

Minnesota Biological Survey  
List of Plant Species Observed at  
Mow Lake



Lake Number: 29000200 Survey Date: 6/19/2006  
County: Hubbard T: 139N R: 32W Sec: 9  
Major/Minor Watersheds: Crow Wing River/Bender Creek  
Located 15 miles southeast of the town of Park Rapids.  
Area surveyed: southwest shore of the lake.

***Submersed Plants (Plants with most leaves growing beneath the water surface)***

*Myriophyllum sibiricum*

Northern Watermilfoil

*Najas flexilis*

Bushy Pondweed, Common Naiad

*Potamogeton friesii*

Fries' Pondweed

*Potamogeton illinoensis*

Illinois Pondweed

*Potamogeton pusillus*

Very Small Pondweed

*Potamogeton richardsonii*

Claspingleaf Pondweed

*Potamogeton strictifolius*

Straightleaved Pondweed

*Potamogeton zosteriformis*

Flatstem Pondweed

Mow Lake continued...

*Stuckenia pectinata*  
*Utricularia intermedia*  
*Utricularia vulgaris*

Common Sago Pondweed  
Intermediate bladderwort  
Greater bladderwort

***Free-floating Plants (Plants that float freely on the water surface)***

*Lemna turionifera*

Turion-forming Duckweed

***Floating-leaf Plants (Plants with leaves that float on the water surface)***

*Nuphar variegata*  
*Nymphaea odorata* ssp. *tuberosa*  
*Potamogeton natans*

Yellow Water Lily  
White Water Lily  
Floating Leaf Pondweed

***Emergent Plants (Plants with leaves extending above the water surface)***

*Carex lacustris*  
*Phragmites australis*  
*Sagittaria latifolia*  
*Schoenoplectus acutus* var. *acutus*  
*Typha angustifolia*  
*Typha latifolia*

Lake Sedge  
Common reed grass, Cane  
Broad-leaved Arrowhead  
Hard-stem bulrush  
Narrow-leaved cat-tail  
Broad-leaved cattail

***Shoreline Plants (Plants associated with the wetland habitat)***

*Alnus incana* ssp. *rugosa*  
*Asclepias incarnata*  
*Carex diandra*  
*Carex lasiocarpa* ssp. *americana*  
*Carex stricta*  
*Cicuta bulbifera*  
*Iris versicolor*  
*Lycopus uniflorus*  
*Lysimachia thyrsiflora*  
*Potentilla palustris*

Speckled alder  
Swamp milkweed  
Two-stamened Sedge  
Wiregrass, Woolly Sedge  
Hummock Sedge  
Bulb-bearing water-hemlock  
Blue Flag  
Northern bugleweed  
Tufted loosestrife  
Marsh cinquefoil