

Native Riparian Wildflowers

FOR CENTRAL ALBERTA

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SPECIES

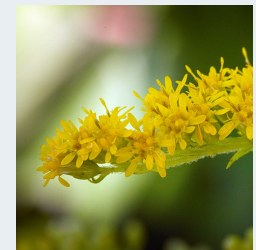
Star-flowered Solomon's Seal

Growing to be 15-60cm tall, this perennial features narrow lance-shaped leaves and white, star-like flowers. The berries are high in vitamin C and aren't poisonous, but they can have purgative effects.



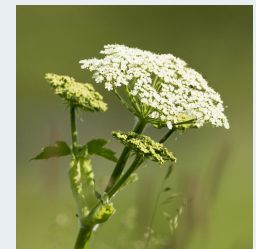
Canada Goldenrod

With beautiful yellow, pyramidal clusters of flowers Canada Goldenrod grows to be 30-90cm tall. The pollen is too heavy to be carried by the wind so the species relies heavily on insects for pollination.



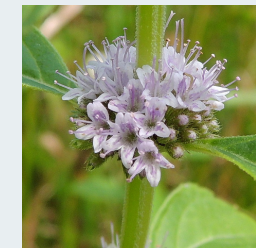
Cow Parsnip

This coarse perennial can get as tall as 2.5m and has many white flowers in a flat-topped cluster. It is important to not confuse Cow Parsnip with Water Hemlock which is extremely poisonous.



Wild Mint

With a distinctive aromatic smell, this perennial has had various medicinal uses throughout history. Wild Mint grows to be 15-50cm tall and features purple, whorled clusters of flowers.



Northern Bedstraw

As part of the coffee family the dried seeds of Northern Bedstraw can be ground up and used as a coffee substitute. Usually growing to be 20-60cm tall this perennial features many clusters of white flowers.



We are proud to acknowledge support from the Watershed Resiliency and Restoration Program which made this project possible.

WATERSHED RESILIENCY AND
RESTORATION PROGRAM
ENVIRONMENT AND PARKS
RESOURCE DEVELOPMENT

Alberta
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WILDFLOWERS & RIPARIAN ZONES

Diverse vegetation is important for maintaining a healthy riparian area with good water quality and quantity. The right vegetative cover can provide many benefits including reducing erosion, trapping sediment, absorbing nutrients, reducing the rate of evaporation, and providing shelter and forage value.

So what is the "right" vegetative cover? Native grasses, trees, shrubs, and wildflowers (as seen above) have extensive root systems with bank-binding abilities, meaning that they contribute to stabilizing the soil, reducing erosion, and supporting healthy riparian areas. Invasive weeds on the other hand tend to be shallow-rooted, less productive, and indicative of an unhealthy riparian area.



REFERENCES & USEFUL RESOURCES

<https://www.awes-ab.ca/wp-content/uploads/2018/11/Riparian-Manual.pdf>

Johnson, J. D., Kershaw, L., MacKinnon, A., Pojar, J., Goward, T., & Vitt, D. H. (2017). Plants of the western forest. Partners Publishing.

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