



HUMBER
ARBORETUM
+ CENTRE FOR URBAN ECOLOGY

2018

Jr. Naturalist Field Guide



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Burdock, common

Common Name(s): Common Burdock Latin Name: Arctium Minus



About Your Plant:

Size:

Height 12.3m (Circle: inches or feet)

Width about 5mm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Flowers - Green/lavender purple spiky flower that can stick to clothing. (Burs)
 Stem - Stands up straight but sometimes bends on top.
 leaves - Lower leaves larger than top

Where plant is found:

- This plant can be found in meadows and forests (according to Humber Arb) etc.
- Waste grounds and roadsides

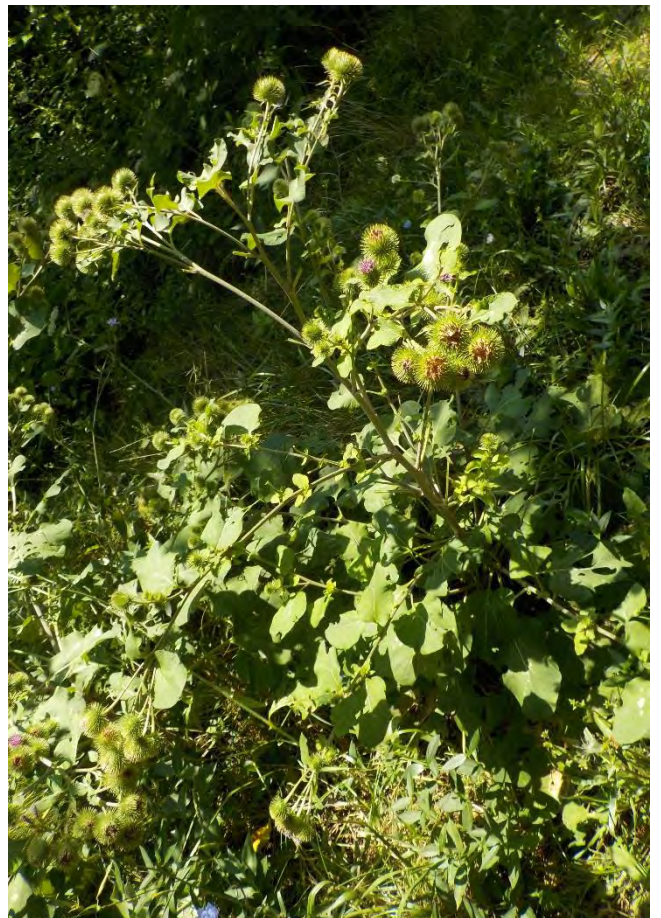
How humans or wildlife benefit from this plant:

- Humans benefit from Burdock since it is used in Chinese cuisine.
- Because of its bitter flavour, Burdock helps to cleanse the digestive system.

Additional Information:

- Since Burdock sticks to clothing (and sometimes skin and hair), it inspired Velcro.

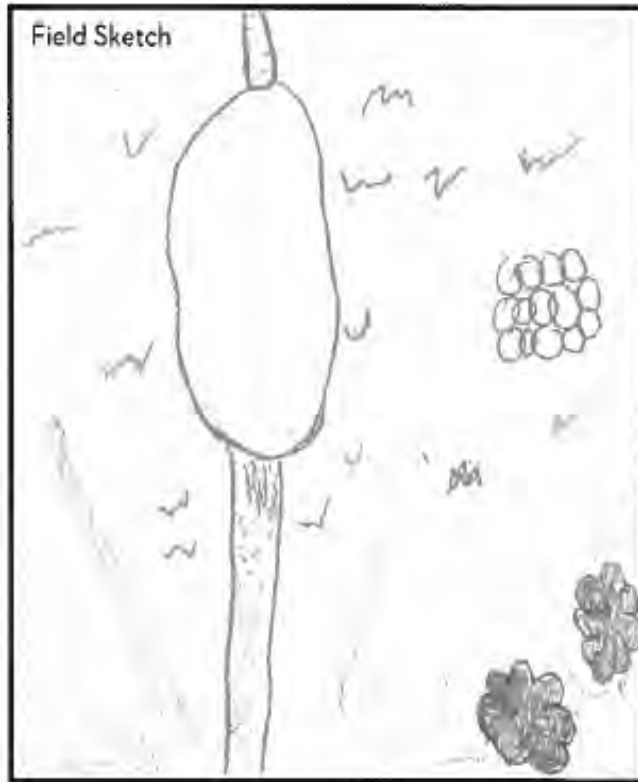
Plant Photography



Cattail

Common Name(s): Cat tail

Latin Name: Typha latifolia



About Your Plant:

Size:

Height 64/54 ^{inch} (Circle: inches or feet)

Width 0.5 ^{ft} (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Similar plants to the cattail are similar with these leaves. They erect smooth-like from the base. Above the cattail is a pair of staminate flowers.

Where plant is found: cattail or typha is found in fresh or brackish marshes shallow water throughout the months of May and July.

How humans or wildlife benefit from this plant:

Humans use cattails for many things such as in food. Some of these foods are salad, asparagus, cooked vegetable, flour, pickles and potato.

Additional Information:

Cattail is a native species to North and South America, Europe, Eurasia and Africa. Cattail's can turn golden when there near is filled with pollen but eventually this effect wears off. The leaves can also be used in basket and carpet weaving.

Plant Photography





Chicory

Common Name(s): Chicory

Latin Name: Cichorium intybus

Field Sketch



fevers

About Your Plant:

It's Rays blue.

Size:

Height 30 inches (Circle: inches or feet)

Width 4 cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Toothed at the tip, flower heads large, stalkless, along the branch leaves partly clasping, toothed, lobed or entire.

Where plant is found:

Roadsides, fields and waste places

How humans or wildlife benefit from this plant:

It can be used for skin eruptions, low blood sugar. Homeopathically used for liver and gall bladder ailments. It can also be used to cure fevers.

Additional Information:

It blooms mostly in the summer and in the morning, it closes up in the afternoon. It is usually blue (rarely white or pink). The roots are edible. German word for Chicory is Wegwarten another common name is blue sailors.

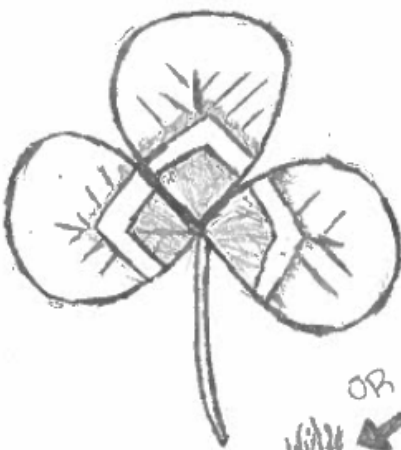
Plant Photography



Clover, white

Common Name(s): White clover Latin Name: Trifolium Repens

Field Sketch



About Your Plant:

Size:

Height Average 2.5cm (Circle: inches or feet)

Width stem 1mm (Circle: inches or feet) leaf 5mm
leaf 1cm
leaf 1cm

Description (include leaves, bark, flower, etc):

3/4 Green leaves with white triangle marks. I has a green stem and usually has a pink and white flower.

Where plant is found:

White clovers are most commonly found in grassy areas such as fields, forests, etc. They can also be found in most parts of the Arb.
(can't spell Arb)

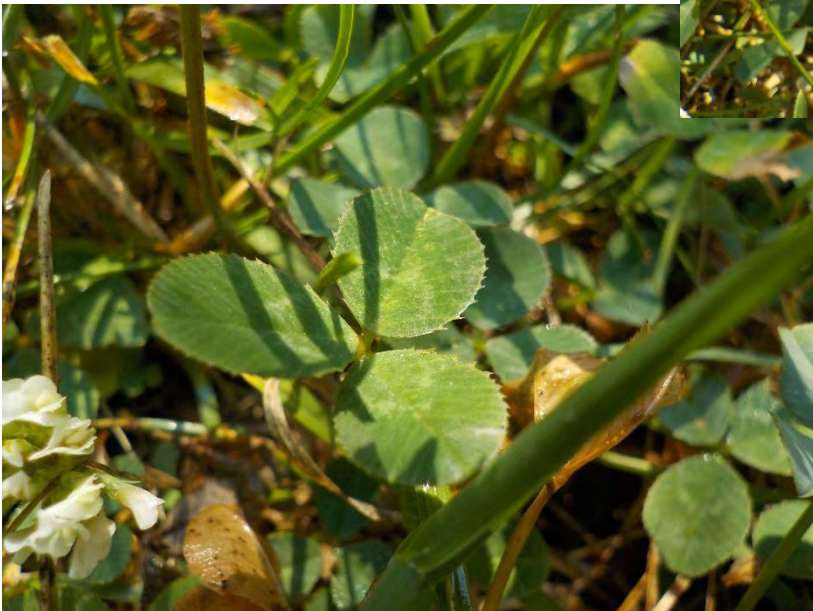
How humans or wildlife benefit from this plant:

wildlife can benefit from this plant when animals such as rabbits eat grass and when they eat the grass, they eat clovers too

Additional Information:

4 leaf clovers are rare to find and are said to bring good luck to who ever finds it. Sometimes, there are 5 leaves on a clover and those clovers are extra hard to find.

Plant Photography



Dame's violet

Common Name(s):
Dame's violet

Latin Name: *Hesperis
matronalis*

2018

Field Sketch



About Your Plant:

Size: 129 cm

Height 129 cm (Circle: inches or feet)

Width 2 cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

- * Stem is fuzzy
- * 4 paddles
- * Purple, pink and white
- * Leaves have toothed edges but not sharp

Where plant is found:

Where I found it:

- * Near the flood plain
- * On forest edge

Other places:

- * Shady parts at the end of woodlands
- * Cottage gardens

How humans or wildlife benefit from this plant:

- * The leaves are high in Vitamin C
- * Helps you not get diagnosed with scurvy
- * Reduces a cough
- * With vinegar and Dame's Violet this will benefit of disappearing your freckles
- * The Dame's Violet's seeds are successfully used for stings and bites from snakes

Additional Information:

① seeds inside. Able to make mustard.
 Dame's Violet could possibly sprout with ferns
 Caterpillars can feed on Dame's Violet
 In the European culture the leaves of the Dame's Violet can be used in some salad recipes because it adds a nice kick

Plant Photography

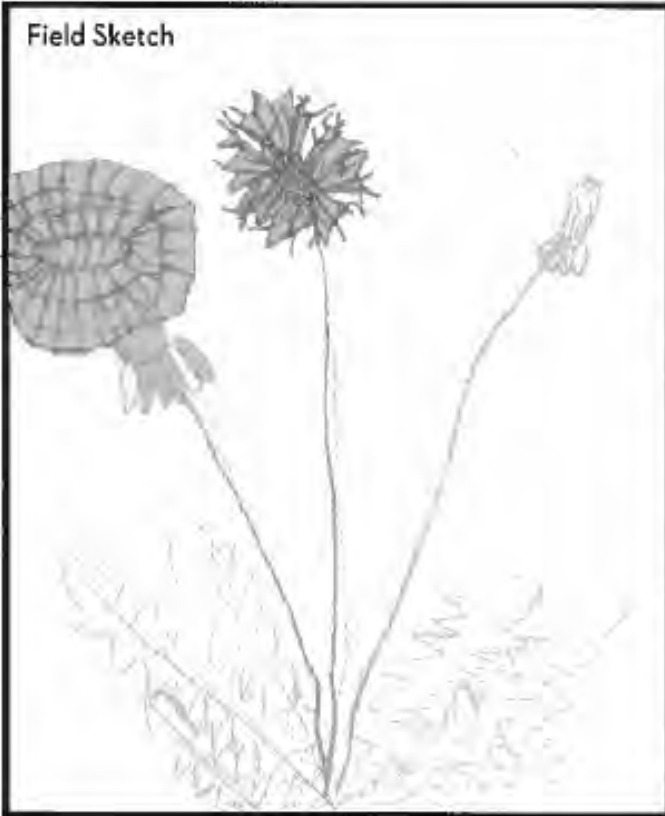


Dandelion

Common Name(s): *Dandelion*

Latin Name: *Taraxacum officinale*

Field Sketch



About Your Plant:

Size:

Height 2-18 (Circle inches or feet)

Width 4 (Circle inches or feet)

Description (include leaves, bark, flower, etc):

The plant includes flowers, leaves, stem, and roots.

Where plant is found:

The plant is found in lawns, fields, and waste places.

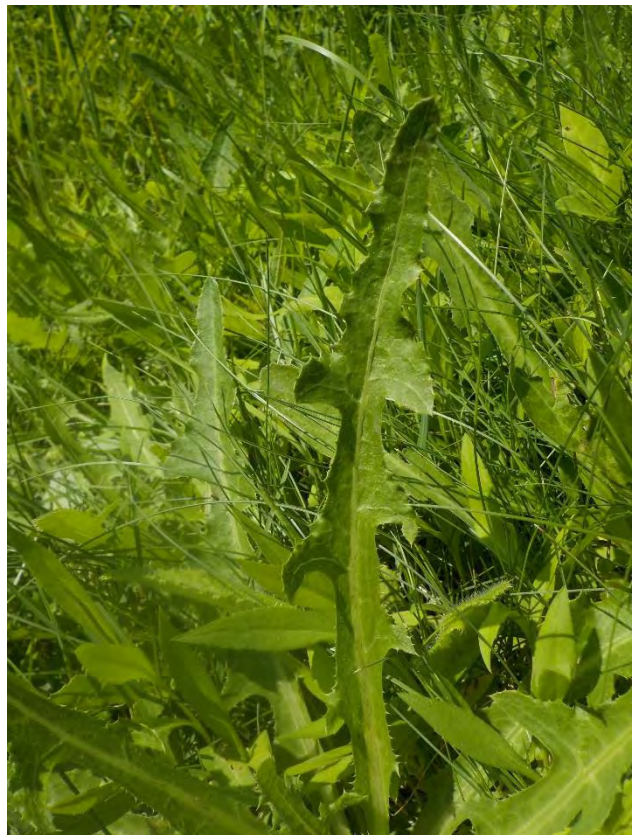
How humans or wildlife benefit from this plant:

Humans benefit from this plant is they use it for tea and it helps for liver, gallbladder, kidney, and bladder ailments, diuretic. You can also use the whole plant for food.

Additional Information:

In the 1800 century people dug out there grass so that the dandelions could grow there.

Plant Photography



Daisy fleabane

Common Name(s): Daisy fleabane Latin Name:
Sweet Scabious

Field Sketch



About Your Plant:

Size:

Height 1-2 ft. (Circle: inches or feet)

Width less than 1 in. (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Slender, hairy perennial. Basal leaves oblong; stem leaves smaller, clasping at base. Flowers less than 1 in. across, with numerous slender rays and yellow disks.

Where plant is found:

This beautiful plant can be found in/on forest edge.

How humans or wildlife benefit from this plant:

Plant tea is used as a diuretic, astringent; a folk remedy for diarrhea, diabetes, painful menstruation.

Additional Information:

The word 'Fleabane' means to keep insects away. Scientists are trying to see if they can use the plant to keep ticks away.

Plant Photography



Dog-strangling vine

Common Name(s): Dog Strangling vine Latin Name: Vincetoxicum fasciculatum

Ishaan Sharma

Field Sketch



About Your Plant:

Size:

Height 100/32 (Circle: inches or feet)

Width 5 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Leaves are oval with a pointed end, and grow on opposite sides of stem. Grows 1-2 m and produces bean shaped seeds. Usually found wrapped around something.

Where plant is found:

Prefers open sunny areas but can grow in light shade. Usually found wrapped around other plants. They can grow in prairies, plains, pine trees and forests.

How humans or wildlife benefit from this plant:

For the most part they don't.

This plant wraps around other plants and deprives them of nutrients. It also reproduce rapidly making it extremely hard to stop.

Additional Information:

- native to Eurasia
- it was first discovered in the late 1800's
- it can't actually strangle dogs
- can grow up to 2 metres
- 1 plant can produce 28,000 seeds per sq. foot metre, and as a result are extremely hard to get rid of
- * has star shaped pink/purple flowers.

Plant Photography



Dogwood, red osier

Common Name(s): Red osier dogwood

Latin Name: Cornus sericea



About Your Plant:

Size:

Height up to 30' (Circle: inches or feet)

Width 1 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

The leaves of this shrub turn yellow/red before being shed
Wood of this shrub is red

Where plant is found:

- Usually ranges from California to B.C.

- Has been cultivated in other regions

How humans or wildlife benefit from this plant:

- Animals may eat the fruit growing off this shrub

- Produces air

- Removes Carbon dioxide

Additional Information:

Grows Small Flowers

- Berries look like doll-eyes

- Rarely reaches max height

- Bark cracks into irregular plates of maturity

- Discovered in 1835

- cultivated to make beautiful baskets

Plant Photography



Fern

Common Name(s): Fern

Latin Name: *Dicksonia - antarctica*

Field Sketch



About Your Plant:

Size:

Height 63cm (Circle: inches or feet)

Width 44cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Rich green, compound leaf
 Jagged leaves, pale green
 underside Tracoloris Brown

Where plant is found: - On a forest
 edge Dry place or
 sometimes in
 gardens

How humans or wildlife benefit from this plant:

its called a tree so
 it gives oxygen that
 we like and takes
 the bad air.

Additional Information:

- The very first trees, from around 300 million years ago and ferns spread very fast.
- The high trunks give them more sun light.
- Even many years of growth a tree fern can grow 65ft tall

Plant Photography



Goldenrod, Canada

Common Name(s): Canada Goldenrod

Latin Name:

Field Sketch



About Your Plant:

Size:

Height 1-5 (Circle: inches or feet)

Width 1-2 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Stem is smooth at base, and downy closer to top. Flowers are yellow and in gland-like form for the single because only goldenrods have this type of flowers.

Where plant is found:

This specific plant was found in a meadow, but is common in roadsides, thickets and clearings. Growing season is from July-September.

How humans or wildlife benefit from this plant:

Gull flies lay eggs on the stem, making the plant look like its stem is in the shape of a ball. Then the gull fly leaves the goldenrod. Most of them get eaten by birds like a woodpecker or parasitized by wasps.

Additional Information:

- Goldenrod is a very good material to make fire.

Plant Photography



Grape, wild

Common Name(s): Wild Grape

Latin Name: Vitis



About Your Plant:

Size:

Height about 2m (Circle: inches or feet)

Width 3mm per v. (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

red/pink/green colour long vines with snake tongue shaped ends. Green leaves with spiky shaped leaves. Shreddy bark. Grapes - purple, black or amber coloured

Where plant is found:

Wild grape is found in the meadow and/or forest (according to the Humber arb)

How humans or wildlife benefit from this plant:

Humans and wildlife benefit from wild grape since wild grape is edible and is sometimes a source of water. ↓*

Additional Information:

Wild grape is edible on both grapes and snake tongue shaped vines. *Once the grape vines have fully matured, they become a source of water (cut the vine and water will drip out).

Plant Photography





Jewelweed, spotted

Common Name(s):

- Spotted touch-me-not
- Jewelweed

Latin Name:

About Your Plant:

Size:

Height 14 (Circle: inches or feet)

Width 0.2 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

- Flower: trumpet shaped, light orange with dark orange or red spots
- Seedpod: small, green + slender bean pod, kinda translucent
- Leaves: soft, oval shaped with toothed edges, green, water repellent, upper leaves = alternate, lower leaves = opposite
- Stems: skinny, translucent

Where plant is found:

I found the jewelweed plant in the forest at the gazebo entrance

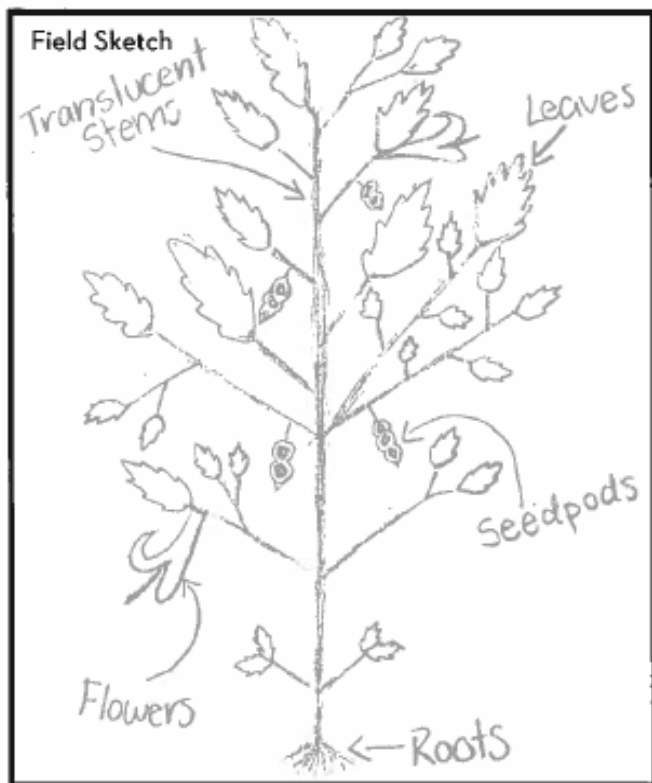
It can also be found in most moist/wet + shady areas.

How humans or wildlife benefit from this plant:

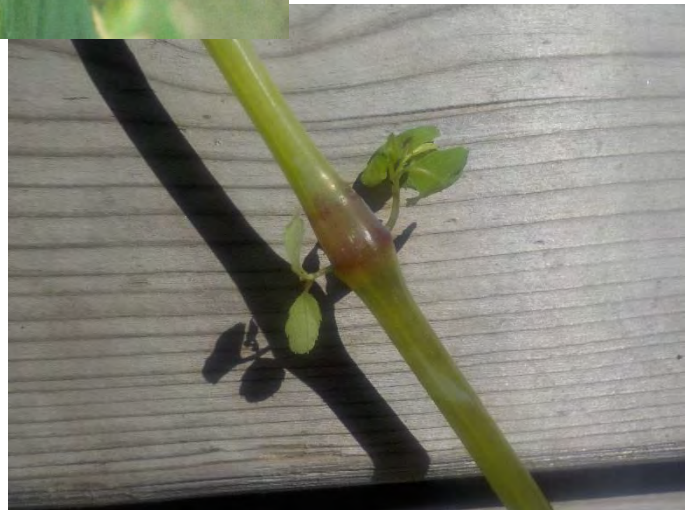
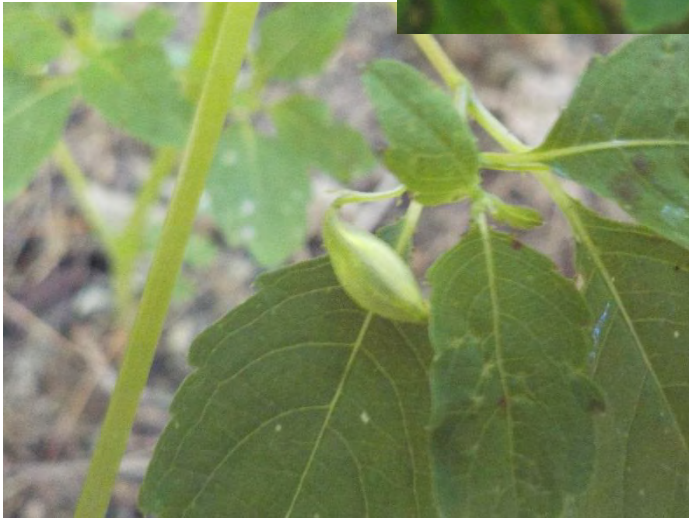
This is also a medicinal plant + is a natural remedy for poison ivy. It helps with poison ivy by stopping or reducing the itch and/or by removing the oils from your skin. Jewelweed also helps us with burns and insect bites. This remedy is activated through the process of poulticing, which is an external application of plant material (in this case jewelweed) and water or spit.

Additional Information:

- The jewelweed is in the touch-me-not (Balsaminace) family
- The jewelweed is known for having seed pods that pop when touched (By either an animal or human) + they can spread several metres, this is how this plant reproduces.
- This plant's cycle is from July to September
- The jewelweed's leaves are water repellent, so after it rains they are coated with raindrops which look like little "jewels"
- Jewelweed can grow up to 1.5m



Plant Photography



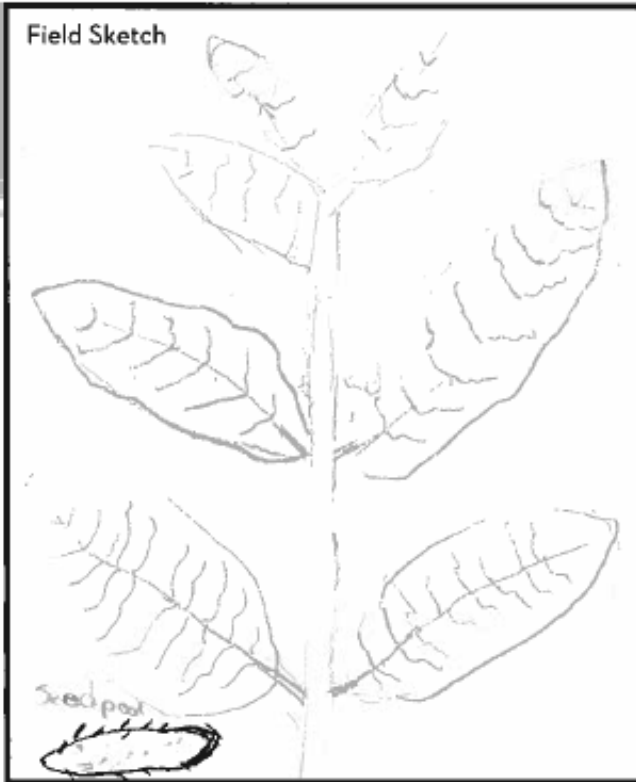


Milkweed, common

Common Name(s): Common Milkweed

Latin Name: *Asclepias syriaca*

Field Sketch



About Your Plant:

Size:

Height 3-5 ft (Circle: inches or feet)

Width 1-2 ft (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Leaves are oval-shaped and are angled pointing upwards. The stem is straight and thick. The seedpods are long and pointed. The flower clusters can be dusty rose, lavender, or brownish purple.

Where plant is found:

The milkweed example was found in a meadow, but can be commonly found near roadside, dry soil and fields.

How humans or wildlife benefit from this plant:

Humans have been able to make milkweed root tea as a laxative, which is applied to warts, moles and ringworm. Monarch butterflies use the milky substance to become poisonous to other predators.

Additional Information:

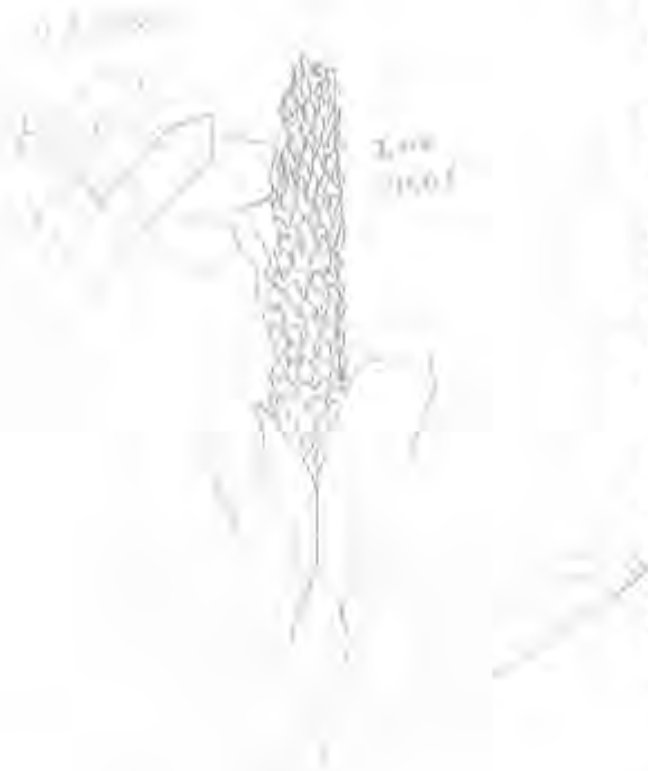
- Monarch butterflies consume the milkweed's milk-white substance (which is toxic to birds, humans and other animals) as a defense mechanism. When birds eat them, the birds will get poisoned, now birds don't eat monarchs because of milkweed.
- The flowers usually bloom from June-August.

Plant Photography



Mullein

Mullein (Verbascum)



SIZE:

It can grow up to 0.5 - 3 meter high (1.6 - 9.8 feet tall).

WIDTH:

The flower measures up to 1.5 cm

DESCRIPTION:

They are perennial or bi-annual plants. In the first year the plant creates a tight rosette of leaves near the ground, then in the second year it becomes a large flowering stem. The hairy leaves make a spiral up the stem of the plant. The flowers have five petals and are most commonly yellow but, they can also be orange, red-brown, purple, blue or white. The fruit is a capsule containing many seeds.

WHERE THE PLANT IS FOUND:

The Mullein plant is native to Europe and Asia. The highest species in the Mediterranean. It can be

HOW HUMANS OR WILDLIFE BENEFIT FROM THIS PLANT

Mullein flowers have been made into tea and ointment in Austria to treat disorders of the respiratory track, skin, veins and gastrointestinal tract.

ADDITIONAL INFORMATION:

Back in the day this was used as herbal plant, the Native Americans crushed the seeds into a paralyzing poison for fish because of its high levels of rotenone. Rotenone is moderately harmful to humans but very harmful to insects and aquatic life, including fish.

Plant Photography



New England aster

Common Name(s):

New England Aster

Latin Name:

Aster novae-angliae

Field Sketch



About Your Plant:

Size:

Height 120 cm (Circle: inches or feet)

Width 1-2 cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

- colour is pink purple - blue
- stem used for chinese medicine
- Leaves are toothless

Where plant is found:

- Mostly found:
- found all over ontario
 - Canada and U.S.
 - wet thickets, swamps, and fields

How humans or wildlife benefit from this plant:

- The root of the New England Aster has been involved with chinese medicines.
- The leaves and the flower could also be used for health benefits.

Additional Information:

- The New England Aster is a fall plant (blooms from August to October).
- Some similar plants related to the New England Aster: Amethyst Aster and Purple-stemmed Aster.
- Bees and Monarch butterflies collect nectar from the New England Aster.

Plant Photography



Parsnip, wild

Wild Parsnip (*Pastinaca Sativa*)



Size:

Can grow up to 1.5 meters.

Width:

2-5 cm thick

Description:

Wild parsnip can be identified by its single green stem which is usually 2-5cm thick, the compound leaves are in pairs and the leaflets as sharply toothed, the flowers are yellowish/green and makes umbrella shaped clumps

Where is the plant found:

It thrives in disturbed areas such as road sides, garbage dumps, abandoned yards, meadows and open fields.

How humans or wildlife benefit from this plant:

Wild parsnip benefits wildlife because humans have destroyed a lot of the environment, and people have learnt to avoid places with wild parsnip giving nature some personal space. For humans it can be beneficial because you can eat the root, if your really in a pickle.

Additional Information:

Wild Parsnip also known as poison parsnip, is part of the carrot/parsley family. It is an invasive species brought to North America by the European settlers. They cultivated the wild parsnip for its edible root. Over time it has escaped from gardens and spread quickly throughout North America. Seeds are easily spread through wind, water and lawn mowing. Although, the root is edible the sap can cause severe burns if it touches your skin. Since the it can cause burns, collection of the plant should be done with extreme caution and proper protection. For example, long sleeves and pants, rubber gloves and protective eye wear. For best protection wear a disposable spray suit (which is a waterproof coverall) over your clothes. Before collecting the wild parsnip make sure you recognize the plant in its first year stage with its "small rosette of leaves" and in its second year stage as a large flowering yellow plant. Wild parsnip has been reported in all provinces and territories in Canada except for Nunavut.

Plant Photography



Poison ivy

Common Name(s): *Poison Ivy*

Latin Name: *Rhus radicans*

Field Sketch



About Your Plant:

Size:

Height 2 (Circle: inches or feet) (low to the ground)
 Width _____ (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

It has three leaves that are green and glossy on the top. It can grow low to the ground, as a vine, or in a bush. the stem is woody, looking instead of green.

Where plant is found:

Poison ivy grows sandy, stoney or rocky shores, in thickets, in clearings and along the borders of woods and roadsides.

How humans or wildlife benefit from this plant:

It benefits wildlife by keeping humans out of certain areas. this can help protect plants and wild life from human interaction.

Additional Information:

- all parts of poison ivy, including the roots, contain urushiol, which causes the rashes.
- contact with the rash can spread it.
- burning poison ivy spreads the urushiol into the air, and if inhaled, can cause rashes on the lining of the lungs.
- animals cannot get rashes from poison ivy.

Plant Photography



Queen Anne's Lace

Common Name(s): Queen Anne's Lace

Latin Name: Daucus carota

Field Sketch

[Not actual what looks like]



About Your Plant:

Size:

Height 1-3 (Circle: inches or feet)

Width 2-4 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

~ Leaves w/ finely thin/pinnate leaf
 ~ Flowers are white
 ~ Related to carrots in family
 ~ A deep purple to red flower in later stages

Where plant is found:

Found on roadsides, fields, meadow like areas, dry waste grounds/areas

How humans or wildlife benefit from this plant:

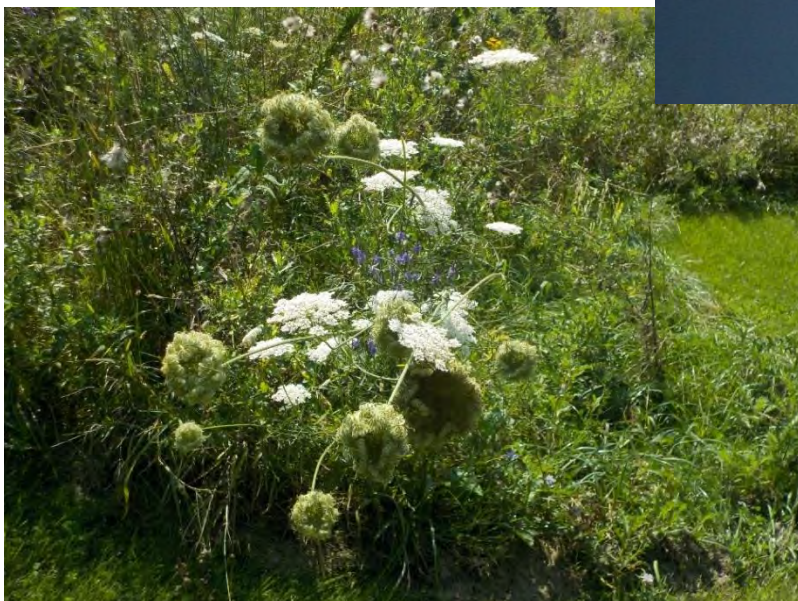
~ Some people can have a reaction to this plant

~ Rats and mice have a tendency to climb onto the flower of the plant when it blooms

Additional Information:

~ When dying, the flowers can turn deep red
 ~ Part of the parsley/carrot family
 ~ Related to the "wild parsnip"

Plant Photography



St. John's Wort

ST. JOHNS WORT (HYPERICUM PERFORATUM)



SIZE:

It can grow up to 1 meter high.

WIDTH:

The flower measures up to 2.5 cm across.

DESCRIPTION:

It has opposite narrow leaves that are 1-2 cm long. The leaves are yellow and green with scattered see through spots. The spots look like they are wholes when held up to the light, giving the plant the Latin name perforatum meaning perforated. The flowers are bright yellow with black dots and have five petals.

WHERE THE PLANT IS FOUND:

St. Johns Wort can be found in sunny and dry environments including gravelly soils, fields and pastures.

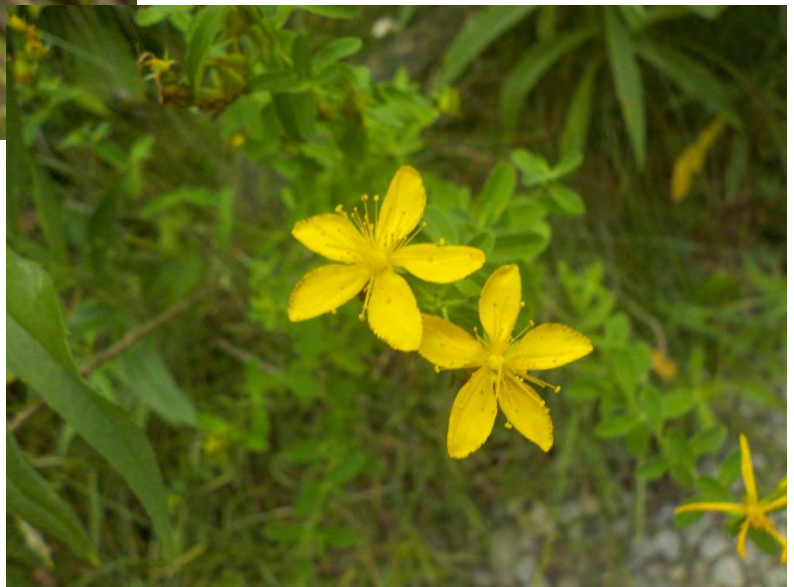
HOW HUMANS OR WILDLIFE BENEFIT FROM THIS PLANT

For hundreds of year the flowers have been used to make tea and pills to ease feelings of sadness and depression.

ADDITIONAL INFORMATION:

St. Johns Wort is native to Europe and Asia and has spread to more temperate climates such as North America. Its name comes from the tradition of collecting this plant on St. Johns Day (June 24th). The Latin name comes from the Greek words, Hyper (above) and Eikon (picture) referencing the tradition of hanging plants over religious figures in the house during St. Johns Day to ward off evil.

Plant Photography



Sumac, staghorn

Common Name(s): Staghorn Sumac
(Sumac)

Latin Name: Rhus typhina

Field Sketch



About Your Plant:

Size:

Height 5-25 metres (Circle: inches or feet)

Width 15-25 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

- Opposite green leaves, usually 11-31 leaflets. - Soft and velvety brown (sometimes green) - Red, velvety berries in a cluster

Where plant is found:

- Appalachian Mountains
 - Eastern North Canada
 - Southeastern Canada
 - North eastern United States
 - Midwestern America

How humans or wildlife benefit from this plant:

- Provides food for birds robins, blue jays, etc. - Even today it can be used as medicine for some respiratory problems.

- Makes a great tea and lemonade. - Was used to make black ink.
 - provides shelter for many different mammals.

Additional Information:

Family: Anacardiaceae.

- oval (Cashew family)

Shaped leaves

- Sumac was a very common medicinal herb used by the First Nations.
 - The berries and branches look like velvet covered Stag horns, hence the name.

Plant Photography



Sunflower, Woodland

Common Name(s): *Woodland Sunflower* Latin Name: *H. divaricatus*

Field Sketch



About Your Plant:

Size:

Height 2-6 (Circle: inches or feet)

Width _____ (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Petals are radially symmetrical, yellow and lance shaped.
 Leaves are opposite, lance shaped, rough on surface and taper towards the end.

Where plant is found:

Dry, open areas.

How humans or wildlife benefit from this plant:

They're flowers so bees can pollinate with them, and they're pretty so they benefit the human eye.

Additional Information:

Plant Photography



Teasel

Common Name(s): Teasel

Latin Name: *Dispsacus sylvestris*

Field Sketch



About Your Plant:

Size:

Height 2-6 (Circle: inches or feet)

Width 1 1/2 across (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

The plant teasel has a prickly stem, and its slightly irregular also it has a large thistlelike head.

Where plant is found:

The plant teasel is, mainly found in fields and road sides during summer and fall.

How humans or wildlife benefit from this plant:

The young leaves are edible.

They can be consumed raw, cooked or added to a smoothie.

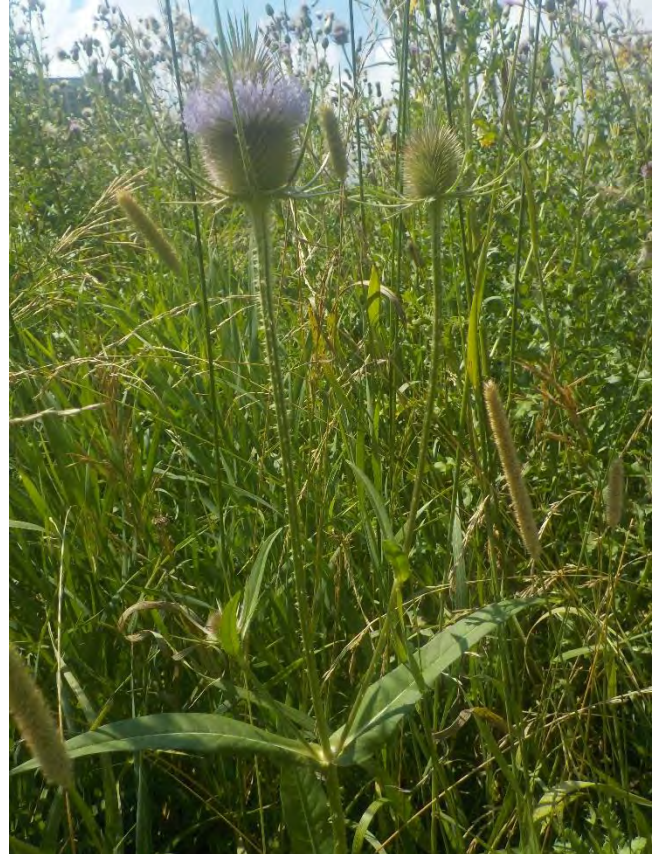
The root can be used in a tea

Additional Information: or for making vinegar or tinctures.

Each flower measures four inches tall.

Teasel root is used for its ability to pull bacteria from human tissue into the blood stream. It is thought to bring good health and tone the liver and kidneys. Bird love to eat Teasel seeds.

Plant Photography



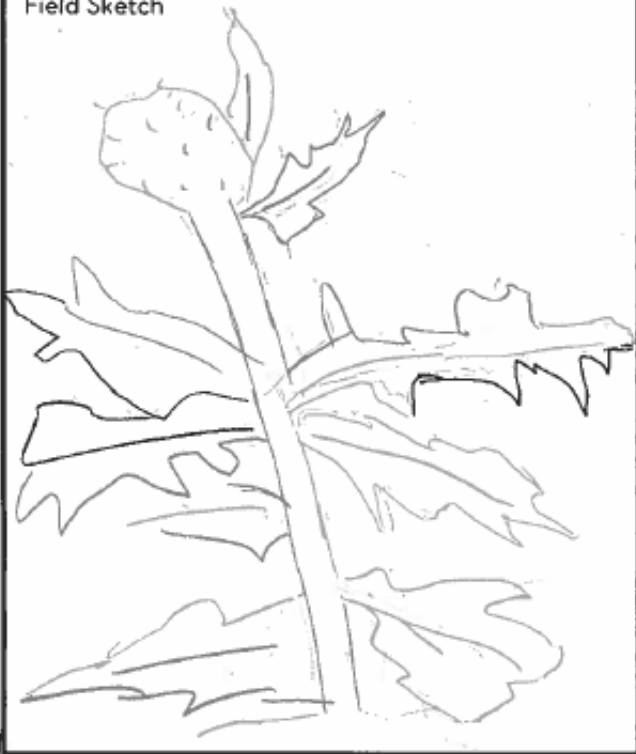


Thistle, Canada

Common Name(s): Canada Thistle

Latin Name: *Cirsium arvense*

Field Sketch



About Your Plant:

Size:

Height: 10m-100cm (Circle: inches or feet)

Width: 6cm-20cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

The flowers are found pink and purple and have 5 petals. Leaves are dark green and have spines out of the sides. The stem is thick being about 2-4cm wide, and is a light green colour.

Where plant is found:

Canada Thistle is found all over the world. It is found mostly in fields or in roadsides.

How humans or wildlife benefit from this plant:

You can make tea from its leaves, which can be used for skin eruptions and other skin related infections, and can be used for getting rid of a poison ivy rash. Tea made from its roots can be used to treat diarrhea.

Additional Information:

- The flowers can also be rarely white, and the flowers usually have their colours from July - September.

- Some insects make galls into thistle similar to the gull fly making galls in golden rod.

Plant Photography

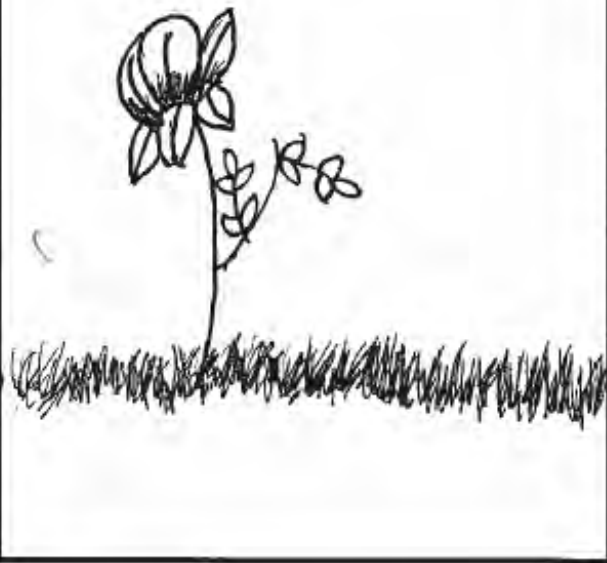


Trefoil, common bird's-foot

Common Name(s): Common Bird's-foot ^{Tree}
 - Bird-foot trefoil
 - eggs and bacon
 Latin Name: Lotus corniculatus

Field Sketch

• - [There are normally multiple]



About Your Plant:

Size:

Height 6 to 24 (Circle: inches or feet)

Width 1 to 4 (Circle: inches or feet)



Description (include leaves, bark, flower, etc):

- Bright yellow flower
- 5 small leaflets [5, 2 at the base & flower]
- Flowers grow in small umbels
- flower like leaf - slender pods [before bloom]
- Brachid? - in large

Where plant is found:

- Found in grassy areas [like Mt Arb]
- Roadsides
- waste places

How humans or wildlife benefit from this plant:

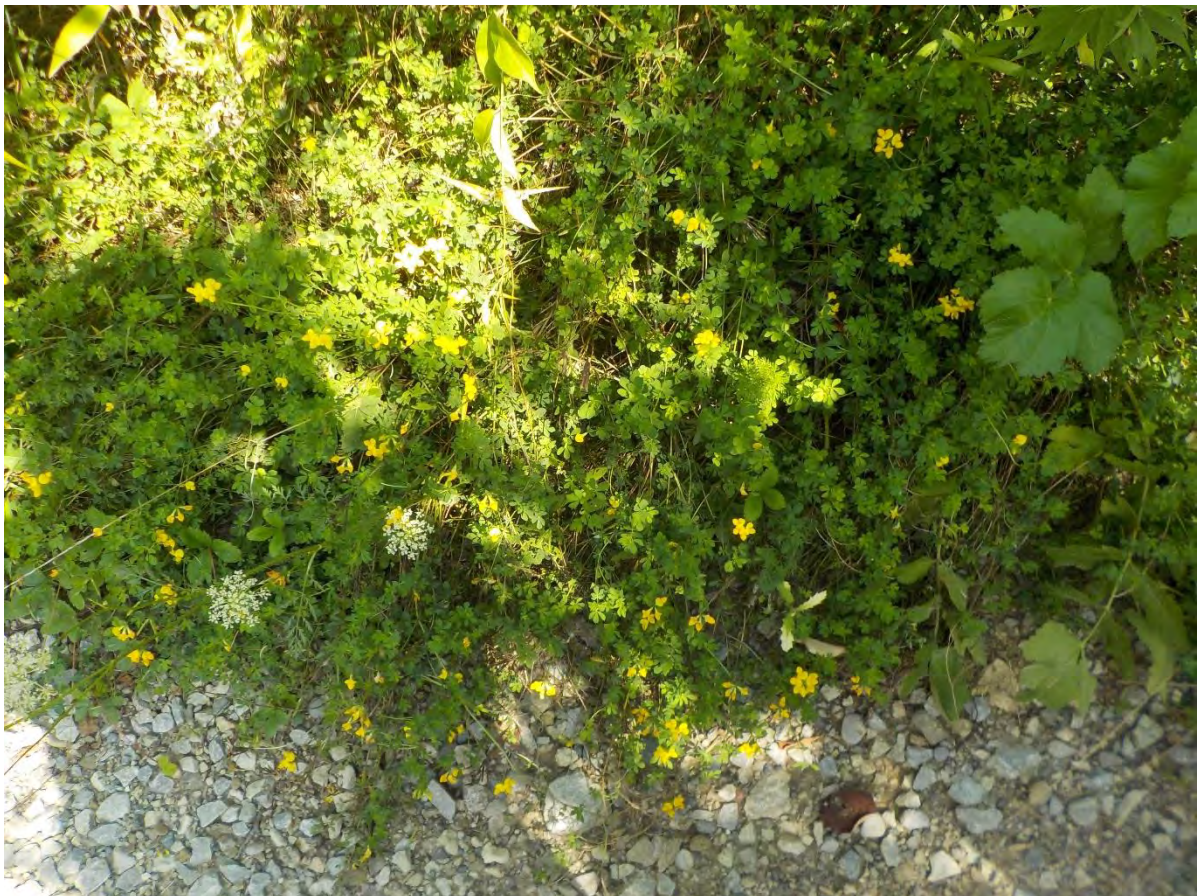
~ I'm not really sure how

Like benefits from this plant, I believe humans just think it's pretty

Additional Information:

- ~ They range from yellow to red
- ~ Another name for it is 'eggs & bacon'
- ~ blooms in summer/late spring
- ~ apart of the pea family

Plant Photography



Turtlehead

Common Name(s): Turtlehead

Latin Name: *Chelone glabra*

Field Sketch



About Your Plant:

Size:

Height 1-3ft (Circle: inches or feet)

Width _____ (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

This flower has thin, jagged, opposite leaves, and they are also green. The flower itself is white. It has 2 petals that enclose the pistil. The top petal arches over the bottom one and sometimes has a little bit of pink.

Where plant is found:

- wet ground, streambanks
- Minnesota
- Ontario
- Newfoundland south

How humans or wildlife benefit from this plant:

Indigenous people made tea out of the

flowers to treat worms. This flower is also used to treat stomach issues like inflammation, poor appetite, fever, jaundice, and laxative. It can also be used for dyspepsia, liver diseases, fevers, and inflammation. The ointment can be used topically, for example herpes.

Additional Information:

Facts

- The turtlehead is alive from July until October.

Plant Photography



Waterlily

Common Name(s):

Water lily

Latin Name:

Nymphaea

About Your Plant:

Size:

Height _____ (Circle: inches or feet)

Width 5-8" (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Basal leaves. Aquatic. Showy, white, yellow or pink. Numerous petals in many rows long stalked, nearly round leaves. Petals diminish in size towards centre.

Where plant is found:

Ponds/Lakes (Still shallowish water)

How humans or wildlife benefit from this plant:

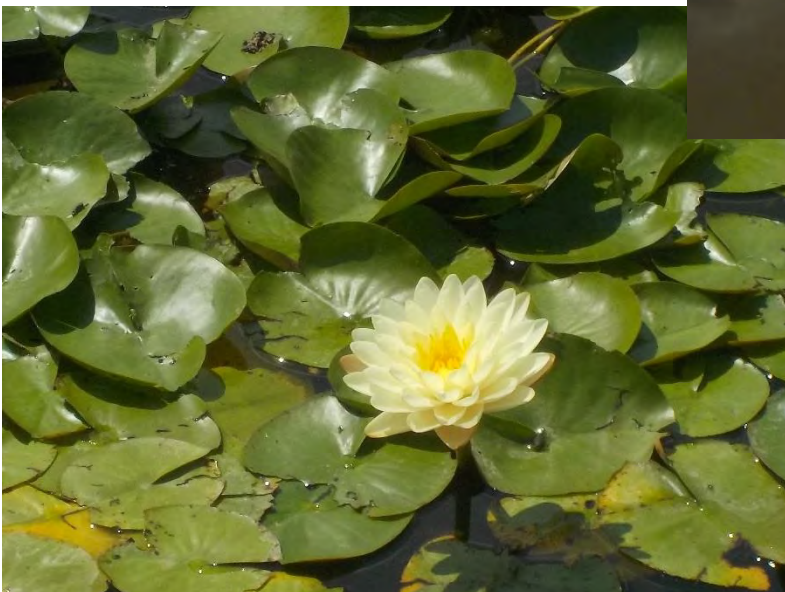
Water lilies help cycle the nutrients in the pond creating a more beneficial ecosystem. They also absorb and hold carbon dioxide. Plus they're really pretty.

Additional Information:

- Water lilies close at night and re-open in the morning, or vice versa.
- Also called cow lilies or spatterdock or Indian lotus or Egyptian bean.
- Is traditional in Egyptian art and architecture.
- Seeds can remain viable after long periods.



Plant Photography

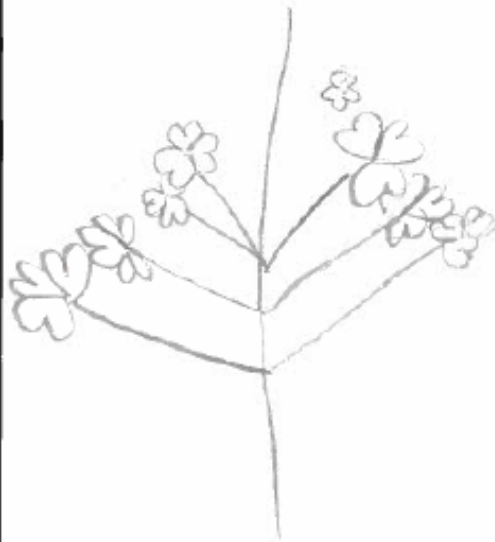


Wood sorrel, yellow

Common Name(s):
 Creeping Wood Sorrel
 Yellow Wood Sorrel

Latin Name: *Oxalis corniculata*

Field Sketch



About Your Plant:

Size:

Height 15 cm (Circle: inches or feet)

Width 13 cm (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Creeping Perennial 6-10 in. Leaves are cloverlike and heart-shaped with brownish stripules. Yellow flowers and deflexed seedpods.

Where plant is found:

Near and in Woods and Clearings. Canada Waste places, Throughout.

How humans or wildlife benefit from this plant:

It's edible and if you put the leaves in your mouth and smush them it tastes like lemon. It's medicinal.

Additional Information:

The leaves were once chewed for nausea, mouth sores and sore throats. Fresh leaves were poulticed on cancers, old sores and ulcers. Leaf tea is used for fevers.

Plant Photography



Yarrow

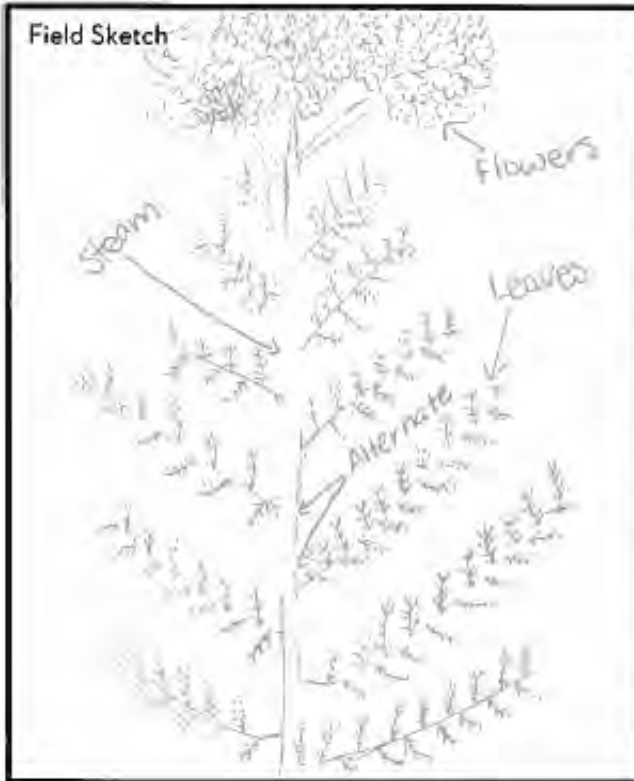
Common Name(s):

-Yarrow

Latin Name:

-Achillea Millefolium L.

Field Sketch



About Your Plant:

Size:

Height 1-3 (Circle: inches or feet)

Width 0.3 (Circle: inches or feet)

Description (include leaves, bark, flower, etc):

Leaves=green, bi-pinnate compound
 Stems=green, alternate
 Flowers=white, 5 petals
 Overall=1-3 Feet in height, 0.3 inches (stem width)

Where plant is found:

I found the plant yarrow in the meadow

It can also be found in most fields + roadsides

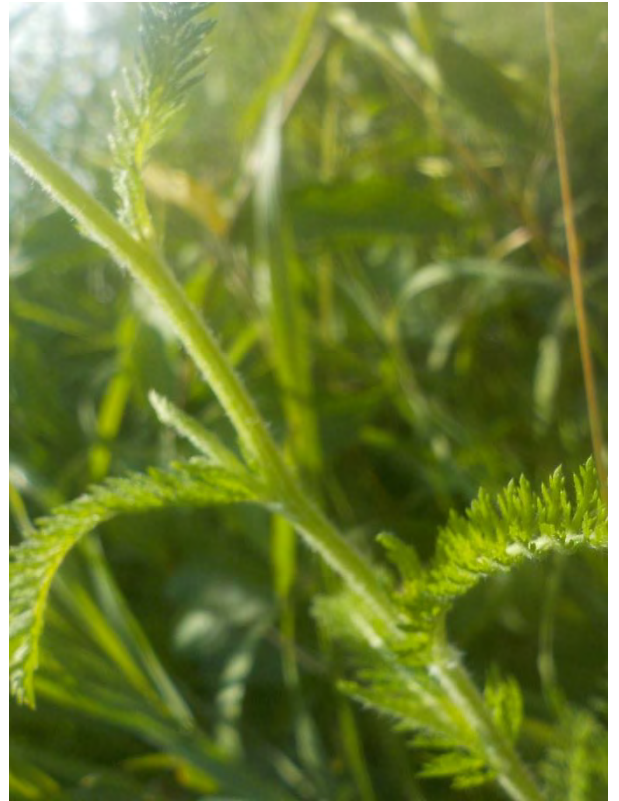
How humans or wildlife benefit from this plant:

This is a medicinal plant + can help stop external bleeding. You can also make a herbal tea, which is made from yarrows dried flowers + can help with internal bleeding, cold, + fevers, but if you were to use this plant for either too long, too frequently, or if you were to use too much of it, it could cause dermatitis.

Additional Information:

- This plant grows from May to October
- Yarrow is in the the Composite Family
- The latin name Achillea is named after a greek legend named Achilles who used a poultice, with yarrow flowers to stop his soldiers wounds from bleeding, that is where this plant got it's name
- This plant is also a perennial

Plant Photography





Created by the Jr. Naturalists,
Summer 2018