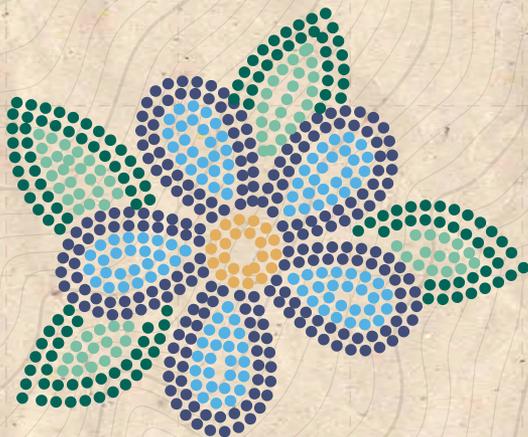


# A RED RIVER MÉTIS GUIDE TO THE FOREST



**The Plants of the Homeland,  
Manitoba Edition**





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## PLANT BASICS

### Types of Plants:

#### Annual

Live only for one growing season.

#### Perennial

Usually last three years or more and regrow each spring (the top portion dies back each winter and grows again).

#### Herbs



Small plants with a non-woody stem.

#### Shrubs



Medium, bushy plants with multiple woody stems.

#### Trees



Tall, perennial plants with a single woody stem or trunk.

#### Creepers



Thin, weak-stemmed plants that creep along the ground.

#### Climbers



Thin, weak-stemmed plants that climb up other objects to grow.

## PLANT BASICS

### Types of Leaves:

#### Leaf Arrangement

Simple



Compound



#### Leaf Shape



Truncate



Elliptical



Oval



Lanceolate



Linear

#### Leaf Margins



Entire leaf



Toothed leaf



Lobed leaf



Parted leaf

#### Leaf Venation Patterns

Pinnate



Palmate



## PLANT BASICS

### Types of Fruit:

#### Fleshy fruits



Berry (e.g. tomato)



Drupe (e.g. plum)

#### Dry fruits

##### Indehiscent fruits - remain closed when ripe:



Caryopsis  
(e.g. wheat  
grain)



Achene



Paired  
samara



Nut  
(e.g. hazelnut)

##### Dehiscent fruits - burst open when ripe:



Silique



Capsule



Follicle



Pod

## PLANT BASICS

### Types of Flowers:



Single



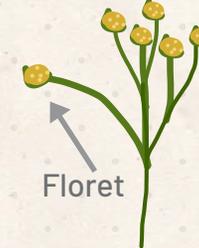
Spike



Raceme



Corymb



Floret

Umbel



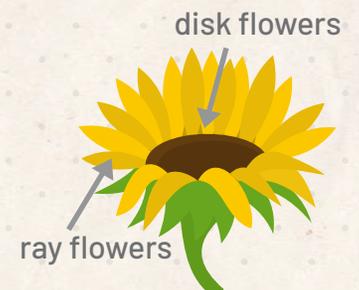
Cyme



Panicle



Spadix



disk flowers

ray flowers

Composite

## PLANTAIN, LEE PLANTAIN

**Native Species** to Canada.



Plantains are perennial wildflowers that grow 10-60cm tall, with a fibrous root system.

**Leaves** are simple, often wrinkled, and found at the base of the plant in a tight, spiral rosette.

**Flowers** are spike-like inflorescences, that bloom from March to November.

**Commonly found** in lawns, pastures, roadsides, farmyards, ditches, fields and along cracks in sidewalks.

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## BURDOCK, GRACHIAS

Introduced Species to Canada.



It is known for its clinging burrs that were the inspiration for Velcro.

Burdock plants will grow up to 2m tall, with reddish stems and deep roots.

**Leaves** are large, heart shaped with wavy or toothed edges. Undersides have white wholly hairs.

**Flowers** are round, usually pink to purple, with many hooked bristles. They will bloom from July to October.

**Commonly found** in farmlands, pastures, roadsides, and streambanks.

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## BEARBERRY (UVA URSI)

Native Species to Canada.



Bearberry, also known as Kinnikinnik, is a low-growing shrub, often forming mats, that grows up to 15–30cm tall.

**Leaves** are dark green, teardrop-shaped, with a leathery texture.

**Flowers** are tiny, pinkish to white, shaped like vases that droop off branch tips. Flowers are similar to cranberries; however, bearberry will bloom earlier (from May to June).

**Fruit** is a cherry red berry that a lot of wildlife eat, including bears!

**Commonly found** in sandy or gravelly areas or Northern latitude forests.

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## MULLEIN

**Introduced Species** to Canada.



Mullein is a short-lived perennial plant that can grow up to 3m tall with a deep tap root. The plant will emerge as a dense rosette of leaves in the first year, then produce a single unbranched stem.

**Leaves** are large, hairy, and alternately arranged up the stem, decreasing in size towards the top.

**Flowers** can be yellow, orange, red-brown, purple, blue or white, with 5 symmetrical petals per floret and arranged in a dense spike. They will bloom from June to September.

**Commonly found** in grassy fields, roadsides, gravelly areas, and forest openings/edges.

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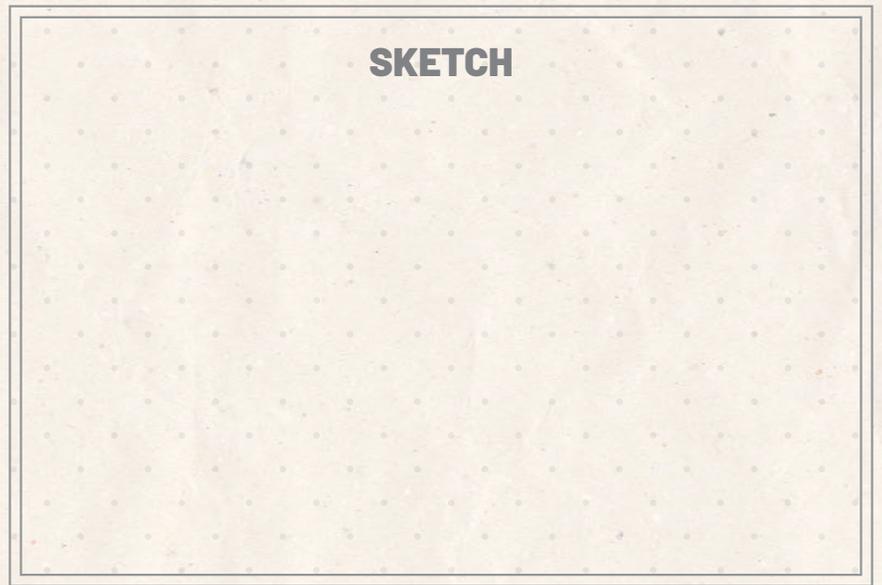
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## CHAGA MUSHROOM

**Native Species** to Canada.



Chaga is a parasitic fungus that will mainly host on Birch trees.

**Spores** will enter wounded or dying trees. The host tree and the Chaga can co-exist for many years, while the mushroom can be harvested up to three times over the course of its lifetime if done ethically.

**Appearance** is a hard, sharp-edged black coloured growth on the host tree. The conk (fungus found on tree) will have a charcoal outside and a golden colour on the inside.

**Size** on average will be from 15 to 20 inches.

**Commonly found** on wounded and/or dying birch trees.

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## BIRCH POLYPORE MUSHROOM

Native Species to Canada.



Birch Polypore is a common parasitic fungus that will grow exclusively on birch trees.

**Appearance** is a pale and rubbery fruiting body on the host tree, that will become corky with age.

**Fruiting bodies** have a smooth greyish-brown top surface and a creamy white underside with pores.

**Commonly found** on wounded and/or dying birch trees.

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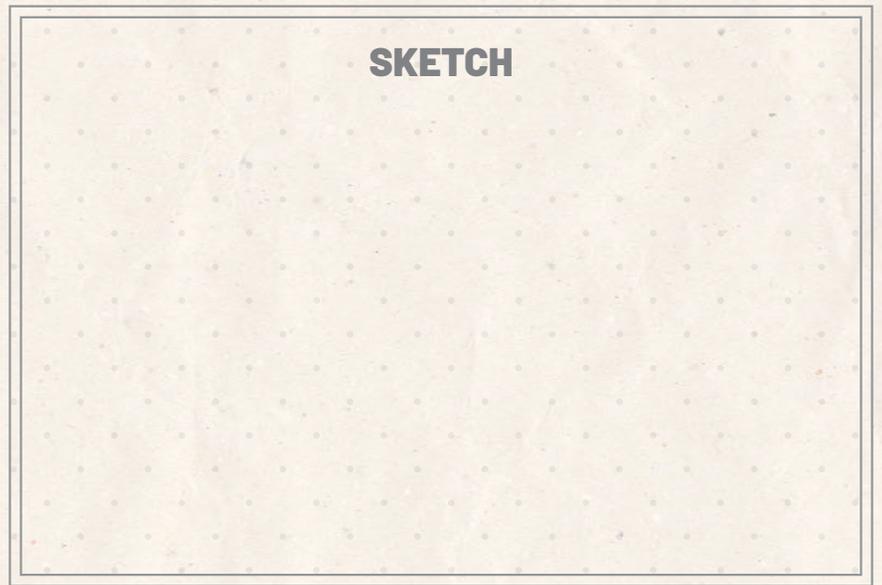
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## DANDELION, LI PISAANLII

Introduced Species to Canada.



Dandelion is a perennial wildflower with a taproot system, that will grow up to 30cm tall. Stems and leaves will exude a white, milky latex when broken.

**Leaves** are deeply and irregularly lobed/toothed, formed in a basal rosette. Dandelions have leafless stalks.

**Flowers** are composed of small, yellow florets and will grow at the end of a single hollow stalk. Dandelions will bloom nearly all year round.

**Seeds** are attached to a white feathery pappus ("fluff") so that it can be easily dispersed by wind.

**Commonly found** anywhere, including lawns, pastures, roadsides, waste places, etc.

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## LICORICE MINT (GIANT HYSSOP), LI PCHI BOOM

Native Species to Canada.



Licorice Mint is an upright perennial herb that grows up to 1m tall, with a taproot system. The stems are square shaped, with aromatic leaves that have a licorice-like scent.

**Leaves** are opposite, oval to triangular-shaped and toothed, with soft grey hairs on the underside.

**Flowers** are purple-blue, two lipped, clustered in a dense terminal spike. Licorice mint will bloom from June to September.

**Commonly found** in moist open woods, along streams and lakeshores, wet ditches and prairies.

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## SKETCH

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## COMMON WORMWOOD (CEREMONIAL SAGE)

Introduced Species to Canada.



Wormwood is a perennial herb that grows straight stems up to 1.2m tall, with a fibrous root system. The leaves are strongly scented, almost sage-like.

**Leaves** are silvery-green, covered in fine, silky white hairs and are divided into narrow, pinnate segments. Leaves are alternately arranged around the stem

**Flowers** are small, green-yellow florets with drooping heads. Common wormwood will bloom in August to October.

**Commonly found** in dry, open waste areas, along roads and in pastures.

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## SASKATOON, LII PWAYR

Native Species to Canada



The Saskatoon is a perennial, woody, fruit-bearing shrub that grows up to 8m tall. The fruit was commonly used in making pemmican.

**Leaves** are soft green, oval to round in shape, with toothy leaf margins on the upper half of the leaf.

**Flowers** are delicate and white, with five petals and sepals. Saskatoons will bloom in early May to early June.

**Fruit** is a small purple pome, resembling blueberries.

**Commonly found** in the prairies and as an understory shrub in forests.

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## BUNCHBERRY

Native Species to Canada



Bunchberry is a low-growing perennial, often forming mats, with upright slender stems that grow up 15cm tall.

**Leaves** are dark green and shiny with an oval and pointed shape. Leaves will be clustered in a group of 6 that whorl around the top of the stem.

**Flowers** are small, white to greenish and clustered, surrounded by 4 white bracts above the leaves. Bunchberry blooms in June to July.

**Fruit** is a cluster of bright red berry-like drupes, with a single hard seed.

**Commonly found** in montane and boreal forests, wetlands, and other open and moist habitats.

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## WILD ROSEHIPS, LEE BON TOOND ROUZH

Native Species to Canada



Rosehips are the fruit produced by flowering rose plants. Wild rose is a multi-stemmed deciduous shrub that can grow up to 3m tall. Typically, the stem will be covered in thorns (species dependent).

**Leaves** are alternate and compound, with 3 to 7 leaflets. Leaflets are ovate, with serrated margins.

**Flowers** are showy, single, pale to deep pink with yellow eyes. Wild rose blooms in May to July.

**Fruit** is scarlet, pear-shaped, fleshy 'hips'

**Commonly found** in thickets, open woods, meadows, rocky slopes and roadsides.

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## USNEA (OLD MAN'S BEARD)

Native Species to Canada



Usnea is the genus of lichens that grow and hang from tree branches and twigs. It is very sensitive to air pollution and can be used as a bioindicator of clean air. Under good growing conditions, they can grow up to 20cm long.

**Appearance** is shrubby, often with many branches, and can be erect or pendent. Colors vary depending on species, from yellow-green to reddish.

**Commonly found** on sick or dying trees due to pre-existing loss of canopy leaves.

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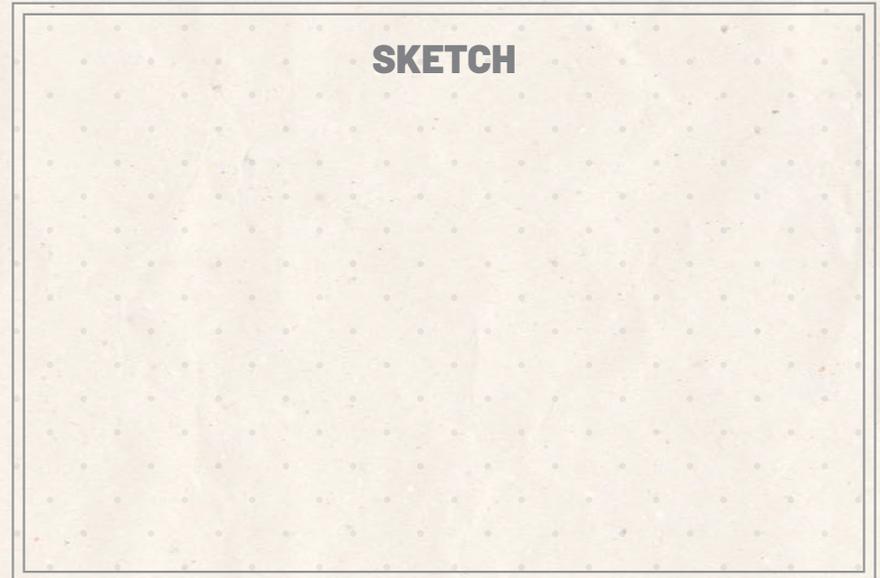
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## WILD RASPBERRY, LI BWAA DI FRAANBWAYZ

Native Species to Canada



Wild Raspberry is a small, perennial shrub in the rose family, with fine sharp thorns making it difficult to grab the stem.

**Leaves** are alternate and compound with 5-7 serrated leaflets. The underside of the leaves is silvery and hairy.

**Flowers** have white 5 petals and are short-lived (lasting only a day). Wild raspberry will bloom from June to August.

**Fruit** is round, red drupelets and will easily separate from the receptacle when ripe.

**Commonly found** in open woods, woodland edges, meadows, roadsides and along lakeshores.

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## WILD STRAWBERRY, LII FRAYZ

Native Species to Canada



Wild Strawberry is a small perennial plant with hairy, trailing stems that grow up to 25cm tall. Often will form little colonies.

**Leaves** grow from the stem base and are divided into 3, deep-toothed leaflets, that appear before the flowers.

**Flowers** are white, in clusters of up to 3-5, with 5 egg-shaped petals. Wild strawberry will bloom from April from May.

**Fruit** is fleshy, rounded strawberries, covered with tiny achenes (seeds).

**Commonly found** in forest edges, open woodlands, prairies, roadsides, and rocky slopes.

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## HORSETAIL

Native Species to Canada



Horsetail is a perennial plant with distinctive hollow stems, that are jointed and ridged, and can grow up to 1m tall. It is considered a "living fossil", since it is the only living genus in the Equisetaceae family.

**Leaves** are tiny, arranged in whorls around the stem, forming a narrow black-green band at each joint.

**Non-flowering** plant

**Reproduces** by spores rather than seeds, similar to ferns.

**Commonly found** in moist forest and woodland openings, ditches, marshes, swamps, and along lakeshores.

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## YARROW, LII FLEUR BLAAN

Native Species to Canada



Yarrow is an upright, perennial plant with one to several hairy stems, that can grow up to 1m tall from underground rhizomes. It is a fragrant plant that can be commonly mistaken for Poison Hemlock.

**Leaves** are alternate, lance-shaped, and divided into fine hairy leaflets, giving them a feathery (“frilly”) appearance.

**Flowers** are arranged into large flat clusters at the top of the stem. Yarrow can be white to pink. Yarrow will bloom from March to October.

**Commonly found** in prairies, open forests, roadsides, and shores.

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## WILD SARSAPARILLA (RABBIT ROOT)

Native Species to Canada



Wild Sarsaparilla is a perennial plant, with stems that will grow up to 60cm tall and divide into 3 parts, each with 5 leaflets. It can be mistaken for Poison Ivy.

**Leaves** are dark green, oval and serrated.

**Flowers** are white and tiny, clustered in a globe-shape at the end of a leafless stalk. Wild sarsaparilla blooms from May to July.

**Fruit** is purple to black edible berries.

**Commonly found** in open forests, mixed forests, and bog edges.

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## GOLDENROD

Native Species to Canada



Goldenrod is a perennial herb with a solitary, rigid, hairy stem that can grow up to 1m tall, and will typically grow in a group from underground creeping rhizomes. Riddell's Goldenrod is a threatened species in Manitoba.

**Leaves** are alternate, lance-shaped, have finely toothed margins and hairy undersides.

**Flowers** are small and yellow, and are arranged into loose, elongated clusters that bloom from the bottom up. Goldenrod blooms from August to October.

**Fruit** is a brown, narrow seed (achene) with a tuft of whitish hairs (pappus).

**Commonly found** in prairies, forests, shrubby fens, and roadsides.

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# **A Red River Métis Guide to the Forest**

The Plants of the Homeland, Manitoba Edition