

Rocky Mountain Naturalists

Wildflower Checklist

commemorating our 10th anniversary (1986-1996)

The following is a field checklist prepared by members of the Rocky Mountain Naturalists for the common species of wildflowers and shrubs found around Kimberley and Cranbrook. The boundaries could be identified generally as Wasa Lake to the north, St. Mary's Lake to the west, Moyie Lake to the south, and Norbury Lakes to the east.

WILDFLOWERS

WHITE/GREEN

- ___ Three-spot mariposa lily (*Calochortus apiculatus*)
 - ___ Queen's cup (*Clintonia uniflora*)
 - ___ Fairybells (*Disporum hookeri*)
 - ___ False Solomon's-seal (*Smilacina racemosa*)
 - ___ Star-flowered Solomon's-seal (*Smilacina stellata*)
 - ___ Claspig twisted stalk (*Streptopus amplexifolius*)
 - ___ Trillium (*Trillium ovatum*)
 - ___ Meadow death-camus (*Zigadenus venenosus*)
 - ___ Mountain death-camus (*Zigadenus elegans*)
 - ___ White bog-orchid (*Platanthera dilatata*)
 - ___ Rattlesnake plaintain (*Goodyera oblongifolia*)
 - ___ Bastard toadflax (*Geocaulon lividum*)
 - ___ Curlydock (*Rumex crispus*)
 - ___ Springbeauty (*Claytonia lanceolata*)
 - ___ Field chickweed (*Cerastium arvense*)
 - ___ Night-flowering catchfly (*Silene noctiflora*)
 - ___ Bladder campion (*Silene vulgaris*)
 - ___ Baneberry (*Actaea rubra*)
 - ___ Cut-leaf anemone (*Anemone multifida*)
 - ___ White water-buttercup (*Ranunculus aquatilis*)
 - ___ Meadow rue (*Thalictrum occidentale*)
 - ___ Drummond's rockcress (*Arabis drummondii*)
 - ___ Watercress (*Nasturtium officinale*)
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Sulphur-flowered umbrellaplant (*Eriogonum umbellatum*)
Yellow waterlily (*Nuphra polysepalum*)
Sagebrush buttercup (*Ranunculus glaberrimus*)
Meadow buttercup (*Ranunculus acris*)
Loesel's tumble-mustard (*Sisymbrium loeselii*)
Columbia bladderpod (*Lesquerella douglasii*)
Field mustard (*Brassica campestris*)
Lance-leaved stoncrop (*Sedum lanceolatum*)
Round-leaved alumroot (*Heuchera cylindrica*)
Common silverweed (*Potentilla anserina*)
Graceful cinquefoil (*Potentilla gracilis*)
Diverse-leaved cinquefoil (*Potentilla diversifolia*)
Sticky cinquefoil (*Potentilla glandulosa*)
Large-leaved avens (*Geum macrophylla*)
Sulphur hedsyarum (*Hedysarum sulphurescens*)
Field locoweed (*Oxytropis campestris*)
Yellow sweet-clover (*Melilotus officinalis*)
Black medick (*Medicago lupulina*)
Yellow wood violet (*Viola glabella*)
Round-leaved violet (*Viola orbiculata*)
Narrow-leaved parsley (*Lomatium triternatum*)
Puccoon (*Lithospermum ruderale*)
Dalmatian toadflax (*Linaria genisifolia*)
Yellow penstemon (*Penstemon confertus*)
Mullein (*Verbascum thapsus*)
Sulphur paintbrush (*Castilleja sulphurea*)
Bladderwort (*Utricularia vulgaris*)
Heart-leaved arnica (*Arnica cordifolia*)
Orange arnica (*Arnica fulgens*)
Pasture sage (*Artemisia frigida*)
Arrow-leaved balsamroot (*Balsamorhiza sagittata*)
Pineapple weed (*Matricaria discoidea*)
Curly-cup gumweed (*Grindelia squarrosa*)
Brown-eyed Susan (*Gaillardia aristata*)
Hairy golden aster (*Heterotheca villosa*)
Woolly groundsel (*Senecio canus*)
Black-tipped groundsel (*Senecio lugens*)
Arrow-leaved groundsel (*Senecio triangularis*)
Canada goldenrod (*Solidago canadensis*)
Spiked-liked goldenrod (*Solidago spathulata*)

Sow-thistle (*Sonchus arvensis*)
Oyster plant (*Tragopogon dubius*)
Slender hawksbeard (*Crepis atrabarba*)
Annual hawksbeard (*Crepis tectorum*)
Narrow-leaved hawkweed (*Hieracium umbellatum*)
Common dandelion (*Taraxacum officinale*)

PINK/RED

Water smartweed (*Polygonum amphibium*)
Nodding onion (*Allium cernuum*)
Fairyslippers (*Calypso bulbosa*)
Strawberry blite (*Chenopodium capitatum*)
Bitterroot (*Lewisia rediviva*)
Small-leaved montia (*Montia parviflora*)
Holboell's rockcress (*Arabis holboellii*)
Old man's whiskers (*Geum triflorum*)
Red clover (*Trifolium pratense*)
Fireweed (*Epilobium angustifolium*)
Pink wintergreen (*Pyrola asarifolia*)
Shooting star (*Dodecatheon pulchellum*)
Spreading dogbane (*Apocynum androsaemifolium*)
Spreading phlox (*Phlox diffusa*)
Narrow-leaved collomia (*Collomia linearis*)
Hound's tongue (*Cynoglossum officinale*)
Common red paintbrush (*Castilleja miniata*)
Owl-clover (*Orthocarpus tenuifolius*)
Twinflower (*Linnaea borealis*)
Pink pussytoes (*Antennaria rosea*)

BLUE/PURPLE

Green-banded mariposa lily (*Calochortus macrocarpus*)
Blue-eyed grass (*Sisyrinchium idahoense*)
Wild crocus (*Anemone patens*)
Larkspur (*Delphinium nuttallianum*)
Marsh cinquefoil (*Potentilla palustris*)
Timber milkwetch (*Astragalus miser*)
Purple peavine (*Lathyrus nevadensis*)
American vetch (*Vicia americana*)

— Alfalfa (*Medicago sativa*)
— Silky lupine (*Lupinus sericeus*)
— Wild blue flax (*Linum perenne*)
— Early blue violet (*Viola adunca*)
— Northern genetian (*Gentianella amarella*)
— Jacob's-ladder (*Polemonium pulcherrimum*)
— Thread-leaved phacelia (*Phacelia linearis*)
— Mertensia (*Mertensia longiflora*)
— Viper's bugloss (*Echium vulgare*)
— Western stickseed (*Lappula redowskii*)
— Canada mint (*Menha arvensis*)
— Self-heal (*Prunella vulgaris*)
— Blue-eyed Mary (*Collinsia parviflora*)
— Small-flowered penstemon (*Penstemon procerus*)
— Harebell (*Campanula rotundifolia*)
— Showy aster (*Aster conspicuus*)
— Douglas aster (*Aster subspicatus*)
— Showy daisy (*Erigeron speciosus*)
— Spotted knapweed (*Centaurea maculosa*)
— Canada thistle (*Cirsium arvense*)
— Bull thistle (*Cirsium vulgare*)

SHRUBS

— Scouler's willow (*Salix scouleriana*)
— Sitka alder (*Alnus crispa*)
— Blue clematis (*Clematis occidentalis*)
— Oregon grape (*Mahonia aquifolium*)
— Northern black currant (*Ribes hudsonianum*)
— Sticky currant (*Ribes viscosissimum*)
— Black gooseberry (*Ribes lacustre*)
— Raspberry (*Rubus idaeus*)
— Antelope-bush (*Purshia tridentata*)
— Common wild rose (*Rosa nutkana*)
— Prickly rose (*Rosa acicularis*)
— Western mountain ash (*Sorbus scopulina*)
— Thimbleberry (*Rubus parviflorus*)
— Saskatoon (*Amelanchier alnifolia*)
— Birch-leaf spirea (*Spiraea betulifolia*)
— Choke cherry (*Prunus virginiana*)

— Shrubby cinquefoil (*Potentilla fruticosa*)
— False box (*Paxistima myrsinites*)
— Red-stem ceanothus (*Ceanothus sanguineus*)
— Soopolallie (*Shepherdia canadensis*)
— Wolf willow (*Elaeagnus commutata*)
— Douglas maple (*Acer glabrum*)
— Red-osier dogwood (*Cornus stolonifera*)
— Prince's pine (*Chimaphila umbellata*)
— Grouseberry (*Vaccinium scoparium*)
— Huckleberry (*Vaccinium membranaceum*)
— Kinnikinnick (*Arctostaphylos uva-ursi*)
— Utah honeysuckle (*Lonicera utahensis*)
— Black twinberry (*Lonicera involucrata*)
— Orange honeysuckle (*Lonicera ciliosa*)
— Twinflower (*Linnaea borealis*)
— Snowberry (*Symphoricarpos albus*)
— Rabbit-brush (*Chrysothamnus nauseosus*)
— Common juniper (*Juniperus communis*)
— Creeping juniper (*Juniperus horizontalis*)

References:

1. "Plants of the Sounthern Interior" by Parish, Coupe, and Lloyd, 1996.
2. "Trees, Shrubs and Flowers to Know in British Columbia and Washington" by Lyons and Merilees, 1995.

Notes: _____

Copying and sharing this checklist is encouraged.
Comments and notes can be sent to:

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- ___ Shepherd's purse (*Capsella bursa-pastoris*)
- ___ Prairie pepper-grass (*Lepidium densiflorum*)
- ___ Spotted saxifrage (*Saxifraga bronchialis*)
- ___ Foam flower (*Tiarella unifoliata*)
- ___ Small-flowered woodland star (*Lithophragma parviflorum*)
- ___ Silverleaf phacelia (*Phacelia hastata*)
- ___ Strawberry (*Fragaria virginiana*)
- ___ Creamy peavine (*Lathyrus ochroleucus*)
- ___ Alsike clover (*Trifolium hybridum*)
- ___ White sweet-clover (*Melilotus alba*)
- ___ Canada violet (*Viola canadensis*)
- ___ Sarsaparilla (*Aralia nudicaulis*)
- ___ Large-fruited lomatium (*Lomatium macrocarpum*)
- ___ Cow parsnip (*Heracleum lanatum*)
- ___ Bunchberry (*Cornus canadensis*)
- ___ One-sided wintergreen (*Orthilia secunda*)
- ___ Single delight wintergreen (*Moneses uniflora*)
- ___ Indian-hemp dogbane (*Apocynum cannabinum*)
- ___ Northern bedstraw (*Galium boreale*)
- ___ Sweet-scented bedstraw (*Galium triflorum*)
- ___ Yarrow (*Achillea millefolium*)
- ___ Pearly everlasting (*Anaphalis margaritacea*)
- ___ White pussytoes (*Antennaria lanata*)
- ___ Racemose pussytoes (*Antennaria racemosa*)
- ___ Low pussytoes (*Antennaria dimorpha*)
- ___ Umber pussytoes (*Antennaria umbrinella*)
- ___ Field pussytoes (*Antennaria neglecta*)
- ___ Cut-leaved daisy (*Erigeron compositus*)
- ___ Shaggy fleabane (*Erigeron pumilus*)
- ___ Pathfinder (*Adenocaulon bicolor*)
- ___ Oxeye daisy (*Chrysanthemum leucanthemum*)
- ___ Horseweed (*Conyza canadensis*)
- ___ Daisy fleabane (*Erigeron strigosus*)
- ___ Tuffed white prairie aster (*Aster ericoides*)

YELLOW/ORANGE

- ___ Glacier lily (*Erythronium grandiflorum*)
- ___ Yellowbells (*Fritillaria pudica*)
- ___ Columbia lily (*Lilium columbianum*)