



Native Plants In The Crowsnest Pass

CNP Agriculture & Environmental Protection Services

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All Photos were taken within the Municipality of Crowsnest Pass

*Species are listed in Alphabetical order by
Common Name with quick ID by Flower Color
and Reference by Scientific Name*

Alphabetic, By Common Name

	Flower Color		
5. Arrowleaf Balsamroot – <i>Balsamorhiza sagittata</i>	Yellow	46. River Beauty – <i>Chamerion latifolium</i>	Purple
6. Bearberry/ Kinnikinnick – <i>Arctostaphylos uva-ursi</i>	White	47. Saskatoon – <i>Amelanchier alnifolia</i>	White
7. Blanket Flower – <i>Gaillardia aristata</i>	Yellow	48. Shooting Star – <i>Dodecatheon pulchellum</i>	Purple
8. Bunchberry – <i>Cornus Canadensis</i>	White	49. Showy Aster – <i>Eurybia conspicua</i>	Purple
9. Collomia – <i>Collomia linearis</i>	Pink	50. Showy Jacob's Ladder – <i>Polemonium pulcherrimum</i>	Blue
10. Common Pink Wintergreen – <i>Pyrola asarifolia</i>	Pink	51. Showy Locoweed – <i>Oxytropis splendens</i>	Purple
11. Common Red Paintbrush – <i>Castilleja miniata</i>	Red	52. Shrubby Beardtongue – <i>Penstemon fruiticosus</i>	Purple
12. Creeping Mahonia/ Low Oregon Grape – <i>Mahonia repens</i>	Yellow	53. Shrubby Cinquefoil – <i>Potentilla fruticosa</i>	Yellow
13. Crested Beardtongue – <i>Penstemon eriantherus</i>	Blue	54. Silky Scorpionweed – <i>Phacelia sericea</i>	Blue
14. Cut-leaved Anemone – <i>Anemone multifidi</i>	Purple	55. Small-leaved Everlasting – <i>Antennaria parvifolia</i>	White
15. Death Camas – <i>Zigadensus venenosus</i>	White	56. Smooth Blue Beardtongue – <i>Penstemon nitidus</i>	Blue
16. Dotted Blazingstar – <i>Liatris punctata</i>	Purple	57. Smooth Fleabane – <i>Erigeron glabellus</i>	Purple
17. Early Blue Violet – <i>Viola adunca</i>	Blue	58. Star-flowered Solomon's-seal – <i>Maianthemum stellatum</i>	White
18. Fairy Bells – <i>Disporum trachycarpum</i>	White	59. Sticky Purple Geranium – <i>Geranium viscosissimum</i>	Purple
19. False Gromwell – <i>Onosmodium molle</i>	White	60. Striped Coralroot – <i>Corallorrhiza striata</i>	Purple
20. False Solomon's-seal – <i>Maianthemum racemosum</i>	White	61. Tall White Orchid – <i>Platanthera dilatata</i>	White
21. Fireweed – <i>Chamerion angustifolium</i>	Purple	62. Thimbleberry – <i>Rubus parviflorus</i>	White
22. Glacier Lily – <i>Erythronium grandiflorum</i>	Yellow	63. Thread Leaved Scorpionweed – <i>Phacelia linearis</i>	Purple
23. Harebell – <i>Campanula rotundifolia</i>	Blue	64. Three Flowered Avens – <i>Geum triflorum</i>	Pink
24. Heart-leaved Arnica – <i>Arnica cordifolia</i>	Yellow	65. Tufted Fleabane – <i>Erigeron caespitosus</i>	White
25. Holboell's Rockcress – <i>Arabis holboellii</i>	White	66. Twin Flower – <i>Linnaea borealis</i>	Pink
26. Kitten-tails – <i>Besseya wyomingensis</i>	purple	67. Western Meadowrue – <i>Thalictrum occidentale</i>	Green
27. Ladies'-tresses – <i>Spiranthes romanzoffiana</i>	White	68. Western Wild Parsley – <i>Lomatium triternatum</i>	Yellow
28. Lance-leaved Stonecrop – <i>Sedum lanceolatum</i>	Yellow	69. White Camas – <i>Zigadenus elegans</i>	White
29. Low Larkspur – <i>Delphinium bicolor</i>	Purple	70. White Meadowsweet – <i>Spiraea betulifolia</i>	White
30. Mariposa Lily – <i>Calochortus apiculatus</i>	White	71. Wild Bergamot – <i>Monarda fistulosa</i>	Purple
31. Mountain Forget-Me-Not – <i>Myosotis asiatica</i>	Blue	72. Wild Blue Flax – <i>Linum lewisii</i>	Blue
32. Mountain Golden Rod – <i>Solidago simplex</i>	Yellow	73. Wild Gooseberry – <i>Ribes oxycanthoides</i>	Green
33. Mountain Heliotrope/ Sitka Valerian – <i>Valeriana sitchensis</i>	White	74. Wild Mint – <i>Mentha arvensis</i>	Pink
34. Mouse-ear Chickweed – <i>Cerastium arvense</i>	White	75. Wild Rose – <i>Rosa acicularis</i>	Pink
35. Nodding Onion – <i>Allium cernuum</i>	Purple	76. Wild White Geranium – <i>Geranium richardsonii</i>	White
36. Northern Bedstraw – <i>Galium boreale</i>	White	76. Wood Lily – <i>Lilium philadelphicum</i>	Orange
37. One-flowered Wintergreen – <i>Moneses uniflora</i>	White	78. Woodland Strawberry – <i>Fragaria vesca</i>	White
38. Pale False Dandelion – <i>Agoseris glauca</i>	Yellow	79. Woolly Gromwell – <i>Lithospermum ruderales</i>	Yellow
39. Parry's Townsendia – <i>Townsendia parryi</i>	Purple	80. Yarrow – <i>Achillea millefolium</i>	White
40. Pearly Everlasting – <i>Anaphalis margaritacea</i>	White	81. Yellow Beardtongue – <i>Penstemon confertus</i>	White
41. Perennial Lupine – <i>Lupinus sericeus</i>	Blue	82. Yellow Columbine – <i>Aquilegia flavescens</i>	Yellow
42. Pink Pussytoes – <i>Antennaria rosea</i>	Pink	83. Yellow Mountain Avens – <i>Dryas drummondii</i>	Yellow
43. Prairie Crocus/ Pasque-flower – <i>Pulsatilla patens</i>	Purple	84. Yellow Rattle – <i>Rhinanthus minor</i>	Yellow
44. Purple Clematis – <i>Clematis occidentalis</i>	Purple	85. Yellow Umbrellaplant – <i>Eriogonum flavum</i>	Yellow
45. Red Baneberry – <i>Actaea rubra</i>	White	86. Yellowbell - <i>Fritillaria pudica</i>	Yellow

Quick ID, By Flower Color

Flower Color

Blue Crested Beardtongue – *Penstemon eriantherus*
Blue Early Blue Violet – *Viola adunca*
Blue Harebell – *Campanula rotundifolia*
Blue Mountain Forget-Me-Not – *Myosotis asiatica*
Blue Perennial Lupine – *Lupinus sericeus*
Blue Showy Jacob's ladder – *Polemonium pulcherrimum*
Blue Silky Scorpionweed – *Phacelia sericea*
Blue Smooth Blue Beardtongue – *Penstemon nitidus*
Blue Wild Blue Flax – *Linum lewisii*
Green Western Meadowrue – *Thalictrum occidentale*
Green Wild Gooseberry – *Ribes oxycanthoides*
Orange Wood Lily – *Lilium philadelphicum*
Pink Collomia – *Collomia linearis*
Pink Common Pink Wintergreen – *Pyrola asarifolia*
Pink Pink Pussytoes – *Antennaria rosea*
Pink Three Flowered Avens– *Geum triflorum*
Pink Twin Flower – *Linnaea borealis*
Pink Wild Mint – *Mentha arvensis*
Pink Wild Rose – *Rosa acicularis*
Purple Cut-leaved Anemone – *Anemone multifidi*
Purple Dotted Blazingstar – *Liatris punctate*
Purple Fireweed – *Chamerion angustifolium*
Purple Kitten-tails – *Besseyia wyomingensis*
Purple Low Larkspur – *Delphinium bicolor*
Purple Nodding Onion – *Allium cernuum*
Purple Parry's Townsendia– *Townsendia parryi*
Purple Prairie Crocus/ Pasque-flower – *Pulsatilla patens*
Purple Purple Clematis – *Clematis occidentalis*
Purple River Beauty – *Chamerion latifolium*
Purple Shooting Star – *Dodecatheon pulchellum*
Purple Showy Aster – *Eurybia conspicua*
Purple Showy Locoweed – *Oxytropis splendens*
Purple Shrubby Beardtongue – *Penstemon fruiticosus*
Purple Smooth Fleabane – *Erigeron glabellus*
Purple Sticky Purple Geranium – *Geranium viscosissimum*
Purple Striped Coralroot – *Corallorrhiza striata*
Purple Thread – leaved Scorpionweed – *Phacelia linearis*
Purple Wild Bergamot – *Monarda fistulosa*
Red Common Red Paintbrush – *Castilleja miniata*
White Bearberry/ Kinnikinnick – *Arctostaphylos uva-ursi*
White Bunchberry – *Cornus Canadensis*
White Death Camas – *Zigadensus venenosus*
White Fairy Bells – *Disporum trachycarpum*
White False Gromwell – *Onosmodium molle*
White False Solomon's-seal – *Maianthemum racemosum*

White Holboell's Rockcress– *Arabis holboellii*
White Ladies'-tresses – *Spiranthes romanzoffiana*
White Mariposa Lily – *Calochortus apiculatus*
White Mountain Heliotrope/ Sitka Valerian – *Valeriana sitchensis*
White Mouse-ear Chickweed – *Cerastium arvense*
White Northern Bedstraw – *Galium boreale*
White One-flowered Wintergreen – *Moneses uniflora*
White Pearly Everlasting – *Anaphalis margaritacea*
White Red Baneberry – *Actaea rubra*
White Saskatoon – *Amelanchier alnifolia*
White Small-leaved Everlasting – *Antennaria parvifolia*
White Star-flowered Solomon's-seal – *Maianthemum stellatum*
White Tall White Orchid – *Platanthera dilatata*
White Thimbleberry – *Rubus parviflorus*
White Tufted Fleabane – *Erigeron caespitosus*
White White Camas – *Zigadenus elegans*
White White Meadowsweet – *Spiraea betulifolia*
White Wild White Geranium – *Geranium richardsonii*
White Woodland Strawberry – *Fragaria vesca*
White Yarrow – *Achillea millefolium*
White Yellow Beardtongue – *Penstemon confertus*
Yellow Arrowleaf Balsamroot – *Balsamorhiza sagittata*
Yellow Blanket Flower – *Gaillardia aristata*
Yellow Creeping Mahonia/ Low Oregon Grape – *Mahonia repens*
Yellow Glacier Lily – *Erythronium grandiflorum*
Yellow Heart-leaved Arnica – *Arnica cordifolia*
Yellow Lance-leaved Stonecrop – *Sedum lanceolatum*
Yellow Mountain Golden Rod – *Solidago simplex*
Yellow Pale False Dandelion – *Agoseris glauca*
Yellow Shrubby Cinquefoil – *Potentilla fruticosa*
Yellow Western Wild Parsley – *Lomatium triternatum*
Yellow Woolly Gromwell – *Lithospermum ruderales*
Yellow Yellow Columbine – *Aquilegia flavescens*
Yellow Yellow Mountain Avens – *Dryas drummondii*
Yellow Yellow Rattle – *Rhinanthus minor*
Yellow Yellow Umbrellaplant – *Eriogonum flavum*
Yellow Yellowbell - *Fritillaria pudica*

Reference, Scientific & Common Name

	Flower Color		
Achillea millefolium - Yarrow	White	Lithospermum ruderale - Woolly Gromwell	Yellow
Actaea rubra - Red Baneberry	White	Lomatium triternatum - Western Wild Parsley	Yellow
Agoseris glauca - Pale False Dandelion	Yellow	Lupinus sericeus - Perennial Lupine	Blue
Allium cernuum - Nodding Onion	Purple	Mahonia repens - Creeping Mahonia/ Low Oregon Grape	Yellow
Amelanchier alnifolia - Saskatoon	White	Maianthemum racemosum - False Solomon's-seal	White
Anaphalis margaritacea - Pearly Everlasting	White	Maianthemum stellatum - Star-flowered Solomon's-seal	White
Anemone multifida - Cut-leaved Anemone	Purple	Mentha arvensis - Wild Mint	Pink
Antennaria parvifolia - Small-leaved Everlasting	White	Monarda fistulosa - Wild Bergamot	Purple
Antennaria rosea - Pink Pussytoes	Pink	Moneses uniflora - One-flowered Wintergreen	White
Aquilegia flavescens - Yellow Columbine	Yellow	Myosotis asiatica - Mountain Forget-Me-Not	Blue
Arabis holboellii - Holboell's Rockcress	White	Onosmodium molle - False Gromwell	White
Arctostaphylos uva-ursi - Bearberry/ Kinnikinnick	White	Oxytropis splendens - Showy Locoweed	Purple
Arnica cordifolia - Heart-leaved Arnica	Yellow	Penstemon confertus - Yellow Beardtongue	White
Balsamorhiza sagittata - Arrowleaf Balsamroot	Yellow	Penstemon eriantherus - Crested Beardtongue	Blue
Calochortus apiculatus - Mariposa Lily	White	Penstemon fruticosus - Shrubby Beardtongue	Purple
Campanula rotundifolia - Harebell	Blue	Penstemon nitidus - Smooth Blue Beardtongue	Blue
Castilleja miniata - Common Red Paintbrush	Red	Phacelia linearis - Thread-leaved Scorpionweed	Purple
Cerastium arvense - Mouse-ear Chickweed	White	Phacelia sericea - Silky Scorpionweed	Blue
Chamerion angustifolium - Fireweed	Purple	Platanthera dilatata - Tall White Orchid	White
Chamerion latifolium - River Beauty	Purple	Polemonium pulcherrimum - Showy Jacob's ladder	Blue
Clematis occidentalis - Purple Clematis	Purple	Potentilla fruticosa - Shrubby Cinquefoil	Yellow
Collomia linearis - Collomia	Pink	Pulsatilla patens - Prairie Crocus/ Pasque-flower	Purple
Corallorrhiza striata - Striped Coralroot	Purple	Pyrola asarifolia - Common Pink Wintergreen	Pink
Cornus Canadensis - Bunchberry	White	Rhinanthus minor - Yellow Rattle	Yellow
Delphinium bicolor - Low Larkspur	Purple	Ribes oxycanthoides - Wild Gooseberry	Green
Besseyia wyomingensis - Kitten-tails	Purple	Rosa acicularis - Wild Rose	Pink
Disporum trachycarpum - Fairy Bells	White	Rubus parviflorus - Thimbleberry	White
Dodecatheon pulchellum - Shooting Star	Purple	Sedum lanceolatum - Lance-leaved Stonecrop	Yellow
Dryas drummondii - Yellow Mountain Avens	Yellow	Solidago simplex - Mountain Golden Rod	Yellow
Erigeron caespitosus - Tufted Fleabane	White	Spiraea betulifolia - White Meadowsweet	White
Erigeron glabellus - Smooth Fleabane	Purple	Spiranthes romanzoffiana - Ladies'-tresses	White
Eriogonum flavum - Yellow Umbrellaplant	Yellow	Thalictrum occidentale - Western Meadowrue	Green
Erythronium grandiflorum - Glacier Lily	Yellow	Townsendia parryi - Parry's Townsendia	Purple
Eurybia conspicua - Showy Aster	Purple	Valeriana sitchensis - Mountain Heliotrope/ Sitka Valerian	White
Fragaria vesca - Woodland Strawberry	White	Viola adunca - Early Blue Violet	Blue
Fritillaria pudica - Yellowbell	Yellow	Zigadenus venenosus - Death Camas	White
Gaillardia aristata - Blanket Flower	Yellow	Zigadenus elegans - White Camas	White
Galium boreale - Northern Bedstraw	White		
Geranium richardsonii - Wild White Geranium	White		
Geranium viscosissimum - Sticky Purple Geranium	Purple		
Geum triflorum - Three Flowered Avens	Pink		
Liatris punctata - Dotted Blazingstar	Purple		
Lilium philadelphicum - Wood Lily	Orange		
Linnaea borealis - Twin Flower	Pink		
Linum lewisii - Wild Blue Flax	Blue		

Arrowleaf Balsamroot – *Balsamorhiza sagittata*



Life Cycle: Perennial herb

Flowers: April to July

Growth habit: Stems 20-70 cm tall, branching at base, stout and woody; Aromatic

Habitat: Dry, stony or open wooded sites, foothills to montane

Other notes: Early bloomer; Attracts birds; Was an important source of food for many native peoples

Bearberry/ Kinnikinnick – *Arctostaphylos uva-ursi*



Life Cycle: Shrub

Flowers: May to July

Growth habit: 50-100cm long; Trailing and mat forming

Habitat: Dry woodlands and sandy hillsides

Other notes: The leaves are high in tannins and have been used to tan animal hides. The common names means grape (uva) of the bear (ursi)

Blanket Flower – *Gaillardia aristata*



Life Cycle: Perennial herb

Flowers: June to early August

Growth habit: 20-70 cm tall, stems erect; Slender taproots

Habitat: Dry sites in grasslands and open coniferous forests, foothills to montane

Other notes: Easily grown from seed or from division of the rootstock

Bunchberry – *Cornus canadensis*



Life Cycle: Perennial herb

Flowers: May to August

Growth habit: Stems 8-18 cm tall, erect; Rhizome creeping, often forming large colonies

Habitat: Cool, moist woods, often under evergreens where the soil is acidic

Other notes: Has an explosive pollination mechanism; Important food source for grouse and other birds; Part of the Nootka tribes legends

Collomia – *Collomia linearis*



Life Cycle: Annual herb

Flowers: June to July

Growth habit: Stems 10-40cm tall, erect, simple to branched; Taproot

Habitat: Moist open areas, well drained, often on disturbed areas

Common Pink Wintergreen – *Pyrola asarifolia*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 15-30cm tall; Creeping rootstock

Habitat: Moist forested area, shaded

Common Red Paintbrush – *Castilleja miniata*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: 20-60cm tall; Spread by seed

Habitat: Open woods and meadows; Sun to part shade

Other notes: Attracts hummingbirds. Semi-parasitic to other plants

Creeping Mahonia/ Low Oregon Grape – *Mahonia repens*



Life Cycle: Deciduous shrub

Flowers: June

Growth habit: 10-30cm long; Trailing

Habitat: Open forested areas

Other notes: Edible - Berries are bitter but can be made into jam, jelly and wine

Crested Beardtongue – *Penstemon eriantherus*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Clusters or single plants; Spreads by seed

Habitat: Dry, open areas that provide full sun, hillsides, rocky areas

Other notes: Attracts humming birds, bees and songbirds. Deer resistant. Very hardy

Cut-leaved Anemone – *Anemone multifida*



Life Cycle: Perennial herb

Flowers: May to August

Growth habit: Stems 15-50 cm tall from thickened rootstocks

Habitat: Dry, open or wooded sites, foothills to subalpine

Other notes: Seed heads look like white fluff balls, almost like a cotton swab

Death Camas – *Zigadensus venenosus*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Flowering stem 20-50 cm tall; Bulb 6-15 cm below the surface

Habitat: Dry prairies and hillsides

Other notes: Extremely **POISONOUS**

Dotted Blazingstar – *Liatris punctata*



Life Cycle: Perennial herb

Flowers: August to September

Growth habit: 20-60cm tall; forms clumps; spreads by seed

Habitat: Dry, exposed meadows to rocky hillsides

Other notes: Attracts birds, bees, and butterflies. Very drought tolerant.

Early Blue Violet – *Viola adunca*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Stems 4-10 cm long, leaf-bearing stems, tufted; Slender rhizomes

Habitat: Dry to moist, open to wooded sites, foothills to subalpine

Other notes: Attracts pollinators; Spreads quickly

Fairy Bells – *Disporum trachycarpum*



Life Cycle: Perennial herb

Flowers: May – June

Growth habit: Stems 20-60cm, forked and dropping; Rhizomes creeping

Habitat: Moist forested areas, full to part shade

Other notes: The berry is orange to red in color with a rough velvety surface

False Gromwell – *Onosmodium molle*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 40-80 cm tall, stout branched, densely haired throughout; Deep taproot

Habitat: Gravelly slopes and dry open woodlands

Other notes: Drought resistant

False Solomon's-seal – *Maianthemum racemosum*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 30-100cm tall, zigzagged;
Rhizomes thick

Habitat: Moist forested areas, often near water

Other notes: Stems can be green to red

Fireweed – *Chamerion angustifolium*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: 1.3-3 m tall; Creeping rhizome, forms large colonies

Habitat: Open forests, riverbanks and areas where fire has been

Other notes: One of the first things to come up after a fire. Yukon's territorial flower.

Glacier Lily – *Erythronium grandiflorum*



Life Cycle: Perennial herb

Flowers: April to August

Growth habit: Stems 10-40 cm tall, leafless, unbranched; deep elongated bulb-like corms, forms large patches

Habitat: Moist, rich, shaded to open sites, montane to alpine

Other notes: The flower petals curl backward during the day and uncurl at night

Harebell – *Campanula rotundifolia*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems 20-45 cm tall, slender, erect, several rising from the crown

Habitat: Dry hillsides and meadows

Other notes: The Cree used this for medicinal purposes

Heart-leaved Arnica – *Arnica cordifolia*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems solitary 10-60 cm tall;
Slender widely spreading rhizomes

Habitat: Open woods and slopes, montane to subalpine

Other notes: The Okanagan considered this a “love charm”

Holboell's Rockcress— *Arabis holboellii*



Life Cycle: Biennial, perennial herb

Flowers: April to August

Growth habit: 10-100cm tall; Seeds

Habitat: Dry rocky areas, plains to subalpine

Other notes: This one is deformed the stem is usually much thinner, and flower cluster less dense. See plants in the background

Kitten-tails – *Besseyia wyomingensis* ??



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Can grow up to 30cm tall

Habitat: Found on open, eroded, upland, fescue grassland slopes

Other notes: Threatened because it is rare

Ladies'-tresses – *Spiranthes romanoffiana*



Life Cycle: Perennial herb

Flowers: July to August

Growth habit: 10-40cm tall;

Habitat: Wet meadows, lake shores, boggy areas;
Sun to part shade

Other notes: This plant gets its name from the braid like appearance of the flowers

Lance-leaved Stonecrop – *Sedum lanceolatum*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Succulent; Spreads through rhizomes

Habitat: Dry, open rocky areas and rock outcrops

Other notes: Perfect for rock gardens and as ground cover. Can be propagated by cuttings

Low Larkspur – *Delphinium bicolor*



Life Cycle: Perennial Herb

Flowers: May to July

Growth habit: Stems 20-50 cm tall, unbranched, hairy near the top; Roots thick and fibrous

Habitat: Dry grasslands and open woodlands

Other notes: Very **POISONOUS**

Mariposa Lily – *Calochortus apiculatus*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Grass-like, flowering stems 10-30 cm tall; Bulb onion like

Habitat: Dry slopes and hillsides

Other notes: The Blackfoot collected and ate the bulbs of this plant

Mountain Forget-Me-Not – *Myosotis asiatica*



Life Cycle: Perennial herb

Flowers: May to August

Growth habit: Stems tufted, 5-30 cm tall, leafy;
Fibrous roots

Habitat: Moist, open sites, montane to alpine

Other notes: Official state flower of Alaska

Mountain Golden Rod – *Solidago simplex*



Life Cycle: Perennial herb

Flowers: July to September

Growth habit: Stems 10-40 cm tall, often reddish green, surface with a few scattered hairs

Habitat: Prairie grasslands, open forests and mountain slopes

Mountain Heliotrope/ Sitka Valerian – *Valeriana sitchensis*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 30-70 cm tall, erect, hairless, rootstock scented

Habitat: Moist montane and subalpine

Other notes: Used to treat nervous disorders;
Very fragrant

Mouse-ear Chickweed – *Cerastium arvense*



Life Cycle: Perennial herb

Flowers: April to August

Growth habit: Stems 10-30 cm tall, erect to ascending, branched, hairy, often rooting at lower nodes

Habitat: Dry, open plains and hillside

Other notes: Often fed to chickens, goslings, and caged birds, especially if ill.

Nodding Onion – *Allium cernuum*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Slender stems, 10-50 cm tall, arched at tip; Egg-shaped bulbs on short rhizomes, usually in clusters

Habitat: Moist to dry, open sites, plains to montane sites

Other notes: Bulbs are edible. Roots smell like onion

Northern Bedstraw – *Galium boreale*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems slender, erect 20-60 cm tall;
Slender creeping rhizomes

Habitat: Well-drained, open or wooded sites,
foothills to subalpine

Other notes: Related to coffee bean

One-flowered Wintergreen – *Moneses uniflora*



Life Cycle: Perennial herb

Season: June to July

Growth habit: 3-10 cm tall; Rhizomatous

Habitat: Moist, wooded areas; Part to full shade

Other notes: Edible; Source of vitamin C

Pale False Dandelion – *Agoseris glauca*



Life Cycle: Perennial Herb

Flowers: June to August

Growth habit: Stems 10-40 cm tall, exuding milky juice when broken; Taproot thick

Habitat: Mountain meadows, prairie grasslands and open woodlands

Parry's Townsendia— *Townsendia parryi*



Life Cycle: Biennial, perennial herb

Flowers: May to June

Growth habit: Stems 5 – 25cm tall; Taproot

Habitat: Dry hillsides and grassy slopes, montane to alpine

Other notes: The species name (*parryi*) commemorates naturalist Charles Christopher Parry

Pearly Everlasting – *Anaphalis margaritacea*



Life Cycle: Perennial herb

Flowers: July to September

Growth habit: Erect, 20-20 cm tall, white-woolly, leafy; Rhizomatous

Habitat: Open, moist to dry, often disturbed sites, foothills to subalpine

Other notes: Many medicinal uses

Perennial Lupine – *Lupinus sericeus*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Stems 40-80 cm tall, silky-haired throughout

Habitat: Grasslands and open woods

Other notes: Long bloom time; Versatile; Most are poisonous

Pink Pussytoes – *Antennaria rosea*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems 15-50cm tall; Mat forming

Habitat: Dry open areas, grasslands

Prairie Crocus/ Pasque-flower – *Pulsatilla patens*



Life Cycle: Perennial herb

Flowers: April to June

Growth habit: 8-40cm tall; grows in clusters, spreads by seed

Habitat: Dry open areas such as pine forests, sand dunes, and prairie grasslands. Often found on south to east facing slopes

Other notes: A first sign of spring as it is one of the first flowers to appear.

Purple Clematis – *Clematis occidentalis*



Life Cycle: Perennial vine

Flowers: May to July

Growth habit: Semi-woody vine, stems up to 2 m long; Trailing or climbing on adjacent vegetation

Habitat: Open woodlands

Other notes: Contains a **POISONOUS** agent

Red Baneberry – *Actaea rubra*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 30-100cm tall

Habitat: Forested areas, shaded

Other notes: Berries can be red or white with a black dot on top; **POISONOUS**

River Beauty – *Chamerion latifolium*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: 10-70cm tall; Creeping rhizomes, forms large colonies

Habitat: Streambanks, and river bottoms

Saskatoon – *Amelanchier alnifolia*



Life Cycle: Deciduous shrub

Flowers: April to July

Growth habit: Erect to spreading, 1-5 m tall;
Often spreads to form thickets

Habitat: Open woods, banks and hillsides, plains
to montane

Other notes: Berries edible - Many delicious
recipes can be made with the berries. Important
plant for Native people

Shooting Star – *Dodecatheon pulchellum*



Life Cycle: Perennial herb

Flowers: May to August

Growth habit: Stems leafless, 5-40 cm tall; Very short rhizomes

Habitat: Moist to wet sites, plains to alpine

Showy Aster – *Eurybia conspicua*



Life Cycle: Perennial herb

Flowers: August to September

Growth habit: Stems 40-100 cm tall, rough-haired, rootstock stout

Habitat: Open forests and edges of thickness

Other notes: Sacred to Native peoples and have been used as charms to ward off snakes

Showy Jacob's Ladder – *Polemonium pulcherrimum*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: 10-13cm tall, tufted, unbranched

Habitat: Dry open slopes, montane to alpine

Other notes: Very versatile, you can find it growing in unusual places

Showy Locoweed – *Oxytropis splendens*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Tufted, densely silky, flowering leafless stems 10-30 cm tall, branched base; Deep taproots

Habitat: Well-drained, usually open sites, foothills to montane

Other notes: Deer resistant

Shrubby Beardtongue – *Penstemon fruiticosus*



Life Cycle: Perennial herb

Flowers: July to August

Growth habit: Low, bushy shrub – like, 5-40 cm tall, stems freely branched, dense clumps from a woody base

Habitat: Dry, rocky sites, montane to alpine

Other notes: A favorite of hummingbirds and bees

Shrubby Cinquefoil – *Potentilla fruticosa*



Life Cycle: Deciduous shrub

Flowers: June to August

Growth habit: Erect to spreading, 10-100 cm tall, numerous branches

Habitat: Wet to dry, often rocky sites, plains to subalpine

Other notes: The bark can be used as tinder to start fires. Also great for erosion control

Silky Scorpionweed – *Phacelia sericea*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems 10-40 cm tall, silvery grey because of short silky hairs

Habitat: Open woods and subalpine slopes

Other notes: Attracts bees and butterflies; Rosettes look like that of Knapweed

Small-leaved Everlasting – *Antennaria parvifolia*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Stems 10-25cm; Leafy stolons, mat forming

Habitat: Dry, open areas and grasslands

Other notes: Plants are either male or female

Smooth Blue Beardtongue – *Penstemon nitidus*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Clusters or single plants; Spreads by seed

Habitat: Dry, open areas that provide full sun, hillsides, rocky areas

Other notes: Attracts humming birds, bees and songbirds. Deer resistant. Very hardy

Smooth Fleabane – *Erigeron glabellus*



Life Cycle: Biennial or short lived perennial herb

Flowers: June to September

Growth habit: Stems 10-50 cm tall, often covered with short stiff hairs; Roots fibrous

Habitat: Moist, wooded areas and meadows

Other notes: Another favorite of pollinators

Star-flowered Solomon's-seal – *Maianthemum stellatum*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Stems erect, slightly arching, 15-60 cm tall; Slender spreading rhizomes

Habitat: Moist (sometimes dry), shaded to open sites, foothills to subalpine

Other notes: Berries edible in moderation

Sticky Purple Geranium – *Geranium viscosissimum*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 20-90 cm tall, sticky-haired throughout, crown woody

Habitat: Open grasslands in montane to subalpine regions

Other notes: Bees love them because they reflect UV light which they are capable of seeing; Leaves turn bright red in the fall

Striped Coralroot – *Corallorrhiza striata*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stem 15-40 cm tall; Rhizome coral-like, roots absent

Habitat: Open woods

Other notes: Saprophytic plant; meaning it gets its nutrients dead organic matter

Tall White Orchid – *Platanthera dilatata*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: 20-70cm tall

Habitat: Wet wooded areas

Other notes: Flowers can be white, yellowish white, or greenish in color

Thimbleberry – *Rubus parviflorus*



Life Cycle: Deciduous shrub

Flowers: May to July

Growth habit: Erect, 0.5-2 m tall, dense thickets;
Spreading rhizomes

Habitat: Open to wooded, moist to dry sites,
foothills to montane

Other notes: Edible - Fruit is high in vitamin C
and a tea can be made from the flowers and leaves

Thread – leaved Scorpionweed – *Phacelia linearis*



Life Cycle: Annual

Flowers: May to July

Growth habit: Stems 12-50cm tall

Habitat: Dry, open places, plains and foothills

Other notes: Related to silky scorpion weed even though they look quite different

Three Flowered Avens— *Geum triflorum*



Life Cycle: Perennial herb

Flowers: May to July

Growth habit: Stems 10-30cm tall; Clump forming

Habitat: Dry to moist open sites, gravelly soils, prairie to sub-alpine

Other notes: Also called Old man's whiskers or Prairie smoke

Tufted Fleabane – *Erigeron caespitosus*



Life Cycle: Perennial herb

Flowers: July to August

Growth habit: Stems 10-25 cm tall, tufted, greyish to olive green; Deep taproot

Habitat: Prairie grasslands, dry, open areas

Twin Flower – *Linnaea borealis*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Forming loose mats, stems erect, 3-10 cm tall, semi-woody

Habitat: Moist, open to shaded sites, foothills to subalpine

Other notes: Named after Swedish botanist Carolus Linnaeus who developed the scientific classification system

Western Meadowrue – *Thalictrum occidentale*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 15-90 cm tall, hairless;
Rootstock short and yellow

Habitat: Aspen forests and moist prairies

Other notes: This species is monecious meaning
the plants are either male or female; Foliage
provides excellent fall colors

Similar Species: Veiny Meadow-rue (*Thalictrum
venulosum*)

Western Wild Parsley – *Lomatium triternatum*



Life Cycle: Perennial herb

Flowers: May to June

Growth habit: Stems erect 20-80 cm tall; Long taproots with branching crowns

Habitat: Dry to moist, open sites, foothills to montane

Other notes: The Blackfeet used the roots to make a medicinal tea

White Camas – *Zigadenus elegans*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: 20-60cm tall; Bulbs

Habitat: Dry to moist meadows, and open woods; Sun to part shade

Other notes: Slightly poisonous

White Meadowsweet – *Spiraea betulifolia*



Life Cycle: Deciduous shrub

Flowers: May to July

Growth habit: 40-70 cm tall; Spreading from rhizomes

Habitat: Moist to dry, open wooded sites

Wild Bergamot – *Monarda fistulosa*



Life Cycle: Perennial herb

Flowers: July to September

Growth habit: 30-70cm tall; Rhizomatous, also spreads by seed

Habitat: Open woods, fields and grasslands

Other notes: Many medicinal properties. Tea can be made from the leaves. Attracts bees, butterflies and hummingbirds.

Wild Blue Flax – *Linum lewisii*



Life Cycle: Perennial herb

Flowers: May to August

Growth habit: Stems 10-70 cm tall, branching above, from branched woody rootstocks

Habitat: Dry, open or partly shaded sites, plains to montane

Other notes: Flowers open in the morning and fade later in the day

Wild Gooseberry – *Ribes oxycanthoides*



Life Cycle: Shrub

Flowers: May to June

Growth habit: Grows up to 2 m tall

Habitat: Moist woodlands; Very common found every where in Alberta

Other notes: Berries edible – good for making jellies

Wild Mint – *Mentha arvensis*



Life Cycle: Perennial herb

Flowers: June to August

Growth habit: Stems 10-50cm, square; Creeping rhizomes

Habitat: Edges of wet marshy area such as sloughs and lakes

Other notes: The leaves can be used to make tea; Very aromatic

Wild Rose – *Rosa acicularis*



Life Cycle: Shrub

Flowers: June to August

Growth habit: Shrub up to 2.5 m tall, thorns straight, 3-4 mm long, bark reddish brown

Habitat: Edge of woodlands, roadsides, and pastures

Other notes: Floral emblem of Alberta

Wild White Geranium – *Geranium richardsonii*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 40-80 cm tall, erect, rootstock short

Habitat: Moist, partially shaded sites, foothills to montane

Other notes: A bath with geranium leaves added to the water is said to stimulate the skin

Wood Lily – *Lilium philadelphicum*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems single, erect, 30-60 cm tall;
Bulbs whitish and scaly

Habitat: Moist, open to wooded sites, plains to
montane

Other notes: Floral emblem of Saskatchewan

Woodland Strawberry – *Fragaria vesca*



Life Cycle: Perennial herb

Flowers: May to October

Growth habit: Flowering stems 5-25 cm tall, rootstock short; Stolon (runners) produce new plants at nodes

Habitat: Open woodlands, foothills to montane

Other notes: A member of the rose family

Woolly Gromwell – *Lithospermum ruderale*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems leafy, several stems forming a dense cluster

Habitat: Dry hillsides and prairie grasslands

Other notes: Listed as an S1 (extremely rare) species in Saskatchewan

Yarrow – *Achillea millefolium*



Life Cycle: Perennial herb

Flowers: May to September

Growth habit: Stems 10-80 cm tall, stems erect and leafy; Spreading rhizomes

Habitat: Very dry to moist, open sites, plains alpine

Other notes: Used for thousands of years as a medication, fumigant, and insecticide

Yellow Beardtongue – *Penstemon confertus*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 10-15cm tall; Forms clumps

Habitat: Meadows and open woods

Other notes: Hummingbirds and bees like this plant; Fall coloration

Yellow Columbine – *Aquilegia flavescens*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Stems 20-60 cm tall, hairless to sticky-haired; Rhizome short

Habitat: Open wooded and rocky slopes

Other notes: The flowers make great trail snacks; Attracts hummingbirds and other pollinators

Yellow Mountain Avens – *Dryas drummondii*



Life Cycle: Low evergreen shrub

Flowers: July to August

Growth habit: Shrub trailing and forming large, dense mats, flowering stems 5-25 cm tall, hairy

Habitat: Gravel slopes, river flats and banks and roadsides

Other notes: Great for rock gardens, or as a ground cover; Leaves can be used to make tea

Yellow Rattle – *Rhinanthus minor*



Life Cycle: Annual herb

Flowers: June to August

Growth habit: Stems 10-60cm tall; Spread by seed

Habitat: Open forested areas and grasslands

Other notes: The common name refers to how the seeds rattle in the plant after they have matured; Semi- parasitic

Yellow Umbrellaplant – *Eriogonum flavum*



Life Cycle: Perennial herb

Flowers: June to July

Growth habit: Flowering stem 10-30 cm tall, covered in white hairs; Base woody

Habitat: Dry, rocky sites in plains to alpine

Other notes: Mashed roots were often used for ear plugs ; Attracts pollinators ; Deer resistant

Yellowbell - *Fritillaria pudica*



Life Cycle: Perennial herb

Bloom Season: April to June

Growth habit: 10-30cm tall; Grows from a bulb

Habitat: Grassland and open forest

Other notes: Bulbs are edible