



WILD FLOWER WALKS

february ❁ march ❁ april

Skunk Cabbage
Symplocarpus foetidus

red



One of the earliest blooming flowers. The plant can generate up to 70 degrees of heat inside and can melt surrounding ice and snow. The skunkiness of the plant attracts flies for pollination. Prefers moist soil. Seeds are often eaten by pheasants.

Blue Cohosh
Caulophyllum thalictroides

yellow-green



The plant can cause dermatitis and is very irritating to the skin. It is often used as an herb in women's health. Flies are its primary pollinator.

Early Saxifrage
Saxifraga virginiensis

white with yellow center



Small plant with fuzzy basal leaves. After flowering, the plant can grow up to 16 inches tall. Easily found on rock ledges. Pollinators are Native bees and Tachinid flies.

False Hellebore
Veratrum viride

white



Extremely Toxic. Common names include American False Hellebore, American White Hellebore, Bear Corn, Big Hellebore, Corn Lily, Devil's Bite, Duck Retten, Itch-weed, Poor Annie, Blue Hellebore and Tickleweed. Bees, flies, butterflies, and moths are pollinators.

Red Trillium
Trillium erectum

red



The seeds are dispersed by ants. The scent of the flower is similar to a dead animal in order to attract flies for pollination. Pollinators are carrion flies and beetles.

White Trillium
Trillium grandiflorum

white



Fruit is a rounded, pale green berry. Fading petals turn pink. Pollinators include bees, flies, butterflies, and beetles.

Nodding Trillium
Trillium ceruum

white



White flowers solitary nodding below leaf. Fruit is a broad oval dark red berry.

Yellow Violet
Viola pennsylvanica

yellow



There are over 500 different types of violets. The flowers and leaves are edible with high amount of vitamins A and C. They are commonly used in salads, or cooked as greens. Pollinators include bees, butterflies, flies, and wasps.



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march 🌸 april

Purple Violet
Viola papilionacea

purple



There are over 500 types of violets. The flowers and leaves are edible with high amount of vitamins A and C. They are commonly used in salads, or cooked as greens. Self-pollinating, also pollinated by bees and butterflies.

Wild Ginger
Asarum canadense

red



Flower is three-lobed cup under heart-shaped leaves. Pollinated by flies and beetles, some self-pollination. Edible rhizomes. Historical uses as a contraceptive and to encourage menstruation; antimicrobial properties. Native Americans used it as a spice and medicine. Moist, wooded areas.

Trout Lily
Erythronium americanum

yellow with maroon



It takes seven years for a seed to develop into a flowering plant. Colonies of Trout Lily often contain many 1-leaved non flowering young plants; silver and maroon mottled leaves. Native women may have eaten the leaves as contraception, some say the leaves are poisonous.

Cut-leaved Toothwort
Dentaria diphylla

white



Among the earliest spring flowers. Part of the mustard family. The leaves appear in whorls of three. Each leaf is dissected and coarsely toothed. Bees and butterflies are pollinators.

Dutchman's Breeches
Dicentra cucullaria

white



Leaves and tubers contain toxic alkaloids; livestock that ingest it may become uncoordinated in a condition known as "staggers." Frustrating for bees to access, they sometimes bite through the flower to get to the nectar. By midsummer the plants have completed their annual cycle

Hepatica
Hepatica americana

purple, pink, white, blue



Liver-shaped leaf; there was a time when folks thought that the shape of a plant revealed its properties. In this case, Hepatica was thought to be good for the liver. Hepatica is one of the earliest spring flowers to bloom. 40 different pollinators.



Find these spring ephemerals at **Bartholomew's Cobble** in Sheffield, MA!



WILD FLOWER WALKS

trustees

may

Dutchman's Breeches
Dicentra cucullaria

white



Leaves and tubers contain toxic alkaloids; livestock that eat them may become uncoordinated (called "staggers.") Bees often have difficulty accessing and they sometimes bite the flower to get to the nectar. Plants are dormant by midsummer.

Bloodroot
Sanguinaria canadensis

white



Each flower lasts 10-12 days. The flowers open and close with the sun. Many Native American tribes used the bright red juice from the root for dyes, insect repellent, love potions and toothpaste. Now it is known to be potentially toxic.

Spring Beauty
Claytonia Virginica

white



Grows from an underground tuber like a small potato; this has a sweet, chestnut-like flavor. Native Americans and colonists used them for food and they are enjoyed by those interested in edible wild plants. Honey bees, small native bees pollinate, but they self-pollinate after a few days.

Jack-in-the-Pulpit
Arisaema triphyllum

green and maroon



Plants can live for 25+ years. Flowers bear bright red fruit in the late summer and early fall that are enjoyed by birds such as thrushes and rodents. Leaves and fruit are a skin irritant. Small flies and flowers pollinate.

Golden Alexander
Zizia aurea

yellow



Carrot family. Attracts black swallowtail caterpillars and butterflies. Not to be confused with the similar appearance of wild parsnip, which is taller and also poisonous. Pollinators are bees, flies, beetles, wasps.

Common Fleabane
Erigeron philadelphicus

yellow, purple, pink or white



Commonly found growing along roadsides, in fields and woodlands. In the daisy family. Looks similar to a daisy with a yellow center and white petals, but the petals are very thin in comparison. Many insects are pollinators.

Rue Anemone
Anemonella thalictroides

white



Solitary white flowers with five petals. Open only in bright light. Highly poisonous. Pollinators are early bees and bee-like flies.

Fringed Polygala
Polygala paucifolia

purple



Often confused with an orchid. Produces non-pollinating self-seeding flowers in the summer and fall. Pollinators are butterflies, flies, wasps, honeybees and ground bees.

For fun *and* educational videos for the whole family, check out The Trustees' YouTube channel: [youtube.com/c/thetrustees](https://www.youtube.com/c/thetrustees)



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Miterwort, Bishop's Cap
Mitella diphylla

white



In the Saxifrage family. Flowers resemble snowflakes (very small). It is said that the seeds resemble a bishop's miter. Pollinators are small bees, syrphid flies, possibly fungal gnats.

Wild Columbine
Aquilegia canadensis

red and yellow



Found on cliffs, ledges and rocky areas. Bumblebees that have trouble getting to the nectar often bite holes into the flower. Seeds are scattered by the wind. Widely cultivated as a garden plant. Pollinators include hummingbirds and long-tongued bees.

Wild Geranium, Cranesbill
Geranium maculatum

pink, purple



Flowers develop into long pointed fruit that resemble a crane's bill. Pollinators are larger bees.

Early Meadow Rue
Thalictrum dioicum

green and yellow



These flowers are petal-less. When blooming they have long yellow stamens that hang down like tassels. The male and female parts (pistil and stamen) are found on separate plants, with the female blossoms a purple-brown color. Pollinated by wind.

May Apple
Podophyllum peltatum

white



Flower is underneath nodding leaves. Fruit is a 1-2" long, lemon-yellow berry. Immature plants just have one leaf and no flower. Has few pollinators (honeybees, bumble bees), so mostly they make clones. May be evolving toward self-pollination.

American Bladdernut
Staphylea trifolia

green and white



Large deciduous shrub, or small tree. Flowers hang down in small clusters of cream-colored, bell-shaped blossoms. Fruit changes from green, yellow to brown. Insect- and disease-resistant.

Herb Robert
Geranium robertianum

purple



European introduction, naturalized in North America, member of the geranium family. Leaves have an unpleasant odor when crushed. It is variously reported to have been named for St. Robert of Molesme, or for Robert Goodfellow, who is known as Robin Hood.

False Solomon's Seal
Maianthemum racemosum

white



Usually all stems in a clump arch in the same direction. Both roots and shoots are edible. Many different stories about its name origins. Common in the Berkshires. Pollinators are larger bees.

Bartholomew's Cobble in Sheffield is one Trustees special place where you can find all of these wildflowers, but most can be seen throughout Massachusetts.

To find a Trustees reservation near you, visit thetrustees.org.