

# **Native Plants of Newfoundland and Labrador**



**Prepared by the staff and volunteers of**

**Indian Bay Ecosystem Corporation**



**Common Name:** American Mountain Ash (Dogberry)

**Scientific Name:** *Sorbus americana*

**Light requirement:** Sun, part shade

**Water Use:** Medium

**Spacing:** 15-20 ft. (4.7-6 m)

**Bloom Time:** May-July

**Tolerances:** Salt tolerant, flooding, wet soil, acidic soil

### **Description:**

- This is a native, smooth-barked, deciduous shrub or small tree growing approximately 3-9 meters tall, with an average diameter of 10-25 cm.
- It has a short trunk; slender, spreading branches; and a narrow, open round-topped crown. In closed canopies, it tends to have a longer trunk, with the lower portions branch-free.
- It tends to be slow growing and short-lived.
- It has white or cream flowers and red or orange fruit which remain on the tree all winter.

**Native Range:** Northeastern North America from Newfoundland south to New Jersey and in the mountains to South Carolina and Georgia, west to Minnesota and eastern North and South Dakota.

### **Habitats:**

- It prefers moist habitats from the borders of swamps to rocky hillsides.
- It is common in openings or in woods, scattered on uplands along edges of woods, roadsides, and under semi-open stands.
- It will grow well in a stunted form on relatively dry soils. American mountain-ash is shade intolerant.
- Highest rate of reproduction occurs in birch/fir/spruce communities.

**Soil:** pH of 4.7 to 6.0, a minimum of 1.7% organic matter and 7% silt and clay particles with groundwater at 1.5'-2.5'; 15% silt and clay particles with groundwater deeper than 2.5'.

**Wildlife use:** Moose, deer, martens, fishers, snowshoe hare, ruffed grouse, birds and squirrels

**Other uses:** Culinary, medicinal and aboriginal

**Human Benefits:** The fruit (fresh or dried) contain iron and vitamin C. They are also acidic and rich in tannins, however, should be eaten in moderation.

### **Facts:**

- The tree and its parts are generally non-toxic but its raw fruit eaten to excess can be a gastrointestinal irritant because it contains a substance called sorbitol.
- It is difficult to find reliable sources of native species of mountain ash due to mislabeling. The best method for identification is the terminal buds; European mountain-ash has downy buds, while the two native species have smooth and sticky buds.



**Common Name:** Canadian Bunchberry

**Scientific Name:** *Cornus canadensis*

**Light requirement:** Sun, Part shade, shade

**Water Use:** High

**Spacing:** 12"-15" (30-38 cm)

**Bloom Time:** May-September

**Tolerances:** N/A

### **Description:**

- The slender 3"-6" stalks of this perennial, woodland ground cover are topped by a whorl of oval, pointed leaves above which rises a white to greenish, dogwood blossom.
- Erect stems grow in extensive low patches, with 1 whorl of leaves at top and, just above, a cluster of tiny greenish flowers surrounded by 4 oval white or pinkish bracts.
- The flower cluster resembles a single large flower held on a short stalk above leaves. A cluster of bright red berries follows.
- The leaves, which are dark-green and shiny in summer, become wine-red in fall. It also reproduces vegetatively by rhizomes.

**Native Range:** It extends from Greenland across northern North America to northeast Asia. In the continental US, it is limited mostly to mountainous regions.

**Habitat(s):** It makes an excellent ground cover in cool, damp, acidic places including coniferous & mixed woods, thickets, cedar swamps and damp openings.

**Soil:** Damp, cool, acid soil (pH<6.8) or peat moss

**Wildlife use:** Insects

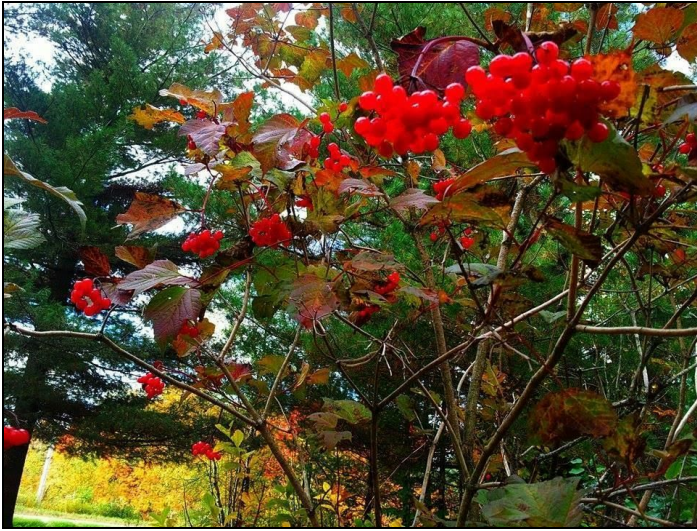
**Other uses:** Culinary, medicinal and aboriginal

### **Human Benefits:**

- As it is high in pectin it is said to guard against radiation and carcinogenesis.
- It can be used as a capillary tonic, antiedemic, anti-inflammatory, antispasmodic and hypotensive.
- The leaves and stems are medicinal and can be used for treating aches and pains, kidney and lung ailments, coughs, fevers.
- A decoction of crushed roots can be used as an eyewash.

### **Facts:**

- Fruit is edible, gummy, and nice to eat but not much taste. They can be used for jams, pies, puddings.
- It can withstand nutrient poor or rich soil and can spread quite rapidly. It is a great shade loving ground cover that can be planted next to paths as it is resistant to some foot traffic and when naturalized can help deter weeds.



**Common Name:** Highbush Cranberry

**Scientific Name:** *Viburnum trilobum*

**Light requirement:** Sun, part Shade

**Water Use:** High

**Spacing:** 12'-15' (3.6-4.7 m)

**Bloom Time:** May-July

**Tolerances:** Flood, disease and insect tolerant

### **Description:**

- It is a 6'-12' shrub on average but can reach heights up to 16'. Its dense upright or arching branches create a round outline and the maple-like, deciduous foliage is colorful in fall.
- It has white, flat-topped clusters of flowers which are followed by persistent red berries, however, it is not a true cranberry.
- The buds are opposite and the tips of twigs die back during the winter. The tree bark is smooth and gray to light brown.

**Native Range:** Its range covers northern North America, from Newfoundland west to British Columbia, south to Washington state and east to northern Virginia.

**Habitat(s):** It can be found in wet areas such as in thickets along shorelines, swamps and forest edges.

**Soil:** Wet to average, well-drained loams

**Wildlife use:** Squirrels, birds, butterflies, butterfly larvae, bees and other showy insects

**Other uses:** Culinary, medicinal and aboriginal.

### **Human Benefits:**

- The fruit is low toxicity, and only causes concern when eaten in large amounts.
- Juice is acidic but sweeter after a frost. It is rich in vitamin C, and is great as a cranberry substitute, however, eating fruit in large amounts can cause stomach and gastric upset.

### **Facts:**

- The American Highbush Cranberry hybridizes with its almost identical invasive European counterpart, European Highbush Cranberry (*Viburnum opulus*), and this is a threat to the indigenous one.
- It is a preferred food only of ruffed grouse and cedar waxwing, but fruit is also eaten by over 20 other species.
- Fruits hang on throughout the winter and can serve as critical emergency food when other sources are not available.



**Common Name:** White Meadowsweet

**Scientific Name:** *Spiraea alba var. latifolia*

**Light requirement:** Sun, part shade

**Water Use:** Medium

**Spacing:** 24-36 in. (60-90 cm)

**Bloom Time:** July-September

**Tolerances:** N/A

**Description:**

- A thicket-forming woody plant, growing to a height of 60 - 150cm. It has numerous, fine-textured, erect, unbranched stems.
- The leaves are 3.8 - 7 cm long, oval, smooth, coarsely toothed, shiny green on top and paler on underneath, turning golden-yellow in fall.
- The tiny white or pinkish flowers are 6 mm wide, in pyramidal terminal clusters; 5 sepals; 5 petals; numerous stamens; usually 5 pistils.
- The fruit is brown, dry, splitting open and persisting.

**Native Range:** Its range is Newfoundland to Nova Scotia; southward from New England along the Eastern Seaboard to North Carolina; west to the Great Lakes States.

**Habitat(s):** It occurs in wet prairies, low areas along streams, edges of marshes, bogs, and ditches.

**Soil:** Clay, sand and loam containing abundant organic material (including peat). Standing water is tolerated only if it is temporary

**Wildlife use:** Small bees, flies, and beetles, among other visitors, come in great numbers, seeking, the accessible pollen, and, in this case, nectar also, secreted in a conspicuous orange-colored disk.

**Other uses:** N/A

**Human Benefits:**

- Meadowsweet is a mild, but effective anti-inflammatory herb used to treat arthritis and other aches and pains.
- Meadowsweet leaves and flowers contain salicylates, compounds that are converted by the body to aspirin.

**Facts:**

- This plant is characterized by broader leaves than *Spiraea alba* which has narrow leaves.



**Common Name:** Paper Birch

**Scientific Name:** *Betula papyrifera*

**Light requirement:** Sun, part shade

**Water Use:** High

**Spacing:** 30'-40' (9-12 m)

**Bloom Time:** April-May

**Tolerances:** Salt tolerant

### **Description:**

- A characteristic deciduous tree of the North woods, paper birch can be a single- or multi-trunked tree.
- Loosely pyramidal in youth, the tree develops an irregular, rounded crown in maturity. Bright green leaves turn yellow in fall. It has a narrow, open crown of slightly drooping to nearly horizontal branches; sometimes a shrub.
- Its height at maturity is 70'-80' and 10"-12" in diameter, sometimes expanding to 30". Height growth ceases at about 60-70 years of age; few live more than 140 years.
- Bark is reddish-brown on saplings; on mature trees the bark is thin, white, and smooth, often separating into papery strips and easily peeled off in sheets.
- Their flowers, male and female, occur in separate, pendulous catkins on the same tree.

**Native Range:** It grows at the northern limit of tree growth in arctic Canada and Alaska, in boreal spruce woodlands and forests, in montane and subalpine forests of the West, in wooded draws of the northern Great Plains, and in coniferous, deciduous, and, mixed forests of the Northeast and Lake States.

**Habitat(s):** It is found in low, wet areas; moist hillsides; stream banks.

**Soil:** Best on disturbed mineral or mixed mineral/organic soil (Sand, Loam) with a pH no less than 5.0

**Wildlife use:** Squirrels, moose, beaver, hummingbirds and yellow-bellied sapsuckers

**Other uses:** Crafts, medicinal and aboriginal

**Human Benefits:** The sap has been used by people for medicine, syrup, beer and wine.

### **Facts:**

- Paper birch is sensitive to disease and insects, especially the bronze birch borer, under unfavorable growing conditions.
- This tree is often used to prevent stream bank erosion, protect aquatic environments, enhance wildlife, and increase biodiversity.
- Leaf litter inhibits Jack Pine (*Pinus banksiana*), Red Pine (*Pinus resinosa*), and White Pine (*Pinus strobus*) seed germination.



**Common Name:** Red Osier Dogwood

**Scientific Name:** *Cornus sericea*

**Light requirement:** Sun, part shade

**Water Use:** High

**Spacing:** 8'-10' (2.4-3 m)

**Bloom Time:** March-June

**Tolerances:** Cold tolerance

**Description:**

- Large, spreading, thicket-forming shrub with several stems, clusters of small white flowers, and small whitish fruit; rarely a small tree.
- Height is commonly 0.9-3 m, rarely to 4.6 m, and typical diameter of 7.5 cm.
- The leaves are opposite, simple, arcuately veined, 5-8 cm inches long, somewhat narrow, entire margin, green above, and pale below.

**Native Range:** It ranges from Alaska to Newfoundland and Labrador, south to Virginia, Kansas, Mexico, and California.

**Habitat(s):** It occurs in fens (calcium-rich wetlands), fresh tidal marshes or flats, meadows and fields, shores of rivers or lakes, swamps. Also found in forest openings, open forest understories, and along forest margins.

**Soil:** Prefers rich, moist soils (clay, sand, loam) with pH range of 5.5 to 7.0. High levels of mineral nutrients needed for vigorous growth

**Wildlife use:** Squirrels, moose, mice, snowshoe hares, birds, butterflies, butterfly larvae, bees and beavers

**Other uses:** Crafts, weaving, dyes, culinary, medicinal and aboriginal.

**Human Benefits:** The fruit is edible raw or cooked but very bitter.

**Facts:**

- Aboriginal peoples all over North America have used this shrub for many purposes; the twigs and branches for tools and basket weaving. The berries are used in many dishes and have also been employed for many traditional medicines. The plant has also been combined with grasses to make a ceremonial tobacco.
- It prevents soil erosion
- It spreads by layering when the lower stems touch or lie along the ground and root at the nodes. Plants may also produce new shoots from the roots and new branches from the bases of dying branches.



**Common Name:** Red Maple

**Scientific Name:** *Acer rubrum*

**Light requirement:** Sun, part shade

**Water Use:** High

**Spacing:** 30'-40' (9-12 m)

**Bloom Time:** March-May

**Tolerances:** Flooding tolerant and intermediately tolerant of sulphur dioxide.

### **Description:**

- A large tree with narrow or rounded, compact crown and red flowers, fruit and leafstalks.
- This tree grows 40'-60' in cultivation, occasionally reaching 100'-120' in the wild.
- Leaves vary from 3 to 5 lobed, are smooth, or hairy only along the midvein on the underside and the lobes are separated by V-shaped angles. Male trees have notable pinkish red flowers in early spring, and females display decorative red samaras soon after.
- Young, vigorous trees have smooth, silvery gray bark and their roots form a dense, fibrous network.
- Fall foliage is quite variable, ranging from the brilliant red for which the species is known, to yellow or greenish-yellow.

**Native Range:** It has the greatest north-south distribution of all tree species along the East Coast, ranging from eastern Canada south to Florida and west to Texas.

**Habitat(s):** Moist soils along stream banks; moist to drier woodlands; not often found in the forest but when it is it is mostly found as understory.

**Soil:** Best on moist, fertile, loamy soils but also grows on dry, rocky, upland soils. Grows on soils derived from a variety of materials, including granite, shales, slates, gneisses, schists, sandstone, limestone, conglomerates, and quartzite.

**Wildlife use:** Squirrels, moose and birds.

**Other uses:** Crafts, weaving, dyes, culinary, medicinal and aboriginal

**Human Benefits:** It has been used as an analgesic, wash for inflamed eyes and good for hives and muscular aches. Tea from inner bark has been used for coughs and diarrhea.

### **Facts:**

- Brown and black dyes from bark were made by settlers. Iron sulphate added to tannin from Red Maple bark to create ink.
- Although the sap can be used for maple syrup, its sap has only about half the sugar content as sugar maple (*A. saccharum*), but when boiled down enough, it tastes just as good.
- In general, deciduous trees can provide important benefits to home energy savings. Three well placed deciduous trees can reduce cooling costs by up to 40 percent.





**Common Name:** Red Pine

**Scientific Name:** *Pinus resinosa*

**Light requirement:** Sun

**Water Use:** Low

**Spacing:** 20-30 ft. (6-9 m)

**Bloom Time:** March-May

**Tolerances:** N/A

**Description:**

- A common, large tree with small cones and broad, irregular or rounded crown of spreading branches, with 1 row of branches added a year. Red pine, a symmetrically oval, canopy tree, usually grows 50'-75' but can reach 125' or more.
- The long, straight trunk is covered with reddish-brown, scaly bark. It has tufted, dark-green needles, occurring in clusters of two and are 2"-5" long.
- Branchlets are medium textured, orange-brown in color with orange-brown buds. The trunk bark on young trees can be red-brown or pink to gray and flaky but will eventually become plated and scaly.

**Native Range:** Its range includes Cape Breton Island, Nova Scotia; Prince Edward Island; Newfoundland; New Brunswick; southern Quebec; and Maine to central Ontario and southeast Manitoba; south to southeast Minnesota; and east to Wisconsin, Michigan, Pennsylvania, and the New England States.

**Habitat(s):**

- It can be found on outwash plains, level or gently rolling sand plains, and low ridges adjacent to lakes and swamps; also mountain slopes and hilltops.
- It often grows on very exposed sites including islands, peninsulas, east shores of lakes, and steep slopes.

**Soil:** Best development occurs on deep loamy sand or gravel, pH 4.5 - 6.5, but will grow on a variety of sites.

**Wildlife use:** Songbirds, upland game birds, squirrels and other showy insects

**Other uses:** N/A

**Human Benefits:** N/A

**Facts:**

- Red Pine is an ornamental and shade tree; the wood is used for general construction, planing-mill products, millwork, and pulpwood.



**Common Name:** Canadian Serviceberry

**Scientific Name:** *Amelanchier canadensis*

**Light requirement:** Sun, part shade, shade

**Water Use:** Medium

**Spacing:** 12-15 ft. (3.6-4.7 m)

**Bloom Time:** April-May

**Tolerances:** Salt tolerant

**Description:**

- Canadian serviceberry or shadblow serviceberry is a small, understory tree or large, multi-trunked shrub usually growing in clumps with many upright branches.
- Its crown is delicate and open and it has long-petaled, white blossoms which open before leaves emerge and are followed by a small, crimson-colored, edible, apple-like fruit.
- Enduring fall foliage is orange to rusty-red. The deciduous plant grows 6'-20' high and sometimes taller.
- The smooth, light grayish-brown bark has vertical dark stripes.

**Native Range:** It ranges Northern North America and south in mountains.

**Habitat(s):** It can be found on forested slopes, open rocky woods, cliff edges as well as bogs and wetlands.

**Soil:** Coarse to medium texture, well to moderately well drained. moist; pH: 6.1 - 6.5

**Wildlife use:** Birds, bears and squirrels

**Other uses:** N/A

**Human Benefits:** The fruits taste better after they are cooked, which makes the seeds softer and brings out an almond-like flavor. Fresh and canned fruits are made into jams and pies.

**Facts:**

- The fruits of these bushes are said to be delicious, but often the wild birds, squirrels and bears get most of them.
- Serviceberries are subject to many disease and insect problems. Damage from these problems is usually cosmetic rather than life threatening.



**Common Name:** White Pine

**Scientific Name:** *Pinus strobus*

**Light requirement:** Sun, part shade

**Water Use:** Medium

**Spacing:** 9-12 m

**Bloom Time:** April-June

**Tolerances:** N/A

**Description:**

- It is a stately canopy tree, often growing 75'-100' tall; sometimes much taller. Gracefully plume-like in outline, white pine is very distinctive when compared to other conifers.
- Its branches are horizontal and tiered. Tufts of light - to bluish-green needles are borne in feathery clusters of five only toward the ends of the twigs.
- Cones are 6"-8" long.
- It is the largest northeastern conifer with 1 row of branches added a year.

**Native Range:** It ranges northern North America and south in mountains.

**Habitat(s):** It occurs on a variety of sites from wet bogs and moist stream bottoms to dry sand plains and rocky ridges; common on the east shore of lakes where blowdowns create openings for regeneration.

**Soil:**

- It grows on nearly all soil types within its range, however, it is most competitive on fairly infertile sandy soils.
- On clay or poorly drained soils it occurs only as individuals or in small groups.
- Grows on fine sandy loams and silty loams on disturbed sites with little hardwood competition.

**Wildlife use:** Birds

**Other uses:** Culinary and medicinal

**Human Benefits:** Extract of the inner bark, resinous sap and young leaves were used as an ingredient in cough medicines. It was used externally as an astringent to dress wounds and control bleeding, and taken internally for diarrhea.

**Facts:**

- Edible parts: roasted small seeds, stewed young catkins, candied or raw inner bark, and the young needles drank in a delicious tea.
- Does not tolerate air pollution, heat, drought, or salt; therefore, not a good plant for city conditions or along roads.



**Common Name:** Wilton Carpet Juniper

**Scientific Name:** *Juniperus horizontalis* 'Wiltonii'

**Light requirement:** Sun, part Shade

**Water Use:** High

**Spacing:** 1.8 m-3 m

**Bloom Time:** N/A

**Tolerances:** Drought tolerant and highly tolerant to urban pollution as it will even thrive in city environments.

### **Description:**

- This juniper features bright blue foliage during the summer with a darker, reddish blue coloration during the winter.
- The vines are flat growing, and the foliage typically only grows 4" tall. With time each plant can grow to a width of 6'-8'. Leaves are soft textured, and mostly scale-like.
- Fleshy seed cones (dark blue berries) generally mature in two years, but are often absent on cultivated plants. It spreads by long trailing branches with abundant short branchlets.
- Foliage is primarily scale-like (adult) with some awl-like (juvenile) needles appearing usually in opposite pairs.

**Native Range:** It ranges through Canada and the northern U. S.

**Habitat(s):** It is found in open, dry areas such as hillsides, wash areas, cliffs, balds, ledges, meadows and fields.

**Soil:** It typically occurs in sandy and gravelly soils, sand dunes, rock outcroppings, slopes, prairies and stream banks.

**Wildlife use:** Large mammals don't particularly care for this plant and will usually leave it alone in favor of tastier treats.

**Other uses:** Aboriginal

**Human Benefits:** N/A

### **Facts:**

- Creeping juniper withstands hot, dry situations but is very intolerant of shade and poor drainage.
- In very cold regions it can become adapted to snow and frost quite well.



**Common Name:** Grey Alder

**Scientific Name:** *Alnus incana*

**Light requirement:** Sun, partial shade

**Water Use:** Low-Medium

**Spacing:** 3.6 - 4.7m

**Bloom Time:** Late February

**Tolerances:** Salt tolerant

**Description:**

- The Grey Alder or Speckled Alder is a deciduous shrub, growing 2-4 metres tall.
- Its bark is normally brown or dark gray and marked with horizontal white speckles.
- Leaves are matte green, round and pointed with doubly toothed and shallowly lobed edges. The flowers are catkins, appearing early in spring before the leaves.

**Native Range:** It ranges northern North America and south in mountains.

**Habitat(s):**

- The Grey Alder grows well in environments with poor soils.
- It is a common tree species at sea level in forests, abandoned fields, shallow stony slopes and lakeshores

**Soil:** Grey Alder can grow on nearly any type of soil as long as it receives the proper amount of water and sunlight.

**Wildlife use:** Source of pollen for insects, food for birds, and improve the fertility of soil.

**Other uses:** N/A

**Human Benefits:** Plays an important role in the reclamation of derelict land

**Facts:**

- Inuit people and settlers extracted a dark dye from the bark for tanning and staining hides. It was also used for medicinal teas or applied to wounds.



**Common Name:** Wild Strawberry

**Scientific Name:** *Fragaria vesca*

**Light requirement:** Sun

**Water Use:** Medium

**Spacing:** 1 foot

**Bloom Time:** May - August

**Tolerances:** N/A

**Description:**

- The Wild Strawberry is a fruit bearing plant that contains 5-11 cream coloured flowers. The soft, hairy stalk usually lifts flowers above the leaves.
- Leaves on the Wild Strawberry are in groups of 3 with toothed margins.
- The plant spreads by runners.
- The fruit it bears are bright red in colour and small in comparison to other species of strawberry.

**Native Range:** Most of the northern hemisphere

**Habitat(s):** Normally lives along trails, hillsides, paths, meadows, etc. They can live in shady areas, but often will not obtain enough sunlight to grow fruit.

**Soil:** Grows in a variety of soils, but prefer moist and fertile soils.

**Wildlife use:**

- The berries and leaves are edible and act as a food source for many animals.
- A variety for mammals and birds help to distribute seeds in their droppings and insects use the flowers for pollination.

**Other uses:** N/A

**Human Benefits:** The berries are a source of food and have also been used in herbal medicines.

**Facts:**

- Without proper conditions this plant will still grow, but often will not produce fruit.



**Common Name:** Wild Raspberry

**Scientific Name:** *Rubus idaeus*

**Light requirement:** Sun

**Water Use:** Low - Medium

**Spacing:** 1 foot

**Bloom Time:** June - July

**Tolerances:** Drought Tolerant

**Description:**

- The wild raspberry grows up to a height of 1.5-2.5 m, bearing leaves with 5-7 leaflets.
- The flowers are produced in late spring on short racemes on the tips of these side shoots, each flower about 1 cm diameter with five white petals.
- The fruit is red, edible and consists of many drupelets.

**Native Range:** Most of the northern hemisphere

**Habitat(s):** Normally lives along trails, hillsides, paths, meadows, etc. They can live in shady areas, but often will not obtain enough sunlight to grow fruit.

**Soil:** Grows in a variety of soils, but prefer moist and fertile soils.

**Wildlife use:** The berries, root and leaves are edible and act as a food source for many animals. A variety for mammals and birds help to distribute seeds in their droppings. The inside of the berries acts as a habitat for many insects.

**Other uses:** Some groups of aboriginals have been known to use the berries as dye.

**Human Benefits:** The berries are a source of food and have also been used in herbal medicines.

**Facts:**

- Works excellent in gardens as it requires little upkeep and produces a large amount of fruit.
- Raspberries also have antioxidant effects that may play a minor role in the killing of stomach and colon cancer cells.



**Common Name:** Red Elderberry

**Scientific Name:** *Sambucus racemosa*

**Light requirement:** Sun, partial shade, shade

**Water Use:** Medium - High

**Spacing:** N/A

**Bloom Time:** May-July

**Tolerances:** N/A

**Description:**

- A treelike shrub that can grow from 2-6 m tall.
- Each individual leaf is composed of 5 to 7 leaf like leaflets, each of which is up to 16 centimeters long, lance-shaped to narrowly oval, and irregularly serrated along the edges.
- The flower buds are pink when closed, and the open flowers are white, cream, or yellowish.
- Each flower has small, recurved petals and a star-shaped axis of five white stamens tipped in yellow anthers.
- The seeds are bright red and contain 3-5 seeds.

**Native Range:** It is native to Europe, temperate Asia, and north and central North America.

**Habitat(s):** It generally grows in moist or marshy areas, but can survive in a variety of habitats.

**Soil:** Clay, sand, loam

**Wildlife use:** Berries and leaves have a high toxicity level and most animals cannot eat them.

**Other uses:** N/A

**Human Benefits:** This versatile plant can be used to make dye, insecticides and musical instruments

**Facts:**

- The scent of the leaves on this plant is known for its ability to repel insects; this can be useful for gardeners that have a problem with insects in their garden.





**Common Name:** Squashberry

**Scientific Name:** *Viburnum edule*

**Soil:** Clay, sand, loam

**Light requirement:** Sun, partial shade

**Water Use:** Medium

**Spacing:** N/A

**Bloom Time:** June-July

**Description:**

- An erect shrub that grows up to 2m tall. The bark on this shrub is reddish to dark grey.
- Leaves are round to obovate, 4-10 cm wide, 3-lobed, sharply toothed and hairy below.
- Flowers are small, white and grow on short stems from leaf axils.
- The berries are light red and grow in bunches.

**Native Range:** Squash berries thrive in low to middle elevations in Newfoundland's moist forests, rocky slopes, and along margins of wetlands.

**Habitat(s):** Prefers wetland habitats.

**Tolerances:** N/A

**Wildlife use:** Berries and leaves are a food source for many mammals, birds and insects. Flowers are used by insects for pollination.

**Other uses:** N/A

**Human Benefits:** Berries are edible and have been used as a food source for many years. If the raw fruit is eaten in large quantities it may cause nausea, but the cooked fruit is fine. It is highly valued for jam or jelly.

**Facts:**

- Native Americans would not eat the fruit until it had been defrosted due to toxicity.



**Common Name:** Lowbush Blueberry

**Scientific Name:** *Vaccinium angustifolium*

**Light requirement:** Sun, partial shade

**Water Use:** Low-Medium-High

**Spacing:** N/A

**Bloom Time:** May-June

**Tolerances:** Fire, salt

**Description:**

- The lowbush blueberry is a low spreading shrub, growing up to 60 cm tall.
- The leaves are glossy blue-green in summer, turning purple in the fall. The leaf shape is broad to elliptical.
- Buds are brownish red in stem axils.
- The flowers are white, bell-shaped, 5 mm long. The fruit is a small sweet dark blue to black berry.

**Native Range:** Native to eastern and central Canada (from Manitoba to Newfoundland) and the northeastern United States, growing as far south as the Great Smoky Mountains and west to the Great Lakes region.

**Habitat(s):** This plant grows best in wooded or open areas with well-drained acidic soils.

**Soil:** Sand, loam and acidophile

**Wildlife use:** Berries and leaves are a food source for many mammals, birds and insects. Flowers are used by insects for pollination.

**Other uses:** N/A

**Human Benefits:**

- Berries are edible and have been used as a food source for many years.
- It is highly valued for jam or jelly.
- Tea can be made from the leaves of this bush.

**Facts:**

- Blueberries have a high antioxidant capacity.
- The Lowbush Blueberry is the most important commercially grown blueberry in North America.



**Common Name:** Bluebead Lily

**Scientific Name:** *Clintonia borealis*

**Light requirement:** shade

**Water Use:** Medium

**Spacing:** N/A

**Bloom Time:** May-June

**Tolerances:** N/A

**Description:**

- Bluebead lilies are small (5–10 in) perennial plants, usually found in homogeneous colonies.
- The flowers are bell shaped, pale yellow in color and are arranged in small umbels at the extremity of a long stalk.
- The fruits is a bright round porcelain shaped blue berry, which are mildly poisonous to humans.

**Native Range:** Eastern North America

**Habitat(s):** Open shade , cool woods. Moist sites in boreal and pine forest. Distributed throughout Northern North America, south in mountains. Difficult to grow when summer temperatures are substantially above 75 degrees.

**Soil:** Loam, Humus Enriched (forest floor), Acidophile

**Wildlife use:** Berries can only be eaten by certain animals due to the toxicity of them, but leaves are often eaten by a variety of animals.

**Other uses:** N/A

**Human Benefits:** The young leaves of the plant are edible while still only a few inches tall. The fruit however, is mildly toxic, and is quite unpleasant tasting.

**Facts:**

- Transplanting is not recommended because survival rates are low
- Hunters in North Quebec were said to have rubbed their traps with the roots because bears are attracted to its odor.



**Common Name:** Blue Flag Iris

**Scientific Name:** *Iris versicolor*

**Light requirement:** Sun, partial shade

**Water Use:** High

**Spacing:** N/A

**Bloom Time:** May-August

**Tolerances:** N/A

**Description:**

- The Blue Flag Iris is a flowering herbaceous perennial plant, growing 10–80 centimetres high.
- This iris tends to form large clumps from thick, creeping rhizomes.
- The unwinged, erect stems generally have basal leaves that are more than 1 cm wide. Leaves are folded on the midribs so that they form an overlapping flat fan.
- The well-developed blue flower has 6 petals and sepals spread out nearly flat and have two forms. Flowers are usually light to deep blue.

**Native Range:** North America

**Habitat(s):** common meadows, marshes, and along stream banks and shores.

**Soil:** Wet or extremely moist soils

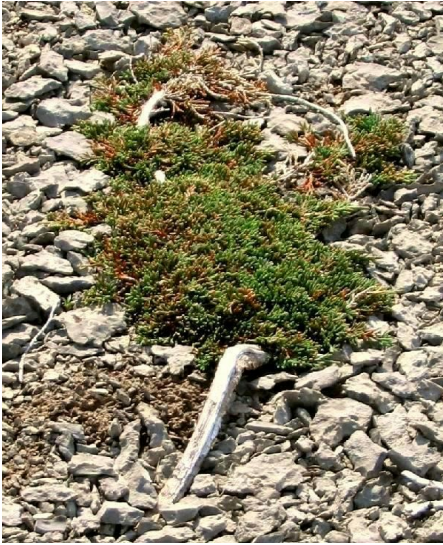
**Wildlife use:** Flowers are poisonous to most animals and cause problems for large grazing mammals

**Other uses:** N/A

**Human Benefits:** Aboriginals use the plant for some medicinal purposes

**Facts:**

- Minor skin irritation when touched, low toxicity if ingested. Symptoms include nausea, vomiting, abdominal pain, diarrhea, elevated temperature following ingestion; skin irritation upon contact with seeds, rootstock, or cell sap.



**Common Name:** Trailing Juniper

**Scientific Name:** *Juniperus horizontalis*

**Light requirement:** Sun, partial shade

**Water Use:** High

**Spacing:** N/A

**Bloom Time:** May-August

**Tolerances:** Drought

**Description:**

- The Trailing Juniper reaches only 10-30 cm tall but often spreading several metres wide. The shoots are slender.
- The leaves are arranged in opposite decussate pairs, or occasionally in whorls of three; the adult leaves are scale-like, 1-2 mm long.
- The juvenile leaves (on young seedlings only) are needle-like, 5-10 mm long. The cones are berry-like, 5–7 millimetres in diameter, dark blue with a pale blue-white waxy bloom, and contain two seeds (rarely one or three); they usually have a curved stem and are mature in about 18 months.

**Native Range:** native to northern North America, throughout most of Canada from Yukon east to Newfoundland, and in the United States in Alaska, and locally from Montana east to Maine, reaching its furthest south in Wyoming and northern Illinois.

**Habitat(s):** common meadows, marshes, and along stream banks and shores.

**Soil:** Wet or extremely moist soils

**Wildlife use:** Many wildlife species including big game, small mammals and birds feed on trailing juniper and utilize its habitats.

**Other uses:** Important winter food for livestock.

**Human Benefits:** Juniper leaves were burned when women were in labor to encourage delivery. Incense from juniper burning was used to alleviate fears of thunder and purify participant. Also a tea can be made from Juniper and used to treat coughs and sore throats.

**Facts:**

- Trailing juniper is reported as the finest plant for preventing soil erosion.
- It is drought and cold tolerant and grows in basic of acid soil. It withstands browsing and is long lived.
- It is desirable for watersheds with erodible, harsh and exposed sites.



**Common Name:** Northern Wild Rose

**Scientific Name:** *Rosa acicularis*

**Light Requirements:** Prefer to be in the sun

**Water Use:** Low-Moderate

**Spacing:** N/A

**Bloom time:** June-July

**Tolerances:** Moderately fire resistant

**Description:**

- Wild roses have pink blossoms, ranging from very pale to deep tones.
- A bushy shrub, 0.3-1.5m tall.
- Their stems usually have thorns and their compound leaves comprising of several small leaflets are arranged alternately along the stem.
- They often have a bushy appearance and interesting fall color.

**Native Range:** North America and Canada

**Habitats:** Wild Roses grow in low to medium elevations; they can appear in clearings, open forests and rocky slopes.

**Soil:** Well drained soil

**Wildlife Uses:**

- The pollen on the wild roses many bright yellow anthers are a valued food source for many beneficial insects, including bees.
- Rose hips are a winter food for birds and mammals.

**Other Uses:** They have been cosmetically and medicinally used for years helping to soothe and balance the body.

**Human Benefits:** Native people ate the rind of the rosehips and left the seeds. A tea can be made from the petals, leaves and even the roots.

**Facts:**

- The rose hips (fruit) have an apple like flavour and are very high in vitamin C.



**Common Name:** Mountain Maple

**Scientific Name:** *Acer spicatum*

**Light Requirements:** Sun, Shade

**Water Use:** Medium

**Spacing:**

**Bloom time:** May – Early June

**Tolerances:** Can withstand repeated and heavy browsing

**Description:**

- A tall and spreading shrub 3 – 8 meters tall, the bark is thin and dull reddish to greyish brown, smooth or slightly grooved.
- The twigs are slender yellowish green to reddish brown. The shrub is coated with very short grey hairs.
- It has slender buds, stalked, and covered with grey hairs. Its leaves are 6-8cms wide and 3 lobed.
- The flowers are in dense upright clusters at branch tips.

**Native Range:** Newfoundland and Southern Labrador to Saskatchewan

**Habitats:** Cool, moist wooded hillsides and flats

**Soil:** Moist, cool, acidic

**Wildlife Uses:**

- Mountain Maple is browsed by moose, white tailed deer, cottontails, snowshoe hares, and woodland caribou.
- The bark is consumed by moose, white-tailed deer, and beavers.
- Ruffed grouse consume the vegetative buds

**Other Uses:** N/A

**Human Benefits:** Some tribes boiled the young twigs with a pinch of alum and used the solution to soothe eyes irritated by smoke

**Facts**

- Mountain maple wood is moderately light, soft, and low in strength. It is of no economic importance.
- Unlike most maples, Mountain Maple reproduces by seed which is wind disseminated.



**Common Name:** Creeping Snowberry

**Scientific Name:** *Gaultheria hispidula*

**Light Requirements:** It forms its greatest cover in 60 to 100 percent full sunlight.

**Water Use:** Moderate-High

**Spacing:** N/A

**Bloom time:** May- mid June

**Tolerances:** N/A

### **Description:**

- Creeping snowberry is a low trailing perennial plant.
- The leaves are round and only 5 to 10 millimeters long.
- The creeping stems form leafy mats on logs and hummocks, often near Sphagnum moss. The stems and under-surface of the leaves are covered with brown bristles. Sometimes the leaf margins and fruits have the bristles too.
- Flowers appear in the spring, and are white, four-parted.
- The flowers develop into small white berries, egg-shaped and 5-10 mm long, ripening in mid to late summer.

**Native Range:** This species is found throughout Newfoundland and north to central Labrador in mossy woods. It also grows west of British Columbia and south to North Carolina.

**Habitats:** Most commonly occurs on dry, sunny slopes at low to mid elevations, although it can occur in shady, mesic communities as well.

**Soil:** Prefer cool wet/moist soils

**Wildlife Uses:** Saponin in the leaves of creeping snowberry could be toxic to livestock and wildlife.

**Other Uses:** Creeping snowberry is useful for erosion control because of its rhizomes.

### **Human Benefits:**

- Traditionally, Native Americans crushed the leaves of creeping snowberry to treat sores and wounds.
- The bark was boiled to remedy tuberculosis and venereal disease.
- Stems were used for arrows and pipes.

### **Facts**

- The berries are edible and have a spectacular wintergreen flavour.
- The flavor is more concentrated in the snowberry, and has been compared with that of a wet tic-tac.
- The plant may be recognized in any season by its growing habit and its leaves





**Common Name:** Black Crowberry

**Scientific Name:** *Empetrum nigrum*

**Light Requirements:** Semi-shade or no shade.

**Water Use:** low - moderate

**Spacing:** Plants should be spaced about 25cms apart

**Bloom time:** Late July

**Tolerances:** Strong winds

### **Description:**

- *Empetrum nigrum* is a low stooped, creeping evergreen shrub with short, leafy branches.
- The plant reaches an average height of 15 centimeters. The branches are up to 40 centimeters in length. These plants are often in the form of dense mats.
- The leaves are dark green in color and can be either linear or elliptic. The leaves are ericoid and are around 4 to 8 mm long. The lower surfaces of the leaves are adapted in such a way so as to minimize evapotranspiration in difficult climates.
- The flowers are bisexual or unisexual, lack petals, quite small and almost imperceptible.. They are purple to purplish-brown in color. The flowers are pollinated by moths, butterflies, bees and flies.

**Native Range:** Black crowberry is distributed throughout Alaska, across the Yukon Territory and Canada to Labrador, Newfoundland, and Greenland. It occurs south through New England and the Great Lakes states, as well as along the Pacific Coast to northern California. Black crowberry also has a wide distribution throughout Europe

**Habitats:** They can be found in moors and mountain tops and in the drier parts of blanket bogs.

**Soil:** Prefers well drained moist soil with acidic and neutral soils and can grow in very acid soils.

**Wildlife Uses:** The fruits are utilized as fall and winter forage by over 40 species of songbirds, waterfowl, and upland big game birds. The berries are especially important to grouse and voles. Big game animals that browse black crowberry foliage include reindeer, caribou and bear.

**Other Uses:** Dense mats of black crowberry provide cover for small rodents and mammals.

### **Human Benefits:**

- The leafy branches have been used, especially for children with a fever, as a diuretic.
- It has also been used to treat kidney problems.
- A decoction or infusions of the stems, or the cooked berries, have been used in the treatment of diarrhoea.
- A decoction of the leaves and stems, mixed with Hudson Bay tea and young spruce tree tips, has been used in the treatment of colds.
- A decoction of the roots has been used as eyewash to remove a growth.

### **Facts**

- Black Crowberry is slow to recover following fire.
- The minimal temperatures at which these plants can survive is -43 degrees Fahrenheit



**Common Name:** Canadian Yew

**Scientific Name:** *Taxus canadensis*

**Light Requirements:** Sun, Partial Shade, Shade

**Water Use:** N/A

**Spacing:** N/A

**Bloom time:** August

**Tolerances:** very shade tolerant species

### **Description:**

- Shrubs to 2 m, usually monoecious, low, diffusely branched, straggling, spreading to prostrate.
- Branches spreading and ascending. Leaves 1-2.5 cm, pale green abaxially, mostly without circular papillae along stomatal bands, dark green to yellow-green, epidermal cells as viewed in cross section of leaf wider than tall.
- Although long-distance dispersal is commonly accomplished by birds, Canada yew commonly reproduces by layering, forming a continuous population of clones.

**Native Range:** Newfoundland west to Manitoba, south to Virginia, Tennessee, Illinois, and Iowa.

**Habitats:** Can be found at 0 - 1500 m elevation as an understory shrub in rich forests (deciduous, mixed, or coniferous), or in bogs, swamps, ravine slopes, and rocky banks.

**Soil:** Soils are podzols, optimally well drained slightly acidic silt loams, but the species can also occur near bogs.

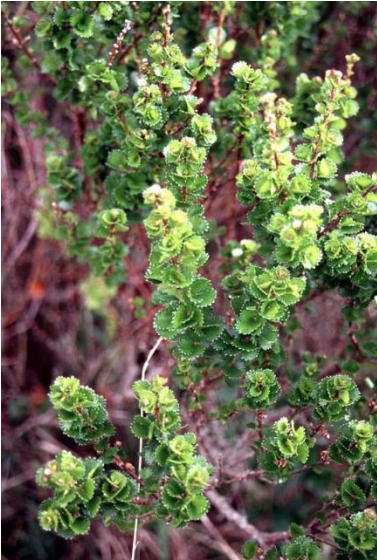
**Wildlife Uses:** It is highly browsed by moose and white-tailed deer, but it is intolerant of such browsing and can thereby be extirpated. The fleshy aril of Canada Yew is eaten by many birds, including ruffed grouse, cedar waxwing, and robin.

**Other Uses:** The leaves, bark and seeds are toxic however, an extract, taxol, from the bark and leaves is an important drug used for treating certain types of cancers.

**Human Benefits:** The plant was used for after child birth to alleviate pain. Micmac used it for bowel ailments, fever, and scurvy. Different parts of the plant are also used for arthritis, dysmenorrhea and stomach ache.

### **Facts**

- Is highly intolerant of disturbance, being readily extirpated by logging or fire.
- Birds constitute for the primary agent of dispersal for the seeds.



**Common Name:** Newfoundland Dwarf Birch

**Scientific Name:** *Betula michauxii*

**Light Requirements:** Sun, Partial Shade

**Water Use:** Moderate

**Spacing:** N/A

**Bloom time:** August-September

**Tolerances:** N/A

**Description:**

- Shrubs, spreading, dwarfed. Bark dark brown, smooth, close; lenticels pale, inconspicuous, circular. Twigs without taste and odor of wintergreen, moderately to densely pubescent, not conspicuously resin-coated, without large, warty, resinous glands.
- Leaf blade obovate with 2--3 pairs of lateral veins. Infructescences erect, short-cylindrical, shattering with fruits in fall; scales unlobed (lateral lobes sometimes present but greatly reduced).
- Samaras with wings not apparent or reduced to narrow ridges.
- Flowering late spring. Sphagnum bogs, around pools, and wet peaty meadows.

**Native Range:** It is native to Newfoundland which got introduced to Nova Scotia and Quebec.

**Habitats:** It is commonly found in sphagnum bogs, fens, edges of pools of water and wet peaty meadows.

**Soil:** Wet, Moist

**Wildlife Uses:** A number of birds eat the dwarf birch seeds including ruffed grouse. It is also browsed by ungulates, such as white-tailed deer, moose and caribou.

**Other Uses:** N/A

**Human Benefits:** N/A

**Facts:**

- Can grow into a dense shrub like form that so effectively blocks out light that the entire inside "dies out".
- Birch trees are sensitive trees that are not greatly tolerant of pruning.



**Common Name:** Sweet Gale

**Scientific Name:** *Myrica gale*

**Light Requirements:** Semi-Shade or Full Sun

**Water Use:** N/A

**Spacing:** N/A

**Bloom time:** August - September

**Tolerances:** Tolerant to very acidic soils

### **Description:**

- Myrica gale is a deciduous shrub.
- It is in flower from March to May, and the seeds ripen from August to September. The flowers are dioecious (individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required) and are pollinated by Wind.
- The plant is not self-fertile.

**Native Range:** Western Europe, including Britain from Scandinavia to Portugal, east to N.W Russia, and North America.

**Habitats:** Bogs, Marshes, fens and wet heathland in acid soils but plants are occasionally found in calcareous fens.

**Soil:** Wet or moist soils and can grow in very acid soils.

**Wildlife Uses:** Provides great cover and nesting for birds

**Other Uses:** A strong decoction of the leaves can be used as a parasiticide to kill external body parasites. Also helps bring nitrogen to poor soil areas.

**Human Benefits:** The aromatic fruits and leaves are used either fresh or dried to flavour soups, stews, etc. They are sometimes used to flavour beer.

### **Facts**

- This plant is an abortifacient and so should not be eaten by pregnant women
- Campers frequently hang bunches of Sweet Gale foliage in tents to repel insects.
- It is noted for attracting wildlife.



**Common Name:** Rough stemmed Goldenrod

**Scientific Name:** *Solidago Rugosa*

**Light Requirements:** Preference is full sun to light shade.

**Water Use:** Medium

**Spacing:** 24-30 inches.

**Bloom time:** September - October

**Tolerances:** N/A

### **Description:**

- Thin sprays of arching flowering stems occur at the top of sturdy, erect, 2-5 ft. stems.
- The numerous, narrow, toothed leaves are rough-surfaced. Tall, rough, hairy stem bears divergent, or arching, branches with small, light yellow flower heads concentrated on the upper side.
- This highly variable goldenrod can form large masses in fields that were once cultivated.
- In recent times these plants have been popularly blamed for causing hay fever, but it's irritating symptoms are actually caused by ragweed whose pollen is abundant when goldenrod is in flower.

**Native Range:** Newfoundland and Labrador to Michigan South to Texas and Florida

**Habitats:** Low woods, Meadows, Old Fields, Pine Barrens and Bogs.

**Soil:** Wet soils with a slightly acid pH level.

**Wildlife Uses:** Insectivorous birds benefit directly from the goldenrod because of the numerous insects that they attract. Other birds feed directly on goldenrod. White-tailed deer and cottontail rabbits feed on young foliage to a limit extent, while meadow voles eat both the seeds and foliage.

**Other Uses:** N/A

**Human Benefits:** N/A

### **Facts**

- It was once believed Goldenrod caused hay fever, however this has been proven not to be the case.
- Goldenrod can become very dominant of an area once it is introduced.
- Rough stemmed Goldenrod has the widest leaves of the common Goldenrod.



**Common Name:** Purple Stemmed Aster

**Scientific Name:** *Symphyotrichum puniceum*

**Light Requirements:** Sun

**Water Use:** High

**Spacing:** N/A

**Bloom time:** Early Autumn

**Tolerances:** N/A

**Description:**

- The Purple stemmed aster can grow to a height of 1.2m.
- The stem, which is often a reddish purple colour, is the most distinguishing feature of the plant, and is also often crooked.
- The flower itself, which blooms in the early parts of autumn, is comprised of 7 or more petals of a blue to violet composition. At the center are disc flowers, which start as yellow, late become purple.
- The flowers are roughly 2.5cm in diameter.
- Its leaves gradually taper to a base that clasps the stem and have a rough texture.

**Native Range:** They are found throughout Canada and the greater part of the eastern continental United States

**Habitats:** Mainly found in forest wetlands, including Swamps and wet thickets, as well as open wet areas and sometimes in fields. Mostly they just require a sufficiently wet area with access to plenty of sun

**Soil:** Moist, wet

**Wildlife Uses:** Wild turkeys eat the seeds and leaves. White-tailed deer and cottontail rabbit eat the leaves.

**Other Uses:** N/A

**Human Benefits:**

- Decoction has been made from the roots used to treat colds, consumption, pneumonia, typhoid, and other fevers, to promote menstruation, and it has abortive properties.
- It has been used as a restorative after birth. Chewing the root is used to help tooth pain.

**Facts**

- Purple Stemmed asters send up flower stalks only after their second or third year.
- This is the widest ranging species in its genus, ranging from eastern Canada and the northern Quebec to the Gulf coast of Texas.



**Common Name:** Joe- Pye Weed

**Scientific Name:** *Eupatorium maculatum*

**Light Requirements:** Full Sun

**Water Use:** Medium to wet

**Spacing:** 2.00 to 4.00 feet

**Bloom time:** July to September

**Tolerances:** N/A

**Description:**

- Joe Pye Weed is a very tall plant, up to 6' in the best sun/soil conditions, but strong stems support the flowering plant so it rarely needs to be staked.
- These attractive stems are almost the same color as the dusty rose-colored flowers, which will bloom for many weeks in July and August, becoming absolute magnets for dozens of species of butterflies.
- Also called Spotted Joe Pye Weed. It will spread so should be planted with caution in small landscape situations.

**Native Range:** It grows throughout Newfoundland Island, across Canada and south to North Carolina in the east and New Mexico in the West.

**Habitats:** This species grows in moist areas such as meadows, riverbanks, and shores of ponds.

**Soil:** Moist and Fertile

**Wildlife Use:** Butterflies, Song Birds, Insects and Bees.

**Other uses:** The stems have been used as a straw.

**Human Benefits:**

- It is used in the treatment of kidney complaints, painful urination, and rheumatism.
- A tea made from the roots is used in the treatment of fevers, colds, kidney and liver complaints, rheumatism etc.
- It is said to have a tonic effect upon pregnant women and is also said to induce sweating

**Facts:**

- There is only one species of Joe Pye Weed in Newfoundland and since it is so distinctive it should not cause any confusion.



**Common Name:** Cleavers

**Scientific Name:** *Galium aparine*

**Light Requirements:** Full Shade, No Shade or Semi-Shade

**Water Use:** N/A

**Spacing:** 3 meters

**Bloom time:** June - August

**Tolerances:** N/A

### **Description:**

- This species is a straggling climber, growing up to 3 m long, with slender 4-angled stems.
- Its narrow leaves can reach 7 cm long and are arranged in groups of 6-8 (rarely 4) around the stem. The whole plant is covered in minute hooked hairs, and can cling to skin, fur and clothing.
- The flowers are tiny, white, 4-petaled tubes, developing into small round fruits, often borne in clusters of two or three.
- These fruits are also covered in hooked hairs which catch in the fur of passing animals or the clothes of humans. This is an efficient distribution mechanism that has contributed to the plant's wide geographical range

**Native Range:** It is widely distributed in North America. It occurs everywhere in the U.S (except Hawaii); it is present in parts of northern Mexico and in most of the Canadian provinces.

**Habitats:** Woodland Garden Dappled Shade, Shady edge, not Deep Shade, Hedgerow.

**Soil:** Prefers dry to moist soils

**Wildlife Use:** Cleavers are not a major food source for livestock or wildlife. Wild turkeys, ring-necked pheasants, Canada geese eat the seeds; however, the stiff hooked hairs coating the seeds may discourage predation by small birds.

**Other uses:** Cleaver seeds are used as a coffee substitute. Ripe seeds when roasted and ground are considered a "poor man's coffee"

### **Human Benefits:**

- It is used both internally and externally in the treatment of a wide range of ailments, including as a poultice for wounds, ulcers and many other skin problems, and as a decoction for insomnia and cases where a strong diuretic is beneficial.
- It has been shown of benefit in the treatment of glandular fever, ME, tonsillitis, hepatitis, cystitis etc.

### **Facts:**

- The sap of the plant can cause contact dermatitis in sensitive people. Can cause severe skin irritation.
- Cleaver seeds successfully curbs the appetite.





**Common Name:** Blueberry Northland

**Scientific Name:** *Vaccinium corymbosum*

**Light Requirements:** Full Sun

**Water Use:** High

**Spacing:** 4 to 5 feet

**Bloom time:** May

**Tolerances:** N/A

### **Description:**

- Northland is a variety of hybrid Highbush blueberry.
- Northland grows as a Perennial and is a Fruit. Being a Perennial, it tends to grow best over several years (approximately 3 years and greater).
- Normally growing to a mature height of 91.0 cm, Northland grows with a shrub-like habit. Be aware that Northland Highbush blueberry typically needs a fair amount of maintenance and care in order to grow successfully.
- Ensure that you are aware of the soil, sun, pH and water requirements for this plant and keep an eye out for pests.

**Native Range:** Newfoundland and Labrador to Michigan south to Texas and Northern Florida.

**Habitats:** is a deciduous shrub that is native to eastern North America where it typically grows in moist woods, bogs, swamps and low areas.

**Soil:** Ideally well drained peat-rich soil with a pH between 4.5-5

**Wildlife Use:** Flowers provide nectar for native bees, butterflies and other pollinators and plants provide good nesting sites and cover for birds

**Other uses:** N/A

**Human Benefits:** Blueberries contain antioxidants, which work to neutralize free radicals linked to the development of cancer, cardiovascular disease, and other age-related conditions. These little powerhouses provide tasty ways of staying healthy.

### **Facts:**

- It is proven that blueberries protect against memory lost.

**Common non - native plants of Newfoundland and  
Labrador**



**Prepared by the staff and volunteers of**

**Indian Bay Ecosystem Corporation**



**Common Name:** Canada Thistle

**Scientific Name:** *Cirsium arvense*

**Light Requirements:** Full Sun, growth is reduced if full sunlight is not available.

**Water Use:** Medium

**Spacing:** 3 to 6 feet

**Bloom time:** June to August

**Tolerances:** It is difficult to control because its extensive root systems allows it to recover from control attempts.

#### **Description:**

- Canada thistle, also referred to as creeping thistle, is a member of the *Asteraceae* or sunflower family.
- The plant is an herbaceous perennial that can grow up to 4 feet tall.
- Stems of the plant are erect and nearly smooth. Mature leaves are spiny with deeply lobed leaves and several branching flower stalks.
- Leaves of the plant can be hairy or smooth.
- Canada thistle flowers can vary in color from pale blue to shades of purple with an occasional white ecotype.
- Seeds of the plant are about 1/8 inch long, somewhat flattened, brownish, with a tuft of hair at the top.

**Native Range:** The name can be misleading because it is not native to Canada; it is native to temperate regions of Eurasia.

#### **Habitats:**

- The plant is generally found in the northern temperate region of North America because Canada thistle growth is limited by short day length and temperatures that exceed 86F.
- Canada thistle can thrive in many environments but is most commonly found in relatively mesic areas.
- Canada thistle is occasionally found in dry habitats, such as sand dunes, but more often occurs in wet areas, such as stream banks, marshes, along ditches, and lake shores.
- Cultivated fields, pastures, roadsides, and disturbed areas, such as road or fence construction sites, are also areas where the plant can flourish.

**Soil:** Moist to Wet Soils

**Wildlife Use:** Primarily because of how widespread it is in North America, it is regarded as an excellent source of nectar and pollen for honey bees. It therefore, could be grown in poor soil intentionally in efforts to sustain bee colonies and produce honey.

**Other uses:** N/A

**Human Benefits:** The leaves of the Canadian thistle, which can be eaten raw or cooked, are a source of fiber, vitamins and minerals, much like other herbs

#### **Facts:**

- Unlike other Thistles the male and female flowers appear on separate plants in the Canada thistle.
- Once established in an area, Canada thistle crowds out and replaces native plants, changing the structure and species composition of plant communities and reducing diversity.



**Common Name:** Coltsfoot

**Scientific Name:** *Tussilago farfara*

**Light Requirements:** Does not require much light for germination; however germination is slower in shade.

**Water Use:** N/A

**Spacing:** N/A

**Bloom time:** April

**Tolerances:** Coltsfoot has the ability to thrive on gravelly soils.

### **Description:**

- Coltsfoot is a member of the daisy family (Asteraceae).
- Coltsfoot is a perennial herb that grows to a height of 10-25 cm. The stem is covered with white, downy fibers.
- Its leaves are hoof-shaped, and the flowers are yellow.
- The leaves, flowers, and occasionally the root are used medicinally.
- Coltsfoot is a tough, invasive plant that lives in marginal soil, wasteland, roadsides, and sand dunes.
- In some areas coltsfoot is considered an undesirable weed.

### **Native Range:**

- Coltsfoot is native to Europe, western Asia, and northwestern Africa.
- Coltsfoot's native geographical distribution extends from the British Isles east to Siberia, north to the Arctic Circle, and south to the Himalayas.
- Coltsfoot was probably introduced from its native range to North America by early European settlers for its medicinal properties

### **Habitats:**

- It occurs in upland and floodplain forests and woodlands; in wetlands and along riverbanks and shorelines of lakes and ponds; and in grasslands.
- It also occurs in anthropogenically disturbed areas such as cultivated, fallow, and successional fields, railroad rights-of-way, roadsides, and ditches

**Soil:** Moist, clay soils in cool climates

**Wildlife Use:** In its native range, its flowers are visited by a variety of invertebrates, including bees, hoverflies, flies, and beetles.

**Other uses:** Coltsfoot may provide erosion control

**Human Benefits:** It has been used as a cough remedy for at least 2,500 years.

### **Facts:**

- The leaves, buds and flowers contain compounds called pyrrolizidine alkaloids. These compounds are known to damage the liver. They can cause liver cancer with extended exposure and may also cause the blood vessels of the liver to narrow dangerously.
- Coltsfoot flowers resemble that of common dandelion but are smaller and have disc florets and numerous yellow ray florets.



**Common Name:** Japanese Knotweed

**Scientific Name:** *Fallopia japonica*

**Light Requirements:** Full sun, tending not to develop as dense in shady areas.

**Water Use:** low-medium

**Spacing:** N/A

**Bloom time:** Early spring

**Tolerances:** High temperatures, high salinity, drought and floods.

### **Description:**

- Japanese Knotweed is an aggressive semi-woody perennial plant that is native to eastern Asia.
- In the 1800's it was introduced to North America as an ornamental species and also planted for erosion control. It has since spread throughout Canada.
- Japanese Knotweed is often mistaken for bamboo; however it is easily distinguished by its broad leaves and its ability to survive Newfoundland winters. Japanese Knotweed is especially persistent due to its vigorous root system, which can spread nearly 10 meters from the parent stem and grow through concrete and asphalt.
- This invader is very persistent and once it becomes established, is incredibly difficult to control.

### **Native Range:**

- Japanese Knotweed is native to Japan, China and parts of Korea and Taiwan.
- It was introduced from Japan to the United Kingdom as an ornamental plant in 1825 and from there to North America in the late nineteenth century.

### **Habitats:**

- Japanese knotweed is found in moist, open to partially shaded habitats.
- It has been reported from riverbanks and islands, wetlands, along roadways, hillsides, and disturbed areas in a variety of soil types and pH's

**Soil:** This invasive plant grows in a variety of soils including silt, loam and sand.

**Wildlife Use:** N/A

**Other uses:** There are a great number of medical recipes using Japanese Knotweed.

**Human Benefits:** The antioxidant properties of Japanese knotweed can have preventative effects against cardiovascular disease.

### **Facts:**

- Once Japanese Knotweed is established it is very difficult to eradicate.



**Common Name:** St. John's Wort

**Scientific Name:** *Hypericum perforatum*

**Light Requirements:** Partly Shaded

**Water Use:** Low - Medium

**Spacing:** N/A

**Bloom time:** June

**Tolerances:** Has the ability to survive even severe fires.

### **Description:**

- St. John's wort is a perennial plant native to Europe, but now found throughout parts of Canada.
- The plant is an aggressive weed found in the dry ground of roadsides, meadows, woods, and hedges. It generally reaches a height of 0.3 to 0.61 m.
- The plant has oval-shaped leaves and yields golden-yellow flowers. The petals contain black or yellow glandular dots and lines. *Perforatum* refers to the leaf's appearance. When held up to light, the translucent leaf glands resemble perforations.
- Harvest of the plant for medicinal purposes must occur in July and August; the plant must be dried immediately to avoid loss of potency. The dried herb consists of the plant's flowering tops.

**Native Range:** Native to Europe, western Asia, and North Africa and is now widely distributed through the temperate areas of the world.

**Habitats:** It is often treated as a grassland plant, occurring in pastures, meadows and rangelands. It is especially invasive in "low condition range". It is also common in forested areas in North America and may occur in open forests, natural clearings or within forest where canopy cover has been reduced or removed by disturbances.

**Soil:** Prefers well-drained coarse textured soils but can grow in a wide variety of soil types.

**Wildlife Use:** St. John's Wort is poisonous to most livestock, particularly animals not accustomed to it.

**Other uses:** N/A

### **Human Benefits:**

- St John's Wort has a long history of use for a variety of purposes, including treatment for a variety of ailments from burns and skin disorders to depression.
- It has been used as an ingredient for distilling vodka, and as a source of red, yellow, purple and orange dyes.

### **Facts:**

- The plant in previous years was thought to ward off evil spirits and thunderbolts.



**Common Name:** Purple Loosestrife

**Scientific Name:** *Lythrum salicaria*

**Light Requirements:** Thrive in full sunlight, however can survive in up to 50% shade

**Water Use:** Medium

**Spacing:** N/A

**Bloom time:** June

**Tolerances:** N/A

### **Description:**

- Purple loosestrife is an erect, perennial herb that grows from 0.5 to 3 meters tall depending on habitat conditions.
- It has a square, wooden stem and opposite or whorled leaves that are mainly lance-shaped and stalkless. At the base of the plant the leaves are heart-shaped or rounded.
- The length of the leaves varies from 3 to 10 cm.
- Leaves at the base and inside of flower spikes tend to be smaller and attached alternately. The upper section of the purple loosestrife is generally covered with short hairs.
- Several species varieties have been distinguished on the basis of different hair distribution and thickness on the stem and leaves and different leaf shape.
- In the summer the plants produce lush magenta-colored flowers.
- Mature plants can have 30 to 50 stems coming from a single rootstock.

### **Native Range:**

- The native range of purple loosestrife occurs throughout Great Britain and across central and southern Europe to central Russia, Japan, China, Southeast Asia, and northern India.
- It has expanded its range to include North America where it can be found in at least 47 states and most of Canada.

**Habitats:** Purple loosestrife will grow on the edges of rivers, lakes, sloughs, dams, bogs, swamps, irrigation ditches, streams and all other wet sites.

**Soil:** Moist

**Wildlife Use:** The plant offers very little food for animals. While deer forage on the new shoots in the spring, other animals avoid the roots and stems of purple loosestrife.

**Other uses:** N/A

**Human Benefits:** Purple loosestrife contains astringent chemicals called tannins and salicarin. They have a drying effect. Astringent chemicals might help reduce diarrhea and inflammation.

### **Facts:**

- Purple Loosestrife can easily be mistaken for fireweed, blue vervain, blazing stars, native winged loosestrife, and native swamp loosestrife.