

Lane's Island Wildflower Walk

This year, our wildflower walk will be self-guided, or virtual. You can look through the many flowers in this guide or use the guide to go find them yourself. The wildflowers included here are typically blooming from mid-July to early August.

The poisonous flower to take note of is spotted water hemlock. Please do not touch these plants at all.

All the plants listed here are native, unless noted as “Alien”.

Some of the flowers are found along Lane's Island Road, though most of them are at the preserve itself. Not all wildflowers that you might spot are included here. Let us know what else you find. If you can, send us a photo including when and where you spotted something, and we'll add it to the guide.

Thank you to all the photographers: Judi Gay, Kerry Hardy, Norbert Leser, Banner Moffat, Julia Morgan, and Sherry Rega.

Happy wildflower hunting!





Scots lovage or Scottish licorice-root (*Ligusticum scoticum*) Carrot family. It tends to be found in exposed, rocky sites. Note the differences between lovage, angelica, and water hemlock! The leaves are only serrated towards the top of the leaf, not all the way down to the stem. Look for it along the beach and in rocky crevices along the trail.



Cow parsnip (*Heraclium maximum*) Carrot family. Its flowers resemble water hemlock, and its leaves are similar to giant hogweed, both poisonous. There is quite a large patch to the left of the picnic tables.



Seacoast angelica (*Angelica lucida*) Carrot family. This plant tends to be found inland, in wet areas. The flowers are very similar to lovage and water hemlock, but note the differences in the leaves and location. The leaves are serrated all the way down to the stem. Used in herbal medicine.



Spotted water hemlock (*Cicuta maculata*) Carrot family. VERY poisonous, North America's most toxic plant. Do not touch this plant! It can be found in two locations at Lane's Island: near the blue flag irises in the marshy area where the "bridges" are and across from the little beach on the other side of the peninsula. The leaves are narrower than lovage or angelica.



Caraway (*Carum carvi*) Carrot family. The whole plant is edible, but the seeds are the most commonly used.



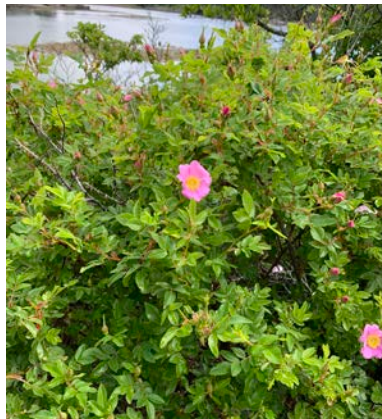
Queen Anne's Lace or wild carrot (*Daucus carota*) Carrot family. The roots are edible when young and tender; they become tough as the plant matures. The common name comes from a story about Queen Anne pricking her finger while sewing lace; the tiny red dot in the middle is her blood.
(Alien)



Meadowsweet (*Spirea alba*) Rose family. Butterflies like its nectar; songbirds feed on the seeds.



Steeplebush (*Spiraea tomentosa*) Rose family. Sometimes called meadowsweet. Butterflies love this wildflower.



Rosa rugosa Rose family. This rose bush grows near the water, it is very hardy, but can be invasive. The hips and petals are edible. There is a large grove of these along the beach at Lane's. (Alien)



Virginia rose (*Rosa virginiana*) Rose family. This native rose bush is much smaller than *rosa rugosa*. The hips and petals are also edible.



Multiflora rose (*Rosa multiflora*) Rose family. The hips and petals are edible, listed as very invasive by the Maine Natural Areas Program. There is a very large bush to the left of the picnic tables, hard to miss as it stands on its own with a large trunk. (Alien)



Mullein (*Verbascum thapsus*) Figwort family. Used in herbal medicine to treat disorders of the respiratory tract, skin, veins, and gastrointestinal tract. Can grow up to 9 feet tall. To the left of the picnic tables is a nice tall one in bloom. (Alien)



St. John's wort (*Hypericum perforatum*) St. John's wort family. In herbal medicine, used to treat anxiety and depression. Use a magnifying glass to see the black spots on the petals, and the leaves look perforated.



Butter and Eggs or Common toadflax (*Linaria vulgaris*) Plantain family. Similar to snapdragons, it makes a great cut flower. There are quite a few in the grassy area to the right in the parking lot. They have finished blooming for this year, but their paler green leaves are easy to spot. (Alien)



Meadow buttercup (*Ranunculus acris*) Buttercup family. Find these flowers everywhere, at Lane's, along most roadsides, and in meadows.



Yellow rattle (*Rhinanthus minor*) is a parasitic plant, it gains nutrients from its neighbors. Along the path that starts after the beach, look along the right side of the path. There are lots of them in some areas, especially just before the large patch of blue flag. (Alien)



Swampcandles (*Lysimachia terrestris*) Primrose family.



Common cinquefoil (*Potentilla simplex*) Rose family. This plant is very popular with pollinators. Look for it low to the ground.



Common silverweed (*Potentilla anserina*) Rose family. Look for this on the beach. The underside of the leaves are silvery.



Field sow thistle (*Sonchus arvensis*) Sunflower family. (Alien)



Yellow hawkweed (*Hieracium caespitosum*) Sunflower family, likes neglected soil, grows on roadsides.



Orange hawkweed (*Pilosella aurantiaca*) Sunflower family, also called devil's paintbrush (Alien)



Large-leaved lupine (*Lupinus polyphyllus*) Pea family, bumblebees love them. The lupine have mostly gone to seed. (Alien)



Purple crownvetch (*Securigera varia*) Pea family, can be invasive (Alien)



Tufted vetch (*Vicia cracca*) Pea family, also called cow vetch, bees and butterflies love this (Alien)



Seaside pea (*Lathyrus japonicus*) Pea family, flowers turn to pods. Beach pea grows along the beach. Quite a few can be found as you enter the beach at Lane's. (Alien)



Rabbitfoot clover (*Trifolium arvense*) Pea family. (Alien)



Red clover (*Trifolium pratense*) Pea family, edible flowers (Alien)



Blue flag (*Iris versicolor*) Iris family, has been used as a “magic” plant, the rhizome carried for luck, not edible. The flowers are mostly past, but the leaves are still visible. There are two obvious large patches, one in the marshy area near the water hemlock, the other along the shore trail.



Harebell/Scotch bellflower (*Campanula rotundifolia*) Bellflower family. These are very small, you can find a cluster of them to the left of the picnic tables, near the large rock on the hill.



Musk mallow (*Malva moschata*) Mallow family. The leaves, flowers, and seeds are edible. Find this to the left of the picnic tables. (Alien)



Bull thistle (*Cirsium vulgare*) Sunflower family, the national flower of Scotland. Thistle grows everywhere, and can be invasive and hard to weed due to its "thistles". (Alien)



Marsh skullcap (*Scutellaria galericulata*) Mint family, used by Native Americans as a nerve tonic. Find this on the trail (along the water) from the beach on the right side, before the large patch of blue flag.



Valerian (*Valeriana officinalis*) Honeysuckle family, the root is used as a sleep tonic. Found along many roadsides; on Lane's find it along the trail popping up above other plants.



Common dodder (*Cuscuta gronovii*) Morning Glory family. A parasitic plant, it depends on others for nutrition. In the marshy area near the water hemlock it is wrapped around some grass and valerian plants.



Jointed charlock (*Raphanus raphanistrum*) Mustard family, also called wild radish (Alien)



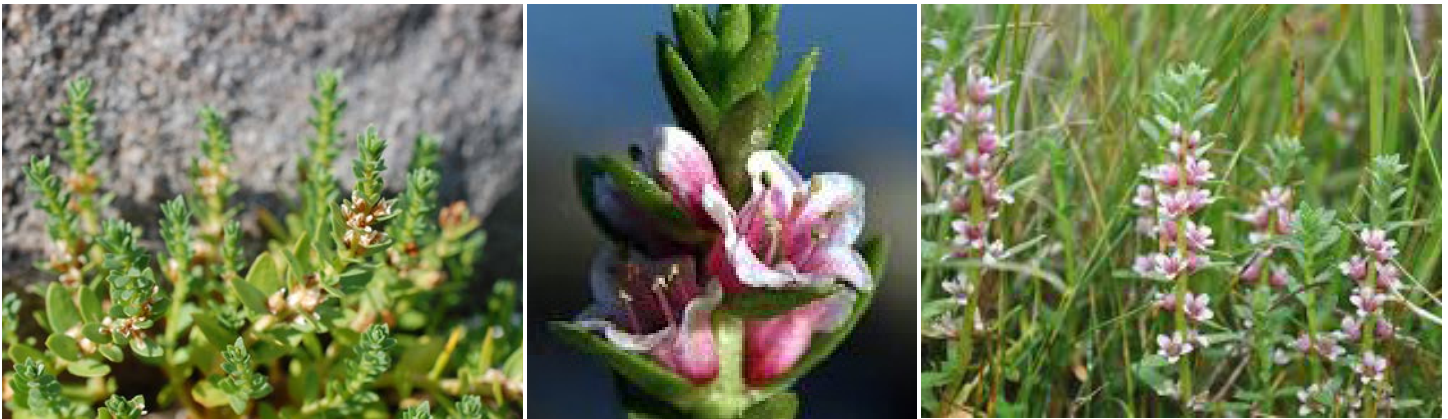
Lesser stitchwort (*Stellaria graminea*) Pink family, tiny white star-like flowers. Find this on the edges of meadows to the right of the picnic tables. (Alien)



Common yarrow (*Achillea millefolium*) Sunflower family, sweet smelling white to pink flowers.



Curly dock (*Rumex crispus*) Knotweed family. There is a nice example right on the beach. (Alien)



Sea milkwort (*Lysimachia maritima*) Primrose family.



American sea rocket (*Cakile edentula*) Searocket family, found on dunes and beaches.



Swallow-wort (*Vincetoxicum rossicum*) Dogbane family, invasive (Alien)