

HIGH PARK STEWARDS WALKING TOUR

The 131 acres of High Park contain a vital part of the 1% remaining tallgrass prairie ecosystem in North America. The Black Oak Savannah is home to many rare plants and provides necessary habitat for birds, mammals, reptiles and insects. The City of Toronto Parks, Forestry and Recreation staff are restoring the high quality natural areas of High Park. The Volunteer Stewardship Program was created in 1996 to assist them in this effort by planting specific native species, collecting seeds, removing invasive species, and educating the public. Please do not disturb plants and wildlife but appreciate and protect them. See www.highparknature.org for more information.















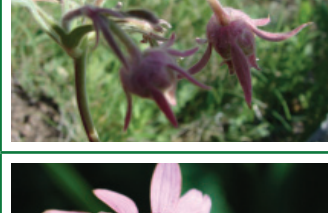

Common Milkweed (<i>Asclepias syriaca</i>)	Self-seeding. Attracts Monarch butterflies. Poisonous if ingested. Height: 4 to 6 feet (1.2 to 1.8 m) Bloom: Jun to Jul	
Golden Alexander (<i>Zizia aurea</i>)	Flat-topped clusters of tiny yellow flowers. Drought-tolerant. Height: 1.5 to 2.5 feet (40 to 75 cm) Bloom: May to Jun	
Wild Bergamot/ Beebalm (<i>Monarda fistulosa</i>)	Showy lavender/mauve flowers at top of tall stem. Grows in clumps. Height: 2.5 to 3 feet (75 to 90 cm) Bloom: Jun to Jul	
Wild Clematis (<i>Clematis virginiana</i>) (also called Old Man's Beard and Virgin's Bower)	Showy, white flowers and bright green foliage. Height: 12 feet (4 m) Bloom: Jul to Sep	
SUN/SHADE		
Mitrewort (<i>Mitella diphylla</i>) (also called Bishop's Cap)	Small white, bell-shaped flowers on tall stalks. Height: 10 to 18 inches (25 to 45 cm) Bloom: Apr to May	
Wild Columbine (<i>Aquilegia canadensis</i>)	Red and yellow flowers, showy and delicate. Height: 1 to 2 feet (up to 45 cm) Bloom: Late May	
Woodland Strawberry (<i>Fragaria vesca</i>)	White flowers with yellow centres. Edible red fruit. Low growing. Height: 6 inches (15 cm) Bloom: Apr to Jul	







SHADE		
Bottlebrush Grass (<i>Elymus hystrix</i>)	Drought-tolerant grass. Seeds resemble a bottlebrush and leaves feel soft. Height: 3 to 4 feet (90-120 cm) Bloom: Jun to Sep	
Canada Anemone (<i>Anemone canadensis</i>)	Simple white flowers with yellow centres. Spreads on rhizomes. Height: 1 to 2 feet (30 to 60cm) Bloom: May to Jul	
Foam Flower (<i>Tarella cordifolia</i>)	Delicate white flower spike. Ground cover with spreading habit. Height: 8 to 12 inches (20 to 30 cm) Bloom: Apr to May	
Solomon's Seal (<i>Polygonatum biflorum</i>)	White to greenish flowers on tall, arching stems. Blue-black berries. Height: 3 feet (90 cm) Bloom: May to Jul	
Tall Meadow Rue (<i>Thalictrum polygamum</i>)	Clusters of white flowers on many branched stems. Height: 3 to 8 feet (90 to 240 cm) Bloom: Jul to Sep	
White Snakeroot (<i>Eupatorium rugosum</i>)	Numerous clumps of small white flowers. Drought-tolerant. Height: 4 to 6 feet (120 to 180 cm) Bloom: Jul to Oct	
Wild Ginger (<i>Asarum canadense</i>)	Small, maroon flowers at base of stems. Large, heart-shaped leaves. Height: 6 to 8 inches (15 to 20 cm) Bloom: May to Jun	



FULL SUN

Black-eyed Susan (<i>Rudbeckia hirta</i>)	Bright yellow flower with black centre. Self-seeding, can be invasive. Height: 1.5 to 2 feet (45 to 60 cm) Bloom: Jun to Oct	
Big Bluestem (<i>Andropogon gerardii</i>)	Deep roots can help prevent erosion. Grows in clumps. Height: 3-6 feet (90-180 cm) Bloom: Aug to Oct	
Cup Plant (<i>Silphium perfoliatum</i>)	Large, daisy-like flowers on square stem. Leaves form cup around stem. Height: 6 feet (2 m) Bloom: Jul to Sep	
Great Blue Lobelia (<i>Lobelia siphilitica</i>) (also called Blue Cardinal Flower)	Blue flowers with white markings. Self-seeding and grows in clumps. Height: 3 feet (90 cm) Bloom: Aug to Sep	
Hairy Beardtongue (<i>Penstemon hirsutus</i>)	Clusters of trumpet-shaped, blue/purple flowers along stems. Height: 1 to 3 feet (30 to 90 cm) Bloom: Jun to Jul	
Harebell (<i>Campanula rotundifolia</i>)	Small violet-blue bell-like flowers and pale green, arrow-shaped leaves. Height: 1 foot (30 cm) Bloom: Jun to Oct	
Indian Grass (<i>Sorghastrum nutans</i>)	Silky, soft golden-brown seed heads. Winter food source for birds. Height: 3-5 feet (90-150 cm) Bloom: Sep to Nov	

Little Bluestem (<i>Schizachyrium scoparium</i>)	Drought-tolerant grass. Flat leaves with white seed stalks. Height: 3 feet (100 cm) Bloom: Oct	
Mountain Mint (<i>Pycnanthemum montanum</i>)	Clusters of white flowers with purple spots. Height: 1 to 2.5 feet (20 to 75 cm) Bloom: Jul to Sep	
New England Aster (<i>Aster novae-angliae</i>)	Purple flowers with orange centers. Self-seeding and drought-tolerant. Height: 3 to 4 feet (90 to 120 cm) Bloom: Aug to Sep	
Nodding Wild Onion (<i>Allium cernuum</i>)	Hanging ball of white, cream and pink flowers at end of stem. Height: 8 to 12 inches (20 to 60 cm) Bloom: Jul to Aug	
Pearly Everlasting (<i>Anaphalis margaritacea</i>)	Small white flowers with yellow centers. Self-seeds. Height: 1.5 to 3 feet (46 to 90 cm) Bloom: Jul to Sep	
Prairie Smoke (<i>Geum triflorum</i>) (also called Old Man's Whiskers)	Drooping purple and pink flowers. Seedheads resemble smoke. Height: 8 to 12 inches (20 to 30 cm) Bloom: Apr to Jun	
Purple Coneflower (<i>Echinacea purpurea</i>)	Showy purple flower. Self-seeding. Resistant to deer. Height: 3 feet (90 cm) Bloom: Jun to Oct	

Spotted Joe Pye Weed (<i>Eupatorium maculatum</i>)	Clusters of small, light purple flowers in flat clusters on tall, purple-spotted stalks. Height: 6 feet (2 m) Bloom: Jul to Sep	
Switchgrass (<i>Panicum virgatum</i>)	Ornamental grass with fine, pink-tinged flowers. Grows in clumps. Height: 3 to 6 feet (90 to 180 cm) Bloom: Jul to Feb	
Tall Bellflower (<i>Campanula americana</i>)	Showy, blue bell-shaped flowers on tall stalk. Biennial. Height: 3 to 6 (90 to 180 cm) Bloom: Jun to Aug	
Tufted Hairgrass (<i>Deschampsia caespitosa</i>)	Yellow-brown grass with tufted seedheads. Grows in clumps. Height: up to 4 feet (150 cm) Bloom: May to Aug	
White Upland Goldenrod (<i>Solidago ptarmicoides</i>)	Daisy-like white flowers clustered at top of stems. Height: 10 to 12 inches (25 to 30 cm) Bloom: Aug to Sep	
<h2>FULL SUN/PARTIAL SHADE</h2>		
Blazing Star (<i>Liatris spicata</i>) (also called Gay Feather)	Bright purple flowers forming dense wand of small blossoms. Height: 1 to 4 feet (30 to 120 cm) Bloom: Jul to Sept	
Cardinal Flower (<i>Lobelia cardinalis</i>)	Clusters of red flowers at top of single stem. Long, oval stems. Height: 2 to 4 feet (60 to 120 cm) Bloom: Aug to Sept	