

**A Chronological Checklist of Wildflowers, Flowering Shrubs and Vines of the Rindge Rails to Trails by Richard L. Burns\* and Helen A. Burns. 2002 (latest revision 2003).**

The purpose of this wildflower checklist is to help people increase their awareness of flowering plants as they walk/jog/ride along the Rindge Rails to Trails. The authors have found that walking and wildflowers have become part of their daily lives. You don't have to drive hundreds of miles to enjoy New England wildflowers, the Rindge Rails to Trails provides convenient access to a variety of habitats and the wildflowers that thrive in each habitat.

The checklist is organized chronologically from April 15 (Tax Day) through October 15 and the most obvious plants in flower during each two-week period are listed. There will be some overlap, some plants flower then continue to flower throughout the growing season (eg. Yarrow) whereas others may flower, and that flowering period may last only a few weeks (eg. *Trillium*).

Both the common name and Latin name is given so that one can use the index of his/her favorite flower guide to verify identification. In addition a page number is listed which refers to the page in Newcomb's Wildflower Guide (Little and Brown and Company) that provides a description along with an excellent illustration of each flower in our species list. Needless to say, Newcomb's Wildflower Guide has been the authors' favorite for years.

All of the flowers listed can be seen from the Rails - including where the Rails cross streets and major highways. As a result, a variety of habitats can be experienced: ponds, wetlands, bogs, moist woods, fields, clearings under power lines, damp meadows, etc. Each part of the Rails has an opportunity to shine, from the Jaffrey line especially in early May, to the Rose Pogonia at the 202 waterhole, to the "Mountain Azalea show" behind the steel fabrication plant in early June, to the Sundews of mid summer behind Walmart, the "Butter and Eggs" in mid-July where the Rails cross 119, to late summer's Goldenrod and fall's Aster's until the red berries of Winterberry can be viewed against a backdrop of snow in early winter.

Animal life is also evident: frogs, toads, newts, salamanders, turtles, snakes, turkey, heron (rookery), geese, hawks, eagles, fox, deer, moose and bear have all made their presence known along the Rails to Trails. The plants and animals along the trail should stimulate the use of all the senses: sight, smell, taste, touch and hearing.

Finally, this is a "preliminary" checklist. It can and will be added to. The authors hope the checklist will amplify the enjoyment of hiking along the Rindge Rails to Trails and that many will find, share and add additional species to the list for others to enjoy.

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## Preliminary Checklist: Rails to Trails

April 15-30

- Skunk Cabbage, *Symplocarpus foetidus*, p. 16.
- Coltsfoot, *Tussilago farfara*, p. 358.

May 1-15

- Violets, *Viola* sp. p.29.
- Wild Virginia Strawberry, *Frageria virginiana*, p.184.
- Trailing Arbutus or Mayflower, *Epigaea repens*, p. 198.
- Shadbushes, *Amelanchier*, p.314.
- High Bush Cranberry, *Viburnum trilobum*, p. 304.

May 16-31

- Painted Trillium, *Trillium undulatum*, p. 124.
- Hairy Solomon's Seal, *Polygonatum pubescens*, p.342.
- Bluets, *Houstonia caerulea*, p.156.
- Goldthread, *Coptis groenlandica*, p. 184.
- Pink Lady's Slipper, Moccasin Flower, *Cypripedium acaule*, p. 22.
- Canada Mayflower, *Maienthium canadense*, p. 130.
- Common Cinquefoil, *Potentilla simplex*, p. 240.
- Bunchberry, *Cornus canadensis*, p.152.
- Yellow Clintonia, Bluebead, *Clintonia borealis*, p. 338.
- Wild Oats, Bellwort, *Uvularia perfoliata*, p. 340.
- Star Flower, *Trientalis borealis*, p. 386.
- High Bush Blueberry, *Vaccinium corymbosum*, p.298.
- Low Bush Blueberry, *V. angustifolium*, p.298.
- Cherries, *Prunus* sp. p.312.
- Chokeberries, *Pyrus* sp.p.312.
- Rhodora, *Rhododendron canadense*, p.104.

June 1-15

- Small Sundrops, *Oenothera perennis*, p.132.
- Oxeye Daisy, *Chrysanthemum leucanthemum*, p.380.
- Hop or Yellow Clover, *Trifolium agrarium*, p.58.
- Red Clover, *T. pratense*, p.60.
- White Clover, *T. repen*, p.60.
- Birdsfoot Trefoil, *Lotus corniculatus*, p.66.
- White Campion, *Lychnis alba*, p.260.
- Bladder Campion, *Silene cucubalus*, p.260.
- Yarrow, *Achillea millefolium*, p.220.
- Mountain Azalea, *Rhododendrum roseum*, p. 300.
- Pink Azalea, Pinxter Flower, *R. nudiflorum*, p.300.

June 16-30

Orange Hawkweed, Devil's Paintbrush, *Hieraceum aureantiacum*, p. 360.  
Field Hawkweed, King Devil, *H. pratense*, p.360.  
Chickweeds, *Stellaria sp.* and *Cerastium sp.* p.274.  
Lesser Stitchwort, *Stellaria graminea*, p. 274.  
Rough Cinquefoil, *Potentilla norvegica*, p.240.  
Rough Fruited Cinquefoil, *P. recta*, p. 240.  
Shrubby Cinquefoil, *P. fruticosa*, p. 316.  
Cow Vetch, *Vicia cracca*, p. 112.  
Maiden Pink, *Dianthus deltoides*, p. 258.  
Rose Pogonia, *Pogonia ophioglossoides*, p. 38.  
Small Sundrops, *Oenothera perennis*, p. 132.  
Blue Toadflax, *Linaria canadensis*, p.50.  
Whorled Loosestrife, *Lysimachia quadrifolia*, p. 266.  
Moneywort, *L. nummularia*, p.266.  
Arrowwood, *Viburnum recognitum*, p. 302.  
Hobblebush, *V. alnifolium*, p. 302.  
Witherod, *V. cassinoides*, p. 302.  
Swamp Fly Honeysuckle, *Lonicera oblongifolia*, p. 104.  
European Fly Honeysuckle, *L. xylosteum*, p. 104.  
Snowberry, *Symphoricarpus albus*, p. 296.  
Mountain laurel, *Kalmia latifolia*, p.292.  
Sheep laurel, *Kalmia angustifolia*, p. 292.  
Small Cranberry, *Vaccinium oxycoccus*, p. 128.  
Winterberry or Black Alder, *Ilex verticellata*, p.396.  
Smooth Winterberry, *I. laevigata*, p. 396.

July 1-15

Swamp Candles, *Lysimachia terrestris*, p.266.  
Blue Toadflax, *Linaria canadensis*, p. 50.  
Common St. Johnswort, *Hypericum perforatum*, p. 268.  
Common Milkweed, *Asclepias syriaca*, p. 264.  
Water Lily, *Nymphaea odorata*, p.358.  
Round-leaved Sundew, *Drosera rotundifolia*, p.174.  
Spatulate-leaved Sundew, *D. intermedia* p. 174.  
Canada St. Johnswort, *Hypericum canadense*, p.268.  
Sweet Everlasting, *Gnaphalium obtusifolium*, p. 402.  
Common Yarrow, *Achillea millefolium*, p. 220  
Indian Pipe, *Monotropa uniflora*, p.172.

July 16-31

Queen Anne's Lace, *Daucus carota*, p. 220.  
Black Eyed Susan, *Rudbeckia serotina*, p.374.  
Butter and Eggs, *Linaria vulgaris*, p.48.  
Swamp Dewberry, *Rubus hispidus*, p. 330.  
Mullein, *Verbascum thapsus*, p.188.  
Steeplebush, or Hardhack, *Spiraea tomentosa*, p. 310.  
Pickerelweed, *Pontedaria cordata*, p. 50.

August 1-15

Sweet Clover, *Melilotus alba*, p. 60.  
Goldenrods, (many species), *Solidago sp.* p.446.  
Orange Grass, *Hypericum gentianoides*, p. 172.  
Purple Milkwort, *Polygala sanguinea*, p.46.  
Narrow-leaved Gentian, *Gentiana linearis*, p. 252.  
Upland Boneset, *Eupatorium sessilifolium*, p. 434.  
Spotted Joe-Pye Weed, *Eupatorium maculatum*, p. 436.  
Trumpetweed, *E. fistulosum*, p.436.  
Sweet-scented Joe-Pye Weed, *E. purpureum*, p. 436.  
Eastern Joe-Pye Weed, *E. dubium*, p. 436.  
Boneset, *E. perfoliatum*, p.434.  
Common Arrowhead, *Sagittaria latifolia*, p. 118.  
Ragweed, *Ambrosia artemisiifolia*, p. 438.  
Indian Tobacco, *Lobelia inflata*, p.52.  
Northern Bugleweed, *Lycopus uniflora*, p.90.

August 15-31

Small Flowered Gerardia, *Gerardia paupercula*, p. 254.  
Stiff Aster, *Aster linariifolius*, p.454.  
New England Aster, *A. novae-angliae*, p.460.  
White Wood Aster, *A. divaricatus*, p. 454.  
Silverrod, *Solidago bicolor*, p.382.  
Cut-leaved Primrose, *Oenothera laciniata*, p. 134.  
Additional Aster Species, p. 454-462.  
Pearly Everlasting, *Anaphalis margaritacea*, p. 368.  
Seedbox, *Ludwigia alternifolia*, p.132.  
Spotted Touch-me-not, *Impatiens capensis*, p.54.

September 1- 30.

Sand Jointweed, *Polygonella articulata*, p. 172.  
Slender Ladies Tresses, *Spiranthes gracilis*, p. 27.  
Tall White Lettuce, *Prenanthes altissima*, p. 212.  
Rabbit Foot Clover, *Trifolium arvense*, p. 60.  
Small White Aster, *Aster vimineus*, p.456.  
Additional Asters, p.454-463.  
Additional Goldenrods, p. 446-453.

October 1-15

Enjoy the Fall foliage and the colors of the many berries – the fruits of a long summer.