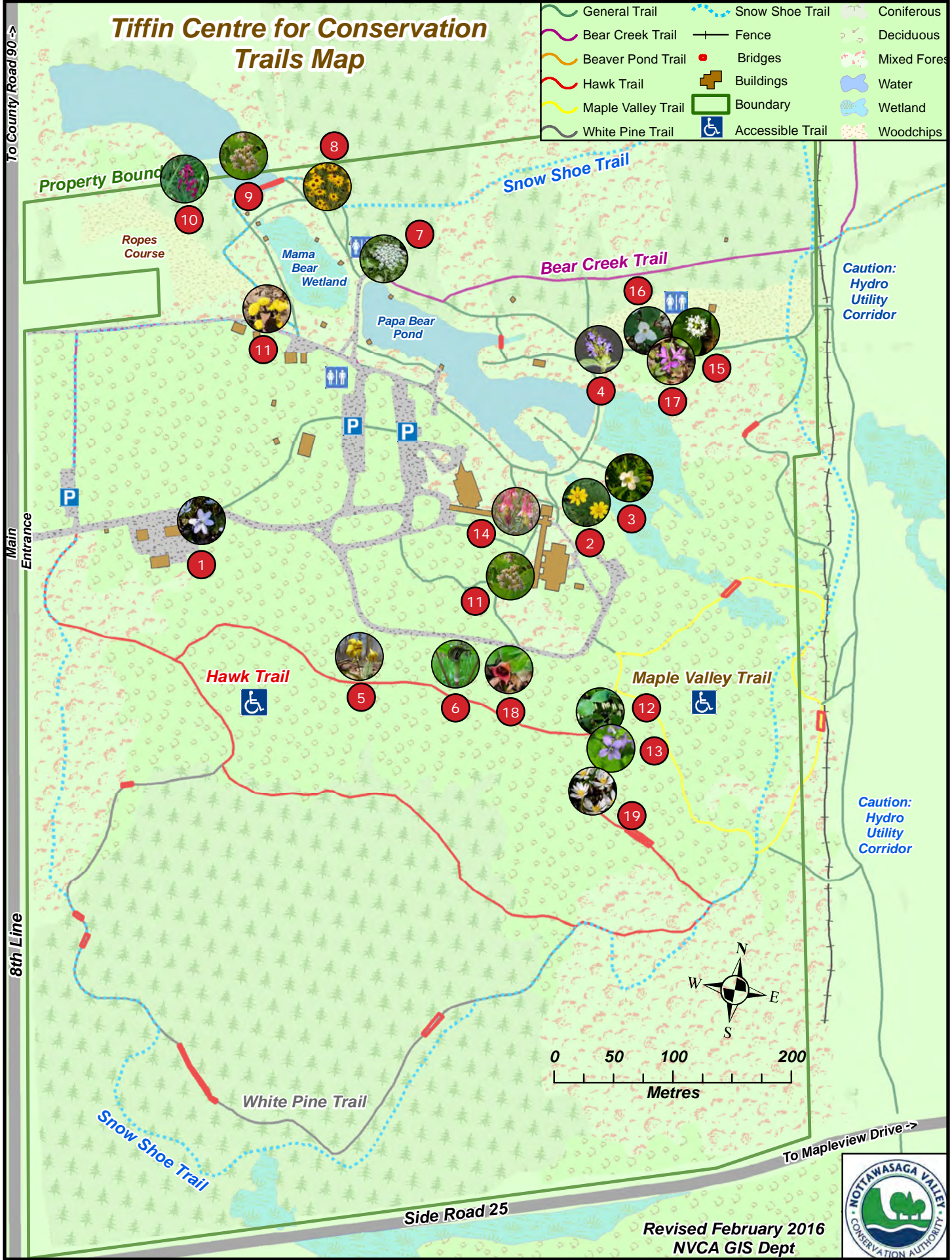




# FLOWERS

Tiffin Conservation Area

# Tiffin Centre for Conservation Trails Map



To County Road 90 ->

Main Entrance

8th Line

Side Road 25

To Mapleview Drive ->

- |                    |                  |              |
|--------------------|------------------|--------------|
| General Trail      | Snow Shoe Trail  | Coniferous   |
| Bear Creek Trail   | Fence            | Deciduous    |
| Beaver Pond Trail  | Bridges          | Mixed Forest |
| Hawk Trail         | Buildings        | Water        |
| Maple Valley Trail | Boundary         | Wetland      |
| White Pine Trail   | Accessible Trail | Woodchips    |

Revised February 2016  
NVCA GIS Dept



## Flower Map of the Tiffin Conservation Area

There are many flowers at the Tiffin Conservation Area. In this map, we've highlighted some of our favourites! Bring this map with you when you're looking for flowers at the Tiffin Conservation Area.

### Parking

When you arrive, park at the trail head. Don't forget to pay the parking fee, because this helps us maintain trails and bridges so your family and many others can continue to enjoy our conservation areas!

### Using the map

To find the flowers, pay attention to these three things on the map:

#### 1. The numbers within the red circles

Use the numbers to find out more about the flower by flipping to the description in the next few pages

#### 2. The pictures of the flowers

The photos of the flowers show you what the flower looks like. For a bigger photo of the flower, flip to the description of the flower. Compare what you see in the description to the actual flower at Tiffin Conservation Area.

#### 3. The coloured lines, which tell you where each trail goes

In order to find the flowers, follow the different coloured trails. You'll also find paint marks on the trees letting you know the trail you are on. There are maps along the trails telling you where you are so you don't get lost.

## Flower list

- |                         |   |
|-------------------------|---|
| 1. Hepatica             | 11. Coltsfoot                                   |
| 2. Lance Leaf Coreopsis | 12. Solomon's- seal &<br>False Solomon's- seal) |
| 3. Canada Anemone       | 13. Blue Violet                                 |
| 4. Heal-All             | 14. Wild Columbine                              |
| 5. Trout Lily           | 15. Canada Mayflower                            |
| 6. Jack-in-the-Pulpit   | 16. White Trillium                              |
| 7. Wild Carrot          | 17. Fringed Polygala                            |
| 8. Black-Eyed Susan     | 18. Wild Ginger                                 |
| 9. Common Milkweed      | 19. Bloodroot                                   |
| 10. Tuberous Sweet Pea  |   |



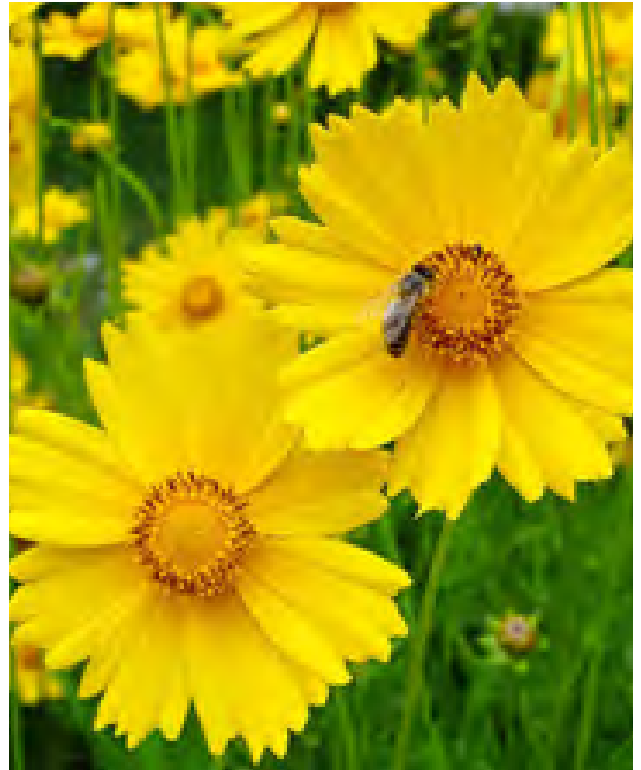
## **Flower #1**

### **Round-lobed Hepatica**

Blooms in April to May

Hepatica is a genus in the buttercup family. The common name comes from the supposed resemblance of the leaves to the human liver, both of which have three lobes. Hepatica is a perennial plant with silky-hair flowering stems up to 15cm tall. Its leaves remaining green throughout the year. In the wild, Hepatica is usually found in high-quality, open woodlands with many native trees and herbaceous plants and few or no invasive species. This is one of the earliest plants to flower in the spring, its long hairs protecting it from the cold. The flower stalks emerge from their blanket of fallen leaves and bloom well before the new season's leaves open up on the trees above them. Flowers are white, pink or blue, solitary, 12-25mm wide with 5-12 petal like sepals. Many pollinators, including butterflies, bees, flies and beetles visit the flowers as they bloom over a period of up to a month. The flowers close at night and on cloudy days when pollinators are unlikely to be flying. Hepatica can self-pollinate (ROM Field Guide to Wildflowers of Ontario page 351).

Photo Credit: NVCA



## **Flower #2**

### **Lanceleaf Tickseed**

Blooms in late spring or early fall

Lance-leaf Coreopsis is found in prairies and meadows, and this flower is tolerant of heat, humidity and drought and poor, sandy or rocky soils. Lance-leaf Coreopsis grows 30-60cm tall and in small clumps forming extensive colonies. The bright yellow, daisy-like flowers are about 5cm across with flat yellow centre disks and bloom singly on long stems. The ray petals have four deep lobes on their margins. This species also is commonly called Tickseed, because many think the seed looks like Ticks. Lance-leaf Coreopsis nectar and pollen attract various beneficial pollinators including skippers, moths, bees, wasps, beetles and is a favourite of butterflies.

Photo Credit: gardenia.net



## Flower #3 Canada Anemone

Blooms in May to July

Grows in moist forests, swamps and open wetlands 30cm to 60cm tall, this hardy perennial with deeply toothed/lobed leaves provides ground cover that produces lovely white solitary flowers with about 5 white, petal-like sepals and 80-100 yellow stamens.

Flowers Often called Windflowers because its long-stalked flowers appear to dance in the wind. Pollinators – including bees, flies and beetles – feed on or collect pollen from the white buttercup-like blooms. Its Latin, scientific name is *Anemonastrum canadensis*, (“canadensis” meaning “of Canada”) (ROM Field Guide to Wildflowers of Ontario page 352).

*Photo Credit: Ontario Wildflowers*



## Flower #4 Heal All, Selfheal or Lanceleaf Selfheal

Blooms in May to October

Heal All is also frequently referred to as Selfheal or Lanceleaf Selfheal. Heal-all occurs both as a native plant and an introduced ornamental which has escaped from cultivation in most areas of Ontario. It is found in open woodland, meadows, pastures, waste areas, roadsides, lawns, and around buildings.

Considered an herb and part of the Mint family, Heal All is thought to have several medicinal uses. For centuries it has been used to cure or aid the symptoms of almost every possible malady. The flowers of this perennial have no obvious scent but attract bees, small butterflies, moths and skippers. Some moth larvae eat the leaves, but mammalian herbivores do not like their bitter taste. When Heal All grows to a certain height it will lean and when it leans far enough, the top of the plant attaches itself to the ground and grows new roots into it. Its flowers are blue to purple and clustered in spikes 2-8cm long (ROM Field Guide to Wildflowers of Ontario page 296).

*Photo Credit: ediblewildfood.com*



## Flower #5 Trout Lily

Blooms in April to May

Trout Lily grow 7-20cm tall in huge colonies that can completely cover a forest floor. The colonies can be hundreds of years old and takes a long time to grow to such a size. The name “Trout Lily” refers to the similarity between the leaf markings and those of the brown or brook trout. Flowers are yellow and often spotted with purple at the base, solitary, nodding, 20-25mm wide, with 6 petals that curl backward at maturity, (ROM Field Guide to Wildflowers of Ontario page 73).

*Photo Credit: Ontario Wildflowers*



## Flower #6

### Jack-in-the-Pulpit

Blooms in May to July

A perennial plant with a stem 20-100cm tall, a spring woodland flower that begins blooming in May until July. Jacks can often be seen in early spring in moist woodland habitats crowded on the forest floor. The plant forms clusters of red berries in late summer and lingers into fall. Only larger, female plants are able to produce berries. If a large female plant has an abundant fruit production one year, it may only grow one leaf the next year and take on male traits. A male plant may have an exceptional growing year and take on female traits, including more leaves, the next year. The species name triphyllum means "three leaflets" (ROM Field Guide to Wildflowers page 61).

*Photo Credit: Ontario Wildflowers*



## Flower #7

### Wild Carrot

Blooms in Summer to Fall

Also called Bird's Nest or Queen Anne's Lace, grows in open fields, roadsides and disturbed natural areas, this biennial (two year) plant has a hollow stem and can grow up to 1.6m tall, is covered in bristly hairs often reddish purple near the base, arising from a taproot that resembles a white carrot. Its white flowers are clustered together 6-15cm across and flat-topped with a solitary purple flower in the centre, blooming summer into fall (ROM Field Guide to Wildflowers of Ontario 127).

*Photo Credit: Ontario Wildflowers*



## Flower #8

### Black-Eyed Susan

Blooms in June to October

A resilient wildflower which grows well in disturbed or unfavorable environments. Grows in dry, open areas, roadsides, and grows in sun. Its stems grow 30-100cm tall, are purplish green and bristly haired. Vibrant yellow flowers bloom biennially (every other year), though it reseeds quickly so flowers are seen every year. Bees and butterflies flock to the blooms and birds enjoy the seed heads after the flowers fade. Its scientific species name "hirta" means "rough, bristly haired", a reference to the leaves and stem. The common name Black-eyed Susan refers to the dark, central disk which is dome-shaped and purplish-brown. (ROM Field Guide to Wildflowers page 180).

*Photo Credit: Ontario Wildflowers*

## Flower #9

### Common Milkweed, Silkweed

Blooms in June to August

Grows in disturbed natural areas, dry open fields and roadsides. A perennial plant (regrows every Spring) with hairy unbranched stems, grows up to 1.8m tall and extrudes white milky sap when broken. Flowers in Summer, June to August, with clusters of dense, globe-shaped on stalks, variable in colour from greenish to yellowish brown to pinkish purple at the top of the plant. Its common name "silkweed" refers to the soft, silky hairs on the seeds. Small black disc-like seeds are carried by the wind on silky parasols. Monarch butterflies and their caterpillars love milkweeds. (ROM Field Guide to Wildflowers page 137).

*Photo Credit: NVCA*



## Flower #10

### Tuberous Sweet Pea

Blooms in June to September

Tuberous Vetchling is a genus of the Legume Family. Before flowering, this perennial climbing vine is distinguished by its slender, non-winged, weak stems with alternate, compound leaf. Its stems are 20-100cm long, slender, hairless, wingless, weak and usually sprawling in a tangled mass; in spring and summer usually coming directly from small, potato-like tubers which may be as much as 40cm deep in the ground (ROM 267). Flowers pink to violet, resembling a Sweet Pea in colour, shape and fragrance, in groups of about 5 (2 to 10) on long, upright stalks.

*Photo Credit: NVCA*

## Flower #11

### Coltsfoot

Blooms in April/Early Spring. Watch for flowerheads pushing through the snow

A flower in the daisy family that's long been cultivated for its medicinal properties. Coltsfoot is a weed native to Europe, North Africa and parts of Asia. It was introduced to Canada in the 1920's, and can now be found in most provinces. Coltsfoot was introduced from Europe and has been naturalized in forests, fields, disturbed and waste places and along roads, rivers, lakes, ravines and drainage ditches in urban and rural areas throughout southern and eastern Ontario. A perennial (regrows every Spring) plant with hairy, flowering stems up to 45cm tall and flowering yellow head 2.5cm wide, Coltsfoot is one of the first plants to flower in Spring. The common name "Coltsfoot" refers to the shape of the leaves. Some people confuse these flowers with dandelion flowers. (ROM Field Guide to Wildflowers page 195).

*Photo Credit: ediblewildfood.com*





## Flower #12

### Solomon's- seal (and False Solomon's- seal)

Blooms in May to June

These perennials grow an arched stem 30-90cm long from spreading rootstalks to form thick groundcovers. The leaves are up to 10 cm wide and 15 cm long and are arranged alternately along the stem. The true Solomon's-seal can be distinguished from false by their nodding axillary flowers. The flowers grow singly or in pairs, hanging down under the nearly horizontal stem, are greenish-yellow and cylindrical or bell shaped, blooming from May to June. The berries ripen to navy blue in late summer and fall. The flowers are pollinated by bumblebees. Before the plant will release a significant amount of pollen, the flower first has to be "buzzed" or vibrated at the right frequency by the bee. (ROM Field Guide to Wildflowers page 108).

*Photo Credit: Ontario Wildflowers*

## Flower #13

### Blue Violet

Blooms in May to June

Freely self-seeding, Blue Violet will spread quickly. Growing 10-30cm tall, the Blue Violet is a low growing perennial with glossy heart-shaped leaves topped with attractive, blue-violet flowers with white throats and the three lower petals are somewhat hairy. The flower stem droops slightly and the flowers bend toward the ground. Near the ground, there are flowers that do not open but their whitish fruit contain numerous seeds. Nectar from the flowers attract butterflies and bees. May to June is the typical bloom time and they provide an early nectar source for pollinators. Because of the early bloom time it's not uncommon to see them bloom intermittently into late summer. (ROM Field Guide to Wildflowers of Ontario 392)



*Photo Credit: Ontario Wildflowers*

## Flower #14

### Wild Columbine, Red Columbine, Rock Bells

Blooms in May to July



This beautiful woodland wildflower has showy, drooping, bell-like flowers with backward-pointing tubes. These tubes, or spurs, contain nectar that attracts long-tongued insects and hummingbirds especially adapted for reaching the nectar. Hummingbirds and butterflies are attracted to the bright red nectar-filled spurs. Bees are too large to enter the flowers so they bite through the spurs to get at the nectar. Found in dry to moist forests, rock barrens and cliffs. Grows in sun. A perennial (regrows every Spring) plant with a stem up to 1m tall, flowers are red and yellow, nodding, 3-5cm long flowering May to July. Scientific name *Canadensis* means "of Canada". (ROM Field Guide to Wildflowers page 354).

*Photo Credit: Taryn Arsenault*





## Flower #15

### Canada Mayflower

Blooms in May to June

The short, often zigzag stem has a small, dense, cluster of tiny, white, star-shaped flowers at its top. A low plant growing only 20cm tall, Canada Mayflower blankets woodlands with its two shiny, oval leaves. In bloom, tiny, white flowers 3-5mm across are held in upright clusters on separate, delicate stems. The flowers are pollinated by small bees, flies, and beetles. The fruit is a small, pale red berry. The Latin name, *Maianthemum*, means "May blossom" - an appropriate name because the plant flowers in May to June. This common forest herb spreads by rhizomes and frequently forms carpet-like colonies. An unusual member of the Lily Family, it has only 2 petals, 2 sepals, and 4 stamens instead of the usual 3-3-6 pattern. (ROM Field Guide to Wildflowers page 105)

*Photo credit: wildflower.org*

## Flower #16

### White Trillium

Blooms in April to June

The White Trillium is the emblem and official flower of Ontario. It was designated the provincial emblem of Ontario in 1937 (Floral Emblem Act). White Trilliums are found in the understory of rich, deciduous, or mixed forests. White Trillium is a perennial plant with a stem up to 40cm long. They have three broad leaves, three small green sepals, three petals, and a three-sectioned seedpod. Even their genus name, *trillium*, refers to this phenomenon. Its flowers bloom from April to June and are waxy, white 5-10cm across and fade to pink with age. Trilliums are extremely fragile. If you pick the flower no other trillium will grow in its place, even if the rhizome is left undisturbed. In nature, trilliums grow very slow. White trillium typically requires seven to ten years in optimal conditions to reach flowering size. Trilliums are very sensitive to light and usually bend toward the sun as it moves across the sky. The blossoms are usually facing the sun. As a spring ephemeral, trilliums have a few short weeks in the spring to collect as much sunlight and nutrients as possible to be able to survive for the rest of the year. Picking the flower can seriously injure the plant and it can take years to recover. Ants are agents of trillium seeds dispersal. At maturity, the base and core of the trillium ovary turns soft and spongy. This attracts ants and they collect the seeds and transport them away from the parent plant. Ants are attracted to the protein-rich elaiosome on the seeds of trilliums, which they eat after carrying the entire seed back to their nests. The actual seeds are not harmed during this process, and are later discarded to grow a new plant. This dispersal method is known as myrmecochory. White Trillium are the favourite food of the White-Tailed Deer. (ROM Field Guide to Wildflowers page 80)



*Photo Credit: Taryn Arsenault*



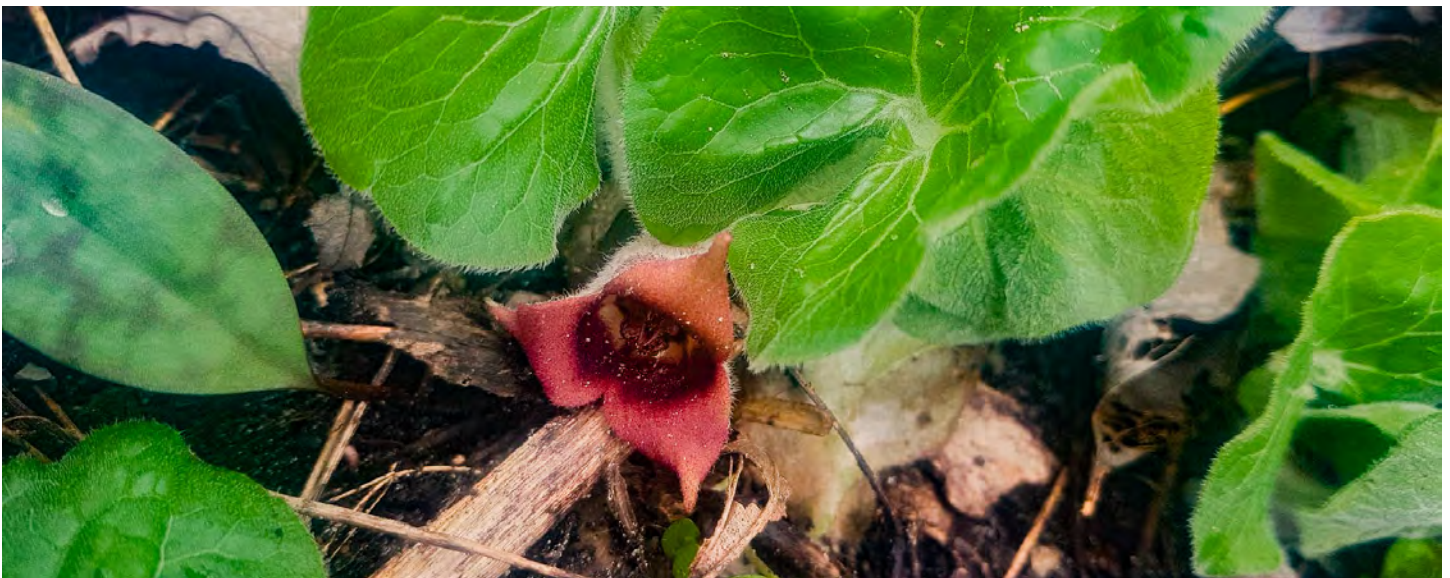
## Flower #17

### Fringed Polygala, Flowering Wintergreen, Gay Wings

Blooms in May to July

Low plant, grows in moist to dry forests. Easily mistaken for an orchid or Wintergreen. Its upper leaves are oval and crowded at the top of the stem, which gives this plant its resemblance to wintergreen. A member of the genus Polygala and produces compounds believed to increase milk production in nursing mammals, Polygala is derived from the Latin "poly" meaning "many, much" and "gala" meaning "milk". Fringed polygala emerges from creeping, partly underground stems, and is typically no taller than 15 cm. Scientific name paucifolia means "few-leaved". It flowers from May to June. It has three petals with two outstretched, like wings, and the third forms a cylinder around the stamens. At the end is a frilly structure which is usually pink or yellow. Although its status is common, the white-flowered form of Fringed Polygala is very rare! (ROM Field Guide to Wildflowers page 336).

*Photo Credit: Taryn Arsenault*



## Flower # 18

### Wild Ginger Blooms in April to May

Wild Ginger is a shade-loving species that enjoys medium to moist soil and provides low-growing ground cover. Wild Ginger grows 10-15cm tall with heart shaped leaves 8-12cm wide. Unlike many Springtime understory plants wild ginger will keep its foliage throughout the season. Interestingly, it produces flowers that are long and tubular but they are hidden underneath the leaves at ground level. A dark red-purple flower with tapered tips appears under the plant for a short period in early spring from April to May. The flowers of Wild Ginger are located at the base of the plant well below the leaves. Both the color and scent of the flower attracts its pollinators: gnats and flies. The flower emerges in early spring when flies and gnats are searching for thawing carcasses of dead animals to consume. Both the colour of the flower and the stench of rotting meat that it produces perfectly mimics dead carrion. These adaptations draw the insects to the cup-like flower. Once inside, the flower provides shelter for the insects which in turn pick up pollen to pass on to other plants. This form of symbiosis increases Wild Ginger's chances for fertilization. Although its roots have a strong ginger-like aroma and taste, wild ginger is not related to the spice ginger. (ROM Field Guide to Wildflowers of Ontario page 115)

Photo credit: NVCA



## Flower #19

### Bloodroot

Blooms in April or early May

Bloodroot grows in rich forests up to 15cm tall with a single deeply lobed leaf curled around a flowering stem. Bloodroot has separate stems for the flower and the leaf. The bloodroot flower bud appears, wrapped protectively inside the leaf. As the flower opens, so does the leaf. Flowers are white, solitary, 2 to 5cm wide around a golden yellow centre with up to 16 but usually 8 petals alternating wide and narrow. Bloodroot gets its name from its underground stems, also called rhizomes, that contain a red juice. This also inspired its Latin name, *Sanguinaria*, which means bloody or blood red. Native bees and flies may pollinate bloodroot flowers — and get pollen in return — provided the early spring weather is warm enough for them to be active. If not, the flower is able to self-pollinate, with its anthers (male part) reaching down to deposit pollen in the stigma (female part). Bloodroot has separate stems for the flower and the leaf (ROM Field Guide to Wildflowers of Ontario page 324).

Photo credit: Ontario Wild Flowers



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Hepatica – Wisconsin Horticulture

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