



17. **Daisy Fleabane (*Erigeron*) (C)** - Aster-like, it may have over a hundred white or pink rays in one flower head, and blooms from May into autumn.

18. **Asters (*Symphyotrichum*) (C)** - There are nearly twenty species in Jackson County alone. The largest and showiest is the violet-flowered New England Aster. Asters bloom from August to October, most are whitish, and have fewer but larger ray flowers than the Fleabane.



19. **Blazingstar, Gayfeather (*Liatris*) (C)** - Often grown as an ornamental, Blazing Star dominates some prairies from August to October. The tall spikes have purple flower-heads that in some species are scattered down the stem, while in others clustered feather-like at the top. Natives used a tea for intestinal upsets and urinary tract infections.

20. **Wild Lettuce (*Lactuca*) (C)** has large dandelion-like leaves and bears yellowish flowers on a tall stalk in late summer, leaving tufts of white bristles. The scientific name refers to the milky sap.



Try all our Hiking trails

In your search for wildflowers

Fox Hollow Trails

Wetland trail at old Lakeside

Lakeside's Nature Trail

In 1800 our area was about half valley woodlands, half prairies of grasses and summer blooming wildflowers. At Lakeside Nature Center we are working to restore these native habitats.

Because of the long prairie blooming season, from April to October, the gardens will not all be flowering at the same time. Come back in a few weeks to see the changes.

Prairie –

We enter the Nature Center past a triangular garden of prairie plants that especially attract butterflies, bees, and other nectar-eaters that pollinate the plants. Across the walk by the wall is another planting. These were begun in 2000, so they are farthest along in recapturing the beauty of our original variety.

Savannah –

Savannahs were the most abundant of Missouri's prairie landscapes. They have scattered trees, usually oaks, but with space between where enough sun could reach the ground to keep flowers blooming all summer. To the east of the Center, we cleared shrubs to let in light, and started planting in 2002.

Glade –

Trees do not grow as readily on the thin soil of limestone bluffs, especially on the warmer drier south and west slopes. In 2003, we began planting seeds and clearing shrubs and small trees on the Bethany Falls Limestone outcrops. There are two natural glades nearby, the Blue River Glade south of the golf course and the Rocky Point Glade east of Oldham Road. Kansas City Wildlands has fostered both glades, including removal of woody vegetation, burning, and restoration planting.

This brochure is provided to you courtesy of
Friends of Lakeside Nature Center
written by Dick Dawson
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Prairie Wild Flowers



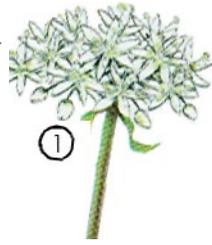
**Friends of
Lakeside Nature Center**

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1. **Prairie Onion (*Allium*)** has inch-tall spikes of white or purple flowers in early summer. Seeds are easily collected in autumn for restoration planting.



2. **False Indigo (*Baptisia*)** - A legume like peas and beans, contributor of nitrates in the soil, these striking plants can have inch-long white or blue flowers, and produce fat black pods. The long narrow 3-part compound leaves are also distinctive. Alkaloid chemicals repel cattle and bison. In small amounts it was used to treat intestinal disorders, while larger amounts can be deadly.

3. **Leadplant (*Amorpha*)** - Another legume, it has a dense spike of gray-violet or lead-colored flowers. Leadplant is an indicator that usually identifies undisturbed prairie.



4. **Violets (*Viola*)** - Woodland species have the familiar heart-shaped leaf, while those of prairies, such as the Birds-foot Violet, are usually deeply cut. White and pink varieties also occur, blooming in spring.

5. **Milkweed (*Asclepias*)** - The unique flowers have five erect hooded petals and five sepals hanging down. The milky sap when leaves are torn, and the pods producing flights of parachute-haired seeds make them unmistakable. Some grow more than waist high with pale purple flowers, another kind (Butterfly Weed) is short with large green flowers.



6. **Butterfly Weed. (*Asclepias tuberosa*)** The bright orange flowers make it a favorite in prairie gardens. The Monarch or Milkweed Butterfly is famous for being bitter tasting, giving the similar colored Viceroy protection from birds who have learned to avoid Monarchs. There are also orange and black bugs, beetles, and aphids that feed on Milkweeds. The plant was widely used to treat a variety of illnesses, that it was given the scientific name of the Greek god of medicine.

7. **Bergamot, Beebalm (*Monarda*)** - This large flowered fragrant mint has cluster of pale purple to pink flowers in mid-summer. Sure enough, it attracts many bees. It was widely used as a medicinal for many illnesses, and oil of bergamot is used to flavor Earl Grey Tea.



8. **Cranesbill (*Geranium*)** gets its name from the beak-like tip of the fruit. The pink flowers are produced in May and early summer. *Geranium* is Latin for crane or heron.



9. **Penstemon, Beardtongue (*Penstemon*)** - The tall showy spikes of white Penstemon bloom in early summer. Natives used it to treat the bites of snakes and other animals, for burns, and for intestinal distress. In other species, the trumpet-like flowers may be blue or pale violet.



10. **Spiderwort (*Tradescantia*)** - has 3 petaled blue flowers. Leaves and stems can be eaten raw or cooked.

11. **Rattlesnake Master (*Rynglum*)** - has globes of little greenish-white flowers. The long leaves at the base of the stalk resemble a yucca. Extracts have been used to treat snakebite and scorpion sting.



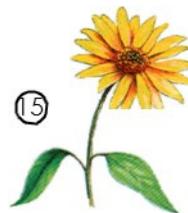
Compositae are plants in which the 'flowers' are tight clusters. Many have disc florets without obvious petals in the center, while 'petals' are ribbon-like ray flowers. We have put (c) after the name to remind you.

12. **Goldenrod (*Solidago*) (C)** - The bright golden sprays of our dozen Goldenrods are often blamed for hay fever caused by ragweeds. Plants with showy flowers are usually insect pollinated, needing sticky rather than wind-borne pollen.



13. **Purple Coneflower (*Echinacea*) (C)** - This was the most widely used medicinal plant of the Plains Indians. It was used as a painkiller and for a variety of ailments including toothache, coughs, colds, sore throats, snake bite, and even rabies.

14. **Prairie Coneflower (*Ratibida*) & Black-eyed Susan (*Rudbeckia*) (C)** have yellow ray flowers. *Ratibida* has a columnar disc; *Rudbeckia*'s is flatter.



15. **Sunflowers (*hellanathus*) (C)** - Jackson County has a dozen species, but most are not typical of prairies. Seeds were roasted and eaten whole or ground into meal by Indians.

16. **Coreopsis (C)** - blooming yellow in early summer, produces seeds eaten by wild turkeys. Note the toothed tips of the ray flowers.

