

A photograph of a rock face with several clusters of pink and white flowers growing from it. The flowers are small and numerous, arranged in dense, rounded clusters. The rock is grey and textured. The background is a soft-focus green, suggesting foliage.

NATIVE PLANTS of the Shawangunk Ridge and Foothills

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Overview

- Common native plants throughout the seasons
- Historical uses and interesting facts
- General habitat
- Relationships in the ecosystem



Spring

Bloodroot (*Sanguinaria canadensis*)

- Spring ephemeral
- Native American herbal medicine
- Dyes
- Floodplains, forests, woodlands
- Double-flowered cultivars
- Compound sanguinarine used in dental products



Dutchman's Breeches (*Dicentra cucullaria*)

- Related to cultivated Bleeding Heart
- Strong relationship with bumblebees
- Woodlands and forests (moist shade)
- Dormant by summer
- Narcotic and toxic substances (related to poppy)



Round-lobed Hepatica (*Hepatica americana*)

- Spring ephemeral
- Woodlands, forests, forest edges
- Flowers with old leaves on, new leaves emerge later
- Early spring pollen flower for bees
- “Liverleaf” and “Doctrine of Signatures”



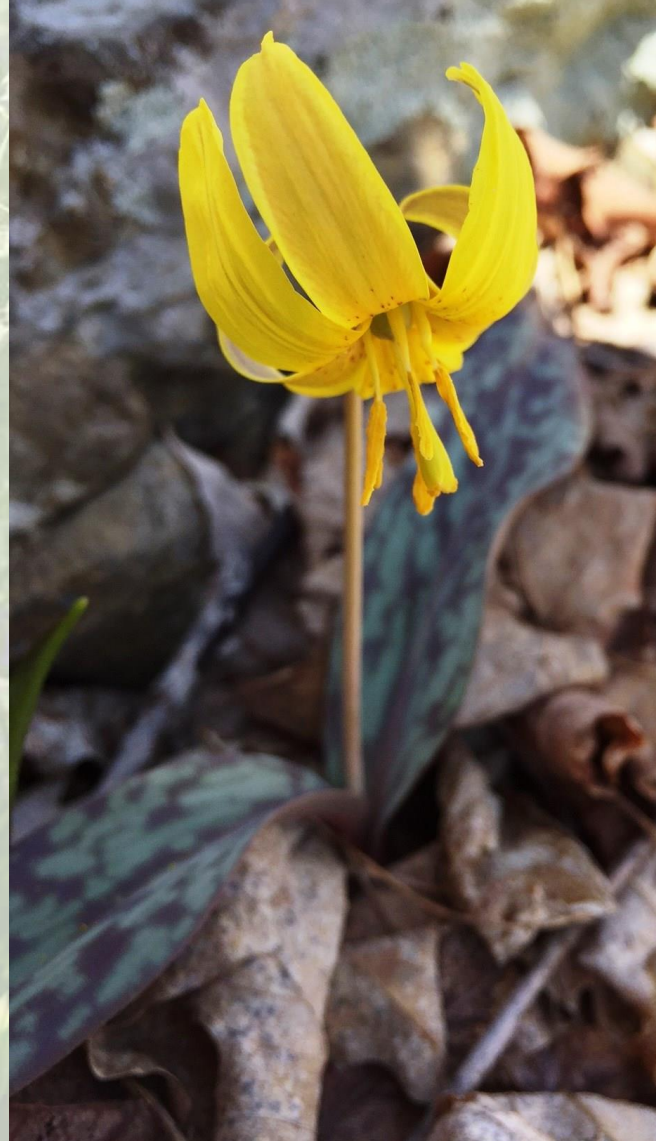
Coltsfoot (*Tussilago farfara*)

- Spring ephemeral
- Historically used for respiratory issues
 - *Tussis* = Latin “cough”
 - Hepatotoxic alkaloids
- Food plant for butterfly & moth larvae
- Roadsides, ditches, disturbed areas
- Flowers before leaves
- “fluffy” seeds used by Gold finches & Indigo buntings



Trout Lily (*Erythronium americanum*)

- Spring ephemeral
- Anther color differences
- Cherokee used poultice for wounds
- Forests, woodlands, roadsides
- ~ 7 years for a plant to reach flowering
- Extensive colonies can be very old (100+ years)
- Symbiotic relationship with ants



Shadbush (*Amelanchier arborea* and *A. laevis*)

- Serviceberry, Juneberry
- Common in Northeast
- Cultivated
- Edible berries
- Important for spring pollinators (bees) & fruit-eating animals
- Used in pemmican
- Wood used in arrow shafts by Native Americans



A lush garden scene featuring numerous green plants with serrated leaves and clusters of small white flowers. The plants are densely packed, creating a vibrant green background. The word "Summer" is centered in the image in a large, bold, black font with a slight drop shadow.

Summer

Blueberries (*Vaccinium spp.*)

- Edible!
 - Birds, mammals
- Acidic soils, bogs, wetlands, rocky slopes
 - Lowbush vs. Highbush
- Bees for pollination
- Economic importance



Common Milkweed (*Asclepias syriaca*)

- Highly important for pollinators
 - Bees
 - Butterfly larvae (Monarchs)
- “Fluffy” seeds in nests
- Fields, roadsides, open areas
- Native American uses
 - young leaves, stems, flower buds as food
 - outer bark for cord, thread, and bowstrings.



Wild Bergamot (*Monarda fistulosa*)

- Important for bees, butterflies, and hummingbirds
- Cultivars as ornamental plants
- meadows and fields, woodlands
- Edible, flavoring herb, petals



Spotted Touch-me-not (*Impatiens capensis*)

- Folklore as poison ivy remedy
- Native Americans used as topical remedy
- “Ballistic” seed dispersal
- forests, shores of rivers or lakes, swamps, wetland margins



Black Elderberry (*Sambucus nigra*)

- Forest edges, fields, hedges, shores of rivers or lakes, swamps, wetland margins, roadsides
- Edible!
- Herbalism for colds and flus
 - High in antioxidants
 - Anthocyanins



Basswood (*Tilia americana*)

- Flowers & leaves used in teas
 - Nervine
- Cultivated, ornamental tree
- Wood is light and easy to work
 - yardsticks, crates, parts for musical instruments, cabinets and pulp
 - inner bark is very fibrous = weaving baskets and rope.
- Trunks often develop cavities = nesting sites for woodpeckers and other animals.
- The flower nectar attracts bees
 - Valued for honey



A close-up photograph of several white daisies with bright yellow centers. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft-focus green, suggesting foliage. The word "Autumn" is overlaid in the center in a bold, yellow, sans-serif font.

Autumn

Goldenrods (*Solidago spp.*)

- Native American herbal medicine
- Not an allergen!
 - Herbalism as antihistamine
- Essential for fall pollinators
 - Pollen and nectar
- Many species, hard to ID
- Variety of habitats



Asters (*Symphotrichum* spp., *Aster* spp., *Oclemena* spp., etc.)

- Essential for fall pollinators
 - Pollen and nectar
- Many species, hard to ID
- Variety of habitats
- Deer-resistant!



White Snakeroot (*Ageratina altissima*)

- Forests and forest edges
- Folklore as snakebite cure
 - Highly toxic to cattle
- Important for fall pollinators
 - Butterflies



Witch Hazel (*Hamamelis virginiana*)

- Fall-flowering shrub
- 'Mohonk Red'
- Floodplains, forests, swamps, talus and rocky slopes
- Common understory shrub of 'Gunks
- Extracts of leaves, twigs, and bark for skincare

