

# *A Guide for Conserving Wild Plants of Maine*

*A Guide for Conserving Wild Plants of Maine* is a project of the Garden Club Federation of Maine with technical assistance from members of the Josselyn Botanical Society and the Endangered Plant Technical Advisory Committee of the Maine Critical Areas Program.

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## **Good Manners for Conservation**

### **Obey "No Trespassing" signs. Ask owner's permission.**

Before picking or digging wild plants:

- Use a camera. "It is better to take nothing but pictures and leave nothing but footprints."
- Ask yourself, "Do I really need this?"
- Identify the plants. Use this list with wild plant guides.
- Pick only common plants when and where generally abundant.
- Pick only what you need and can transport in good condition.
- Use clippers or knife when gathering flowers.
- After picking keep flowers or plants fresh and moist.
- Always leave more than enough blossoms to develop seeds for future plants.
- Before disturbing any plant consider its many values in nature. Is it a ground cover, protecting against soil erosion? Does it provide food or cover for wildlife? What are its relationships with nearby plants?

The greatest threat to our wild plants is destruction of habitat. When plants are about to be destroyed by road construction or building development, a plant rescue operation may be tried.

- Secure permission of the owner.
- If possible transplant the threatened plants to a nature center, preserve, park, or other protected area open to the public.
- Take plenty of soil to protect the roots.
- Try to plant in the same kind of setting, habitat, and soil type.
- It's best to transplant in early spring or after the seeds ripen.

## **Special Cautions**

\* This plant has some rare or endangered members. Most of the rare kinds are confined to special habitats and places few people go or are inconspicuous and seldom noticed. Minimize the danger to all rare and endangered plants by avoiding any picking or digging in these special habitats:

- Mountaintops and cliff faces and the steep rocky slopes below them
- Rocky ledges along rivers
- Bogs in late fall and early spring
- Lichen, moss, and liverwort covered rocks

^ These plants marked should not be brought into the garden or helped to spread. They are aggressive pests which may crowd out and replace native species.

# These plants are being threatened by collection for holiday decoration and commercial use.

## **Key to Habitats**

- F Fields, roadsides, wastelands, cutover areas, disturbed areas
- W Woodlands and edges of woods
- A Wetlands and aquatic habitats
- S Special habitats - bogs, mountaintops, cliffs, seashores, sand dunes, salt marshes

## Pick Freely Where Abundant

F	Aster - most kinds *	<i>Aster</i> species
F	Bedstraw, white or Wild Madder	<i>Galium mollugo</i>
F	Bedstraw, yellow	<i>Galium verum</i>
F	Black-eyed Susan	<i>Rudbeckia hirta</i>
F	Bladder Champion or Catchfly	<i>Silene vulgaris</i>
A	Boneset or Thoroughwort	<i>Eupatorium perfoliatum</i>
F	Bouncing Bet or Soapwort	<i>Saponaria officinalis</i>
F	Butter-and-eggs	<i>Linaria vulgaris</i>
F	Buttercup - most kinds *	<i>Ranunculus</i> species
A	Cattail	<i>Typha</i> species
F	Chamomile, Dog-fennel, or Mayweed	<i>Anthemis cotula</i>
F	Cinquefoil	<i>Potentilla</i> species
F	Clover - all kinds	<i>Trifolium</i> species
F	Common Bellflower	<i>Campanula rapunculoides</i>
F	Daisy	<i>Leucanthemum vulgare</i>
F	Daylily	<i>Hemerocallis fulva</i>
F,W	Dogbane	<i>Apocynum</i> species
W	False Lily-of-the-valley	<i>Maianthemum canadense</i>
W	False Solomon's Seal or False Spikenard	<i>Smilacina racemosa</i>
F	Fireweed	<i>Epilobium angustifolium</i>
F,S	Goldenrod - most kinds *	<i>Solidago</i> and <i>Euthamia</i> species
F	Garden Heliotrope	<i>Valeriana officinalis</i>
F	Garden Lupine	<i>Lupinus polyphyllus</i>
F	Hardhack or Steeplebush	<i>Spiraea tomentosa</i>
F	Hawkweed	<i>Hieracium</i> species
F	Heal-all or Selfheal	<i>Prunella vulgaris</i>
F	Japanese Knotweed or "Bamboo"	<i>Polygonum cuspidatum</i>
A	Jewelweed or Spotted Touch-me-not	<i>Impatiens capensis</i>
F	Joe-Pye Weed	<i>Eupatorium maculatum</i>
F,S	Lambkill or Sheep Laurel	<i>Kalmia angustifolia</i>
A	Meadow Rue	<i>Thalictrum pubescens</i>
F	Meadowsweet	<i>Spiraea latifolia</i>
F	Milkweed	<i>Asclepias</i> species
F,A	Mint	<i>Mentha</i> species
F	Mullein	<i>Verbascum thapsus</i>
F	Musk Mallow	<i>Malva moschata</i>
F	Pearly Everlasting	<i>Anaphalis margaritacea</i>
A	Pickereelweed	<i>Pontederia cordata</i>
F	Pink Touch-me-not ^	<i>Impatiens glandulifera</i>
F	Queen-Anne's-Lace or Wild Carrot	<i>Daucus carota</i>
F	Ragged Robin	<i>Lycbnis flos-cuculi</i>
A	Spiked or Purple Loosestrife ^	<i>Lythrum salicaria</i>
F	St. John'swort - most kinds *	<i>Hypericum</i> species
F	Staghorn Sumac	<i>Rhus typhina</i>
F	Tansy	<i>Tanacetum vulgare</i>
F	Thistle	<i>Cirsium</i> species
F	Vetch	<i>Vicia</i> species
F,W	Violet, purple - most kinds *	<i>Viola</i> species
F,W	Virgin's Bower	<i>Clematis virginiana</i>
F	Yarrow	<i>Achillea millefolium</i>
F	Yellow Rocket	<i>Barbarea vulgaris</i>

## **Pick in Moderation Only Where Abundant**

A	Arrowhead	<i>Sagittaria latifolia</i>
S	Bayberry or Candleberry	<i>Myrica pensylvanica</i>
	Black Alder or Winterberry	<i>Ilex verticillata</i>
A	Blue Flag	<i>Iris versicolor</i>
F	Blue Vervain	<i>Verbena hastata</i>
W	Bunchberry	<i>Cornus canadensis</i>
A	Buttonbush	<i>Cephalanthus occidentalis</i>
W	Checkerberry or Wintergreen	<i>Gaultheria procumbens</i>
W	Dogtooth Violet or Trout-Lily	<i>Erythronium americanum</i>
S	Dusty Miller	<i>Artemisia stelleriana</i>
W	Goldthread	<i>Coptis trifolia</i>
W	Groundnut	<i>Apios americana</i>
A	Labrador Tea	<i>Ledum groenlandicum</i>
A	Marsh Marigold or Cowslip	<i>Caltha palustris</i>
W	Partridgeberry #	<i>Mitella repens</i>
F	Ragwort	<i>Senecio species</i>
F	Rose	<i>Rosa species</i>
W	Shadbush	<i>Amelanchier species</i>
F,W	Viburnum	<i>Viburnum species</i>
F,W	Violet, White	<i>Viola species</i>

Plant names are based on *Gray's Manual of Botany, Eighth Edition*, and *Check-list of the Vascular Plants of Maine, Josselyn Botanical Society of Maine Bulletin # 11, Second Revision, 1983*, and have been revised to conform to current usage according to *A Synonymized Checklist of the Vascular Flora of the United States, Canada, and Greenland* by Kartesz and Kartesz, 1980.

Permission is given to copy the list in its entirety or in part when credit is given and labeled as copy.

*A Guide for Conserving Wild Plants of Maine*, the official list of *Maine's Endangered and Threatened Plants*, and complimentary copies of the *Endangered Plants* poster may be obtained from Maine Critical Areas Program, State Planning Office, State House Station 38, Augusta, Maine 04333-0038.

## **Leave Growing - Do Not Disturb**

S	Alpine plants	All species
W	Anemone	<i>Anemone species</i>
W	Arbutus or Mayflower	<i>Epigaea repens</i>
W	Azalea - all kinds	<i>Rhododendron species</i>
W	Baneberry	<i>Actaea species</i>
S	Beachhead Iris	<i>Iris setosa</i> var. <i>canadensis</i>
W	Bloodroot	<i>Sanguinaria canadensis</i>
W	Blue Cohosh	<i>Caulophyllum thalictroides</i>
S	Bog Rosemary	<i>Andromeda polifoliavar. glaucophylla</i>
W	Bottlebrush Grass	<i>Hystrix patula</i>
F	Canada Lily	<i>Lilium canadense</i>
A	Cardinal Flower	<i>Lobelia cardinalis</i>
W	Clubmoss or Ground or Running Pine or Cedar or Princess Pine - all kinds #	<i>Lycopodium species</i>
S	Columbine	<i>Aquilegia canadensis</i>
S	Corydalis	<i>Corydalis semper virens</i>
F	Cranesbill or Wild Geranium	<i>Geranium species</i>
W	Dutchman's breeches	<i>Dicentra cucullaria</i>

W	Early Meadow Rue	<i>Thalictrum dioicum</i>
	Fern	
F,W	Adder's-tongue	<i>Ophioglossum vulgatum</i>
S	Bladder Fern	<i>Cystopteris</i> species
W	Braun's Holly Fern	<i>Polystichum braunii</i>
S	Fragrant Cliff Fern	<i>Dryopteris fragrans</i>
W	Goldie's Fern	<i>Dryopteris goldiana</i>
F,W	Grape Fern	<i>Botrychium</i> species
W	Male Fern	<i>Dryopteris felix-mas</i>
W	Maidenhair Fern	<i>Adiantum pedatum</i>
W	Silvery Spleenwort	<i>Deparia acrostichoides</i>
S	Spleenwort	<i>Asplenium</i> species
S	Woodsia Fern	<i>Woodsia</i> species
W	Fringed Polygala or Bird-on-the-wing	<i>Polygala paucifolia</i>
F	Gentian - all kinds	<i>Gentiana</i> species
W,S	Gerardia or False Foxglove	<i>Agalinis</i> species
W	Ginseng	<i>Panax quinquefolius</i>
S	Harebell	<i>Campanula rotundifolia</i>
W	Hepatica or Liverwort	<i>Hepatica nobilis</i> var. <i>obtusata</i>
W	Indian Cucumber-root	<i>Medeola virginiana</i>
W	Jack-in-the-pulpit	<i>Arisaema triphyllum</i>
W	Lady's-slipper - all kinds	<i>Cypripedium</i> species
A	Meadow Beauty	<i>Rhexia virginica</i>
W	Mountain Laurel	<i>Kalmia latifolia</i>
S	Mountain Sandwort	<i>Minuartia groenlandica</i>
F	Northern Blazing Star	<i>Liatris scariosa</i> var. <i>nieuwlandii</i>
S	Orchids - all kinds	All species
W	Pipsissewa or Prince's Pine	<i>Chimaphila umbellata</i>
S	Pitcher plant	<i>Sarracenia purpurea</i>
S	Primrose - all kinds	<i>Primula</i> species
S	Purple Clematis	<i>Clematis occidentalis</i> var. <i>occidentalis</i>
W	Rattlesnake Plantain	<i>Goodyera</i> species
W	Rhododendron	<i>Rhododendron maximum</i>
S	Rhodora	<i>Rhododendron canadense</i>
S	Rock Cress	<i>Arabis</i> species
S	Saxifrage - all kinds	<i>Saxifraga</i> species
S	Sea Lavender #	<i>Limonium carolinianum</i>
W	Shinleaf or Pyrola - all kinds	<i>Pyrola</i> species
F	Slender Blue Flag	<i>Iris prismatica</i>
W	Solomon's Seal	<i>Polygonatum pubescens</i>
W	Spring Beauty	<i>Claytonia caroliniana</i>
W	Squawroot or Cancerroot	<i>Conopobolis americana</i>
S	Sundew	<i>Drosera</i> species
S	Sweet Pepperbush	<i>Clethra alnifolia</i>
W	Trillium - all kinds	<i>Trillium</i> species
W	Toothwort	<i>Dentaria</i> species
A	Turtlehead	<i>Chelone glabra</i>
W	Twinflower	<i>Linnaea borealis</i>
W	Twisted Stalk	<i>Streptopus</i> species
W	Violet, Yellow	<i>Viola</i> species
A	Water Lily	<i>Nymphaea odorata</i>
A	Wild Calla	<i>Calla palustris</i>
W	Wild Ginger	<i>Asarum canadense</i>
W	Wild Leek or Ramp and Wild Onion	<i>Allium</i> species
W	Wood Lily	<i>Lilium philadelphicum</i>
W	Wood Sorrel	<i>Oxalis acetosella</i>