Native SEEDS

ALLIANCE DU BASSIN VERSANT
PETITCODIAC
WATERSHED ALLIANCE

petitcodiacwatershed.org

Clematis virginiana:

A Climbing Vine Adorned with Fragrant White flowers, Bringing Life and Movement to Fences and Forest Edges

Virgin's Bower, Old Man's Beard, Devil's Darning Needles

The Greek word klēmatis, meaning "climbing plant" or "vine." The word is derived from klēma, meaning "twig" or "branch," which reflects the plant's vining, woody nature.

ALLIANCE DU BASSIN VERSANT PETITCODIAC WATERSHED ALLIANCE

Description: This herbaceous climbing vine features red stems and rough green leaves. It produces fragrant white flowers with four petals and a yellow center. The vine naturally wraps around nearby plants and structures, but if support is unavailable, it will spread along the ground. Its blooms attract butterflies, bees, and hummingbirds.
Size: Between 10-20 feet in height.
Family: Belongs to the Ranunculaceae family (also known as the Buttercup Family).
Flowering Period: Late summer to fall (Jul, Aug, Sep).

Map modified from: Université de Montréal, Canadian Museum of Nature.

Range/Habitat: Native to North America ranging from Newfoundland and Manitoba all the way to the Gulf of Mexico. USDA Zones 3 to 8.

Growing conditions: Clematis prefers moist, well-draining soils and can grow well in full sun or partial shade. Due to their hardy nature, they are also capable of growing dryer shaded areas. Capable of growing in clay loam and sand.

Seeds not yet ready to harvest (GARDENIA, n.d.).

Seeds that are ready to harvest; large, dark brown (Goldwyn, 2022)

Seed Collection: Collected in the fall, feathery achenes contain one seed each. Seeds remain viable for several months. Germination rates tend to be higher when stored and sewed indoors.

Seed storage: Seeds are best treated for a 60-180-day period stored dry at 33-40 °C.

Sowing and stratification procedure: It is recommended to either plant seeds outside in the fall or complete indoor cold stratification. To complete a cold stratification, place seeds in a damp paper towel and seal them in a plastic bag. Store seeds in your refrigerator for at least 60 days. When sowing seeds, lightly place seeds on top of soil and press them inwards (try not to bury them). Space seeds 3-4 inches away from each other.

Not edible: *The leaves and flowers are toxic to both humans and animals. Historically, the plant has been used in traditional Indigenous medicine, but only with great care due to its poisonous nature.*

New Nouveau Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement au travail

Verbena hastata:

A wildflower identifiable by the clustered blooms along its elongated seed heads

American Blue Vervain, Swamp Verbena

Hastata is derived from the Latin word hastatus, meaning "armed with spears" which refers to its triangular, spikey, and narrow leaves that look like spears (Esdale, 2024).

ALLIANCE DU BASSIN VERSANT PETITCODIAC WATERSHED ALLIANCE

Description: Verbena blooms have small, 5 petaled purple flowers that grow in clusters around the plants' elongated seed heads. Its flowers attract bees, butterflies, caterpillars, and moths; while the seeds are eaten by songbirds in the winter. Its stems can be green or red, often with short, white hairs protruding from its sides.
Size: Between 20 to 60 inches in height.
Family: Belongs to the Verbenaceae family, which consists of around 1,000 species.
Flowering Period: Mid-summer to Early fall (July, August, September)

Map modified from: Université de Montréal, Canadian Museum of Nature.

Range/Habitat: Native to North and South America. USDA Zones 3 to 8 (Foster, n.d.).

Growing conditions: Verbena hastata is very tolerant and able to endure drought, excess nutrients, and pest problems with ease. They grow best in full to partial sun environments. They prefer moist soil and are often found near swamps, or running water.

Harvested seeds (Foster, n.d.)

Seed heads that are ready to harvest. (Foster, n.d.)

Seed Collection: One seed head cluster can contain 100 seeds.This plant self-seeds in the fall and winter months, allowing for growth in the following year. Seeds can be harvested in the fall after the seed-heads have turned brown and dry to the touch.

Seed storage: Store seeds in sealed containers for up to 3 months, at a temperature of 3-10°C.

Sowing and stratification procedure: The seeds require a cold stratification period. Place seeds in the refrigerator in a sealed, labeled container or plastic bag with wet sand, peat moss, or a damp paper towel for 1-3 months. Then plant into moist soil to begin growing.

Not edible: *While the leaves and flowers are technically edible, their bitter flavor likely serves to discourage consumption by animals. The plant has a history of use in Indigenous traditional practices.*

New Nouveau Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement au travail

Asclepias incarnata:

A moisture-loving plant known for its pink blooms and nourishing role in the monarch butterfly's life cycle

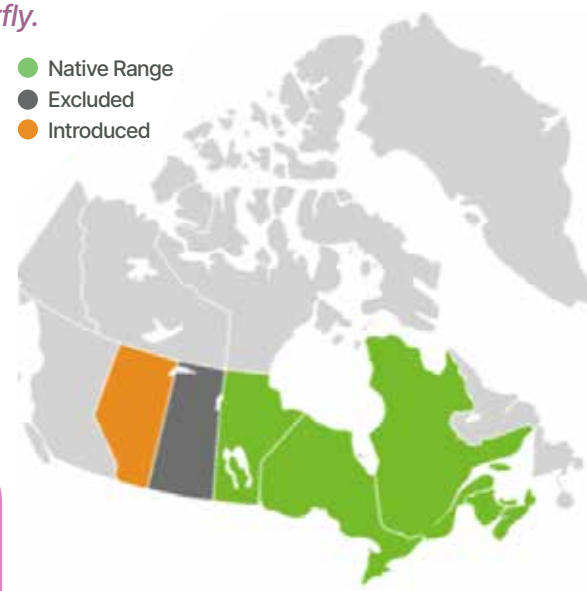
Swamp Milkweed, Rose Silkweed, White Indian Hemp
This native plant is a vital food source for the monarch butterfly.

ALLIANCE DU BASSIN VERSANT PETITCODIAC WATERSHED ALLIANCE

Description: Swamp milkweed produces flowers in shades of white, pink, orange and mauve with slightly curved, long, pointy green leaves.

Size: Between 3-5 feet height with a spread of 2-3 feet.

Family: Belongs to the Apocynaceae family.
Flowering Period: Summer (July to August).



Map modified from: Université de Montréal, Canadian Museum of Nature.

Range/Habitat: This species is native to northeastern and southeastern North America and thrives in USDA Zones 4 to 9 (Foster n.d.).

Growing conditions: Swamp milkweed performs best with full sun and medium to wet soil. The plant is low maintenance and remarkably adaptable by tolerating deer browsing and clay soils. This species favors wetland habitats and can tolerate occasional flooding, but has poor tolerance for dry conditions (Hilty, n.d.).

Seed Collection: After flowering, swamp milkweed produces seed-pods, which split and release silky-haired seeds. In late fall, swamp milkweed undergoes a dramatic transformation as its leaves turn red and purple, then brown, before the seed pods open to release seeds (Foster, n.d.). The hairs act as 'parachutes', allowing wind to carry the seeds for dispersal.
Seed storage: Seeds should be kept in a sealed container (or plastic bag) at temperatures between 4°C and 10°C (refrigerator).

Seed pods too soon to harvest

Harvested seeds (Cameron, 2009)

Expelling seeds, ready to harvest (Gingrich, 2024)

Sowing and stratification procedure: Although this plant is known to effectively self-seed, you can artificially cold-stratify the seeds for a more controlled germination by placing them into a container/plastic bag with a damp paper towel, then refrigerating for around 30 days (Cameron, 2009). Seeds can also be winter sown, after which they will typically bloom in their second year.

Not edible:
not considered edible with a history of traditional use by Indigenous people.

New Nouveau Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement au travail

Iris versicolor:

A Vibrant Wetland Plant Celebrated for Its Striking Violet Petals and Vital Role in Supporting Aquatic Ecosystems

Blue Flag, North American Blue Flag, Rainbow Iris

The Iris versicolor genus gets its name from the Greek goddess of rainbows, Iris. While versicolor comes from its ability to produce flowers in a variety of hues based on its environment.

ALLIANCE DU BASSIN VERSANT
PETITCODIAC
WATERSHED ALLIANCE

Since 1999, the Iris versicolor has been the official provincial flower of Quebec.

Description: The Iris versicolor has purple three-petal flowers. Its foliage consists of long, sword-shaped leaves.

Family: Belongs to the Iridaceae family.

Flowering Period: Spring (May to June).

Map modified from: Université de Montréal, Canadian Museum of Nature.

Range/Habitat: Native to North America. USDA Zones 3 to 9.

Growing conditions: Grows best in moist to wet soil (can tolerate flooding) and full to partial shade. Can be found near marshes, wetlands, in shallow waters, and shorelines.

Seed collection: Each flower produces around 15 seeds that can be collected after petals have fallen off, pods become a brown color and dry to the touch (in September). After seeds are removed from their pods, they should be used within the month to ensure that they do not dry out.

Seed pods too soon to harvest

Seed heads that are ready to harvest

Seed size reference (Ridgetownrick, 2022)

Seed storage: Once the seeds are removed from the pods, store them in envelopes or paper bags in a cool, dark place until you begin the stratification process (Spengler, 2023).

Sowing and stratification procedure: Irises contain a germination inhibitor in its seed coat. To remove the inhibitor, soak seeds in a bowl of daily-changed water for 1-2 weeks. The seeds then require cold stratification. Place seeds in a damp paper towel and seal them in a plastic bag. Store seeds in the refrigerator for 60 days. After which, germinated seeds can be planted at a depth of ½ inch and 2-5 inches spaced apart from each other (Waters, 2017).

Not edible: *Poisonous to humans and other mammals. Indigenous use occurred only under specific circumstances and careful preparation.*

New Nouveau Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement au travail

BIBLIOGRAPHY

Antosh, G. (2023, March 2). *Iris Versicolor Care: How to grow Blue Flag Iris*. Plant Care Today. Retrieved June 16, 2025, from https://plantcaretoday.com/iris-versicolor.html

Bauer, B & Coble, J. (n.d.). *Germinating Iris Seeds*. Iris in Canada. Retrieved June 16, 2025, from https://www.cdn-iris.ca/germinating-iris-seeds/

Cameron, F. (2009, August). Growing from seeds: Asclepias incarnata. *Defining Your Home*. https://definingyourhome.blogspot.com/2009/08/growing-from-seeds-asclepias-incarnata.html

Clematis virginiana. Prairie Moon Nursery. (n.d.). Retrieved July 10, 2025, from https://www.prairiemoon.com/clematis-virginiana-virgins-bower#panel-planting

Clematis virginiana (Virgin's Bower). (n.d.).GARDENIA. Retrieved June 12, 2025, from https://www.gardenia.net/plant/clematis-virginiana

Eberhardt, D. (9 July 2022). *Verbena Hastata: Benefits, How to Plant, Grow & Care for Swamp Verbena.* Retrieved June 12, 2025, from https://thenatureofhome.com/grow-care-swamp-verbena-hastata/

Esdale, S. (2024). *American Blue Vervain*. Retrieved June 12, 2025, from https://www.washcoll.edu/learn-by-doing/lifelong-learning/plants/verbenaceae/verbena-hastata.php#:~:text=Hastata%20comes%20from%20the%20Latin%20word%20hastatus%20which,America%20utilized%20Blue%20Vervain%20for%20medicine%20and%20consumption.

Foster, J. (n.d.). *Asclepias incarnata swamp milkweed: Complete guide. Grow It Build It*. Retrieved June 12, 2025, from https://growitbuildit.com/asclepias-incarnata-swamp-milkweed-complete-guide/

Foster, J. (n.d.). *Blue Vervain – A Complete Guide For What You NEED To Know. Grow it Build it*. Retrieved June 26, 2025, from https://growitbuildit.com/blue-vervain-verbena-hastata/

Gallagher, J. (n.d.) *Close up of flower.* [Photograph]. North Carolina Extension Gardener Plant Toolbox. https://plants.ces.ncsu.edu/plants/verbena-hastata/

Germination guide instructions. Ontario Rock Garden & Hardy Plant Society. (n.d.). Retrieved July 10, 2025, from https://www.onrockgarden.com/index.php/germination-guide/germination-guide

Gingrich, T. (2024, September 27). *How to harvest milkweed seeds: A tutorial.* Farm and Dairy. Retrieved June 26, 2025, from https://www.farmanddairy.com/top-stories/how-to-harvest-milkweed-seeds-a-tutorial/843155.html

Goldwyn, B. (2022, November 6). *How to Save Clematis Seeds.* By Brittany Goldwyn. Retrieved June 26, 2025, from https://www.bybrittanygoldwyn.com/clematis-seeds/

Government of Canada / Gouvernement du Canada. (2017, August 15). *Government of Canada. Quebec* - Canada.ca. Retrieved June 16, 2025, from https://www.canada.ca/en/canadian-heritage/services/provincial-territorial-symbols-canada/quebec.html
Hack, J. (2019, October 2). Toxicity Answer: Don't Eat the Lovely Iris. ACEP Now: American College of emergency Physicians. Retrieved June 16, 2025, from https://www.acepnow.com/article/toxicology-answer-dont-eat-the-lovely-iris/

Hilty, J. (n.d.). Swamp milkweed (Asclepias incarnata). *Illinois Wildflowers*. https://www.illinoiswildflowers.info/wetland/plants/sw_milkweed.htm

Kirk, S. and Belt, S. (April 2011). *Plant fact sheet for swamp milkweed (Asclepias incarnata)*. Retrieved July 11, 2025 from https://www.westernnativeseed.com/plant%20guides/ascincpg.pdf

Kirk, S. and Belt, S. (February 2010). *Plant fact sheet for blue vervain (Verbena hastata)*. Retrieved June 12, 2025, from https://plants.usda.gov/DocumentLibrary/factsheet/pdf/fs_veha2.pdf

Lavin, M. (n.d.) *Nutlets.* [Photograph]. North Carolina Extension Gardener Plant Toolbox. https://plants.ces.ncsu.edu/plants/verbena-hastata/

Milkweed Seed Collection. Monarch Joint Venture. (n.d.). Retrieved on July, 9 2025 from https://monarchjointventure.org/get-involved/create-habitat-for-monarchs/milkweed-seed-collection#:~:text=Seed%20Storage,Monarch%20Watch's%20Growing%20Milkweeds%20page.

Missouri Botanical Garden (n.d.). Iris versicolor. Plant finder. Retrieved June 16, 2025, from https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=281141

Mullen, D.(n.d.) *Flowers.* [Photograph]. North Carolina Extension Gardener Plant Toolbox. https://plants.ces.ncsu.edu/plants/verbena-hastata/

PFAF Plant Database. (n.d.) Iris versicolor Blue Flag, Harlequin blueflag. Retrieved June 16, 2025, from https://pfaf.org/user/Plant.aspx?LatinName=Iris+versicolor PLANT DATABASE: Clematis virginiana. (2017).

Lady Bird Johnson Wildflower center. Retrieved June 12, 2025, from https://www.wildflower.org/plants/result.php?id_plant=clvi5

Ridgetownrick. (2022, June 10). *Blue Flag Iris.* The Native Plant Gardener. Retrieved June 16, 2025, from https://nativeplantgardener.ca/blue-flag-iris/

Seeds – Virginia Clematis. (n.d.). Akene. Retrieved June 12, 2025, from https://akene.ca/products/semences-clematite-de-virginie

Spengler, T. (2023, January 18). *Harvesting Seeds from Iris - Learn How to Plant Iris Seeds.* Gardening Know How. Retrieved July 11, 2025 from https://www.gardeningknowhow.com/ornamental/bulbs/iris/harvesting-seeds-from-iris.htm

Universite de Montreal, Canadian Museum of Nature. (n.d.). *Asclepias Incarnata Linnaeus.* Asclepias Incarnata Linnaeus - Database of Vascular Plants of Canada (VASCAN). Retrieved July 9, 2025, from https://data.canadensys.net/vascan/taxon/2704?lang=en

Universite de Montreal, Canadian Museum of Nature. (n.d.). *Clematis virginiana Linnaeus.* Clematis virginiana Linnaeus - Database of Vascular Plants of Canada (VASCAN). Retrieved July 9, 2025, from https://data.canadensys.net/vascan/taxon/8465?lang=en

Universite de Montreal, Canadian Museum of Nature. (n.d.). *Iris Versicolor Linnaeus.* Iris Versicolor Linnaeus - Database of Vascular Plants of Canada (VASCAN). Retrieved July 9, 2025, from https://data.canadensys.net/vascan/taxon/6188?lang=en

Universite de Montreal, Canadian Museum of Nature. (n.d.). *Verbena hastata Linnaeus.* Verbena hastata Linnaeus - Database of Vascular Plants of Canada (VASCAN). Retrieved July 9, 2025, from https://data.canadensys.net/vascan/taxon/9462?lang=en

Verbena hastata (American Blue Vervain). (2023). Gardenia. Retrieved June 12, 2025, from https://www.gardenia.net/plant/verbena-hastata

Waters, T. (2017, February 13). *Growing Irises from Seed*. The American Iris Society. Retrieved June 16, 2025, from https://theamericanirissociety.blogspot.com/2017/02/growing-irises-from-seed.html

SEMENCES *indigènes*

ALLIANCE DU BASSIN VERSANT
PETITCODIAC
WATERSHED ALLIANCE

petitcodiacwatershed.org

Clematis virginiana :

Une vigne montante décorée de fleurs blanches odorantes, qui donne vie et mouvement aux clôtures et aux lisières de forêt.

La fleur de la vierge, la barbe du vieillard, les aiguilles à repriser du diable

Le mot grec klēmatis, qui signifie « plante grimpante » ou « vigne ». Le mot est dérivé de klēma, qui signifie "rameau" ou "branche", ce qui reflète la nature ligneuse et grimpante de la plante.

ALLIANCE DU BASSIN VERSANT PETITCODIAC WATERSHED ALLIANCE

Description : cette plante herbacée grimpante se caractérise par des tiges rouges et des feuilles vertes rugueuses. Elle produit des fleurs blanches parfumées à quatre pétales et au centre jaune. La plante s'enroule naturellement autour des plantes et des structures voisines, mais en l'absence de support, elle se propage au sol. Ses fleurs attirent les papillons, les abeilles et les colibris.
Hauteur : entre 3 et 6 mètres.
Famille : appartient à la famille des Ranunculaceae (également connue sous le nom de famille des renonculacées).
Période de floraison : fin de l'été à l'automne (juillet, août, septembre).

Carte modifiée à partir de : Université de Montréal, Musée canadien de la nature.

Aire de répartition/habitat : originaire d'Amérique du Nord, de Terre-Neuve et du Manitoba jusqu'au golfe du Mexique. Zones USDA 3 à 8.

Conditions de culture : La clématite préfère les sols humides et bien drainés et peut pousser aussi bien en plein soleil qu'à mi-ombre. Grâce à sa nature rustique, elle peut également pousser dans des zones ombragées plus sèches. Elle peut pousser dans des sols limoneux argileux et sableux.

Graines non encore prêtes à être récoltées (GARDENIA, n.d.)

Graines prêtes à être récoltées ; grosses, brun foncé (Goldwyn, 2022)

Récolte des graines : récoltées à l'automne, les akènes plumeux contiennent chacun une graine. Les graines restent viables pendant plusieurs mois. Les taux de germination ont tendance à être plus élevés lorsque les graines sont stockées et semées à l'intérieur.

Stockage des graines : il est préférable de traiter les graines pendant une période de 60 à 180 jours en les stockant au sec à une température comprise entre 33 et 40 °C.

Procédure de semis et de stratification : il est recommandé de planter les graines à l'extérieur à l'automne ou d'effectuer une stratification à froid à l'intérieur. Pour effectuer une stratification à froid, placez les graines dans une serviette en papier humide et scellez-les dans un sac en plastique. Conservez les graines dans votre réfrigérateur pendant au moins 60 jours. Lors du semis, placez délicatement les graines sur le sol et appuyez dessus (essayez de ne pas les enfouir). Espacer les graines de 7 à 10 cm les unes des autres.

Non comestible : *Les feuilles et les fleurs sont toxiques pour les humains et les animaux. Mais, la plante a été utilisée dans la médecine traditionnelle autochtone avec beaucoup de précaution en raison de sa nature toxique.*

New Nouveau Brunswick
Your Environmental Trust Fund at Work
Votre Fonds en fiducie pour l'environnement au travail