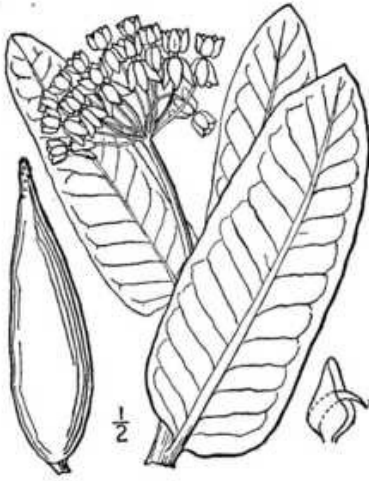


# All about prairie plants!



## Milkweed

- The larva of the Monarch butterfly feeds on this plant.
- The milky white sap inside the plant is toxic to humans and many animals and insects.
- Feeding on this plant helps protect the Monarch from predators by giving the insect a bitter taste.
- The Viceroy butterfly looks very similar to the Monarch.
- Each seed has a fluffy white part that assists the plant in distributing its seed by wind.



## Indian Breadroot (Prairie Turnip)

- The root of the plant is edible and was one of the most important foods for the Native people who lived on the prairie
- This plant breaks off and tumbles across the prairie to distribute its seeds.
- The silver color of the plant helps reflect sunlight and keep the plant cool



## Wild Rose

- The seeds inside the rose hip can cause irritation if eaten, giving the berries the nickname "itchy bum berries".
- Each rose hip contains as much vitamin "C" as a whole orange, and they are a local source unlike oranges!
- Rose hips can be eaten on their own dried, or fresh, and can be used to make tea.

# All about prairie plants!



## Sage

- The silver color of this plant helps to reflect the heat of the sun, keeping it cool.
- Some types of sage are used in cooking.
- Sage is also used in smudging ceremonies as a cleansing medicinal smoke that the body is washed with.



## Licorice

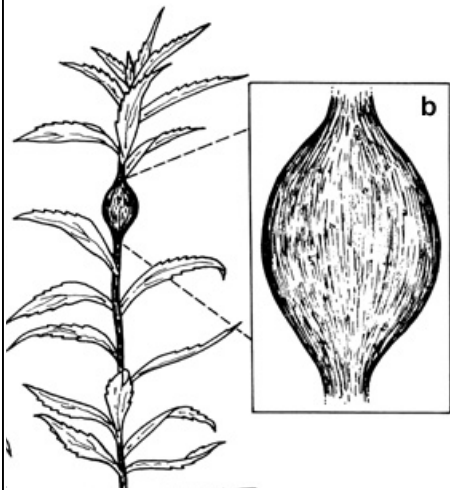
- The roots of the Licorice plant are edible and 30-50 times sweeter than sugar. The root also has medicinal properties.
- The seeds of this plant are contained in a capsule called a “burr”. The burr sticks to animal fur, human hair and clothing, helping the plant to distribute its seeds to other locations.



## Big Bluestem

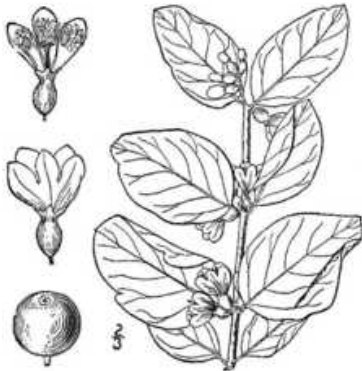
- The deep root system of this tall grass species help it to gain access to ground water during periods of drought and allows the plant to survive surface fires.
- The prairie is a fire dependent ecosystem where the build up of dead plant materials over time in what is called the “duff layer” begins to inhibit the growth of prairie plants. When this duff layer is burned away, the soil is exposed to the sun and the seeds in the soil germinate renewing the system.

# All about prairie plants!



## Goldenrod

- The early flowers of the Goldenrod plant are edible
- Insects make homes in the stem of this plant called “galls”.



## Snowberry

- The white berries on this shrub are not good for humans to eat, but are a favourite food of deer, giving the plant its nickname “deer candy”.
- Snowberry bushes also provide valuable shelter from wind, snow, and sun for animals living on the prairie