



Sources:

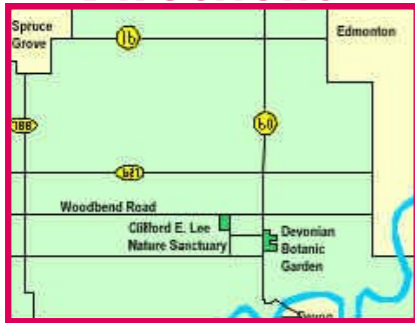
Kershaw L.J. 2003. *Alberta Wayside Flowers*. Lone Pine Publishing.

Mackinnon A. Pojar J. Coupe R. 1992. *Plants of Northern BC*. Lone Pine Publishing.

Photo Credit:

<http://www.flickr.com/creativecommons/>
http://commons.wikimedia.org/wiki/Main_Page
<http://plants.usda.gov/gallery.html>

Directions



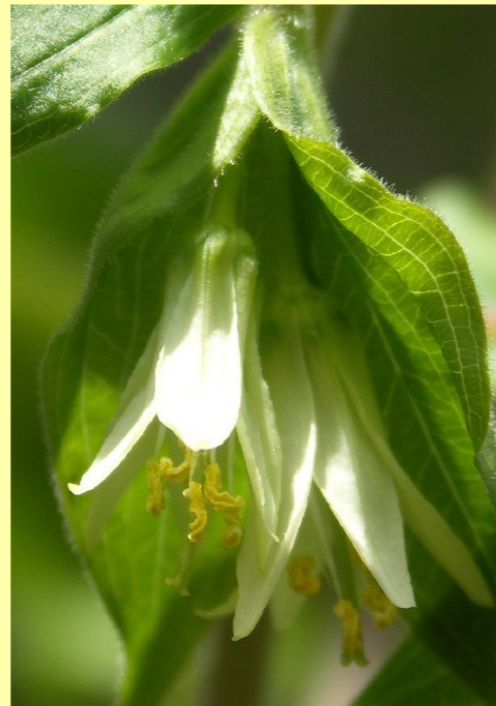
33km SW of Edmonton city centre. Take highway 16 W to highway 60, go S for 13.2 km to Woodbend Rd. and turn W for 1.6km then S for 1.4 km.

The Sanctuary is open to the public year round free of charge. Donations are encouraged on site or they can be sent to:

51306 Range Road 264
 Spruce Grove, Alberta
 T7Y 1E7



*Clifford E. Lee
 Nature
 Sanctuary*



Wildflowers

Experience the natural beauty!

Wildflower Species at the Sanctuary

Introduction

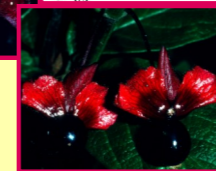
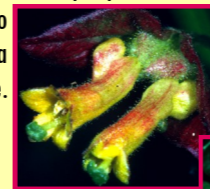
Wildflowers are indigenous flowering plants. They adapt themselves to the geography and temperature conditions of a particular area. Variations in the Alberta landscape and climate have created an array of wildflower species that blanket our province in wild beauty. Healthy populations of wildflowers indicate minimal disturbance to the soil, which is the "life line" to maintaining the delicate balance of any ecosystem. This means that wildflowers are significant environmental indicators. They track the conditions of their habitats. Wildflowers also nurture forest dwelling animals and insects by providing them with food and shelter. In order to truly appreciate their significance take some time to familiarize yourself with the wildflower species that reside at the sanctuary.

Twinberry Honeysuckle

(*Lonicera involucrata*)

Blooms: June-July

Tidbit: The bitter berries are inedible, but First Nations people crushed the leaves to use them as a poultice.



Canada Anemone

(*Anemone canadensis*)

Blooms: May-August

Tidbit: First Nations people used the roots to make medicine washes. This plant may irritate sensitive skin.

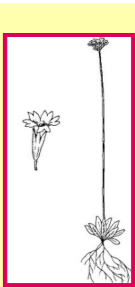


Mealy Primrose

(*Primula incana*)

Blooms: May-July

Tidbit: It has been on the endangered species list since 1976 and is mostly found in wet meadow habitats.



Bunchberry

(*Cornus canadensis*)

Blooms: June-July

Tidbit: Some First Nations people used them as a thickening agent when baking, but most considered them only good for birds or bears.



Arrow-leaved Coltsfoot

(*Petasites sagittatus*)

Blooms: May-June

Tidbit: First Nations people chewed the root or soaked it in hot water to make a tea for tuberculosis, chest problems, sore throats or stomach ulcers.



Palmated Coltsfoot

(*Petasites palmatus*)

Blooms: April-May

Tidbit: First Nations people used the leaves to cover berries in steam cooking pits. The flowering stems come up before the leaves, making it unusual.



Wildflower Species at the Sanctuary

Rough-fruited Fairy Bells (*Disporum trachycarpum*)

Blooms: May-June

Tidbit: The berries were called the “grizzly bear’s favourite food” by



some First Nations people. Others, who did eat them, called them “false raspberries.”

Philadelphia Fleabane (*Erigeron philadelphicus*)

Blooms: April-August

Tidbit: The Europeans believed that hanging dried bunches of this plant in the house would drive out fleas.



Star-Flowered Solomon’s Seal (*Smilacina stellata*)

Blooms: May-June

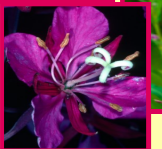
Tidbit: The berries were only served to the chiefs of a tribe because they were so hard to collect. First Nations people also made medicine for rheumatism or cuts, from the rhizomes (root-like stems).



Common Fireweed (*Epilobium angustifolium*)

Blooms: June-September

Tidbit: First Nations people dried and twisted peelings from the stems into a twine for fishing nets. They also mixed the seed fluff with animal hair for weaving.



Kinnikinnick (*Arctostaphylos uva-ursi*)

Bloom: May-June

Tidbit: The berries were eaten by most First Nations people, but only when fried in oil or boiled in soups as they’re too dry to eat fresh. First Nations people also used the leaves to make diuretic tea, smoking mixtures, to sprinkle on sores.



Wild Lily-of-the-valley (*Maianthemum canadense*)

Bloom: May-June

Tidbit: First Nations people used the berries as a strong purgative. It is named after the “true” European lily-of-the-valley, due to its likeness.



Common Red Paintbrush (*Castilleja miniata*)

Blooms: June-September

Tidbit: Some First Nations people crushed them and mixed them with grease to keep their hair healthy. First Nations people also ate the flowers for their sweet nectar, but toxic amounts of selenium can build in them, making them inedible.



Northern Bedstraw (*Galium boreale*)

Blooms: July-August

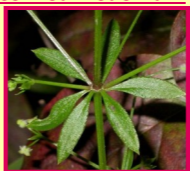
Tidbit: It’s fruit can be roasted and used as a coffee because it is related to the coffee family. First Nations people used the roots to make red dye for their arrow tips.



Sweet-scented Bedstraw (*Galium triflorum*)

Blooms: July-August

Tidbit: It has a strong vanilla scent, especially when dried, which is how the name “sweet-scented” came to be. Its fruit can also be roasted as it is also in the coffee family.



Wild Sarsaparilla (*Aralia nudicaulis*)

Blooms: June

Tidbit: First Nations people made a beverage by boiling the rhizomes (root like stems). Also essences of the plant were used for stomach pains.



Wild Strawberry (*Fragaria virginiana*)

Blooms: May-July

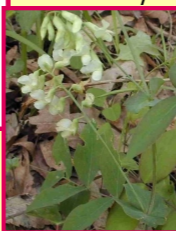
Tidbit: The majority of cultivated strawberries now grown are parented from this species. First Nations people made a tea from the leaves to cure diarrhea.



Cream-coloured Vetchling (*Lathyrus ochroleucus*)

Blooms: May-July

Tidbit: Some First Nations people fed it to their ponies to make them energetic before races. Its seeds can be poisonous.



American Vetch (*Vicia Americana*)

Blooms: June-July

Tidbit: Some First Nations people steeped the roots to make a love medicine. Other First Nations people burned it and blew the smoke into their horses’ nostrils to boost their endurance.



Historically, humans have

More than Just a Beautiful Flower

utilized wildflowers for various purposes including medicine, food, therapy, textile production, household goods and nectar cultivation for honey production. The Europeans even created many myths, legends and superstitions around plants known as plant lore. Every wildflower also has its own fascinating natural history that teaches about how it came to be the type of plant it is today. This is why the closer you look, the more you’ll see when observing wildflowers.



A Picture is Worth a 1000 Wildflowers



To pick or not to pick, that is the question. It may be very tempting to pick a beautiful fresh bouquet to take home, but if every lover of wildflowers indulged, this natural area would become barren of the beauty that you came here to admire in the first place. Capturing your favourite “petaled friend” with the lens of a camera is the most environmentally responsible choice and a photograph will outlast any withering bouquet. Share the natural beauty of wildflowers with others by leaving them in their natural habitat to fulfill their ecological role in the delicate balance of nature.