

Plants Found in Erickson Woods

Mayapple (big leaves, looks like an umbrella, very common)

- All the parts of the plant, excepting the fruit, are *poisonous*.
- Though the common name is mayapple, it is the flower that appears in early May, not the "apple".
- Mayapple can be used topically for warts.
- Water from a boiled root can treat stomach aches



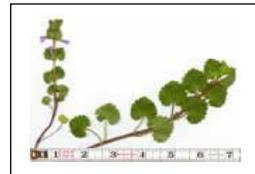
Lesser Celandine (yellow flower, very common)

- Considered an *invasive* species
- Emerges well before most native species, which allows it to establish and dominate natural areas rapidly
- *Poisonous* if ingested raw



Creeping Charley [AKA: Moneywort] (low to the ground purple plant, very common, invasive, all over the place)

- Considered a non-native *invasive* plant, sometimes choking out native wildflowers.
- Has culinary and medicinal uses which were the cause of its being imported to America by early European settlers
 - The fresh herb can be rinsed and steeped in hot water to create an herbal tea which is rich in vitamin C.
 - Has a distinctive, mildly peppery flavor; can be cooked as a pot herb, or eaten eaten as a fresh salad green



Wild Violet (interspersed among the Creeping Charley, it's a pretty violet flower)

- Edible
- Contains anti-oxidants



Trout Lily (variegated pointed leaf that may have a white or yellow flower)

- Edible as a root vegetable or leaf vegetable
- Can be ground into flour



Burdock (the plant that has the burrs, by the water on the way to the bridge)

- The burrs attach to fur (and clothing), aiding in seed dispersal
- Source of inspiration for the invention of Velcro by George de Mestral, a Swiss inventor
- The taproot of young burdock plants can be eaten as a root vegetable.



Milkweed (has a pod on a 3-ft stem, just before the bridge)

- Important nectar source for native bees, wasps, and other nectar-seeking insects
- Larval food source for monarch butterflies and their relatives specialized to feed on the plants despite their chemical defenses



Canada Thistle (very thorny, now only 6-inches high, just before the bridge)

- *Invasive species*
- The seeds are an important food for goldfinch and linnet



Goldenrod (too early to be golden, about 4-ft. high, just before the bridge)

- Mostly native to North America
- Young goldenrod leaves are edible.
- Native Americans used the seeds of some species for food.
- Unfairly blamed for causing hay fever – the pollen causing hay fever is mainly produced by ragweed



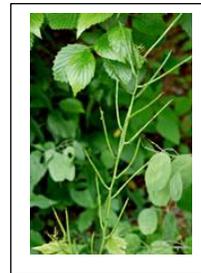
Queen Anne's Lace (4-ft stem with lacey cup on top, just before the bridge)

- Introduced and naturalized in North America
- Both Anne, Queen of Great Britain and her great grandmother Anne of Denmark are taken to be the Queen Anne for which the plant is named.



Garlic Mustard (6-inch stem with white flower, just starting to come up, along the bike path)

- Classified as an *invasive* species
- Early European settlers brought the herb to the New World to use as a garlic type flavoring and a good source of vitamins A and C.
- The herb's medicinal purposes include use as a disinfectant and diuretic
- Also planted as a form of erosion control.
- In the first year of growth, plants form clumps of round shaped, slightly wrinkled leaves, that when crushed smell like garlic.



Multiflora Rose (that thorny rose along the bike path)

- Generally considered an *invasive* species
- Originally introduced from Asia as a soil conservation measure, as a natural hedge to border grazing land, and to attract wildlife



SOURCE: Wikipedia