



Native Plant Supplement

to the Existing Rain Garden Guide
Available Through the Brandon Environment
Committee

Acknowledgments

We both want to acknowledge Sherry Punak-Murphy and James Hood for their invaluable help and advice, along with the photos Sherry contributed to our project. We could not have done this project without their input.

We would also like to thank Callista Hall, Lori Hall, Sandra Dauphinais and all the photographers with their works under the creative common's licenses for their invaluable contributions to the photos presented in this piece. Without these contributions, we wouldn't have completed this project .

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Glossary

Adnate

a fusion of distinct parts of the plant, like the petals and the stamens

Aggregate fruit

a cluster of many small fruits that originated from a single flower

Allelopathic

hinders the growth of other, nearby plants

Biennial

a plant that lives for two years, usually flowering and fruiting in the second year

Bog

a wetland that is characterized by wet soils rich in decaying plant matter

Browse

vegetation that is eaten by animals

Bunchgrass

grasses that do not form sod and instead grow in clumps

Deciduous

non-persistent parts of a plant, usually the leaves

Glossary

Perennial

any plant that lives for more than three years

Petal

an individual piece of the corolla, the upper part of a flower

Rhizome

an underground, horizontal part of the plants stem from which other aboveground stems can grow

Riparian Area

the area located alongside a watercourse; a riverbank

Sepals

an individual piece of the calyx, the basal part of a flower

Shrub

a woody plant with multiple stems that is shorter than a tree

Wildflower

a flowering plant that is not typically cultivated

Introduction

Pollinators are in decline worldwide; Canada, and Manitoba, are no exceptions. A recent study found that bee populations in Manitoba are negatively affected by habitat loss, the composition of the local plant community, and especially how close their nests are to roads (Olynyk, Westwood, Koper, 2021). The authors speculate that noise and air pollution, along with road salt, may be why roads are so detrimental to bees. They also speculate that increased road density is related to urban and agricultural environments, both of which have removed native habitat for pollinators. The authors of this study also found that a deeper litter layer on the soil can negatively affect native bees' ability to nest. Since there are many ground-nesting bees in Manitoba, this is concerning.

Rain gardens can be a valuable tool in an urban environment to promote biodiversity and capture pollutants from surface runoff at the same time. This project focuses on the former aspect of rain gardens, but the latter is just as important. Urban environments do not lend themselves to biodiversity; a rain garden can help to fight that. It also turns out that a more biodiverse rain garden is better able to uptake nutrients, water, and reduce flooding than a monocultural garden (Morash et al, 2019)! By promoting biodiversity, one can also help improve water quality and the natural community.

Although native pollinator populations are declining, there are ways that we can help fight back against this. In the Prairie Pothole Region, which Westman is a part of, it has been found that the restoration of wetland complexes helps to restore pollinator populations (Purvis et al, 2020). The authors of this study also found that the main factor that led to renewed diversity of pollinator species was the biodiversity of the plant community in the restored wetlands, not how long the wetlands have been restored. Although this study focused on agroecosystems, urban environments have also fragmented pollinator habitat. Increasing the diversity of native flowering plants in a city may

have the same positive benefits that it does in rural areas. Although restoring a full-scale wetland complex in a city is nearly impossible, several smaller rain/pollinator gardens is much more feasible. Since plant biodiversity seems to be a major factor in helping native pollinators recover, planting as many different native plants with varied bloom times will likely help native pollinators. Plus, plant biodiversity in a rain garden improves its function. By planting a biodiverse garden, that garden will trap water and excess nutrients more efficiently and help pollinator populations recover at the same time.

At the time of this piece's creation, the only rain garden information piece available in Brandon, Manitoba was a fantastic rain garden guide written by Roger Bannerman, Ellen Considine, and Judy Horwathich that was posted on the Brandon Environment Committee's website. The guide can be found here: <http://brandonenvironment.ca/water-conservation/make-a-rain-garden>. This handbook includes great information about how best to locate and construct a rain garden. It also includes several different layout options. However, many of the plants mentioned in this handbook, from page 18 onwards, are not native to Westman. This piece was created with the intention of being used as an alternate list of plants that could be used in a rain garden in the Westman region. Every plant listed in this document are native to Westman and can be purchased from Manitoba-based seed distributors. The plants are listed based on soil moisture preferences: from those that prefer drier soils to those that prefer wetter soils. It is our hope that any gardeners using the already-available rain garden handbook to create a rain garden in their yard will be able to use this piece as a supplement to help them choose plants native to Westman.

Three-Flowered Avens *Geum triflorum*



Photo Credit: Sherry Punak-Murphy



"File:Geum triflorum - "Prairie Smoke".jpg", by Nicolemcomix, licensed under CC BY-SA 4.0

Description: Three-Flowered Avens is a **perennial wildflower** that grows in the prairies. As the name suggests, it has three flowers on each plant, which look smokey when the flowers are setting seed at the end of their bloom.

Other Common Names: Long-plumped Purple Avens, Old Man's Whiskers, Prairie Smoke

Soil Moisture Preferences: Dry

Height: up to 40cm

Bloom Season: May – June

Bloom Colour: White – Green, Yellow – Orange, Pink – Red

Toxicity: Not Toxic

Pollinators they attract: Bees

Why pollinators like it: Food source in spring and summer

Purchase from: Skinner, Prairie Flora, Blazing Star

Prairie Crocus

Pulsatilla patens



Photo Credit: Sherry Punak-Murphy



Photo Credit: Sherry Punak-Murphy

Description : The Prairie Crocus is a ***perennial wildflower*** that lives on the prairies. It has white hairs all over the plant that protect it from periods of cold and it has a cup shaped flower that holds heat to help attract pollinators. This is also the official flower of Manitoba.

Other Common Name: Pasque Flower, Eastern Pasqueflower, American Pasqueflower

Soil Moisture Preferences: Dry – Moderately Dry

Height: 15-30cm

Bloom Season: March

Bloom Colour: Purple

Toxicity: Toxic

Pollinators they attract: Bees

Why pollinators like it: Early spring food source for bees

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Dotted Blazing-star

Liatris punctata



Description: Dotted Blazing-star is a ***perennial wildflower*** that lives on the plains and dry prairies of Alberta, Saskatchewan and Manitoba.

Other Common Names: Dotted Gayfeather, Dotted Liatris

Soil Moisture Preferences: Dry – Moderately Dry

Height: 30-60cm

Bloom Time: August – October

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Butterflies, Hummingbirds, Bees

Why pollinators like it: Food source in early fall

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Common Gaillardia

Gaillardia aristata

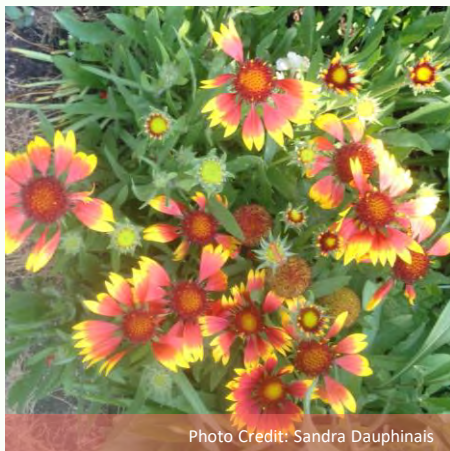


Photo Credit: Sandra Dauphinais



Photo Credit: Sherry Punak-Murphy

Description: Common Gaillardia is a drought tolerant **perennial** that grows in the prairies and in hilly areas. It produces a brown fruit and makes a good food source for pollinators in the summer when it is in bloom.

Other Common Names: Brown-eyed Susan, Common Blanketflower, Blanketflower, Wild Gaillardia, Red-eyed Susan

Soil Moisture Preferences: Dry – Moderately Dry

Height: up to 70cm

Bloom Time: July – August

Bloom Colour: Red & Yellow

Toxicity: Not Toxic

Pollinators they attract: Butterfly Larvae, Bees

Why pollinators like it: Summertime food source

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Little Bluestem

Schizachyrium scoparium



Description: Little Bluestem is a **perennial bunchgrass** that grows in open areas such as on the prairies and in woodland openings. This plant is not a food source for pollinators, but rather a nesting material.

Other Common Names: Broom Beard Grass, Bunchgrass, Popotillo Azul

Soil Moisture Preferences: Dry to Moderately Dry

Height: 60-90cm

Bloom Time: August – October

Bloom Colour: Green

Toxicity: Not Toxic

Pollinators they attract: N/A

Why pollinators like it: Provides nesting structure for birds and bees

Purchase from: Prairie Originals, Prairie Flora

Alum Root

Heuchera richardsonii



Description: Alumroot is a ***perennial*** plant that lives in prairies and dry woodlands.

Other Common Name: Richardson's Alumroot, Prairie Alumroot

Soil Moisture Preferences: Dry – Moderately Moist

Height: 15-70cm

Bloom Time: June - July

Bloom Colour: Green & Orange

Toxicity: Not Toxic

Pollinators they attract: Bees

Why pollinators like it: Summer food source

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Common Yarrow

Achillea millefolium



Photo Credit: Sherry Punak-Murphy



"Common Yarrow", by Dendroica cerulea,
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Description: Yarrow grows in meadows, sandy areas, and on shorelines and slopes. It has a ***perennial*** lifestyle and reproduces from ***rhizomes*** and seeds and has a very long bloom period.

Other Common Names: Yarrow, Western Yarrow, Milfoil

Soil Moisture Preferences: Dry – Moderately Moist

Height: 30-70cm

Bloom Time: April to September

Bloom Colour: White

Toxicity: Slightly Toxic

Pollinators they attract: Bees

Why pollinators like it: Summer food source

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Wild Columbine

Aquilegia canadensis



Photo Credit: Sherry Punak-Murphy



"File:Wild Columbine 2.jpg", by Ragesoss, licensed under CC BY-SA 3.0

Description: Wild columbine is a **perennial wildflower** that grows in rocky areas and woodlands. The **sepals** and **petals** have an **adnate** fusion in the shape of 5 birds congregating in a circle. This plant is toxic if ingested, so keep this in mind for pet and child safety in your garden.

Other Common Names: Canada Columbine, Eastern Wild Columbine, Eastern Red Columbine, Red Columbine, Wild Red Columbine

Soil Moisture Preferences: Dry – Moderately Moist

Height: up to 90cm

Bloom Time: April – July

Bloom Colour: Red

Toxicity: Toxic

Pollinators they attract: Butterflies/Larvae, Hummingbirds, Bees

Why pollinators like it: Summertime food source

Purchase from: Prairie Originals

Vetch

Vicia americana



"American Vetch (Vicia americana)", by Joshua Mayer, licensed under CC BY-SA 2.0



"File:Vicia americana 5826.JPG", by Walter Sigmund, licensed under CC BY-SA 3.0

Description: Vetch is a **perennial wildflower** that grows in thickets, meadows and on shorelines.

Other Common Name: American Purple Vetch, American Vetch Purple Vetch, Stiffleaf Vetch, American Deervetch

Soil Moisture Preferences: Dry – Moderately Moist

Height: 15-100cm

Bloom Time: May – July

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Butterfly Larvae, Bees

Why pollinators like it: Summertime food source and the leaves are food for butterfly larvae

Purchase from: Prairie Originals

Wild Bergamot

Monarda fistulosa



Photo Credit: Sherry Punak-Murphy



"File:Monarda fistulosa - Flickr - gailhampshire (1).jpg", by gailhampshire, licensed under CC BY 2.0

Description: Wild Bergamot is a **perennial wildflower** that grows in dry thickets, open areas and on woodlands edges. The purple flowers produce brown nuts after they finish blooming in the summer or fall.

Other Common Names: Monarda, Bee Balm, Mintleaf Beebalm

Soil Moisture Preferences: Dry – Moderately Moist

Height: up to 120cm

Bloom Time: June – August

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Butterflies/Larvae, Hummingbirds, and Bees

Why pollinators like it: Summer food source for pollinators and for other wildlife in fall

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Black-eyed Susan

Rudbeckia hirta



"File:Black eyed susan 20040717 110754 2.1474.jpg",
by G. Edward Johnson, licensed under CC BY-SA 3.0



Photo Credit: Sandra Dauphinais

Description: Black-eyed Susan grows in fields, open areas and along the sides of roads. It is a **biennial wildflower** that is resistant to deer and droughts.

Other Common Name: Gloriosa Daisy, Hairy Coneflower

Soil Moisture Preferences: Dry – Moderately Moist

Height: up to 150cm

Bloom Time: June – October

Bloom Colour: Yellow

Toxicity: Not Toxic

Pollinators they attract: Butterfly Larvae, Bees

Why pollinators like it: Summer and early fall food source

Purchase from: Skinner, Prairie Originals, The Green Spot, Prairie Flora, Blazing Star

New England Aster

Symphyotrichum novae-angliae



"File:Symphyotrichum novae-angliae.jpeg", by The Cosmonaut, licensed under CC BY-SA 2.5 CA

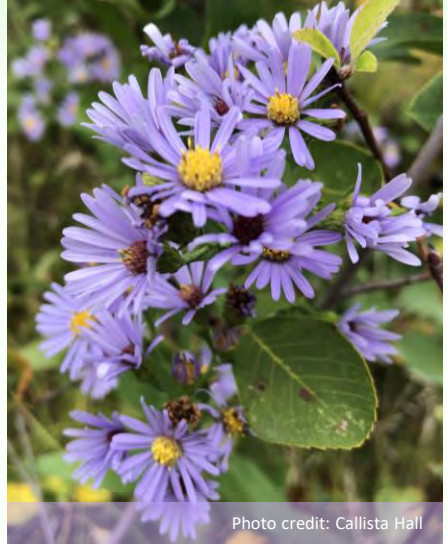


Photo credit: Callista Hall

Description: New England Aster is a **perennial wildflower** that grows on the prairies, wet meadows, and on forest edges. CWF cautions those who are interested in growing this plant to not collect it from the wild.

Other Common Names: Michealmas Daisy

Soil Moisture Preferences: Dry – Moderately Dry

Height: 1-2m

Bloom Time: August – October

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Butterfly Larvae, Bees

Why pollinators like it: Autumn food source

Purchase from: Prairie Originals, Prairie Flora

Purple Prairie Clover

Dalea purpurea



Photo Credit: Sherry Punak-Murphy



Photo credit: Callista Hall

Description: Purple Prairie Clover is a ***perennial wildflower*** that grows in the dry prairies and on hilly areas. This plant is drought tolerant but also enjoys moist soils.

Other Common Names: N/A

Soil Moisture Preferences: Dry – Moist

Height: 30-60cm

Bloom Time: June – September

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Butterfly larvae, Bees

Why pollinators like it: Summer food source

Purchase from: Skinner, Prairie Originals, T & T Seeds, Prairie Flora, Blazing Star

Harebell

Campanula rotundifolia



Photo Credit: Sherry Punak-Murphy



Photo Credit: Callista Hall

Description: Harebell is a ***perennial wildflower*** that grows in meadows and prairies.

Other Common Names: Bluebell, Bluebell Bellflower, Bluebells of Scotland

Soil Moisture Preferences: Dry to Moist

Height: 15-80cm

Bloom Time: June – September

Bloom Colour: Purple

Toxicity: Not Toxic

Pollinators they attract: Hummingbirds, Bees

Why pollinators like it: Late summer and early fall food source for hummingbirds and bees

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

White Prairie Clover

Dalea candida



Description: White Prairie is a ***perennial wildflower*** that grows in the open plains and prairies

Other Common Names: N/A

Soil Moisture Preferences: Dry to Moist

Height: up to 90cm

Bloom Time: July – August

Bloom Colour: white

Toxicity: Not Toxic

Pollinators they attract: Bees

Why pollinators like it:

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Stiff Goldenrod

Oligoneuron rigidum



"File:Solidago rigida (4991921804).jpg",
by Matt Lavin, licensed under CC BY-SA 2.0



"File:Solidago rigida capitulescence.jpg",
by Daniel McClosky, licensed under CC BY-SA 4.0

Description: Stiff Goldenrod is a ***perennial*** plant that grows in woodland opening and on dry prairies. It is drought tolerant, making it less a worry when it doesn't rain in a while.

Other Common Names: Hard-leaf Goldenrod

Soil Moisture Preferences: Dry to Moist

Height: 60-150cm

Bloom Time: August – October

Bloom Colour: Yellow

Toxicity: Not Toxic

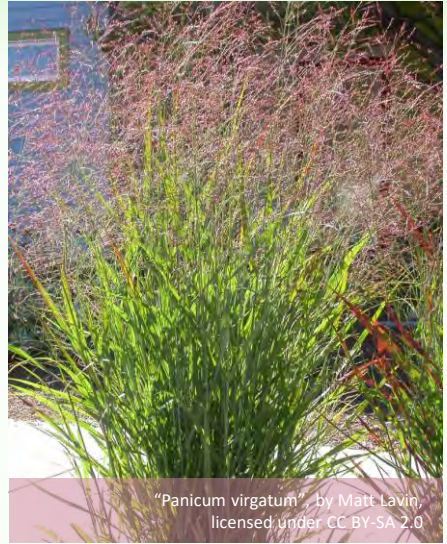
Pollinators they attract: Butterflies, Bees

Why pollinators like it:

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Red Switchgrass

Panicum virgatum



Description: Red switchgrass is a grass that typically grows in sandy areas. It has deep roots, which allows it to be resistant to negative effects of droughts.

Other Common Name: Panic Grass, Old Switch Panic Grass, Old Switchgrass

Soil Moisture Preferences: Dry to Moist

Height: up to 2m

Bloom Time: July – September

Bloom Colour:

Toxicity: Not Toxic

Pollinators they attract:

Why pollinators like it: Provide nesting material for pollinators, food for butterfly/moth larvae

Purchase from: Prairie Originals, Prairie Flora

Silverberry

Elaeagnus commutata



"File:Elaeagnus angustifolia.jpg", by A. Barra, licensed under CC BY 3.0



"Tuscany Escarpment Silverberry Wolf Willow
Elaeagnus commutata-2", by Maureen Flynn-Burhoe, licensed under CC BY-NC-SA 2.0

Description: Silverberry is a **shrub** that grows on shorelines and the prairies. The yellow flowers produce red berries in the fall that provide food for animals. When planting silverberry, it is important to note that this plant spreads very easily.

Other Common Names: American Silverberry, Wolf Willow

Soil Moisture Preferences: Dry to Moist

Height: up to 3m

Bloom Time: June – July

Bloom Colour: Yellow

Toxicity: Not Toxic

Pollinators they attract:

Why pollinators like it:

Purchase from: Prairie Originals

Maximilian Sunflower

Helianthus maximiliani



"File:Helianthus maximiliani (8206393964).jpg", by USFWS Mountain-Prairie, licensed under CC BY 2.0



"File:Helianthus maximiliani (5020305601).jpg", by Matt Lavin, licensed under CC BY-SA 2.0

Description: The Maximilian sunflower is a **wildflower** that grows on the prairies. The flowers produce seeds commonly known as "Sunflower Seeds" that can be enjoyed by both birds and mammals. This plant can spread very easily.

Other Common Names: Michaelmas Daisy

Soil Moisture Preferences: Dry to Moist

Height: up to 3m

Bloom Time: July – October

Bloom Colour: Yellow

Toxicity: Not Toxic but **Allelopathic**

Pollinators they attract: Bees, Flies

Why pollinators like it: Summertime food source for pollinators

Purchase from: Prairie Originals

Saskatoon Serviceberry *Amelanchier alnifolia*



Photo credit: Callista Hall



"File:Amelanchier alnifolia 6338.JPG", by Walter Sigmund, licensed under CC BY-SA 3.0

Description: The Saskatoon berry is a shrub that grows in **riparian areas**, rocky areas and on woodlands edge. This plants white flowers produce delicious berries.

Other Common Names: Saskatoon Juneberry, Western Serviceberry, Juneberry

Soil Moisture Preferences: Dry to Moist

Height: up to 5.5m

Bloom Time: April – May

Bloom Colour: White

Toxicity: Not Toxic

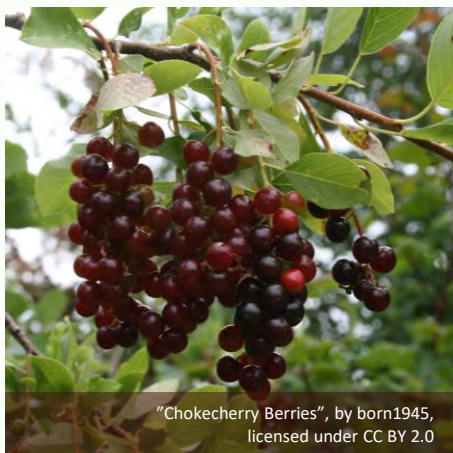
Pollinators they attract: Butterfly/Larvae, Moth Larvae, Bees, Flies, Beetles

Why pollinators like it: Springtime food source for pollinators, Nesting structure for butterfly/moth larvae

Purchase from: T & T Seeds, The Green Spot

Choke Cherry

Prunus virginiana



Description: Choke cherry is a ***deciduous*** tree that grows on shorelines and the edges of woodlands. It is very poisonous except for the flesh of the ripe fruit. Choke cherry flowers produce a dark colored fruit which is a winter food source for birds and mammals.

Other Common Names: Western Chokecherry, Virginia Chokecherry, Common Chokecherry, Red Chokecherry, Wild Cherry, Cloetree

Soil Moisture Preferences: Dry to Moist

Height: up to 8m

Bloom Time: May – June

Bloom Colour: White

Toxicity: Toxic, except the Fruit

Pollinators they attract: Butterflies, Bees, Ants

Why pollinators like it: Summertime food source

Purchase from: T & T Seeds

Golden Alexander

Zizia aurea



"Zizia aurea (golden alexanders)", by Tom Potterfield, licensed under CC BY-NC-SA 2.0



"File:Wild Parsnip.jpg", by Pfc598, licensed under CC-BY 3.0

Description: Golden Alexander is a **perennial wildflower** that grows in meadows, moist thickets and on shorelines.

Other Common Names: Golden Zizia, Common Alexanders

Soil Moisture Preferences: Dry – Wet

Height: up to 60cm

Bloom Time: April – June

Bloom Colour: Yellow

Toxicity: Not Toxic, but related to toxic plants

Pollinators they attract: Butterflies, Moths, Bees, Flies, Beetles

Why pollinators like it:

Purchase from: Prairie Originals, Prairie Flora

Red Milkweed

Asclepias incarnata



Photo credit: Callista Hall



"Swamp Milkweed (Asclepias incarnata)",
by Joshua Mayer, licensed under CC BY-SA 2.0

Description: Red Milkweed is a **perennial wildflower** that lives in moist thickets, swamps, and shorelines. It is toxic to humans, particularly the sap. Do not eat it and handle with care. This plant is important since Monarch butterfly larva will only eat milkweed.

Other Common Name: Swamp Milkweed, Rose Milkweed, Pink Milkweed

Soil Moisture Preferences: Moderately Moist – Wet

Height: up to 120cm

Bloom Time: June – August

Bloom Colour: Pink

Toxicity: Toxic

Pollinators they attract: Butterflies, Hummingbirds, Bees, Beetles

Why pollinators like it: Leaves are food source for butterfly larvae, flowers are food source for bees, butterflies, and pollinating beetles

Purchase from: The Green Spot, Prairie Flora

Sandbar Willow

Salix exigua



"File:Salix exigua 4.jpg", by Stan Shebs, licensed under CC BY-SA 3.0



"File:Salix exigua var. exigua 4.jpg", by Thayne Tuason, licensed under CC BY-SA 4.0

Description: Sandbar willow is a tree that grows in **riparian areas**, swamps and on shorelines. The tree itself can be home to many different species of birds and mammals. Sandbar willow prefers moister soils.

Other Common Names: Coyote Willow, Narrowleaf Willow

Soil Moisture Preferences: Moist

Height: up to 20m

Bloom Time: May – June

Bloom Colour: Light Yellow to Green

Toxicity: Not Toxic

Pollinators they attract: Butterflies/Larvae, Bees

Why pollinators like it: Springtime food source for bees, nesting structure, Leaves are food source for butterfly larvae

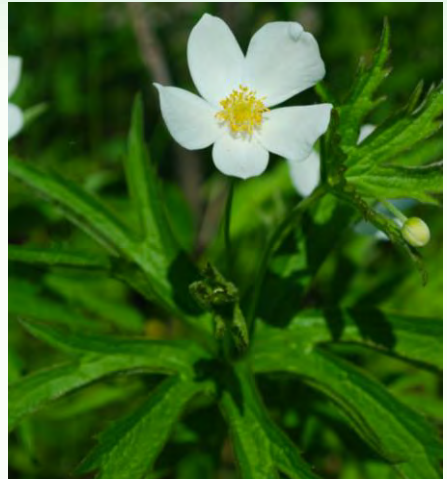
Purchase from: The Green Spot

Canada Anemone

Anemone canadensis



Photo credit: Austin Dubois



"Canada Anemone (*Anemone canadensis*)",
by Joshua Mayer, licensed under CC BY-SA 2.0

Description: Canada anemone is ***perennial wildflower*** that grows in meadows, moist woodlands and on shorelines. Canada anemone is toxic so do not eat any part of this plant or touch the sap. This plant also spreads very easily.

Other Common Name: Meadow Anemone, Round-leaf Thimbleweed, Windflower

Soil Moisture Preferences: Moist

Height: up to 60cm

Bloom Time: April – June

Bloom Colour: White

Toxicity: Toxic

Pollinators they attract: Bees

Why pollinators like it: Springtime food source for bees

Purchase from: Prairie Originals, Prairie Flora, Blazing Star

Lowbush Blueberry

Vaccinium angustifolium



"File:Lowbush blueberry bush.jpg",
by Caleb Slemmons, licensed under CC BY 3.0



"File:Vaccinium angustifolium (14583357267).jpg",
by jillillybean, licensed under CC BY-SA 2.0

Description: Lowbush blueberry is a *shrub* that grows in *bogs*. The white flowers produce a fruit that is edible and is eaten by birds, mammals and insects.

Other Common Name: Low Sweet Blueberry

Soil Moisture Preferences: Moist

Height: up to 60cm

Bloom Time: May – June

Bloom Colour: White

Toxicity: Not Toxic

Pollinators they attract: Butterflies, Bees

Why pollinators like it: Food Source in Summer for butterflies and bees

Purchase from: Prairie Originals

Yellow Lady's Slipper

Cypripedium parviflorum



Photo credit: Callista Hall



Photo credit: Callista Hall

Description: Yellow lady's slipper is a rare **wildflower** that grows in **bogs**, swamps, and woodlands. As the name suggests, the flowers are yellow and shaped like a slipper. They can be difficult to grow but are a unique and beautiful plant that is becoming increasingly rare in the wild.

Other Common Names: Greater Yellow Lady's Slipper, Large Yellow Lady's Slipper

Soil Moisture Preferences: Moist

Height: up to 80cm

Bloom Time: April – August

Bloom Colour: Yellow

Toxicity: Not Toxic but hairs on the plant can irritate skin

Pollinators they attract: Bees

Why pollinators like it: Spring and summertime food source

Purchase from: The Green Spot

Red Osier Dogwood

Cornus sericea



Photo Credit: Sherry Punak-Murphy



"File:Corvus sericea (5257603697).jpg",
by Matt Lavin, licensed under CC BY-SA 2.0

Description: Red osier dogwood is a **shrub** that grows in moist woodlands and on shorelines. The white and light pink flowers produce white berries which birds of many species use as a winter food source. The shrub is resistant to deer **browse**.

Other Common Names: American Dogwood, Redstem Dogwood, Red Willow

Soil Moisture Preferences: Moist

Height: up to 3m

Bloom Time: May – June

Bloom Colour: White

Toxicity: Most likely Not

Pollinators they attract: Butterflies, Bees, Flies

Why pollinators like it: Spring and summer food source

Purchase from: The Green Spot

Red Raspberry

Rubus idaeus



"Red Raspberry (*Rubus idaeus*)",
by Bernard DUPONT, licensed under CC BY-SA 2.0



Photo Credit: Lori Hall

Description: Red raspberry is a ***shrub*** that grows in fields, thickets and woodland openings. It has white to pink flowers that produces a delicious ***aggregate*** fruit.

Other Common Names: American Red Raspberry, Wild Red Raspberry

Soil Moisture Preferences: Moist

Height: up to 3m

Bloom Time: June – July

Bloom Colour: White – Pink

Toxicity: Not Toxic

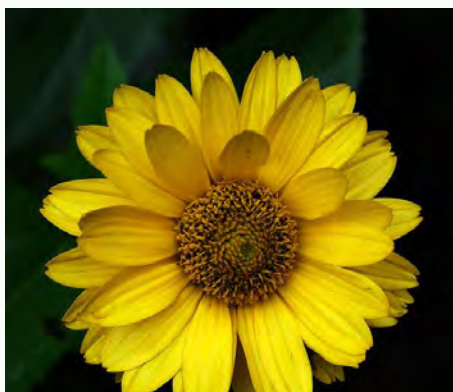
Pollinators they attract: Butterflies, Bees

Why pollinators like it: Spring and summer food source; cane is nesting structure in the winter for bees

Purchase from: T & T Seeds

False Sunflower

Heliopsis helianthoides



"File:Heliopsis helianthoides 2008 1.JPG", by Włodzimierz Wysocki, licensed under CC BY-SA 3.0



"File:Heliopsis helianthoides kz2.jpg", by Krzysztof Ziarnek, licensed under CC BY-SA 4.0

Description: False sunflower is a **perennial wildflower** that grows in dry woodland areas and on the prairies. This plant spreads very easily, so keep this in mind when including it in your garden.

Other Common Names: Ox Eye Sunflower, Smooth Oxeye, Oxeye Daisy

Soil Moisture Preferences: Moist – Wet

Height: up to 150m

Bloom Time: June – September

Bloom Colour: Yellow

Toxicity: Not Toxic

Pollinators they attract: Moths, Bees, Beetles

Why pollinators like it:

Purchase from: The Green Spot, Prairie Flora

Spotted Joe-Pye Weed *Eutrochium maculatum*



"File:Eupatorium maculatum R01.jpg", by Marc Ryckaert, licensed under CC BY 3.0



Photo credit: Austin Dubois

Description: Spotted Joe-Pye weed is a **wildflower** that grows in meadows, moist thickets and on shorelines. This plant spreads easily, making it something to consider when including them in your garden

Other Common Name: Spotted Trumpetweed

Soil Moisture Preferences: Moist – Wet

Height: 180m

Bloom Time: August – October

Bloom Colour: Pink

Toxicity: Not Toxic

Pollinators they attract: Butterflies, Moths, Bees

Why pollinators like it:

Purchase from: Prairie Originals, The Green Spot, Prairie Flora

Ranch Elderberry *Sambucus canadensis*



"File:American elderberry (Sambucus canadensis)1.jpg", by Rison Thumboor, licensed under CC BY-SA 4.0



"File:Sambucus canadensis 001.JPG", by H. Zell, licensed under CC BY-SA 3.0

Description: Ranch elderberry is a ***shrub*** growing in fields, meadows, and moist woodlands. All parts of this plant are toxic, including the leaves, stems, or unripe fruit. The white flowers produce black fruit that is only edible when fully ripe.

Other Common Names: American Elder, Common Elder, White Elder

Soil Moisture Preferences: Moist – Wet

Height: up to 3m

Bloom Time: June – July

Bloom Colour: White

Toxicity: Toxic

Pollinators they attract: Butterflies, Birds, Bees

Why pollinators like it:

Purchase from: T & T Seeds

Highbush Cranberry

Viburnum opulus trilobum



Photo credit: Callista Hall



"High Bush Cranberry", by born1945, licensed under CC BY 2.0

Description: Highbush cranberry is a *shrub* that lives in moist woodlands, thickets and on shorelines. This plant produces clusters of bright red berries that have a very sour taste.

Other Common Names: American Cranberrybush, American Highbush Cranberry

Soil Moisture Preferences: Moist – Wet

Height: 3-4m

Bloom Time: May – July

Bloom Colour: White

Toxicity: Not Toxic

Pollinators they attract: Butterflies, Bees

Why pollinators like it: Food source for pollinators in the spring and berries are an important food source for birds in winter

Purchase from: T & T Seeds

Plant Distributors

Skinner Native Seeds

- <http://www.skinnernativeseeds.ca/>

Prairie Originals

- <https://www.prairieoriginals.com/>

The Green Spot Home and Garden

- <https://www.greenspotbrandon.com/>

Blazing Star Wildflower Seed Company

- <https://www.growwildflowers.ca/>

Prairie Flora

- <https://www.prairieflorea.com/>

T & T Seeds

- <https://ttseeds.com/>

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