



# Wild flower Walks

february ❁ march ❁ april

<p>Skunk Cabbage <i>Symplocarpus foetidus</i></p> <p>red <input type="checkbox"/></p>  <p>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.</p>	<p>Blue Cohosh <i>Caulophyllum thalictroides</i></p> <p>yellow-green <input type="checkbox"/></p>  <p>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.</p>
<p>Early Saxifrage <i>Saxifraga virginiensis</i></p> <p>white with yellow center <input type="checkbox"/></p>  <p>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.</p>	<p>False Hellebore <i>Veratrum viride</i></p> <p>white <input type="checkbox"/></p>  <p>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.</p>
<p>Red Trillium <i>Trillium erectum</i></p> <p>red <input type="checkbox"/></p>  <p>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.</p>	<p>White Trillium <i>Trillium grandiflorum</i></p> <p>white <input type="checkbox"/></p>  <p>Fruit is a rounded, pale green berry. Fading petals turn pink. Pollinators include bees, flies, butterflies, and beetles.</p>
<p>Nodding Trillium <i>Trillium ceruum</i></p> <p>white <input type="checkbox"/></p>  <p>White flowers solitary nodding below leaf. Fruit is a broad oval dark red berry.</p>	<p>Yellow Violet <i>Viola pennsylvanica</i></p> <p>yellow <input type="checkbox"/></p>  <p>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.</p>

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# Wild flower Walks

march 🌸 april

Common Blue Violet  
*Viola sororia*

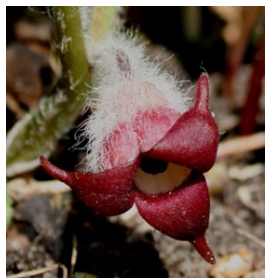
purple



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*

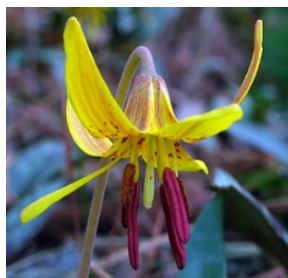
red



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*

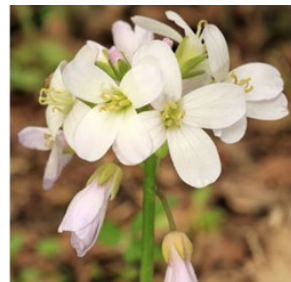
yellow with maroon



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 laciniata*

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*

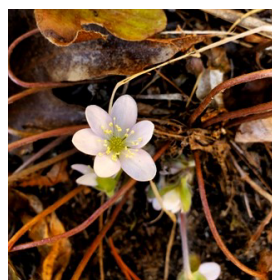
white



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.



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 

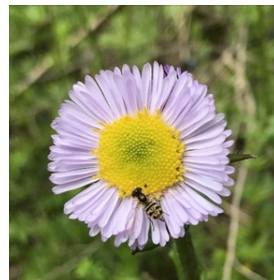
Grows from an underground tuber like a small potato; this has a sweet, chestnut-like flavor. Native Americans and colonists used them for food and they are enjoyed by those interested in edible wild plants. Honey bees, small native bees pollinate, but they self-pollinate after a few days.

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 pollinate the flowers.

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.

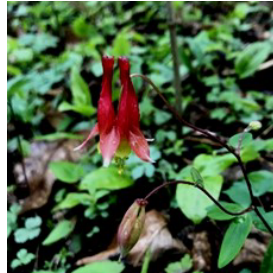
Fringed Polygala  
*Polygala paucifolia*purple 

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.

may

Miterwort, Bishop's Cap  
*Mitella diphylla*white 

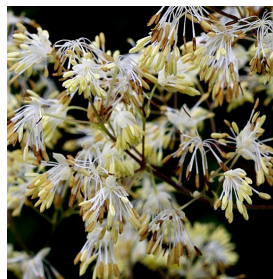
In the Saxifrage family. Flowers resemble snowflakes (very small). It is said that the seeds resemble a bishop's miter. Pollinators are small bees, syrphid flies, possibly fungal gnats.

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 

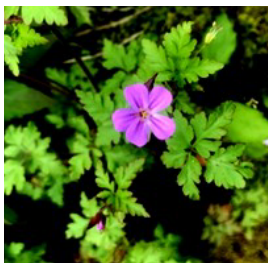
These flowers are petal-less. When blooming they have long yellow stamens that hang down like tassels. The male and female parts (pistil and stamen) are found on separate plants, with the female blossoms a purple-brown color. Pollinated by wind.

May Apple  
*Podophyllum peltatum*white 

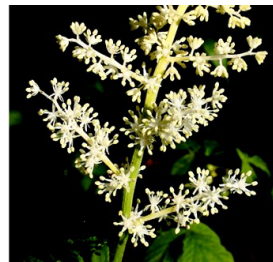
Flower is underneath nodding leaves. Fruit is a 1-2" long, lemon-yellow berry. Immature plants just have one leaf and no flower. Has few pollinators (honeybees, bumble bees), so mostly they make clones. May be evolving toward self-pollination.

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 

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.

Although this list was developed specifically for Bartholomew's Cobble in Sheffield, most of these wildflowers may be found throughout Massachusetts.

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