

## VASCULAR PLANTS OF LAROSE FOREST

### Species of Note

Native Species considered regionally and provincially significant are **boldfaced**. Regionally significant plants are inferred from Brunton 2005. Brunton's work is the most recent flora for this part of Eastern Ontario but Larose Forest lies just beyond the boundaries covered by this work. However, it is reasonably safe to extrapolate that the plants found there have a similar status. Provincial ranking and definition follows the Ontario Natural Heritage Information Centre (NHIC) list which is updated on an ongoing basis.

The letters SNC following a species, indicate that it was found, to date, only on South Nation Conservation property within Larose Forest.

### Regional Status:

Regional significance follows Brunton's definition: "plants known from 10 or fewer *contemporary* populations (post-1969) in the City of Ottawa".

### Provincial status:

**S1** - Critically Imperiled in Ontario; usually 5 or fewer occurrences.

**S2** - Imperiled in Ontario; usually between 6-20 occurrences.

**S3** - Vulnerable in Ontario; 80 or fewer occurrences.

### Ferns and Allies

*Adiantum pedatum*

*Athyrium filix-femina*

*Athyrium thelypteroides*

*Botrychium dissectum*

*Botrychium multifidum*

*Botrychium virginianum*

*Cystopteris fragilis*

*Dennstaedtia punctilobula*

***Diphasiastrum complanatum***

*Diphasiastrum digitatum*

***Diphasiastrum tristachyum***

*Dryopteris carthusiana*

*Dryopteris clintoniana*

*Dryopteris cristata*

*Dryopteris intermedia*

*Dryopteris marginalis*

*Equisetum arvense*

*Equisetum fluviatile*

*Equisetum hyemale*

***Equisetum palustre***

*Equisetum pratense*

*Equisetum scirpoides*

*Equisetum sylvaticum*

*Equisetum variegatum*

*Gymnocarpium dryopteris*

*Huperzia lucidulum*

***Huperzia selago***

***Lycopodiella inundata***

*Lycopodium annotinum*

*Lycopodium clavatum*

*Lycopodium dendroideum*

Maidenhair Fern

Lady Fern

Silvery Spleenwort

Cut-leaved Grape Fern

Leathery Grape Fern

Rattlesnake Fern

Fragile Fern, SNC

Hay-scented Fern

**Northern Ground Cedar, Regionally Significant**

Southern Ground Cedar

**Ground Cedar, Regionally Significant**

Spinulose Wood Fern

Clinton's Wood Fern

Crested Wood Fern

Evergreen Wood Fern

Marginal Wood Fern

Field Horsetail

Water Horsetail

Scouring Rush

**Marsh Horsetail, Regionally Significant, SNC**

Meadow Horsetail

Dwarf Scouring Rush

Wood Horsetail

Variegated horsetail

Oak Fern

Shining Clubmoss

**Northern Firmoss, Regionally Significant**

**Bog Clubmoss, Regionally Significant**

Bristly Clubmoss

Running Clubmoss

Prickly Tree Clubmoss

*Lycopodium obscurum*  
*Matteuccia struthiopteris*  
*Onoclea sensibilis*  
*Ophioglossum vulgatum*  
*Osmunda cinnamomea*  
*Osmunda claytoniana*  
*Osmunda regalis*  
*Phegopteris connectilis*  
*Polypodium virginianum*  
*Polystichum acrostichoides*  
*Pteridium aquilinum*  
*Thelypteris noveboracensis*  
*Thelypteris palustris*

### **Trees and Shrubs**

*Abies balsamea*  
*Acer x freemanii*  
*Acer negundo*  
*Acer pensylvanicum*  
*Acer rubrum*  
*Acer saccharinum*  
*Acer saccharum*  
*Acer spicatum*  
*Alnus incana*  
*Amelanchier arborea*  
*Amelanchier larborea, ssp.laevis*  
*Amelanchier sanguinea*  
*Betula alleghaniensis*  
*Betula papyrifera*  
*Betula populifolia*  
***Betula pumila?***  
*Carpinus caroliniana*  
*Carya cordiformis*  
*Celastrus scandens*  
*Chamaedaphne calyculata*  
*Cornus alternifolia*  
*Cornus canadensis*  
*Cornus rugosa*  
*Cornus sericea*  
*Corylus cornuta*  
*Diervilla lonicera*  
*Fagus grandifolia*  
*Fraxinus americana*  
*Fraxinus nigra*  
*Fraxinus pennsylvanica*  
*Gaultheria procumbens*  
*Humulus lupulus*  
*Ilex verticillata*  
***Juglans cinerea***  
*Juniperus communis*  
*Kalmia angustifolia*  
***Kalmia polifolia***  
*Larix decidua*

Ground Pine  
Ostrich Fern  
Sensitive Fern  
Adder's Tongue Fern  
Cinnamon Fern  
Interrupted Fern  
Royal Fern  
Beech Fern  
Common Polypody  
Christmas Fern  
Bracken  
New York Fern  
Marsh Fern

Balsam Fir  
Freeman's Maple (*A. rubrum* and *A. saccharinum*)  
Manitoba Maple\*  
Striped maple  
Red Maple  
Silver Maple  
Sugar maple  
Mountain Maple  
Speckled Alder  
Downy Serviceberry  
Smooth Serviceberry, Shadbush  
Roundleaf Serviceberry  
Yellow Birch  
White Birch  
Gray Birch  
**Dwarf Birch, Regionally Significant**  
Blue-beech  
Bitternut Hickory  
Bittersweet  
Leatherleaf  
Alternate-leaved dogwood  
Bunchberry  
Round-leaved Dogwood  
Red-osier Dogwood  
Beaked Hazel  
Northern Bush Honeysuckle  
Beech  
White Ash  
Black Ash, Swamp Ash  
Red Ash, River Ash, Green Ash  
Wintergreen  
Hops\*  
Eastern Holly, Winterberry  
**Butternut, Endangered, S3?**  
Common Juniper  
Sheep Laurel  
**Bog Laurel, Regionally Significant**  
European Larch\*

*Larix laricina*  
*Ledum groenlandicum*  
*Lonicera canadensis*  
*Lonicera tatarica*

***Lonicera villosa***

*Malus* sp.

***Nemopanthus mucronatus***

*Ostrya virginiana*  
*Parthenocissus vitacea*  
*Photinia melanocarpa*  
*Physocarpus opulifolius*  
*Picea abies*  
*Picea glauca*  
*Picea mariana*  
*Picea rubens*  
*Pinus banksiana*  
*Pinus resinosa*  
*Pinus strobus*  
*Pinus sylvestris*  
*Populus alba*  
*Populus balsamifera*  
*Populus deltoides*  
*Populus grandidentata*  
*Populus tremuloides*  
*Prunus pennsylvanica*  
*Prunus serotina*  
*Prunus virginiana*  
*Quercus macrocarpa*  
*Quercus rubra*  
*Rhamnus alnifolia*  
*Rhamnus cathartica*  
*Rhamnus frangula*  
*Rhus hirta*  
*Ribes americanum*  
*Ribes cynosbati*  
*Ribes glandulosum*  
*Ribes lacustre*  
*Ribes triste*  
*Robinia pseudoacacia*  
*Rosa* sp.  
*Rosa blanda*  
*Rosa cinnamomea*  
*Rubus allegheniensis*  
*Rubus canadensis*  
*Rubus flagellaris*  
*Rubus hispidus*  
*Rubus odoratus*  
*Rubus pubescens*  
*Rubus setosus*  
*Rubus strigosus*  
*Salix alba*  
*Salix amygdaloides*  
*Salix bebbiana*  
*Salix discolor*

Tamarack, Larch  
Labrador-tea  
Canada Fly-honeysuckle  
Tartarian Honeysuckle\*

**Northern Honeysuckle, Regionally Significant**

Apple\*

**Mountain Holly, Regionally Significant**

Ironwood  
Virginia Creeper  
Black Chokeberry  
Ninebark  
Norway Spruce\*  
White Spruce  
Black Spruce,  
Red Spruce  
Jack Pine  
Red Pine  
White Pine  
Scotch Pine, Scot's Pine\*  
White Poplar\*  
Balsam Poplar  
Eastern Cottonwood  
Large-toothed Aspen  
Trembling Aspen  
Pin Cherry  
Black Cherry  
Choke Cherry  
Bur Oak  
Red Oak  
Alder-leaved Buckthorn  
Common Buckthorn, Black Buckthorn\*  
Glossy Buckthorn\*  
Staghorn Sumac  
Wild Black Currant, SNC  
Wild Gooseberry  
Skunk Currant  
Swamp Currant, SNC  
Wild Currant  
Black Locust\*  
Rose\*  
Wild Rose  
Cinnamon Rose\*  
Blackberry  
Canada Blackberry  
Northern Dewberry  
Swamp Dewberry  
Purple-flowering Raspberry  
Dewberry, Dwarf Raspberry  
Bristly Blackberry  
Red Raspberry  
White Willow\*  
Peach-leaf Willow  
Bebb's Willow  
Pussy Willow

*Salix eriocephala*  
*Salix exigua*  
*Salix humilis*  
*Salix lucida*  
*Salix nigra*  
*Salix pentandra*  
*Salix petiolaris*  
***Salix pyrifolia***  
*Salix x rubens*  
*Sambucus canadensis*  
*Sambucus racemosa*  
*Sorbus americana*  
*Spiraea alba*  
*Spiraea tomentosa*  
*Symphoricarpos albus*  
*Syringa vulgaris*  
*Taxus canadensis*  
*Thuja occidentalis*  
*Tilia americana*  
*Toxicodendron radicans*  
*Tsuga canadensis*  
*Ulmus americana*  
*Vaccinium angustifolium*  
*Vaccinium corymbosum*  
*Vaccinium myrtilloides*  
*Viburnum lantanoides*  
*Viburnum lentago*  
*Viburnum nudum*  
*Viburnum trilobum*  
*Vitis riparia*

#### **Grasses, Sedges, Rushes**

*Agropyron repens*  
*Agrostis gigantea*  
*Agrostis perennans*  
*Agrostis scabra*  
*Agrostis stolonifera*  
*Alopecurus aequalis*  
*Brachyelytrum erectum*  
*Bromus ciliatus*  
*Bromus inermis*  
***Bromus latiglumis***  
*Calamagrostis canadensis*  
***Carex albicans***  
*Carex annectens*  
***Carex aquatilis***  
*Carex arctata*  
*Carex aurea*  
*Carex bebbii*  
*Carex bromoides*  
*Carex brunnescens*  
*Carex canescens*  
***Carex chordorrhiza***

Heartleaf Willow  
Sandbar Willow  
Upland Willow  
Shining Willow  
Black Willow  
Bay-leaved Willow\*  
Slender Willow  
**Balsam Willow, Regionally Significant**  
Crack Willow\*  
Canada Elderberry  
Red Elderberry  
American Mountain Ash  
Meadowsweet  
Pink Spiraea, Steeplebush  
Snowberry  
Lilac\*  
Canada Yew  
Eastern White-cedar  
Basswood  
Poison Ivy  
Eastern Hemlock  
White Elm  
Low-bush Blueberry  
High-bush Blueberry  
Velvetleaf Blueberry  
Hobblebush  
Nannyberry  
Wild Raisin, Witherod  
Highbush-cranberry  
Wild Grape, River Grape

Quack Grass\*  
Redtop\*  
Autumn Bent Grass  
Ticklegrass  
Creeping Bent Grass  
Short-awn Foxtail  
Bearded Shorthusk  
Fringed Brome Grass  
Smooth Brome Grass\*  
**Canada Brome Grass, Regionally significant**  
Canada Bluejoint  
**Sedge, S2**  
Yellow Fox Sedge  
**Aquatic Sedge, Regionally Significant**  
Drooping Wood Sedge  
Golden Sedge  
Bebb's Oval Sedge  
Brome Hummock Sedge  
Green Bog Sedge  
Silvery Sedge  
**Creeping Sedge, Regionally Significant**

<i>Carex comosa</i>	Bristly Sedge
<i>Carex communis</i>	Common Sedge
<b><i>Carex crawfordii</i></b>	<b>Crawford's Sedge, Regionally Significant</b>
<i>Carex crinita</i>	Fringed Sedge
<i>Carex cryptolepis/flava?</i>	Sedge
<i>Carex cristatella</i>	Crested Sedge
<b><i>Carex debilis</i>, var. <i>rudgei</i></b>	<b>Weak Sedge, Regionally Significant</b>
<i>Carex deweyana</i>	Dewey's Sedge
<i>Carex disperma</i>	Two-seeded sedge
<b><i>Carex echinata</i></b>	<b>Prickly Sedge, Regionally Significant</b>
<b><i>Carex folliculata</i></b>	<b>Long sedge, S3, Regionally Significant</b>
<i>Carex gracillima</i>	Graceful Sedge
<i>Carex granularis</i>	Meadow Sedge
<i>Carex grayi</i>	Gray's Sedge
<b><i>Carex gynandra</i></b>	<b>Nodding Sedge, Regionally Significant</b>
<b><i>Carex haydenii</i></b>	<b>Hayden's Sedge, S3, Regionally Significant</b>
<i>Carex hystericina</i>	Porcupine Sedge
<i>Carex interior</i>	Inland Sedge
<i>Carex intumescens</i>	Shining Bladder Sedge
<i>Carex leptalea</i>	Bristle-stalked Sedge
<i>Carex leptoneuria</i>	Finely-nerved Sedge
<i>Carex lupulina</i>	Hop Sedge
<i>Carex lurida</i>	Sallow Sedge
<b><i>Carex novae-angliae</i></b>	<b>New England Sedge, S3</b>
<i>Carex obovata</i> group	Sedge
<i>Carex pauperula</i>	Bog Sedge
<i>Carex peckii</i>	White-tinged Sedge
<i>Carex pedunculata</i>	Long-stalked Sedge
<i>Carex plantaginea</i>	Plantain leaved Sedge
<b><i>Carex prasina</i></b>	<b>Drooping Sedge, Regionally Significant</b>
<i>Carex projecta</i>	Spreading Sedge,
<i>Carex pseudo-cyperus</i>	Cyperus-like Sedge
<i>Carex retrorsa</i>	Retrorse Sedge
<i>Carex rostrata</i>	Beaked Sedge
<i>Carex scabrata</i>	Rough Sedge
<b><i>Carex scoparia</i></b>	<b>Broom Sedge, Regionally Significant</b>
<i>Carex stipata</i>	Awl-fruited Sedge
<i>Carex stricta</i>	Stiff Sedge
<i>Carex tenera</i>	Slender Sedge
<i>Carex tribuloides</i>	Blunt Broom Sedge
<i>Carex trisperma</i> var. <i>trisperma</i>	Three-seeded Sedge
<i>Carex tuckermanii</i>	Tuckerman's Sedge
<b><i>Carex utriculata</i></b>	<b>Bottle-shaped Sedge, Regionally Significant</b>
<i>Carex vesicaria</i>	Inflated Sedge
<i>Carex viridula</i>	Greenish Sedge
<i>Carex vulpinoidea</i>	Fox Sedge
<i>Cinna arundinacea</i>	Stout Woodreed, SNC
<i>Cinna latifolia</i>	Nodding Woodreed,
<i>Cyperus bipartitus</i>	River Umbrella-sedge
<b><i>Cyperus diandrus</i></b>	<b>Galingale, Regionally Significant</b>
<i>Dactylis glomerata</i>	Orchard Grass*
<i>Danthonia spicata</i>	Poverty Oat Grass
<i>Dichanthelium acuminatum</i>	Northern Panic Grass

*Digitaria ischaemum*  
*Digitaria sanguinalis*  
*Dulichium arundinaceum*  
*Echinochloa crusgalli*  
*Echinochloa microstachya*  
*Eleocharis acicularis*  
*Eleocharis compressa*  
*Eleocharis erythropoda*  
*Eleocharis obtusa*  
*Eleocharis ovata*  
*Eleocharis smallii*  
*Elymus histrix*  
*Elymus virginicus*  
*Elytrum septentrionalis*  
**Eragrostis frankii**  
*Eragrostis pectinacea*  
**Eriophorum vaginatum**  
*Festuca arundinacea*  
*Festuca pratensis*  
*Festuca rubra*  
*Festuca subverticillata*  
*Festuca trachyphylla*  
**Fimbristylis autumnalis**  
*Glyceria borealis*  
**Glyceria canadensis**  
*Glyceria grandis*  
**Glyceria melicaria**  
**Glyceria septentrionalis**  
*Glyceria striata*  
**Hierochloa odorata**  
*Juncus articulatus*  
*Juncus brevicaudatus*  
*Juncus bufonius*  
**Juncus canadensis**  
*Juncus dudleyi*  
*Juncus effusus*  
*Juncus pylaei*  
*Juncus tenuis*  
*Leersia oryzoides*  
*Leersia virginica*  
*Lolium perenne*  
**Milium effusum**  
**Muhlenbergia frondosa**  
*Muhlenbergia mexicana*  
**Muhlenbergia uniflora**  
*Panicum acuminatum* sp. complex  
**Panicum boreale**  
*Panicum capillare*  
*Panicum dichotomiflorum*  
*Panicum flexile*  
**Panicum gattingeri**  
*Panicum implicatum*  
*Panicum linearifolium*

Smooth Crabgrass\*  
 Large Crab Grass  
 Three Way Sedge  
 Common Barnyard Grass\*  
 Small-spiked Barnyard Grass  
 Needle Spike-rush  
 Flattened Spikerush  
 Red-footed Spike-rush  
 Blunt Spike-rush  
 Spike-rush  
 Spike-rush  
 Bottlebrush Grass, SNC  
 Virginia Wild Rye  
  
**Frank's Love Grass, Regionally Significant**  
 Pectinate Love Grass\*,  
**Tussock Cotton-grass, Regionally Significant**  
 Tall Fescue\*  
 Meadow Fescue\*  
 Red Fescue\*  
 Nodding Fescue  
 Hard Fescue\*  
**Autumn Fimbristylis, Regionally Significant**  
 Northern Manna Grass  
**Rattlesnake Grass, Regionally Significant**  
 Tall Manna Grass  
**Long Manna Grass, Regionally Significant**  
**Southern Manna Grass, Regionally Significant, SNC**  
 Fowl Manna Grass  
**Sweet Grass, Regionally Significant**  
 Jointed Rush  
 Short-tailed Rush  
 Toad Rush  
**Canada Rush, Regionally Significant**  
 Dudley's Rush  
 Soft Rush  
 Rush  
 Path Rush  
 Rice Cut-grass  
 White Grass  
 Perennial Rye Grass  
**Wild Millet, Regionally Significant, SNC**  
**Wire-stem Muhlenbergia, Regionally Significant**  
 Mexican Satin Grass  
**One-flowered Dropseed, Regionally Significant**  
 Panic Grass sp.  
**Northern Panic Grass, Regionally Significant**  
 Witch Grass  
 Panic Grass\*  
 Wiry Witch Grass  
**Gattinger's Panic Grass, S3, Regionally Significant**  
 Hairy Panic Grass  
 Narrow-leaved panic Grass

***Panicum tuckermanii***

*Phalaris arundinacea*

*Phleum pratense*

*Phragmites australis*

***Poa alsodes***

*Poa annua*

*Poa compressa*

*Poa palustris*

*Poa pratensis*

***Poa saltuensis***

*Schizacne purpurascens*

***Scirpus acutus***

*Scirpus atrocintus*

*Scirpus atrovirens*

*Scirpus cyperinus*

*Scirpus microcarpus*

*Scirpus pendulus*

*Scirpus validus*

*Setaria glauca*

*Setaria viridis*

*Sphenopholis intermedia*

*Sporobolus vaginiflorus*

***Torreyochloa pallida*, var. *fernaldii***

***Zizania aquatica***

*Zizania palustris*

**Herbaceous Plants**

*Achillea millefolium*

*Acinos arvensis*

*Actaea pachypoda*

*Actaea rubra*

*Agalinis tenuifolia*

*Ageratina rugosum*

*Agrimonia gryposepala*

*Alisma triviale*

*Alliaria petiolata*

*Allium tricoccum*

*Amaranthus* sp.

*Amaranthus retroflexus*

*Ambrosia artemisiifolia*

*Ambrosia trifida*

*Amphicarpaea bracteata*

*Anaphalis margaritacea*

*Anemone canadensis*

*Anemone virginiana*

*Antennaria neglecta*

*Anthemis cotula*

*Apios americana*

*Apocynum androsaemifolium*

*Apocynum cannabinum*

*Aquilegia vulgaris*

*Aralia hispida*

*Aralia nudicaulis*

**Tuckerman's Witch Grass, Regionally Significant**

Reed Canary Grass

Timothy\*

Southern Reed Grass

**Woodland Meadow Grass, Regionally Significant**

Annual Meadow Grass\*

Canada Bluegrass\*

Swamp Bluegrass

Kentucky Bluegrass

**Forest Meadow Grass, Regionally Significant**

False Melic Grass, SNC

**Great Bulrush, Regionally Significant**

Black-girdled Bulrush

Black Bulrush

Wool-grass

Red-sheathed bulrush

Reddish Bulrush

Soft-stem Bulrush

Yellow Foxtail\*

Green Foxtail\*

Slender Wedge Grass

Ensheathed Dropseed

**Fernald's Manna Grass, Regionally Significant, SNC**

**Southern Wild Rice, Regionally Significant, SNC**

Northern Wild Rice

Yarrow

Basil Balm\*

Doll's Eye

Red baneberry

Slender Gerardia

White Snakeroot

Agrimony

Water Plantain

Garlic Mustard\*

Wild Leek

Pigweed\*

Green Amaranth\*

Ragweed

Giant Ragweed\*

Hog Peanut

Pearly Everlasting

Canada Anemone

Thimbleweed

Field Pussytoes

Mayweed\*

Groundnut

Spreading Dogbane

Indian Hemp

Garden Columbine\*

Bristly Sarsparilla

Sarsparilla

*Aralia racemosa*  
*Arctium minus*  
*Arisaema triphyllum*  
*Artemisia vulgaris*  
*Asarum canadense*  
*Asclepias incarnata*  
*Asclepias syriaca*  
*Asparagus officinalis*

*Barbarea vulgaris*  
*Bidens cernuus*  
*Bidens comosus*  
*Bidens frondosus*  
*Bidens laevis*  
*Boehmeria cylindrica*  
***Brasenia schreberi***  
*Butomus umbellatus*

*Calla palustris*  
*Callitriche verna*  
*Caltha palustris*  
*Calystegia sepium*  
*Campanula rapunculoides*  
*Campanula aparinoides*  
*Capsella bursa-pastoris*  
*Cardamine pensylvanica*  
*Carduus acanthoides*  
*Caulophyllum giganteum*  
*Centaurea jacea*  
*Centaurea biebersteinii*  
*Centaureum pulchellum*  
*Cerastium fontanum*  
*Cerastium longipes?*  
*Ceratophyllum demersum*  
*Chamaesyce maculata*  
*Chelone glabra*  
*Chenopodium album*  
*Chimaphila umbellata*  
***Chrysosplenium americanum***  
*Cichorium intybus*  
*Cicuta bulbifera*  
*Cicuta maculata*  
*Circaea alpina*  
*Circaea lutetiana*  
*Cirsium arvense*  
***Cirsium muticum***  
*Cirsium vulgare*  
*Claytonia caroliniana*  
*Clematis virginiana*  
*Clintonia borealis*  
*Convallaria majalis*  
*Convolvulus arvensis*  
*Conyza canadensis*  
*Coptis trifolia*

Spikenard  
Common Burdock\*  
Jack-in-the-pulpit  
Mugwort\*  
Wild Ginger  
Swamp Milkweed  
Milkweed  
Asparagus\*

Yellow Rocket, Wintercress\*  
Nodding Bur Marigold  
Swamp Beggarticks  
Large-leaved Beggarticks  
Larger Bur Marigold  
False Nettle  
**Water-shield, Regionally Significant**  
Flowering Rush\*

Water Arum, Wild Arum  
Marsh Water Starwort  
Marsh-marigold  
Hedge Bindweed  
Creeping Bellflower\*  
Blue Marsh Bellflower  
Shepherd's Purse\*  
Pennsylvania Bittercress  
Plumeless Thistle\*  
Blue Cohosh  
Brown Knapweed\*  
Spotted Knapweed\*  
Centaury\*  
Mouse-ear Chickweed\*  
Chickweed  
Hornwort  
Milk Purslane/Prostrate Spurge  
Turtlehead  
Lamb's-quarters\*  
Pipsissewa  
**Golden Saxifrage, Regionally Significant**  
Chicory\*  
Bulb-bearing Water-hemlock  
Water-hemlock, Spotted Cowbane  
Smaller Enchanter's Nightshade  
Enchanter's Nightshade  
Canada Thistle\*  
**Swamp Thistle, Regionally Significant**  
Bull Thistle\*  
Spring-beauty  
Old Man's Beard  
Bluebead, Clintonia  
Lily-of-the-valley\*  
Field Bindweed\*  
Horseweed  
Goldthread



*Corallorhiza trifida*  
*Cryptotaenia canadensis*  
*Cuscuta gronovii*  
*Cynanchum rossicum*  
*Cypripedium acaule*  
*Cypripedium reginae*

***Dalibarda repens***

*Daucus carota*  
*Desmodium canadense*  
*Desmodium glutinosum*  
*Dicentra canadensis*  
*Dicentra cucullaria*  
*Doellingeria umbellata*  
*Drosera rotundifolia*

*Echium vulgare*  
*Echinocystis lobata*  
*Epifagus virginiana*  
*Epilobium angustifolium*  
*Epilobium ciliatum*  
*Epilobium coloratum*  
*Epilobium leptophyllum*  
*Epipactis helleborine*  
*Erechtites hieraciifolia*  
*Erigeron annuus*  
*Erigeron philadelphicus*  
*Erigeron strigosus*  
*Erucastrum gallicum*  
*Erysimum cheiranthoides*  
*Erysimum hieraciifolium*  
*Erythronium americanum*  
*Eutrochium maculatum*  
*Eupatorium perfoliatum*  
*Euphorbia cyparissias*  
*Euphrasia stricta*  
*Eurybia macrophylla*  
*Euthamia graminifolia*

*Fallopia cilinodis*  
*Fallopia convolvulus*  
*Fallopia scandens*  
*Fragaria virginiana*

*Galeopsis tetrahit*  
*Galium aparine*  
*Galium asprellum*  
***Galium boreale***  
*Galium mollugo*  
*Galium palustre*  
*Galium tinctorium*  
*Galium trifidum*  
*Galium triflorum*  
*Gentiana andrewsii*

Northern Coralroot  
Honewort  
Swamp Dodder  
Pale Swallowwort\*  
Pink Lady's-slipper  
Showy Lady-slipper

**Dewdrop, Regionally Significant**

Queen Anne's Lace\*  
Showy Tick-trefoil  
Glutinous Tick-trefoil  
Squirrel Corn  
Dutchman's-breeches  
Flat-topped Aster  
Round-leaved Sundew

Viper's Bugloss\*  
Wild Cucumber  
Beech Drops  
Fireweed  
Tall Willow-herb  
Purple-leaved Willow-herb  
Narrow-leaved Willow Herb  
Helleborine\*  
Pilewort  
Daisy Fleabane  
Daisy Fleabane  
Daisy Fleabane  
Dog Mustard\*  
Wormseed Mustard\*  
Tall Wormseed Mustard\*  
Dogtooth Violet  
Joe-Pye-Weed  
Boneset  
Cypress Spurge\*  
Eyebright\*  
Large-leaved Aster  
Grass-leaved Goldenrod

Fringed Bindweed  
Black Bindweed\*  
False Buckwheat  
Wild Strawberry

Hemp Nettle\*  
Cleavers  
Rough Bedstraw  
**Northern Bedstraw, Regionally Significant**  
White Bedstraw\*  
Marsh Bedstraw  
Dyer's Bedstaw  
Small Bedstraw  
Woodland Bedstraw  
Bottle Gentian

*Gentianopsis crinita*  
*Geum aleppicum*  
*Geum canadense*  
*Geum laciniatum*  
*Glechoma hederacea*  
*Gnaphalium uliginosum*  
***Goodyera pubescens***  
***Goodyera tessellata***

***Gratiola neglecta***

*Helianthus* sp.  
*Hemerocallis fulva*  
*Hesperis matronalis*  
*Hieracium aurantiacum*  
*Hieracium canadense*  
*Hieracium piloselloides*  
*Hieracium caespitosum*  
***Hieracium kalmii***  
***Hieracium scabrum***  
*Hydrocharis morsus-ranae*  
***Hydrocotyle americana***  
***Hypericum canadense***  
*Hypericum ellipticum*  
*Hypericum majus*  
***Hypericum mutilum***  
*Hypericum perforatum*

*Impatiens capensis*  
*Iris versicolor*

*Lactuca biennis*  
*Lactuca canadensis*  
*Lamium* sp.  
*Laportea canadensis*  
*Lathyrus sylvestris*  
*Lemna minor*  
*Leonurus cardiaca*  
*Leucanthemum vulgare*  
*Linaria vulgaris*  
*Lindernia dubia*  
*Linnaea borealis*  
*Liparis loeselii*  
*Lobelia inflata*  
*Lotus corniculatus*  
*Ludwigia palustris*  
*Lycopus americanus*  
*Lycopus uniflorus*  
*Lysimachia ciliata*  
*Lysimachia nummularia*  
*Lysimachia terrestris*  
*Lysimachia thyrsoiflora*  
*Lythrum salicaria*

Fringed Gentian  
Yellow Avens  
White Avens  
Rough Avens  
Ground Ivy, Gill-over-the-ground\*  
Low Cudweed\*  
**Downy Rattlesnake-plantain, Regionally Significant**  
**Checkered rattlesnake Plantain, Regionally Significant**  
**Clammy Hedge-hyssop, Regionally Significant**

Sunflower sp.  
Day-lily\*  
Dame's Rocket\*  
Orange Hawkweed\*  
Canada Hawkweed  
Yellow Hawkweed\*  
Field Hawkweed\*  
**Hawkweed, Regionally Significant**  
**Rough Hawkweed, Regionally Significant**  
Frog's-bit\*  
**Water Pennywort, Regionally Significant**  
**Canada St. John's-wort, Regionally Significant**  
Pale St. John's-wort  
Large St. John's-wort  
**Dwarf St. John's-wort, Regionally Significant**  
Common St. Johnswort\*

Jewelweed  
Wild Iris, Blue Flag

Tall Blue Lettuce  
Wild Lettuce  
Dead nettle\*  
Wood Nettle  
Everlasting Pea\*  
Lesser Duckweed  
Motherwort\*  
Ox-eye Daisy\*  
Butter-and-eggs\*  
False Pimpernel  
Twinflower  
Twayblade  
Indian Tobacco  
Bird's Foot Trefoil\*  
Water Purslane  
Water Horehound  
Northern Bugleweed  
Fringed Loosestrife  
Creeping Charlie\*  
Swamp Candles, Yellow Loosestrife  
Tufted Loosestrife  
Purple Loosestrife\*

*Maianthemum canadense*  
*Maianthemum racemosum*  
*Maianthemum stellatum*  
*Malaxis unifolia*  
*Malva neglecta*  
*Matricaria discoidea*  
*Medeola virginiana*  
*Medicago lupulina*  
*Medicago sativa*  
*Melilotus alba*  
*Melilotus officinalis*  
*Mentha canadensis*  
*Mimulus ringens*  
*Mitchella repens*  
*Monotropa hypopithys*  
*Monotropa uniflora*  
*Myosotis* sp.  
*Myriophyllum spicatum*

*Nepeta cataria*  
*Nuphar variegata*  
*Nymphaea odorata* ssp. *tuberosa*

*Oclemena acuminata*  
*Oenothera biennis*  
*Oenothera parviflora*  
*Oenothera perennis*  
*Origanum vulgare*  
*Orthilia secunda*  
*Osmorhiza claytonii*  
*Oxalis acetosella*  
*Oxalis stricta*

***Panax trifolius***  
*Pastinaca sativa*  
*Penthorum sedoides*  
*Persicaria amphibia*  
***Persicaria arifolia***

*Persicaria hydropiper*  
*Persicaria lapathifolia*  
*Persicaria maculosa*  
*Persicaria pennsylvanica*  
*Persicaria saggittata*  
*Physalis heterophylla*  
*Pilea pumila*  
*Plantago major*  
*Plantago rugelii*  
*Platanthera aquilonis*  
***Platanthera clavellata***  
***Platanthera grandiflora***

*Platanthera lacera*

Canada Mayflower  
False Solomon's Seal  
Star-flowered False Solomon's Seal  
Green Adder's Mouth  
Common Mallow\*  
Pineapple Weed\*  
Indian Cucumber Root  
Black Medic\*  
Alfalfa\*  
White Sweet Clover\*  
Yellow Sweet Clover\*  
Wild Mint  
Monkey Flower  
Partridgeberry  
Pinesap  
Indian Pipe  
Forget-Me-Not\*  
Spiked Water-milfoil\*

Catnip\*  
Yellow Water-lily  
Large White Water-lily

Whorled Wood Aster  
Evening Primrose  
Small Flowered Evening Primrose  
Sundrops  
Wild Marjoram\*  
One-sided Pyrola  
Sweet Cicely  
Wood Sorrel  
Yellow Wood Sorrel

**Dwarf Ginseng, Regionally Significant**  
Wild Parsnip\*  
Ditch Stonecrop  
Lady's Thumb  
**Halberd-leaved Tear-thumb, S3, Regionally Significant, SNC**  
Water Pepper  
Nodding Smartweed  
Lady's Thumbprint\*  
Pinkweed  
Arrow-leaved Tear-thumb  
Clammy Ground-cherry  
Clearweed  
Common Plantain\*  
Pale Plantain  
Northern Green Orchid  
**Club-spur Orchid, Regionally Significant**  
**Large Purple-fringed Orchid S1, Regionally Significant**  
Ragged-fringed Orchid,

*Platanthera psycodes*  
***Polygala sanguinea***  
***Polygala verticillata***  
*Polygonatum pubescens*  
*Polygonum achoreum*  
*Polygonum aviculare*

*Potamogeton epihydrus*  
*Potamogeton foliosus*  
*Potamogeton gramineus*  
*Potamogeton natans*  
*Potamogeton nodosus*  
*Potamogeton pusillus*  
*Potamogeton robbinsii*  
*Potentilla argentea*  
*Potentilla inclinata*  
*Potentilla norvegica*  
*Potentilla recta*  
*Potentilla simplex*  
*Prenanthes altissima*  
*Prunella vulgaris*  
*Pyrola asarifolia*  
*Pyrola chlorantha*  
*Pyrola elliptica*

*Ranunculus abortivus*  
*Ranunculus acris*  
***Ranunculus pensylvanicus***  
*Ranunculus recurvatus*  
*Ranunculus sceleratus*  
***Ranunculus hispidus* var. *caricetorum***  
*Rorippa palustris*  
*Rudbeckia hirta*  
*Rumex acetosella*  
*Rumex crispus*  
*Rumex obtusifolius*  
*Rumex orbiculatus*  
*Rumex patientia*  
***Rumex salicifolius***  
*Rumex verticillatus*

***Sagittaria cuneata***  
*Sagittaria latifolia*  
*Sanguinaria canadensis*  
*Sanicula marilandica*  
*Saponaria officinalis*  
***Scrophularia lanceolata***  
*Scutellaria galericulata*  
*Scutellaria lateriflora*  
*Sedum telephium*  
*Senecio pauperculus*  
*Silene vulgaris*  
*Sisyrinchium montanum*

Purple-fringed Orchid  
**Field Milkwort S3, Regionally Significant**  
**Whorled Milkwort, Regionally Significant**  
Solomon's Seal  
Leathery Knotweed  
Knotweed\*

Ribbon-leaf Pondweed,  
Leafy Pondweed  
Grassleaf Pondweed  
Floating Pondweed  
Knotty Pondweed  
Slender Pondweed  
Fern Pondweed  
Silvery Cinquefoil\*  
Downy Cinquefoil\*  
Rough Cinquefoil  
Sulphur Cinquefoil\*  
Common Cinquefoil  
Tall White Lettuce  
Heal-all\*  
Pink Pyrola  
Penny Pyrola  
Shinleaf

Woodland Buttercup  
Buttercup\*  
**Bristly Crowfoot, Regionally Significant, SNC**  
Hooked Crowfoot  
Celery-leaved Crowfoot\*  
**Swamp Buttercup, Regionally Significant**  
Yellow Cress  
Brown-eyed Susan  
Sheep Sorrel\*  
Curled Dock\*  
Broad-leaved Dock\*  
Great Water Dock  
Patience Dock\*  
**Willow-leaved Dock, Regionally Significant**  
Water Dock

**Arrowhead, Regionally Significant**  
Broad-leaved Arrowhead  
Bloodroot  
Black Snakeroot  
Bouncing Bet\*  
**Figwort, Regionally Significant**  
Marsh Skullcap  
Maddog Skullcap  
Live-forever, Orpine\*  
Balsam Ragwort  
Bladder Champion\*  
Blue-eyed Grass

*Sisymbrium officinale*  
*Sium sauve*

*Smilax herbacea*  
*Solanum dulcamara*  
*Solanum ptycanthum*  
*Solidago altissima*  
*Solidago caesia*  
*Solidago canadensis*  
*Solidago flexicaulis*  
*Solidago gigantea*  
*Solidago juncea*  
*Solidago nemoralis*  
*Solidago rugosa*  
*Solidago squarrosa*

***Solidago uliginosa***

*Sonchus arvensis*

***Sparganium americanum***

*Sparganium emersum*  
*Sparganium eurycarpum*  
*Spiranthes cernua*  
*Spiranthes lacera*

***Spiranthes romanzoffiana***

***Spirodela polyrhiza***

*Stachys hispida*  
*Stachys palustris*  
*Stellaria aquatica*  
*Stellaria graminea*

***Stellaria longifolia***

***Streptopus amplexifolius***

*Streptopus lanceolatus*

***Symphyotrichum boreale***

*Symphyotrichum ciliatum*  
*Symphyotrichum cordifolium*  
*Symphyotrichum lanceolatum*  
*Symphyotrichum lateriflorum*  
*Symphyotrichum novae-angliae*  
*Symphyotrichum puniceum*

*Tanacetum parthenium*

*Tanacetum vulgare*

*Taraxacum officinale*

*Thalictrum dioicum*

*Thalictrum pubescens*

*Tiarella cordifolia*

*Tragopogon dubius*

*Tragopogon pratensis*

*Triadenum fraseri*

*Trichostema brachiatus*

*Trientalis borealis*

*Trifolium aureum*

*Trifolium hybridum*

*Trifolium pratense*

Hedge Mustard\*  
Water Parsnip

Carrion Flower, Greenbriar, SNC

Deadly Nightshade\*

Black Nightshade

Tall Goldenrod

Blue-stemmed Goldenrod, SNC

Canada Goldenrod

Zig-zag Goldenrod

Late Goldenrod

Early Goldenrod

Gray Goldenrod

Rough Goldenrod

Stout Goldenrod

**Marsh Goldenrod, Regionally Significant**

Sow Thistle\*

**American Bur-reed, Regionally Significant**

Green Bur-reed

Giant Bur-reed

Nodding Ladies' Tresses

Slender Ladies-tresses

**Hooded Ladies-tresses, Regionally Significant**

**Larger Duckweed, Regionally Significant**

Smooth Hedge Nettle

Hedge Nettle\*

Giant Chickweed\*

Lesser Stitchwort\*

**Long-leaved Stitchwort, Regionally Significant**

**Twisted Stalk, Regionally Significant**

Rose Twisted Stalk

**Rush Aster, Regionally Significant**

Ciliolate Aster

Heart-leaved Aster

Panicled Aster

Calico Aster

New England Aster

Purple-stemmed Aster

Feverfew\*

Tansy\*

Dandelion\*

Early Meadow Rue

Tall Meadow Rue

Foamflower

Goat's-beard\*

Johnny-go-to-bed-by-noon\*

Marsh St. Johnswort

False Pennyroyal

Starflower

Yellow Hop Clover\*

Alsike Clover\*

Red Clover\*

<i>Trifolium repens</i>	White Clover*
<i>Trillium cernuum</i>	Nodding Trillium
<i>Trillium erectum</i>	Red Trillium
<i>Trillium undulatum</i>	Painted Trillium
<i>Tripleurospermum inodorum</i>	Scentless Chamomile
<i>Tussilago farfara</i>	Coltsfoot*
<i>Typha angustifolia</i>	Narrow-leaved Cattail
<i>Typha latifolia</i>	Cattail
<i>Urtica dioica</i> ssp. <i>gracilis</i>	Slender Stinging Nettle
<b><i>Utricularia minor</i></b>	<b>Lesser Bladderwort, Regionally Significant</b>
<i>Utricularia macrorhiza</i>	Common Bladderwort
<i>Uvularia grandiflora</i>	Large-flowered Bellwort
<b><i>Uvularia sessilifolia</i></b>	<b>Wild-oats, Regionally Significant</b>
<i>Valeriana officinalis</i>	Valerian*
<i>Verbascum thapsus</i>	Mullein*
<i>Verbena hastata</i>	Blue Vervain
<i>Verbena urticifolia</i>	White Vervain
<i>Veronica officinalis</i>	Common Speedwell*
<i>Veronica scutellata</i>	Marsh Speedwell
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell*
<i>Vicia cracca</i>	Purple Vetch*
<i>Viola blanda</i>	Sweet White Violet
<i>Viola labradorica</i>	Dog Violet
<i>Viola cucullata</i>	Marsh Blue Violet
<b><i>Viola lanceolata</i></b>	<b>Lance-leaved Violet, Regionally Significant</b>
<i>Viola macloskeyi</i> ssp. <i>pallens</i>	Northern White Violet
<i>Viola pubescens</i>	Downy Yellow Violet
<b><i>Viola selkirkii</i></b>	<b>Great-spurred Violet, Regionally Significant</b>
<i>Viola tricolor</i>	Johnny-jump-up*,
<i>Waldsteinia fragarioides</i>	Barren-strawberry
<i>Xanthium strumarium</i>	Cocklebur

**673 species** (Updated 27 April, 2015)

**References:**

1. Brunton, Dan. 2005. *Vascular Plants of the City of Ottawa, Ontario with identification of Regionally Significant Species*.
2. Natural Heritage Information Centre, <http://nhic.mnr.gov.on.ca/MNR/nhic>

***Eleanor Thomson with additions by S. Darbyshire, C. Hanrahan, J&A Reddoch, H. Steger, N. Gauthier and participants in the Larose Forest BioBlitzes 2006, 2007, and 2010***