



Wildflower Wonder at Wascana McKell Conservation Park



From the main entrance of the Wascana McKell Conservation Park head east and turn right on Wascana Gardens Drive. Drive right until the end and park. This is **Wascana View South Park**.

All I see is a field? **Once again...take a closer look!**

Walk towards the field and look for a small path of trodden down grass. All you will see at first is yellow clover but if you keep walking...

Wildflower Hunting!

Grab a piece of paper and a pencil. Use the guide below and write down what you find! **Who found the most?**



Want to know more about Saskatchewan wildflowers? Check out www.saskwildflower.ca Thanks to Glen and Maureen Lee for this great website!

Download the **Seek by iNaturalist** app to identify wildflowers.



Gaillardia
Blooms last a long time and once the bloom dries out they look like this (right).



Golden Rod
These are great late season flowers that **migrating butterflies love to visit**.



Two grooved milk vetch
Important for bees and butterflies but is not good for sheep and cattle if they eat too much.



Yellow Prairie Coneflower
Considered a "species of special value to native bees". **Songbirds eat the seeds.**

Why are native plants important?

1) Perennials so they come back every year. **Protect the soil** because their roots go down deep to find water in the prairies.

3) **Adapted to our climate!** Regina's annual precipitation is only 17 inches (rain and snow) and these plants have adapted over thousands of years to survive here.

2) Food and shelter for pollinators like bees and butterflies. **Ever notice how well your garden grows if there are lots of native plants near by?**

4) **Provide food for wildlife and birds.** Check out how many **birds** live at Wascana McKell Conservation Park and they use it as a **breeding ground and staging area** during the migratory season.



More outdoor adventures at natureregina.ca/get-outside-family-hikes

All of **Nature Regina's** activities are funded by donation and purchase of memberships. **Like these outdoor adventure guides? Become a member or make a donation!**



Wildflower Wonder at Wascana McKell Conservation Park



Prairie Rose
Pollen is beneficial for bees. Rosehips (red berry-like) are a **winter food for birds and mammals.**



Wild Asparagus
It can take a few years for asparagus plants to be well-established. Check back next year and see how it has grown.



Check out the grasshopper on the Rose Gall! A Rose Gall is formed when an insect lays an egg on or in a plant. **Inside each gall are tiny white larvae.** The spikes provide protection. The gall provides food for the larvae.



Prairie Sage
Used by First Nations for smudging.



Purple Prairie Coneflower
Prairie fires and grazing cattle help this plant to flourish! Without these things they have trouble growing well.



Pasture Sage
If you **gently rub a leaf** you can smell the sage. In the past sage was used to repel bed bugs, lice and fleas. An important food source for some birds and animals.



Common Yarrow
Many small insects and tiny bees rely on this plant for nectar. Yarrow is also used to **prevent soil erosion** in gardens because its root go down deep and hold the soil together.



Gumweed
The resinous sap that covers the leaves has been used as a substitute for chewing gum. **Feel it! Under the flower it is sticky. Like gum!**



Flax
Textiles made from flax are known as **linen such as fabric used in bed sheets and table linen.**



Heart-leaved Alexander
The leaves are heart shaped. **Important for short tongued bees** because the pollen and nectar are easy to reach.

A **native plant** is one that grew somewhere before pioneers and settlers came to an area. These plants and the animals and insects that use them for food and shelter have evolved together over thousands of years. They are well adapted to living together in the region in which they grow!



More outdoor adventures at
[natureregina.ca/
get-outside-family-hikes](http://natureregina.ca/get-outside-family-hikes)

All of **Nature Regina's** activities are funded by donation and purchase of memberships.
Like these outdoor adventure guides?
Become a member or make a donation!



Wildflower Wonder at Wascana McKell Conservation Park



Wild Licorice

Touch the fuzzy part that forms once the flower dries out! The creation of **Velcro was inspired by this plant.**



Rough Fleabane

Notice the white asters. Fleabane have about **40 petal-like, white rays**. Daisies have about 20. The stems and flowers feel a bit rough.



Canada Wild Rye

Also called "nodding wild rye" because the seed heads droop downward as they mature. Many insects and rabbits feed on it.



Snowberry

Produces a white "snow-like" berry that stays on the branch almost the entire **winter**. An important **source of food for quail, grouse and pheasants.**



Green Needle Grass

The roots go down two to three feet! Why? They need to **reach water to survive in dry places** like the prairies.



Little Blue Stem Grass

A "bunch grass" because it grows in a bunch!



Seaside Arrow Grass

Loves salty earth to grow in! If you found it then the **soil is salty.**

Is that a butterfly or a moth?

Butterflies have smooth antennae or clubbed antennae and fold their wings up or lay them flat to warm up in the sun. Moths usually have fuzzy antennae and many fold their wings so they look like a triangle.



Bluet Damselflies



Looper Moth—likes legumes like alfalfa



Dusky wing Butterfly



Sulphur Butterfly



Cabbage White Butterfly

Twelve spotted Dragonfly

Dragonflies have been **around since the dinosaurs!**



Cherryfaced Meadowhawk

Dragonflies have great eye sight for **spotting insects like mosquitoes to eat!**

Check the puddles. You might see **butterflies slurping the muddy water** to get their minerals.



More outdoor adventures at natureregina.ca/get-outside-family-hikes

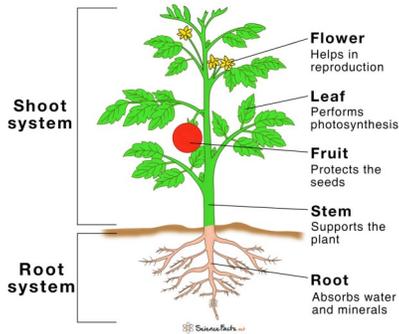
All of Nature Regina's activities are funded by donation and purchase of memberships. **Like these outdoor adventure guides? Become a member or make a donation!**



Wildflower Wonder at Wascana McKell Conservation Park



Parts of a Plant



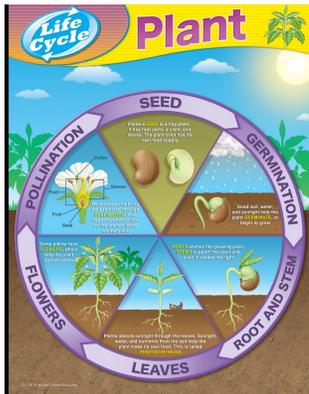
Every plant has a **root system and a shoot system**. The shoot system is made up of a flower, leaf, fruit and stem.



This is a purple prairie coneflower. **How do we know?** You can usually identify plants by their flower!

When the flower isn't there you can check out the leaves and stem. On this plant the leaves alternate with 3 to 5 leaflets. The stem is long and stiff. Once the flower dries out there is a hard pod or "fruit" left with seeds inside. Check out www.saskwildflower.ca for more info about leaves and stem patterns on plants.

From <https://www.sciencefacts.net/parts-of-a-plant.html>



Germination—A seed requires water and warmth to start the process. It is too cold in winter so they stay underground!



Roots and Stems – Stems emerge upward from the soil. The roots grow downwards looking for water and minerals.



From www.teachercreated.com/products/plant-life-cycles-chart-7714

Leaves— The plant uses the sun for photosynthesis (captures energy) and starts to grow leaves.

Flowers & Pollination—The flower grows and produces pollen. The pollen needs to get onto another plant of the same species. **Bees and butterflies move the pollen** as well as the wind. The bright, colourful flowers attract the bees and butterflies.



Native plants have more nectar than hybrid flowers. They are a great food source for bees and butterflies because they have evolved over thousands of years along with the creatures that need them.

Seed—Once pollinated the plant is able to produce seeds, fruit develops around the seed, protecting it and helping it to reach the ground. The **fruit is transported by wind, water, attaching to passing animals or being transported by animals that eat the fruit and later poop it out!**



For a wild rose the fruit is called a rose hip



More outdoor adventures at natureregina.ca/get-outside-family-hikes

All of Nature Regina's activities are funded by donation and purchase of memberships. **Like these outdoor adventure guides? Become a member or make a donation!**