

## Notice

**Edibility is mentioned several times for interest only. This publication does not recommend eating wild species unless individuals are thoroughly familiar with the species, their preparation, and other look-alike non-edibles.**

# Ten Rare Codroy Valley Wildflowers



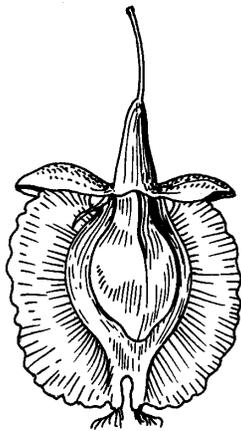
Golden Heather (*Hudsonia ericoides*)

**Henry Mann**

## Ten Rare Codroy Valley Wildflowers:

### Can You Find Them?

During the summer the Codroy Valley is awash in a profusion of wildflowers, most of which are common throughout the province. However, because of a moderately warm and relatively long growing season, the Valley can be expected to harbour plant species uncommon in much of the Island. It is also probably acting as a “port of entry” for new species from the mainland, especially those of a weedy nature and those associated with horticulture and agriculture. This article selects ten native Newfoundland wildflowers that have been recorded from the Codroy Valley area, but which are rare and not easy to find. Wildflower enthusiasts are encouraged to locate them and to report their findings to the author or to the Wildflower Society of Newfoundland and Labrador. Provided for each is a brief description, the type of habitat in which it occurs, and illustrations. Full colour images of these species can be viewed on the internet by “Google-ing” their scientific names.



Winged fruit of Mountain Sorrel

### Large Purple Fringed Orchid (*Platanthera grandiflora*)

Similar to our **Small Purple Fringed Orchid** (*P. psycodes*), but usually a larger more robust plant up to almost a meter in height with the three-parted lower lip petal fringes more deeply divided one third or more into the lip petal. The entrance to the spur is round whereas in the smaller species the entrance is dumbbell-shaped. In both species petal colour can vary from deep magenta to pale pink. Blooms mid to late July.



Large



Small

Illustrations are from the Herbarium Collection of the Sir Wilfred Grenfell Campus, M.U.N. drawn by Graphic Artist Warwick Hewitt (Retired).

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The website of the Wildflower Society of Newfoundland and Labrador can be viewed at [www.wildflowersocietynl.ca](http://www.wildflowersocietynl.ca)

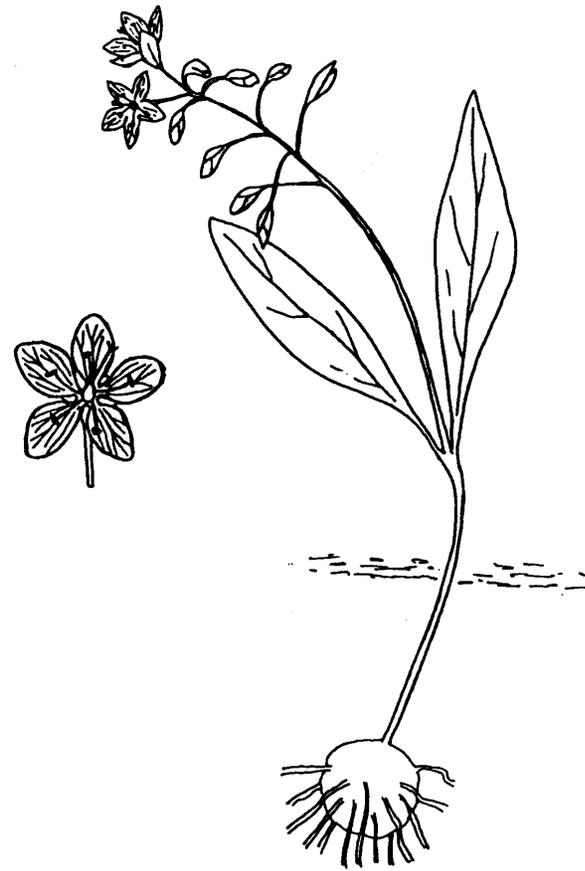
**Mountain Sorrel (*Oxyria digyna*)**

A plant up to 30 cm tall often associated with wet rocky mountain habitats, but also found in rocky exposed sites along and within the Grand Codroy River. Leaves are rounded to kidney shaped, somewhat fleshy and edible. Flowers are tiny, in elongated clusters and greenish to reddish. Reddish fruits have characteristic wings. Blooms in July.



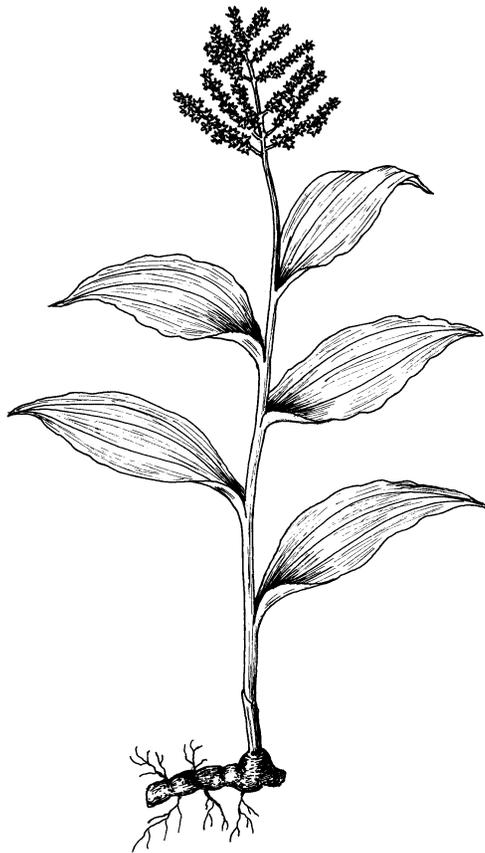
**Carolina Spring Beauty (*Claytonia caroliniana*)**

Spring Beauty is an early bloomer in May and June usually growing along moist steam banks in and around shrubby woods. Each plant is only about 30 cm tall with two opposite leaves and with a cluster of white to pinkish “candy-striped” flowers. Individual flowers have 5 petals and are about 1 to 2 cm across. Plants arise from edible tubers deep in the soil.



**False Solomon's-seal** (*Maianthemum racemosum*, also known as *Smilacina racemosa* in older manuals)

This wildflower is half a meter or more tall with an arching stem and lily-like monocot leaves. A pyramid shaped flower cluster contains many tiny white flowers, each about 2 – 5 mm across having 6 “petals”. Mature fruits are tiny purple-dotted red berries 3 – 6 mm across. It grows in rich soils along shrubby wooded stream and river banks. Blooms in early June. It could be confused with its close relative **Starry False Solomon's Seal** (*Maianthemum stellatum* = *Smilacina stellata*).



**Pale St. John's-wort** (*Hypericum ellipticum*)

*H. ellipticum* is usually an unbranched plant less than 30 cm tall with opposite leaves held upright and a few leaflets in each leaf axil. Flowers are about 1 to 1.5 cm across with 5 yellow petals, occasionally 4 or 6. The fruits are maroon seed capsules with long styles closely pressed together. Usually occurs in moist meadows, ditches, and stream margins. Several other St John's-worts occur in the Valley, either much larger, or very tiny. Blooms July to August.



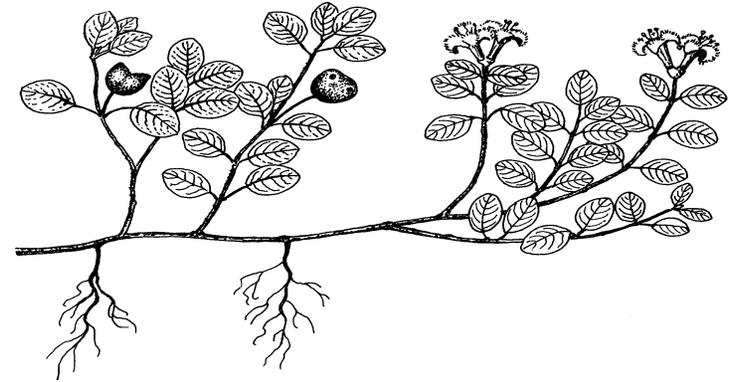
**Hooked Buttercup (*Ranunculus recurvatus*)**

This buttercup has yellow 5 or 6-petaled flowers that are smaller and less showy than our more common buttercups, flowers are only about 1 cm across; sepals bend downward beneath petals. Leaves are stalked and 3 to 5 lobed. It can readily be recognized if fruit clusters are present because each fruit (“seed”) has a curved hooked beak at its summit. It may be found in shady woods along river banks and other moist open woodlands. Blooms in June-July.



**Two-eyed Berry (*Mitchella repens*)**

This is a tiny trailing shrub of dry shrubby peatlands and dwarf spruce thickets. Small egg shaped leaves about 1 – 2 cm long are opposite, shiny and with whitish veins. Flowers are in pairs, white, with four hairy petal lobes. Fruit is a red two-eyed berry. Blooms in July.



**Golden Heather (*Hudsonia ericoides*)**

This is a low growing spreading evergreen shrub growing in clumps and usually less than 15 cm tall found on dry coastal shrubby barrens and rocky sites. Leaves are small with soft hairs and only 3 – 6 mm long, overlapping on the stem. Flowers are yellow with 5 petals and 8 – 20 stamens. Blooms in June to July.

**Pale Touch-me-not (*Impatiens pallida*)**

Pale Touch-me-not has an unusual sac-like flower with a short tail or spur bent downward. The flower is pale yellow with a few reddish dots in the throat. Plants are pale green, often a meter or more tall with alternate, thin, delicate, easily bruised leaves. Mature seed capsules tend to explode when touched. It grows in wet soils along stream and river banks. This species may be confused with the common **Spotted Touch-me-not (*Impatiens capensis*)** which has orange flowers blotched with red and a tail that curves forward. Both species grow in the same habitat. Blooms in July.



Spotted

Pale

**Blunt Sweet Cicely (*Osmorhiza depauperata*)**

A member of the Carrot or Parsely Family, this species produces highly aromatic compounds having a hint of licorice. Often 30 to 60 cm tall, the plant has alternate compound leaves twice divided into 3s. Flowers are tiny, 1 – 3 mm across with five white petals and produced in a terminal cluster. Fruits are bristly elongate looking like little baseball bats. Often found in open woods and clearings. Blooms in July.

