

Let the adventure begin!

From floodplains to forests, Minnesota's Interstate State Park has a diverse landscape. Here you can find a variety of wildflowers ranging in color and size. Wildflowers are protected in Minnesota State Parks. Take a picture or smell their beautiful fragrance, but please leave them for others to enjoy too!

Please note:

Wildflowers are categorized from beginning bloom date as observed at Interstate. They may bloom continuously throughout the season. Wildflowers that are non-native to Minnesota have been noted with an asterisk (*).

April

- Bloodroot (*Sanguinaria canadensis*)
- Dutchman's Breeches (*Dicentra cucullaria*)
- False Rue Anemone (*Enemion bifidum*)
- Kidney-leaf Buttercup (*Ranunculus abortivus*)
- Large Flowered Bellwort (*Uvularia grandiflora*)
- Pussytoes (*Antennaria neglecta*)
- Lyre-Leaved Rock Cress (*Arabis lyrata*)
- Sharp Lobed Hepatica (*Hepatica acutifolia*)
- Two Leaved Miterwort (*Mitella diphylla*)
- Swamp Buttercup (*Ranunculus fascicularis*)
- White Trout Lily (*Erythronium albidum*)
- Wood Anemone (*Anemone quinquefolia*)

May

- Alumroot (*Heuchera richardsonii*)
- American Vetch (*Vicia americana*)
- American Wild Plum (*Prunus americana*)
- Annual Fleabane (*Erigeron annuus*)
- Arrowwood (*Viburnum rafinesquianum*)
- Bastard Toadflax (*Comandra umbellata*)
- Bladderhut (*Staphylea trifolia*)
- Canada Anemone (*Anemone canadensis*)
- Cleavers (*Galium aparine*)
- Columbine (*Aquilegia canadensis*)
- Day Lily, Orange* (*Hemerocallis fulva*)
- Early Buttercup (*Ranunculus rhomboideus*)
- Early Meadow Rue (*Thalictrum dioicum*)
- False Solomon's Seal (*Similacina racemosa*)
- Goat's Beard* (*Tragopogon* sp.)
- Golden Alexanders (*Zizia aurea*)
- Golden Corydalis (*Corydalis aurea*)
- Side-Flowering Sandwort (*Arenaria lateriflora*)
- Harebell (*Campanula rotundifolia*)
- Honewort (*Cryptotaenia canadensis*)
- Jack-in-the-Pulpit (*Arisaema triphyllum*)
- Orange Hawkweed* (*Hieracium aurantiacum*)
- Pineapple Weed* (*Matricaria matricarioides*)
- Prairie Phlox (*Phlox pilosa*)
- Prairie Violet (*Viola pedatifida*)
- Spring Cress (*Cardamine bulbosa*)
- Swamp Buttercup (*Ranunculus septentrionalis*)
- Thimbleweed (*Anemone caroliniana*)
- Trillium, Large-Flowered & Drooping (*Trillium grandiflorum* & *T. flexipes*)
- Tufted Vetch* (*Vicia cracca*)
- Violet Wood Sorrel (*Oxalis violacea*)
- Virginia Bluebell (*Mertensia virginica*)
- Virginia Waterleaf (*Hydrophyllum virginianum*)

June

- Bittersweet Nightshade* (*Solanaceae dulcamara*)
- Black Medic* (*Medicago lupulina*)
- Blue Monkey Flower (*Mimulus ringens*)
- Blue Vervain (*Verbena hastata*)
- Buttonbush (*Cephalanthus occidentalis*)
- Common Mullein* (*Verbascum thapsus*)
- Common Speedwell* (*Veronica officinalis*)
- Common Yarrow (*Achillea millefolium*)
- Culver's Root (*Veronicastrum virginicum*)
- Forget-me-not* (*Myosotis scorpioides*)
- Marsh Skullcap (*Scutellaria galericulata*)
- Motherwort* (*Leonurus cardiaca*)
- Mouse-eared Chickweed* (*Cerastium vulgatum*)
- New Jersey Tea (*Ceanothus americanus* var. *pitcheri*)
- Northern Blue Flag (*Iris versicolor*)
- Old-field Cinquefoil (*Potentilla simplex*)
- Pointed-leaved Tick Trefoil (*Desmodium glutinosum*)
- Red Clover* (*Trifolium pratense*)
- Smooth, Carrion Flower (*Smilax herbacea*)
- Spotted Touch Me Not (*Impatiens capensis*)
- Spotted Water Hemlock (*Cicuta maculata*)
- Spreading Dogbane (*Apocynum androsaemifolium*)
- Swamp Milkweed (*Asclepias incarnata*)

- White Champion* (*Lychnis alba*)
- Wild Blue Phlox (*Phlox divaricata*)
- Wild Four O'Clock (*Mirabilis nyctaginea*)
- Wild Geranium (*Geranium maculatum*)
- Wild Ginger (*Asarum canadense*)
- Yellow Rocket* (*Barbarea vulgaris*)
- Wood Betony (*Pedicularis canadensis*)
- Wood Strawberry (*Fragaria vesca*)
- Yellow Hawk's Beard* (*Crepis tectorum*)

June continued

- Sweet Cicely (*Osmorhiza* sp.)
- Tall Cinquefoil (*Potentilla arguta*)
- Water-starwort (*Callitriche* sp.)
- White Avens (*Geum canadense*)
- White Sweet Clover* (*Melilotus alba*)
- Wild Leek (*Allium tricoccum*)
- Yellow Sweet Clover* (*Melilotus officinalis*)
- Yellow Wood Sorrel (*Oxalis stricta*)

July

- Agrimony (*Agrimonia gryposepala*)
- Black-Eyed Susan (*Rudbeckia hirta*)
- Boneset (*Eupatorium perfoliatum*)
- Bouncing Bet* (*Saponaria officinalis*)
- Broad-leaved Arrowhead (*Sagittaria latifolia*)
- Canada Elderberry (*Sambucus canadensis*)
- Catnip* (*Nepeta cataria*)
- Common Milkweed (*Asclepias syriaca*)
- Common Polypody (*Polygonum virginianum*)
- Common St. John's-wort* (*Hypericum perforatum*)
- Evening Primrose (*Oenothera biennis*)
- Flowering Spurge (*Euphorbia corollata*)
- Goldenrod (*Solidago* spp.)
- Great Blue Lobelia (*Lobelia siphilitica*)
- Green Headed Coneflower (*Rudbeckia laciniata*)
- Heal-All* (*Prunella vulgaris*)
- Hemp Nettle* (*Galeopsis tetrahit*)
- Hog Peanut (*Amphicarpaea bracteata*)
- Indian Pipe (*Monotropa uniflora*)
- Indian Tobacco (*Lobelia inflata*)
- Joe Pye Weed (*Eupatorium maculatum*)
- Lead Plant (*Amorpha canescens*)
- Lopseed (*Phytolacca leptostachya*)

- Meadowsweet (*Spiraea alba*)
- Smooth Aster (*Aster laevis*)
- Sneezeweed (*Helenium autumnale*)
- Tall Sunflower (*Helianthus giganteus*)
- Turks Cap Lily (*Lilium michiganense*)
- White Snakeroot (*Eupatorium rugosum*)
- Wild Bergamot (*Monarda fistulosa*)

August

- Beggarticks (*Bidens frondosa*)
- Cardinal Flower (*Lobelia cardinalis*)
- Closed Gentian (*Gentiana andrewsii*)
- Fireweed (*Epilobium angustifolium*)
- Yellowish Gentian (*Gentiana alba*)
- Giant Ragweed (*Ambrosia trifida*)
- Ironweed (*Vernonia* sp.)
- Side Flowering Aster (*Aster lateriflorus*)
- Side-Oats Grass (*Bouteloua curtipendula*)
- Swamp Smartweed (*Polygonum concinnum*)
- Turtlehead (*Chelone glabra*)
- Zigzag Goldenrod (*Solidago flexicaulis*)

September

- Wild Cucumber (*Echinocystis lobata*)

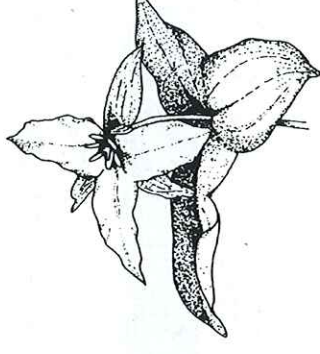


Did you see a flower not listed?
Make a note and let park staff
know what plant you may have
found, and where you found it!

The checklist contains the names of some of the wildflowers documented in the park by former naturalist Dave Crawford, as well as past and present park staff. While species populations will vary, this list also serves as a partial record of observed species since documentation in 1984.

INTERSTATE STATE PARK

Wildflower Checklist



Date: _____

Weather: _____

Observers: _____

Notes: _____