enough it doesn't look like a grass at all. It is attractive to a variety of insects.
Foxglove Beardtongue	<i>Penstemon digitalis</i>	The white snapdragon-like flower clumps are a great addition to any dry or mesic garden. They attract many pollinators.	Wildlife, This beardtongue was named Foxglove because of its resemblance to European digitalis. Foxglove Beardtongue does not contain the medicinal heart stimulant properties as digitalis does. Foxglove Beardtongue is very attractive to bees, butterflies and hummingbirds. The seeds are enjoyed by squirrels and other small mammals.
Moss Phlox	<i>Phlox subulata ssp. Brittonii</i>	This pink or white trailing phlox is very short and adapted to very dry sites.	Moss Phlox is a semi-evergreen and is one of the first native flowers to appear in early spring.
Lopseed	<i>Phryma leptostachya</i>	This woodland plant flowers in the spring with delicate pink and white flowers in a spike. In the fall, the seeds hang down close to the stem.	Medicinal, The root tea of Lopseed was used by Native people for sore throats and rheumatism. It has also been considered a natural insecticide.
Obedient Plant / False Dragonhead	<i>Physostegia virginiana</i>	The numerous white and pink snapdragon-like flowers of this wildflower obediently stay in place when adjusted.	Obedient Plant was named as such because if a stalk is bent it will stay as it was bent for a little while. Attractive to bees butterflies and hummingbirds.
Pokeweed / Inkberry	<i>Phytolacca americana</i>	Once eaten with relish by passenger pigeons this large plant has declined since. The clusters of white flowers bloom in the spring and the deep purple berries are quite brilliant. Overall a large attractive plant but most parts are poisonous.	Edible, Poisonous, Wildlife, The new green shoots of Pokeweed can be boiled (in several changes of water) and eaten like asparagus or cooked greens. Caution; as it matures all parts become poisonous. Native Americans used Pokeweed for conditions such as arthritis, rheumatism, and for removing warts and cancerous growths. The chemical in Pokeweed is being investigated for its potential in killing cancer and viruses such as HIV. Pokeberries were used to make ink by early settlers. Passenger Pigeons consumed them in vast quantities and they are an important food source for Mourning Doves.
Pickereel Weed	<i>Pontederia cordata</i>	A stunning aquatic wildflower, the leaves are spear shaped and the spike of purple and yellow flowers grow into corn sized seeds that wildlife enjoy.	Oxygenator, Wildlife, Edible, Pickereel Weed is an oxygenating plant which also provides habitat for fish, frogs and other invertebrates. Pickereel Weed leaves can be eaten as a salad green, as a cooked green and the seeds can be eaten as is or dried, roasted and made into flour.
Silverweed	<i>Potentilla anserina</i>	The silvery underside to the leaves gives this plant its name. The five petaled flowers are yellow and bloom in the summer. A good groundcover in dry areas.	Edible, Herbal, Medicinal, Silverweed has fleshy roots that can be boiled, roasted or stewed and apparently taste similar to parsnips. It is also known as a survival food. Silverweed contains astringent tannins and has antispasmodic properties which have been used to help clot bleeding, help heal wounds, soothe and treat sore throats, and used for diarrhoea.
Tall / Prairie Cinquefoil	<i>Potentilla arguta</i>	Five leaflets and an abundance of white and yellow flowers in the summer make this wildflower a good candidate for the dry garden. It attracts a variety of pollinators.	Herbal, Prairie Cinquefoil contains astringent tannins which have been used to help stop bleeding, heal wounds and treat diarrhoea.
Virginia Mountain Mint	<i>Pycnanthemum virginianum</i>	An abundance of white flowers in the summer. This dry prairie wildflower does well in the garden and the aromatic leaves make a nice tea.	Herbal, Edible, Virginia Mountain Mint has been historically used for easing colic and diarrhoea. Native people used it to flavour food and used it to stimulate menstruation when it was absent. Mint makes a nice tea, it is also helpful for indigestion and upset stomachs. Bees and butterflies are attracted to mint.
Cursed Crowfoot	<i>Ranunculus sceleratus</i>	This annual wetland edge wildflower produces lots of small yellow flowers and lots of seed for wildlife.	Poisonous, Wildlife, Cursed Crowfoot like other Crowfoot species are poisonous, yet have been used historically for rheumatism and as a old folk remedy for cancer. Cursed Crowfoot provides habitat and food for insects, frogs, and fish. The seeds are also enjoyed by a variety of waterfowl.
Grey / Yellow Coneflower	<i>Ratibida pinnata</i>	In the summer, the prolific yellow flowers of this wildflower rocket towards the sky and produces lots of seed for wildlife. A must have for the dry garden.	Herbal, Dye plant, Wildlife, Yellow Coneflower was used as an infusion by Native Americans for snakebites and poison ivy rashes. Yellow Coneflower is also a dye plant for shades of yellow, brown and green. This plant is also a forage plant for deer and livestock. Wild Turkeys enjoy eating the seed head portion.

Brown-eyed Susan	<i>Rudbeckia hirta</i>	No garden is complete without this easy-to-grow wildflower. The abundance of yellow-orange and black flowers last for a long time and produces lots of seed for birds.	Herbal, Wildlife, Dye plant. Native Americans used Brown-eyed Susan as a tea for worms, colds and for various skin conditions and it also contains similar properties as Echinacea to help stimulate immune system. Caution; has been reported to irritate skin. Brown-eyed Susan produces large amounts of nectar and pollen making it extremely attractive to bees butterflies, moths. Its seeds are also enjoyed by Goldfinch. Useful as a dye plant for black, brown, green, purple, yellow. Brown-eyed Susan is also being used to rehabilitate strip mined areas.
Green-headed Coneflower	<i>Rudbeckia laciniata</i>	A later flowering coneflower it adds bright yellow to the fall garden. Lots of seed for wildlife. Excellent for part shade / shade.	Herbal, Edible, Dye plant. A tea made from Green-headed Coneflower was used by Native Americans in combination with other herbs for as a tea for indigestion and as a poultice for burns. Historically Green-headed Coneflower leaves were also cooked as greens and was sold as a diuretic tonic for urinary tract infections. Green-headed Coneflower attracts butterflies and makes a good cut flower.
Arrowhead / Duck Potato	<i>Sagittaria latifolia</i>	A marsh plant with many highly redeeming qualities: large arrow shaped leaves, large attractive white and yellow flowers, attractive seed heads eaten by wildlife, edible tubers, takes up a lot of nutrients from the water. Need I say more? An all around top performer.	Nutrient uptake, Wildlife, Herbal, Edible, Arrowhead works as a natural filter which helps to clarify water. Ducks, geese, muskrats and porcupines rely on Arrowhead tubers as a food source. Arrowhead was an important food for Native Americans who would dig them from the mud or find muskrat lodges and raid their collection. They are said to taste vaguely like chestnuts. Arrowhead has also been used as a root poultice for minor skin conditions.
Little Bluestem	<i>Schizachyrium scoparium</i>	This very attractive clump forming shorter prairie grass is the one you will find on drier sites and is good for green roofs. Excellent for wildlife habitat and soil erosion control. A dominant grass of Tallgrass Prairie in Ontario. It roots deeply into the soil to get water and nutrients in times of drought.	Wildlife, Little Bluestem is an important forage plant for wildlife and a larval plant for many different skippers.
Hardstem Bulrush	<i>Scirpus acutus (Schoenoplectus)</i>	This round stemmed dark green bulrush is stiffer and more erect than Softstem Bulrush and can take more wave action. Good for wildlife habitat in a marsh, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.	Erosion control, Wildlife, Nutrient Uptake, Edible, Hardstem Bulrush grows in dense mats which helps prevent erosion. Bulrush species are a natural living filter systems which clarifies and cleans water. They provide nesting areas and cover for waterfowl and small mammals. The seeds are eaten by ducks and the roots are eaten by muskrats and geese. The stems of Hardstem Bulrush were used by Native Americans for weaving bedding material and mats. The young shoots of Hardstem Bulrush can be eaten raw or cooked, the seeds can be ground into flour and roasted rootstock eaten like potatoes.
Green / Black Bulrush	<i>Scirpus atrovirens</i>	This grassy bulrush grows in moist soil at the edge of marshes and in wet meadows and has a nodding brown seed head. Good for wildlife habitat, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.	Nutrient Uptake, Erosion control, Wildlife, Green/Black Bulrush acts as natural living filter system which clarifies and cleans water. Bulrushes grow in dense mats helping prevent erosion and they offer nesting areas for waterfowl and cover for small mammals. The seeds are eaten by waterfowl and the roots by muskrats and geese.
Wool-grass Bulrush	<i>Scirpus cyperinus</i>	This course grassy bulrush grows in moist soil at the edge of marshes and has a woolly gracefully nodding seed head. Woolgrass Bulrush grows in dense mats making it an important species for erosion control. Bulrush species work as natural living filter systems which clarify and clean water. Bulrushes provide nesting areas for waterfowl and cover for small mammals. The seeds are eaten by ducks and geese and the roots by muskrats and geese.	Good for wildlife habitat, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.
River Bulrush	<i>Scirpus fluviatilis (Bolboschoenus)</i>	This robust triangular bulrush grows at the edge of marshes and rivers and has a thick upright seed head. Good for wildlife habitat, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.	Erosion control, Nutrient Uptake, Wildlife, River Bulrush grows in dense mats making it an important species for erosion control. Bulrush species act as natural living filter systems which clarify and clean water. Bulrushes provide nesting areas for waterfowl and cover for small mammals. The seeds are eaten by ducks and geese and the roots by muskrats and geese.
Barber pole Bulrush	<i>Scirpus microcarpus</i>		Erosion control, Nutrient Uptake, Wildlife, Small-fruited Bulrush grows in dense mats making it an important species for erosion control. Bulrush species act as natural living filter systems which clarify and clean water. Bulrushes provide nesting areas for waterfowl and cover for small mammals. The seeds are eaten by ducks and geese and the roots by muskrats and geese.
Common Three-square Bulrush	<i>Scirpus pungens (Schoenoplectus)</i>	This triangular stemmed bulrush grows at the edge of marshes. Good for wildlife habitat, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.	Erosion control, Nutrient Uptake, Wildlife, Three-square Bulrush is named as such because it stem has three flat sides. It grows in dense mats making it an important species for erosion control. Bulrush species act as natural living filter systems which clarify and clean water. They also provide nesting areas for waterfowl and cover for small mammals. The seeds are eaten by ducks and geese and the roots by muskrats and geese.
Softstem Bulrush	<i>Scirpus validus (Schoenoplectus)</i>	This round stemmed green bulrush grows at the edge of marshes and has a graceful nodding seed head. Good for wildlife habitat, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardening.	Erosion control, Wildlife, Nutrient Uptake, Edible, Softstem Bulrush grows in dense mats making it an important species for erosion control. Bulrushes act as natural living filter systems which clarify and clean water. The seeds are a food source for waterfowl and the roots are eaten by muskrats and geese. The stems of Softstem Bulrush were used by Native Americans for weaving bedding material and mats. The young shoots of Softstem Bulrush can be eaten raw or cooked, the seeds can be ground into flour and roasted rootstock eaten like potatoes.
Marsh Skullcap	<i>Scutellaria galericulata</i>	This marsh edge wildflower has delicate mauve flowers in the late summer.	Herbal, Marsh Skullcap was once known as "Mad dog skullcap" as it was used as a folk remedy for rabies. It is known to have sedative and antispasmodic properties. Caution; the toxicity is not known if taken in large doses. Marsh Skullcap is also attractive to bees and butterflies.
Compass Plant	<i>Silphium laciniatum</i>	The leaves of this wildflower orient themselves North-South. The many attractive yellow flowers produce lots of large seed for wildlife.	Herbal, Medicinal, Edible, The hardened sap from Compass Plant stems can be used as chewing gum that has a slight pine-like flavour. Native Americans made tea from the roots for an all purpose tonic. Tea from the leaves was used for coughs, colds, asthma. Caution; we are not sure of the toxicity of this herb. Compass Plant attracts bees, butterflies and songbirds including Chickadees and Goldfinch.
Cup Plant	<i>Silphium perfoliatum</i>	The leaves of this wildflower join at the base and produce a cup that gives wildlife a place to drink and after the many beautiful yellow flowers bloom, a large supply of tasty seeds.	Herbal, Medicinal, Wildlife, Cup Plant is named as such because the leaves clasp around the stem forming a cup that holds water. Native Americans used the roots as a tea to slow heavy menstrual bleeding and ease symptoms of lung infections. The resin of this plant was also used as chewing gum. Cup Plant is attractive to bees, butterflies and songbirds including Chickadees and Sparrows.
Prairie Dock	<i>Silphium terebinthinaceum</i>	The large elephant-like leaves are stunning in a garden or moist prairie. The large yellow sunflower-like flowers shoot high into the sky.	Herbal, Wildlife, Prairie Dock's leaves smell like turpentine when crushed. Caution: Prairie Dock has been used similarly to the it's relatives Compass and Cup Plant but may be toxic. Its flowers also attract bees, butterflies and songbirds including Chickadee and Sparrows.
Lance-leaved Goldenrod	<i>Solidago (Euthamia) graminifolia</i>	The thin leaves of this goldenrod give it its name. The flat topped umbel of yellow flowers attracts many pollinators in the fall. It grows well in a wet meadow.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.

Blue-stemmed Goldenrod	<i>Solidago caesia</i>	A woodland goldenrod that produces a wand of yellow flowers up the stem.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Canada Goldenrod	<i>Solidago canadensis</i>	The common goldenrod that gives the other species a bad name. Its cone of yellow flowers is a common sight in abandoned fields and meadows. Its aggressive nature does not make it a good candidate for the garden but it does attract a lot of pollinators and has the round golf ball sized galls.	Edible, Wildlife, Canada Goldenrod has been used as a survival food including extending flour by blending it in. Goldenrod contains diuretic and antispasmodic properties and has been used by Native Americans and early settlers for skin complaints, sore throats and urinary infections. Warning may still cause allergies because of ragweed pollen contamination as it pollinates at the same time.
Zig Zag Goldenrod	<i>Solidago flexicaulis</i>	A woodland goldenrod with clumps of yellow flowers that zig zag up the stem.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Early Goldenrod	<i>Solidago juncea</i>	An early flowering small goldenrod that has a yellow umbel flower in September. It is a rosette most of the year until the fall.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Grey Goldenrod	<i>Solidago nemoralis</i>	A small goldenrod that is excellent for the dry garden. It has a nodding yellow flower head in the fall and greyish leaves.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut or dried arrangements and are used to make yellow dye.
Ohio Goldenrod	<i>Solidago ohioensis</i>	A non-aggressive clump forming medium sized goldenrod that has a large yellow umbel flower, quite attractive in the fall. It requires moist to medium soil.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Rough-leaved Goldenrod	<i>Solidago patula</i>	Distinguished by its large basal leaves, this goldenrod likes wet meadows and swamps. The yellow flower blooms in the fall.	Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Upland White Aster	<i>Solidago ptarmicoides</i>		Wildlife, Dye plant, Goldenrods are an important source of nectar and pollen for bees, various insects and migrating butterflies in the fall. It also provides shelter and food for many songbirds and small mammals. Flowers are great for fresh cut arrangements and are used to make yellow dye.
Stiff Goldenrod	<i>Solidago rigida</i>	A non-aggressive clump forming taller goldenrod that has a large yellow umbel flower, quite attractive in the fall. The leaves are thick and stiff and quite ornamental.	Herbal, Wildlife; Stiff Goldenrod has been used in ointments for soothing bee stings. It too contains diuretic and antispasmodic properties which have been used by Native Americans and early settlers for skin complaints, sore throats and urinary infections. Warning may still cause allergies because of ragweed pollen contamination as it pollinates at the same time.
Indian Grass	<i>Sorghastrum nutans</i>	My favourite prairie grass. It colonizes quickly and produces a plume of rusty-orange seeds. The leaves have a variety of colours from pinks to blues to reds to purples and greens in the fall. A dominant grass of Tallgrass Prairie in Ontario. It roots deeply into the soil to get water and nutrients in times of drought.	Wildlife, Dye plant, Indian Grass is a warm season grass and is a good summer forage plant for cattle. Wildlife and songbirds enjoy its seeds. It is used to restore land after being strip-mined or overused because it helps restore nutrients.
Giant Bur-reed	<i>Sparganium eurycarpum</i>	The large spike ball of corn sized seeds is eaten by a variety of wildlife. This marsh plant grows well in shallow water, colonizing an area quickly. Giant Bur-reed is useful for erosion control and it acts as a natural filtration system which cleans and clarifies water.	Erosion control, Wildlife, Edible, Good for wildlife habitat in a marsh, shoreline erosion control, nutrient uptake, toxicant breakdown and water gardens. The whole plant is eaten by muskrats.
Prairie Cordgrass	<i>Spartina pectinata</i>	One tough grass! This tall attractive grass grows well in moist prairie. It can be used for making cord.	Warm season grass, Wildlife, Prairie Cordgrass is a warm season grass useful for erosion control and stabilizing sediments. It is an important food for waterfowl and its roots are a critical food source for geese wintering in coastal areas. Native Americans used this grass as a thatching material for their homes and for making cord and rope.
Sand Dropseed	<i>Sporobolus cryptandrus</i>	This is a grass that colonizes disturbed areas in a sandy prairie. It has both a sexual and asexual form of seed that many birds enjoy eating.	Wildlife, Edible, Sand Dropseed is a suitable forage for deer and livestock and a food source for game birds, and songbirds. Sand Dropseed is also edible, the seeds can be eaten raw, ground and roasted or added in whole for baking.
Prairie Dropseed	<i>Sporobolus heterolepus</i>	Garden only not native to Ontario	
Tall Meadow-rue	<i>Thalictrum pubescens</i>	The tall cones of white and yellow flowers stand out in moist areas and wet meadows. The fine lacy bluish-green foliage adds interest to the richer areas of the garden.	Wildlife, Herbal, Tall Meadow-rue was considered a powerful aphrodisiac by many Native Americans. It is visited and enjoyed by bees, butterflies and various birds.
Marsh St. John's Wort	<i>Triadenum fraseri (Hypericum)</i>	The pink flowers and round leaves that turn red in the fall make this a unique addition to a wet meadow or pond edge.	Marsh St. John's Wort was used by Native Americans for fevers. Other Triadenum or Hypericum species are widely used today to treat mild depression, and for medicated drops used for ear infections.
Broadleaf Cattail	<i>Typha latifolia</i>	The thick hotdog-like seed head of this cattail is a common sight in marshes and ponds. Many parts of the plant are edible and I quite like eating the tight pollen heads like corn on the cob in spring. Lots of wildlife use this plant for food and habitat however I typically do not recommend to plant Bulrushes because of the aggressiveness of this plant. Good for shoreline erosion control, nutrient uptake, toxicant breakdown and water gardens (potted).	Erosion control, Wildlife, Nutrient Uptake, Edible, Broadleaf Cattail helps prevent erosion and works as a natural filtration system that cleans and clarifies water. Wildlife such as geese and muskrat rely on cattails starchy roots for food and for shelter. Ducks don't really bother with the cattail for anything but shelter. The female flower heads, pollen, roots and shoots are all edible and known as an important survival food. Native Americans used cattail root as a poultice for skin conditions, the flower head for diarrhoea and as a tea for kidney stones. Cattail fluff has also been used historically as stuffing for household items and the leaves for basketry.
Stinging Nettle	<i>Urtica dioica spp. gracilis</i>	While the sting puts it in an out of the way area of the garden, the stem and leaves when boiled make for an excellent green or tea. It is a larval food for butterfly species!	Herbal, Medicinal, Edible, The young tender shoots of Stinging Nettle can be boiled gently and taken as a vitamin, iron and protein rich tea or cooked green. It has been used to treat anemia, poor circulation, urinary infection, diarrhoea, rheumatism among many other uses. Caution; do not handle with bare hands, if you do get stung, rub the area with mashed up jewelweed stems.
Wild Celery/Tapegrass	<i>Vallisneria americana</i>	This deep water plant has long grassy leaves and sends up seed heads resembling thin hotdogs. Waterfowl relish the seed pods and leaves. An excellent oxygenator and habitat for fish.	Wildlife, Oxygenator, Wild Celery is a completely submerged oxygenating water plant. It provides food for diving ducks and shelter for fish, frogs and other invertebrates.
Blue Vervain	<i>Verbena hastata</i>	In the fall, the blue flowers of this wet meadow plant attract many pollinators. It also grows well in the garden, one of my favourites.	Herbal, Edible, Wildlife, Blue Vervain was used for headaches, rheumatism, to increase breast milk and as a "female" tonic. Blue Vervain was also used to help insomnia, diarrhoea, congestion from colds, and as an anti-parasitic. Current research has found many of these uses valid and may also have potential for treating cancer among other diseases. Native Americans would use the roasted seeds to make flour. Blue Vervain is also attractive to bees, butterflies, moths and songbirds such as Cardinal, Bunting and Swamp Sparrow.
Hoary Vervain	<i>Verbena stricta</i>	This vervain takes it dry! The columnar blue flowers are a wonderful accent in the dry garden or prairie in the summer.	Wildlife, Hoary Vervain is also attractive to bees, butterflies, moths and songbirds such as Cardinal, Bunting and Swamp Sparrow.

White Vervain	<i>Verbena urticifolia</i>	This vervain grows in moist part shade and the unique white whips of flowers add a unique element to those areas.	Herbal, Wildlife, White Vervain has also been used historically as decongestant, and to induce vomiting. White Vervain is also attractive to bees, butterflies, moths and to songbirds such as Cardinal, Bunting and Swamp Sparrow.
Ironweed	<i>Vernonia missurica</i>	Another flower that photos just can't do justice to the richness of the flower's colour. This tall prairie flower has beautiful purple flowers in the fall. Excellent at the back of a planting, it likes to have a bit moister spot in the garden.	Wildlife. Ironweed has been used by Native Americans as a blood tonic, for menstrual irregularities and easing the cramps after childbirth. Ironweeds purple flowers attract many bees, birds and butterflies.
Culver's Root	<i>Veronicastrum virginicum</i>	The columns of white flowers are particularly attractive in the fall. This prairie species likes to have a bit of dampness in the soil.	Medicinal, Wildlife, Culver's Root has been used traditionally by Native Americans and then by early settlers as a laxative, purgative and for intestinal parasites. Caution; the root must be dried first before use as the fresh root is toxic. They also used it to ease the pain of kidney stones, it is still in use today by herbalists as a detoxifying herb for the kidneys. Culver's Root attracts various bees, butterflies, moths and small mammals.
Golden Alexander	<i>Zizia aurea</i>	This unique plants blooms early in the spring with umbels of yellow flowers and fern-like leaves.	Medicinal, Wildlife, Golden Alexander was used by Native Americans for fevers, to help heal wounds and as a sedative. Caution: Potentially toxic. Golden Alexander is a food source for the Eastern Black Swallowtail.