

CANADIAN WILDLIFE  
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# Native Flowers of the St. Lawrence Lowlands Guide

A seasonal guide to native flowering plants that provide important resources for pollinators of the St. Lawrence Lowlands

Native flowers of the St. Lawrence Lowlands are beautiful and integral species which thrive in a variety of habitats. Want a resilient garden that blooms all year long? No problem! Check out this guide to discover the right combinations of species for a garden that flowers from March all the way to October! Many of the species in this guide can be purchased locally as seeds or young plants and make valuable additions to any landscape for wildlife and biodiverse ecosystems!

Please note: before purchasing any plants, research their growing requirements (sun, soil, habitat, etc). Some species in this list are very sensitive, such as orchids, and should not be commercially available or removed from the wild.



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## Native Flowers of the St. Lawrence Lowlands

	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
1	<i>Taraxacum ceratophorum</i>	Horned dandelion	bees	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green
2	<i>Podophyllum peltatum</i>	Mayapple	bees, beetles	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green
3	<i>Symplocarpus foetidus</i>	Eastern skunk- cabbage	beetles, flower flies	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green
4	<i>Tiarella cordifolia</i>	Heartleaf Foamflower	bees, flower flies, moths	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green
5	<i>Caltha palustris</i>	Marsh marigold	butterflies	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green
6	<i>Rhododendron groenlandicum</i>	Bog labrador tea	bees, butterflies	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green	Light Green
7	<i>Aquilegia canadensis</i>	Red columbine	bees, hummingbirds, moths	Light Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green
8	<i>Cypripedium parviflorum var. pubescens</i>	Large yellow lady's slipper	bees, beetles, flower flies	Light Green	Dark Green	Dark Green	Dark Green	Dark Green	Light Green	Light Green	Light Green
9	<i>Clintonia borealis</i>	Blue-bead lily	bees	Light Green	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green
10	<i>Andromeda polifolia</i>	Bog rosemary	bees, flower flies	Light Green	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green
11	<i>Epigaea repens</i>	Trailing arbutus	butterflies	Light Green	Light Green	Dark Green	Dark Green	Light Green	Light Green	Light Green	Light Green





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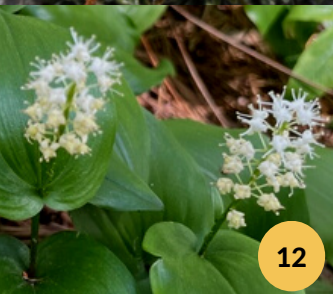
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# Native Flowers of the St. Lawrence Lowlands

	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
12	<i>Maianthemum canadense</i>	Canada Mayflower	bees, flower flies								
13	<i>Saxifraga paniculata</i>	White mountain saxifrage	moths								
14	<i>Actaea rubra</i>	Red baneberry	bees, flower flies								
15	<i>Arenaria stricta</i>	Rock sandwort	bees, flower flies								
16	<i>Iris virginica var. shrevei</i>	Southern blue-flag iris	bees								
17	<i>Mertensia virginica</i>	Virginia bluebells	bees, butterflies, moths, hummingbirds								
18	<i>Sisyrinchium montanum</i>	Blue-eyed grass	bees								
19	<i>Zizia aurea</i>	Golden Alexanders	bees, flower flies								
20	<i>Asclepias tuberosa</i>	Butterfly milkweed	bees, butterflies, flower flies								
21	<i>Coptis groenlandica</i>	Threeleaf goldthread	bees, flower flies								
22	<i>Iris versicolor</i>	Northern blue-flag iris	bees, hummingbirds								



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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
23	<i>Kalmia angustifolia</i>	Sheep laurel	bees, butterflies			■	■	■	■	■	■
24	<i>Mitella nuda</i>	Naked mitrewort	flower flies			■	■	■	■	■	■
25	<i>Platanthera aquilonis</i>	Northern green orchid	beetles, flower flies			■	■	■	■	■	■
26	<i>Corydalis sempervirens</i>	Pale corydalis	bees, butterflies			■	■	■	■	■	■
27	<i>Erigeron annuus</i>	Eastern daisy fleabane	bees, butterflies			■	■	■	■	■	■
28	<i>Liatris spicata</i>	Blazing star	bees, butterflies, hummingbirds				■	■	■	■	■
29	<i>Moneses uniflora</i>	One-flowered pyrola	bees				■	■	■	■	■
30	<i>Penstemon hirsutus</i>	Hairy beardtongue	bees				■	■	■	■	■
31	<i>Apocynum androsaemifolium</i>	Spreading dogbane	bees, butterflies				■	■	■	■	■
32	<i>Asclepias syriaca</i>	Common milkweed	butterflies				■	■	■	■	■
33	<i>Kalmia polifolia</i>	Bog laurel	bees				■	■	■	■	■





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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
34	<i>Thalictrum pubescens</i>	Tall meadow-rue	bees, butterflies								
35	<i>Campanula rotundifolia</i>	Bluebell bellflower	hummingbirds								
36	<i>Monotropa uniflora</i>	Ghost pipe	bees								
37	<i>Asclepias incarnata</i>	Swamp milkweed	butterflies, flower flies, hummingbirds								
38	<i>Impatiens pallida</i>	Pale jewelweed	bees								
39	<i>Anaphalis margaritacea</i>	Pearly everlasting	bees, butterflies								
40	<i>Chamerion angustifolium</i>	Fireweed	bees, butterflies, hummingbirds								
41	<i>Eupatorium maculatum</i>	Joe-pye weed	bees, butterflies								
42	<i>Helenium autumnale</i>	Sneezeweed	bees, butterflies, wasps, flower flies								
43	<i>Monarda didyma</i>	Scarlet beebalm	bees, butterflies, hummingbirds								
44	<i>Monarda fistulosa</i>	Wild bergamot	bees, butterflies, hummingbirds, wasps								

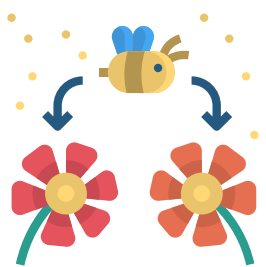


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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
45	<i>Solidago ptarmicoides</i>	White flat-topped goldenrod	bees, butterflies, flower flies								
46	<i>Heliopsis helianthoides</i>	False sunflower	bees, butterflies								
47	<i>Solidago canadensis</i>	Canada goldenrod	bees, butterflies								
48	<i>Solidago rugosa</i>	Common wrinkle-leaved goldenrod	bees, butterflies								
49	<i>Doellingeria umbellata</i>	Tall flat-topped white aster	bees, butterflies								
50	<i>Symphotrichum puniceum</i>	Purple-stemmed aster	bees, butterflies								
51	<i>Lobelia cardinalis</i>	Cardinal flower	bees, hummingbirds								
52	<i>Symphotrichum novae-angliae</i>	New England aster	bees, butterflies, flower flies								



Native flowers make colourful and beautiful additions to any garden; however, by planting these species your impact will go way beyond just aesthetics! Planting native flowers in your garden or restoration project helps to support populations of many vital pollinators such as beetles, bumblebees, butterflies, flower flies, moths, and hummingbirds! Without our pollinator friends, our food systems deteriorate, all of nature suffers and our world becomes dull. Thank you for supporting native flowers, pollinators and biodiversity!