

Native Plants In The Crowsnest Pass

CNP Agriculture & Environmental Protection Services

Prepared by Jessica Hayes, Ashley Lema & Bill Hnatiuk

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

777 700	Alphabetic, By Common Name		46. River Beauty – Chamerion latifolium	Purple
			47. Saskatoon – Amelanchier alnifolia	White
	F	Flower Color	48. Shooting Star – Dodecatheon pulchellum	Purple
5	. Arrowleaf Balsamroot – Balsamorhiza sagittata	Yellow	49. Showy Aster – Eurybia conspicua	Purple
6	. Bearberry/ Kinnikinnick – Arctostaphylos uva-ursi	White	50. Showy Jacob's Ladder – Polemonium pulcherrimum	Blue
7		Yellow	51. Showy Locoweed – Oxytropis splendens	Purple
8		White		Purple
9		Pink		Yellow
	0. Common Pink Wintergreen – Pyrola asarifolia	Pink		Blue
	1. Common Red Paintbrush – Castilleja miniata	Red		White
	2. Creeping Mahonia/ Low Oregon Grape – Mahonia repens	Yellow		Blue
	3. Crested Beardtongue – Penstemon eriantherus	Blue		Purple
	4. Cut-leaved Anemone – Anemone multifidi	Purple		White
	5. Death Camas – Zigadensus venenosus	White		Purple
	6. Dotted Blazingstar – Liatris punctate	Purple		
	7. Early Blue Violet – Viola adunca 8. Fairy Bells – Disporum trachycarpum	Blue White		Purple White
	9. False Gromwell – Onosmodium molle	White		White
	0. False Solomon's-seal – Maianthemum racemosum	White		
	1. Fireweed – Chamerion angustifolium	Purple		Purple
	2. Glacier Lily – Erythronium grandiflorum	Yellow		Pink
	3. Harebell – Campanula rotundifolia	Blue		White
	4. Heart-leaved Arnica – Arnica cordifolia	Yellow		Pink
	5. Holboell's Rockcress- Arabis holboellii	White		Green
2	6. Kitten-tails – Besseya wyomingensis	purple		Yellow
2	7. Ladies'-tresses — Spiranthes romanzoffiana	White		White
2	8. Lance-leaved Stonecrop – Sedum lanceolatum	Yellow		White
2	9. Low Larkspur – Delphinium bicolor	Purple	71. Wild Bergamot – Monarda fistulosa	Purple
3	0. Mariposa Lily – Calochortus apiculatus	White	72. Wild Blue Flax – Linum lewisii	Blue
3	1. Mountain Forget-Me-Not – Myosotis asiatica	Blue	73. Wild Gooseberry – Ribes oxyacanthoides	Green
3	2. Mountain Golden Rod – Solidago simplex	Yellow	74. Wild Mint – Mentha arvensis	Pink
	3. Mountain Heliotrope/ Sitka Valerian — Valeriana sitchensis	White	75. Wild Rose – Rosa acicularis	Pink
	4. Mouse-ear Chickweed – Cerastium arvense	White	76. Wild White Geranium – Geranium richardsonii	White
	5. Nodding Onion – Allium cernuum	Purple	76. Wood Lily – Lilium philadelphicum	Orange
	6. Northern Bedstraw – Galium boreale	White	78. Woodland Strawberry – Fragaria vesca	White
	7. One-flowered Wintergreen – Moneses uniflora	White	79. Woolly Gromwell – Lithospermum ruderale	Yellow
	8. Pale False Dandelion – Agoseris glauca	Yellow	80. Yarrow – Achillea millefolium	White
	9. Parry's Townsendia – Townsendia parryi	Purple	81. Yellow Beardtongue – Penstemon confertus	White
	Pearly Everlasting – Anaphalis margaritacea Pearly Lypian - Lypians sorieurs	White	82. Yellow Columbine – Aquilegia flavescens	Yellow
	 Perennial Lupine – Lupinus sericeus Pink Pussytoes – Antennaria rosea 	Blue Pink		Yellow
	3. Prairie Crocus/ Pasque-flower – Pulsatilla patens	Purple		Yellow
	4. Purple Clematis – Clematis occidentalis	Purple		Yellow
	5. Red Baneberry – Actaea rubra	White		Yellow
4	J. New Duneberry - Actueu rubid	VVIIILE	301 Tellottacii - Filandila padica	1010

Quick ID, By Flower Color

White False Solomon's-seal – Maianthemum racemosum

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

Reference, Scientific & Common Name

Linum lewisii - Wild Blue Flax

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

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 map

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

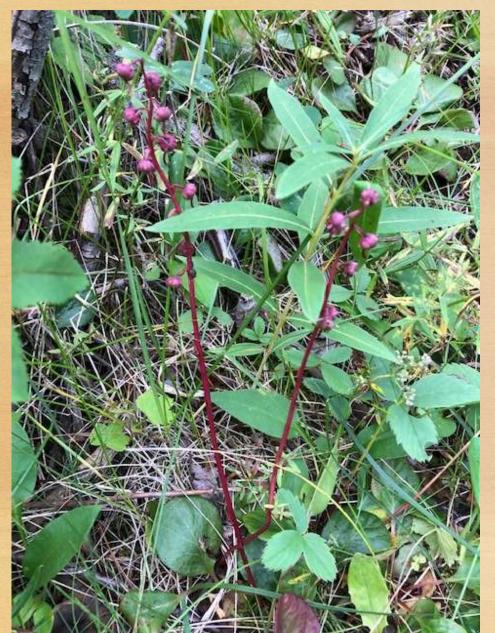
Growth habit: Stems 10-40cm tall, erect, simple to

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

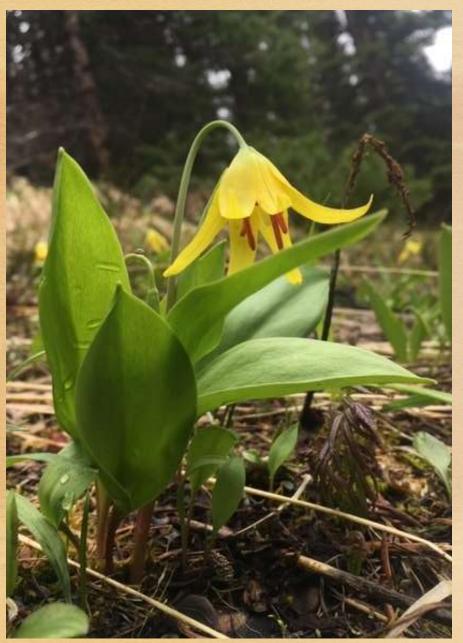
Habitat: Open forests, riverbanks and areas where

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 – Besseya 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 romanzoffiana





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 out

crops

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

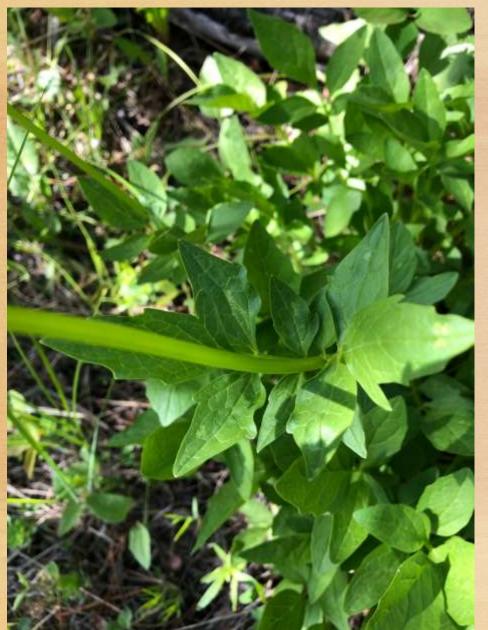
Growth habit: Stems 10-40 cm tall, often reddish

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

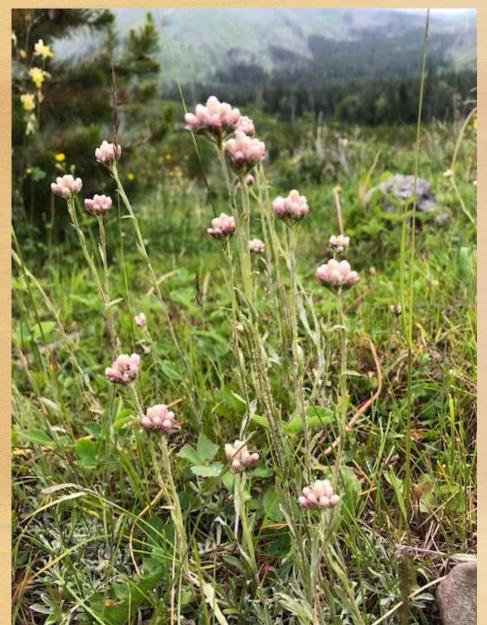
throughout

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; Trialing 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

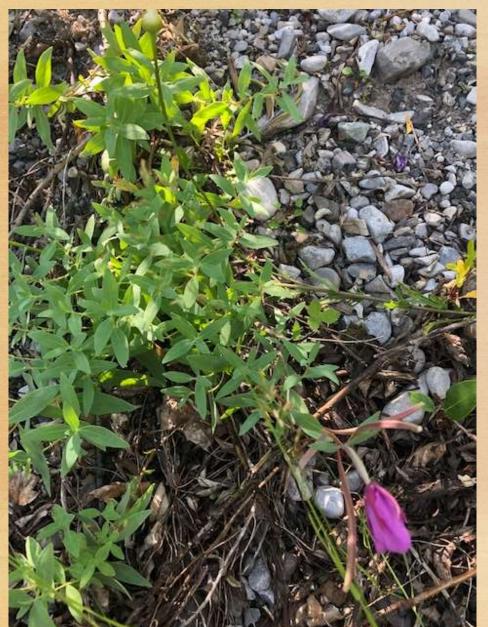
Growth habit: Stems 30-100cm tall

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-

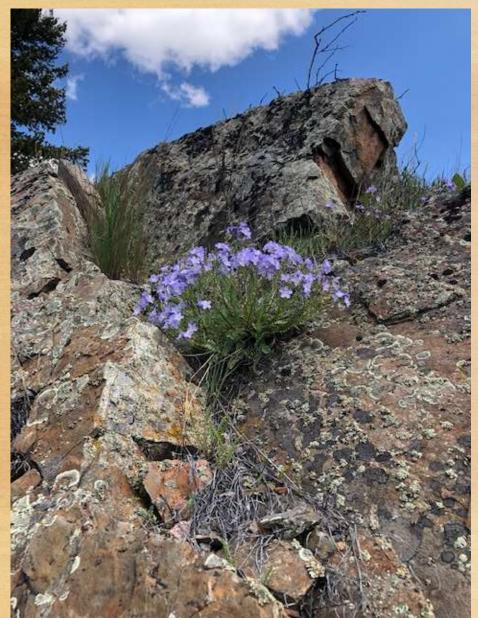
haired, rootstock stout

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

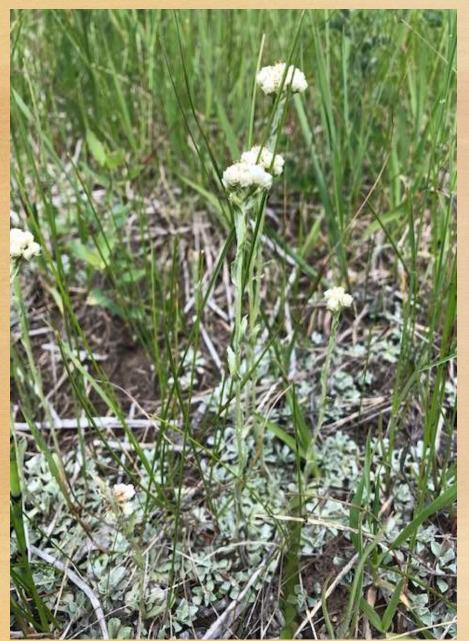
because of short silky hairs

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

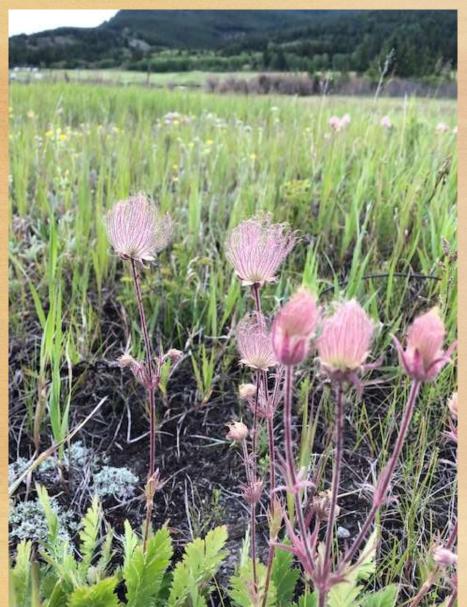
Growth habit: Stems 12-50cm tall

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 Linneaus 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

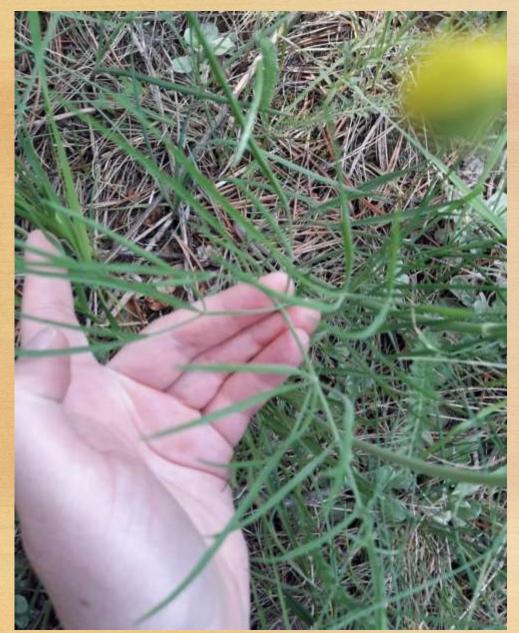
the plants are either male or female; Foliage

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

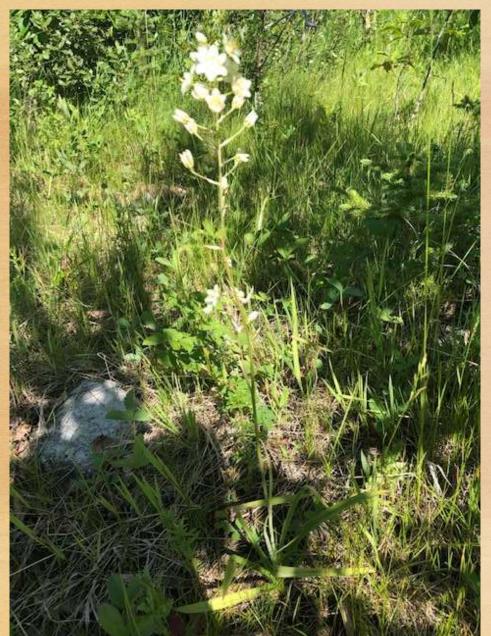
Habitat: Dry to moist, open sites, foothills to

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

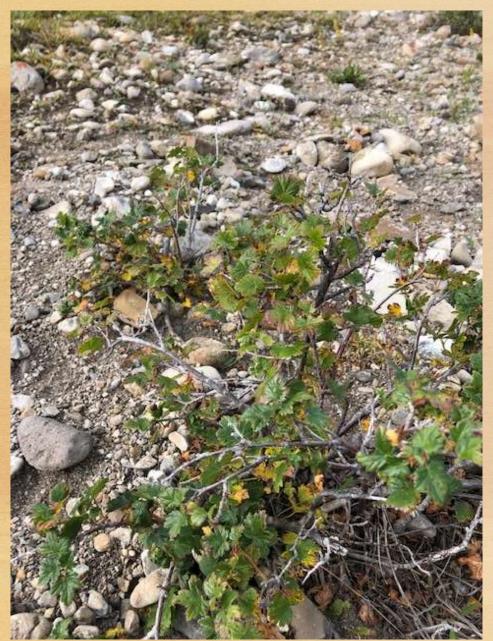
Habitat: Dry, open or partly shaded sites, plains to

montane

Other notes: Flowers open in the morning and

fade later in the day

Wild Gooseberry – Ribes oxyacanthoides





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

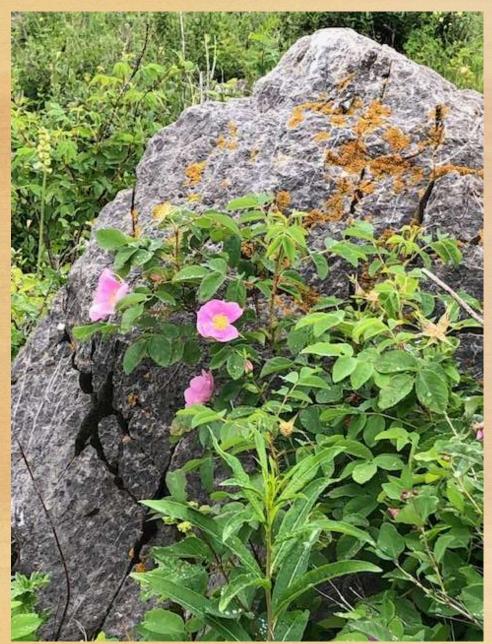
Habitat: Edges of wet marshy area such as

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