



# Lake County, Illinois, USA Lake County Seed Collection Guide

## Fall Woodland Forbs

Kelly Schultz<sup>1</sup>, Dale Shields<sup>2</sup>

<sup>1</sup>Lake County Forest Preserve District, <sup>2</sup>Volunteer Stewardship Network

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The pictures in this guide were assembled to help restoration volunteers identify ripe seeds of native species. The squares are 1” on a side in the indoor shots with white squares on the gray background. The seed shots are on a metric scale (mm divisions). Names used are those of Flora of the Chicago Region by Gerould Wilhelm and Laura Rericha. Our heartfelt thanks go to Laurie Ryan of the McHenry County Conservation District for her review.

### Harvest notes

Successful collection of viable seed requires an understanding of when to collect, how to collect, how to store, how to process, and when to sow. Determine these criteria and have a plan before harvesting seeds, especially of uncommon species. The species are listed in order of the photo dates, so will give an approximate time for collection, but collection dates vary according to local weather effects on blooming and pollinators; proximity to Lake Michigan; slopes; sun vs shade, etc. Many seed harvest charts are available with collection dates, but it is best to scout each site rather than relying on historic dates.

Seeds collected before mid-June should be sown right away. They are intolerant of dry storage and most of them require both warm & cold treatments to stimulate germination. Late June seeds are more tolerant of dry storage; sow these seeds soon, but you can let them dry for a few weeks. Seeds ripening July and later can be held for fall/winter sowing, sow by Jan 1<sup>st</sup> for best results.

**Collect ethically & sustainably.** Everything is protected in forest preserves, including seeds. Collection is only allowed by staff and volunteers in our restoration programs. If you are collecting within those programs, it is important to avoid overharvesting wild populations. For perennials: **leave 50% behind.** For annuals, biennials, rare, threatened, or endangered species: **collect only 10% of the seed.**

### Seed Groups

*Time sensitive groups – seeds disperse in a few days or weeks due to wildlife, sensitivity to wind, etc.*

**Elaiosomes** are “ant candy” attached to the seeds. Ants are strong and motivated, able to quickly carry the candy back to their home and tossing the heavy “candy wrapper” (seeds) into their compost piles. Check these species frequently; ants will rapidly collect all of the seeds. These seeds have higher germination when sown within a day or two.



**Ballistic** capsules catapult their babies away, up to 30 feet! Search YouTube for “exploding seeds” to see these in action. To harvest: learn the ripening sequence & harvest just before explosion; store in a \*sealed\* paper bag or mesh bag for a day or two. Another option is to cover the seed heads with mesh hoods (\*after flowers wilt\*) to contain the seeds. Snip the entire stem after the seeds have popped, and carefully open the hoods indoors.



**Fluffy** seeds are quite common, allowing for wind to efficiently move seeds over long distances. Collect when fluffy. It is ok to collect these seeds \*slightly\* early, by collecting entire stems with seeds that are either fully poofed or have dropped their ray florets (the colorful “petals”); snip the stems and let them poof in a paper or mesh bag. Spring fluffy seeds are typically more sensitive to strong weather.



**Milkweed** seeds are ripe when pods are split open & seeds are brown. Ignore the pod color. Pro tip: rubber band the unripe pods, to prevent seeds from flying away.



**Berries** turn a vibrant color when ripe, as an advertisement to the wildlife to EAT ME and disperse the seed. Collection window is small for some of these seeds. These species need to be sown fresh in damp soil OR cleaned & stored in plastic in the refrigerator (which maintains a higher level of humidity). The natural process of a seed stored in a juicy berry, followed by chewing, digestion, and dispersal in a pile of “fertilizer” means these seeds are not used to completely drying out.





# Lake County, Illinois, USA

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*Mama's Boys will remain on the stem for a while. Ideal for forecasting future workdays.*

**Shakers** drop seeds very close to the mother plant, when shaken loose by the wind or a passing critter. Usually a Mama's Boy, unless strong weather occurs.

**Beaks** are a subset of the shaker group, with seed capsules that split open like a beak when the seeds are ripe. Collect when beaks are open.

**Coneheads** are flowers with a cone-shaped center. Imagine these flowers without their colorful parts, and you know exactly what they look like when seeds are ripe. Seeds are inside the hard cone.

**Crumbly Coneheads** are cone-shaped or thimble-shaped. Softer than standard coneheads, they crumble when ripe and are easily stripped by hand.

**Shattering** seeds can be tough to visually judge for ripeness. Use a \*gentle\* touch test to see if the seeds easily loosen. Spring seeds remain green (perhaps for camouflage) and swell slightly. Fall seeds typically turn brown or beige when ripe. Often found in colonies, these seeds do not travel far on their own. Some of these species drop quickly & are not Mama's Boys.

**Hitchhikers** are easy to tell when ripe – they hitch a ride on your pants! Color can be an indicator, but not always.



**Do Not Collect.** This symbol is placed on images of non-native & invasive native seeds, which have been included as comparisons for similar native species. Do not collect these species, unless you are collecting for removal.

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#### Early Horse Gentian

*Triosteum aurantiacum*

CAPRIFOLIACEAE



Photo: 8-16-18

Berries. Look for bright orange or orange-red fruit, like thumbnail-sized tomatoes sitting in the leaf axils (where the leaf & stem intersect). The longest stem hairs of this typical variety are shorter than 1.5mm, and some of them have glands at the end. Poor from seed.

#### Illinois Horse Gentian

*Triosteum aurantiacum*  
var. *illinoense*

CAPRIFOLIACEAE



Photo: 10-11-18

Berries. Very similar to *T. aurantiacum*. This variety has “longer” stem hairs (greater than 1.5mm) and the hairs do not have glands. Poor from seed. All of our *Triosteum* species are found in savannas and open woodlands.

#### Late Horse Gentian

*Triosteum perfoliatum*

CAPRIFOLIACEAE



Photo: 8-22-18

Berries. This species is easily ID'd by the perfoliate leaves (stem perforates the leaves). *T. aurantiacum* can have some skinny leaf tissue surrounding the stem, but *T. perfoliatum* typically has more than 1" around the stem. Fruit is bright orange to orange-red. Poor from seed.

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Blue Lettuce

*Lactuca biennis*

ASTERACEAE



Photo: 9-2-17

Fluffy. *Lactuca* species have thin milky sap, like dandelions. The flowers of this species are blue, yellow, or white. Pappus (seed fluff) is “sordid” meaning a dirty off-white. Leaves are lobed, and the midvein can be smooth or hairy, but not prickly. Open woodlands & savannas.

Wood Lettuce

*Lactuca floridana*

ASTERACEAE

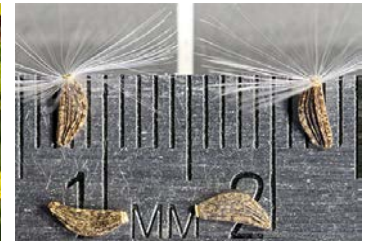


Photo: 9-15-18

Fluffy. The pappus (seed hairs) are sessile (attached directly to the seed, without a stalk). Fluff is white. Purple-tipped green scaly bracts directly behind each flower are usually shorter than 15 mm. Woodlands, savannas, and remnant wetlands.

Wild Lettuce

*Lactuca canadensis*

ASTERACEAE



Photo: 9-24-19

Fluffy. Pappus is white, but separated from the seed by a stalk. Green scaly bracts behind each flower are usually shorter than 15 mm. Stems are green, plant is often more than 1m tall. Seeds are elliptical-shaped, usually with 1 clear nerve (line), but definitely less than 4 nerves. A weedy species that will grow just about anywhere.

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Clustered Black  
Snakeroot

*Sanicula odorata*

APIACEAE



Photo: 9-7-18



Hitchhikers. Mama's Boy. *Sanicula* species require detailed examination to ID. This one has a style that recurves out beyond the hooked bristles. Calyx lobes of staminate flowers (the greenery behind the male flowers) are a blunt triangle shape (deltate). Leaves are typically grouped 3-5. The Latin name references a strong smell, but it seems the only odor is a faint fragrance from the flowers.

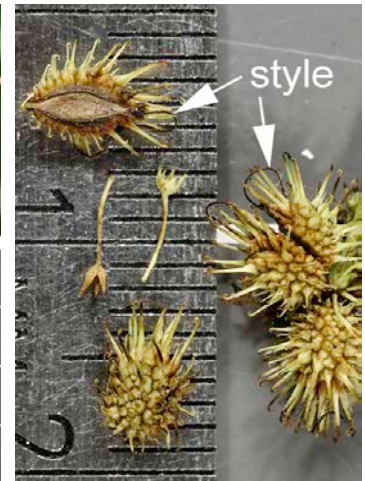
Black Snakeroot

*Sanicula marilandica*

APIACEAE



Photo: 9-3-20



Hitchhikers. Like *S. odorata*, this snakeroot has styles that curve beyond the bristles. Calyx lobes of this species are skinnier, acutely pointed and typically a little more than 1 mm long; staminate flowers clearly stand out beyond the bristly fruits, like fireworks.

Canadian Black  
Snakeroot

*Sanicula canadensis*

APIACEAE



Photo: 9-15-18



Hitchhikers. Mama's Boy. This species has a short style hiding in the hooked bristles. Staminate calyx lobes are spikey. Leaves are in 3s, or deeply cleft to look like 5. Several genera have "snakeroots" that supposedly cured snake bites, but we recommend seeing a doctor instead.

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White Snakeroot

*Ageratina altissima*

ASTERACEAE

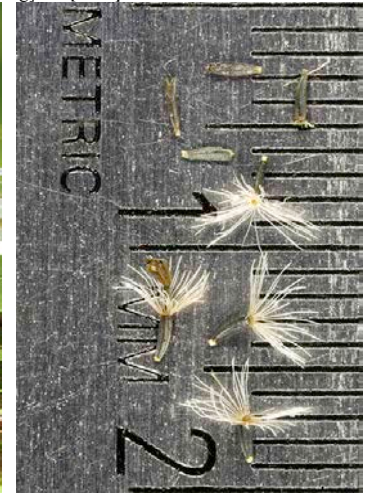
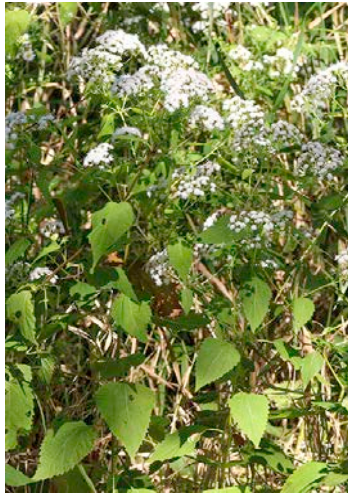


Photo: 9-20-17

Fluffy. A completely unrelated snakeroot. Grows abundantly in disturbed woodlands but gives way to conservative species over time. Collect when poofy. This species is notorious for killing Abe Lincoln's mother; don't let your milking cows eat this plant.

Stickseed

*Hackelia virginiana*

BORAGINACEAE



Photo: 9-4-18

Hitchhikers. Native, but that's about the only good thing you can say about this species. Ubiquitous and bothersome, the hardest hitchhiker to remove from socks and worse after laundering. Leaves are large & almond-shaped with a rough matte texture. Disturbed & rich woodlands.

Japanese  
Hedge Parsley

*Torilis japonica*

APIACEAE



Photo: 9-5-20

Hitchhikers. This weed is now popping up in most woodlands in the county. Leaves are deeply divided and lacy. Tiny white flowers in umbels, similar to Queen Anne's lace and many other carrot relatives. Seeds are clusters of bristly burs, easily spreading into new places. Annual, sometimes biennial. Easy to pull.





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#### Tall Bellflower

*Campanulastrum  
americanum*

CAMPANULACEAE

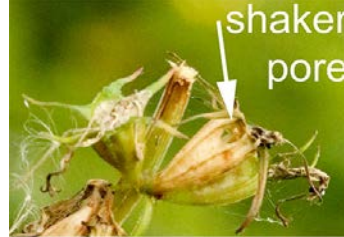


Photo: 9-10-17

Shakers. Mama's Boy. This is one of our few native annuals, with lovely periwinkle-purple flowers. Green capsules form, turn beige, and then pores open to shake out the tiny seeds. Collect when open pores are visible. As with all annuals, collect only 10%.

#### Spreading Dogbane

*Apocynum  
androsaemifolium*

APOCYNACEAE

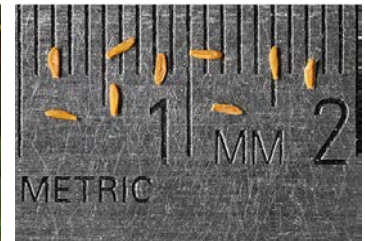
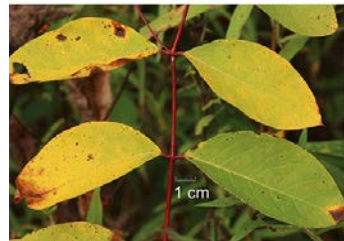
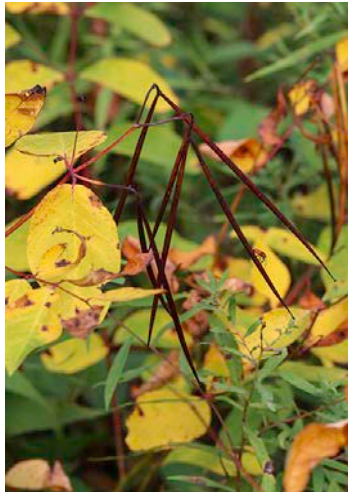


Photo: 9-14-20

Fluffy. These fluffy seeds form inside skinny follicles, similar to milkweeds. This dogbane grows in savannas and open woodlands, with spreading branches and leaves spreading out horizontally or drooping. Flowers are pink, often with candy striping. Leaves are on petioles more than 3 mm long. Consult Flora for hybrids and varieties, *Apocynum* can be tricky to ID. Collect open follicles (seed pods).

#### Canadian Germander

*Teucrium canadense*

LAMIACEAE



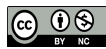
Photo: 9-12-17

Shakers. Mama's Boy. This species is a mint-relation with square stems, irregular pale pink-purple flowers, and seeds forming in the calyx cups. Up to 4 rusty seeds per cup. Watch seed color & snip stalks; the cup color is unimportant. Var. *occidentale* has spreading hairs.

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#### Jerusalem Artichoke

*Helianthus tuberosus*

ASTERACEAE



Photo: 9-11-19

Coneheads. Composite flowers, such as sunflowers, may have fertile ray florets (the “petals”), disk florets (the “eye”), or both. *Helianthus* species have fertile disks only, so the seeds are throughout the center of the head. Birds like to eat seeds of sunflower-relations; collect promptly. Break open the head to see if seeds are dark, then snip heads. Once heads are completely brown, many of the seeds are gone.

#### Woodland Sunflower

*Helianthus divaricatus*

ASTERACEAE



Photo: 9-16-19

Coneheads. Same guidance as for *H. tuberosus*. Most native *Helianthus* are prone to weedy behavior, so sow them thoughtfully. Sure beats buckthorn and provides food for butterflies & birds, but not advised for delicate woodlands. This species has hairless stems and leaves are sessile or have tiny petioles (less than 0.7cm). Lateral veins in the leaves immediately split from central vein (less than 1 mm from petiole).

#### Savanna Sunflower

*Helianthus strumosus*

ASTERACEAE



Photo: 9-21-20

Coneheads. Subtle differences from *H. divaricatus*: petioles 0.5 - 3 cm long (lower leaves), some hairs on the stems near the flowering heads; top leaves may be alternate; leaf veins split from the center vein 1 mm or more into the blade, short peach fuzz on the underside of the leaves.

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### Upright Carrion Flower

*Smilax ecirrhata*

SMILACACEAE

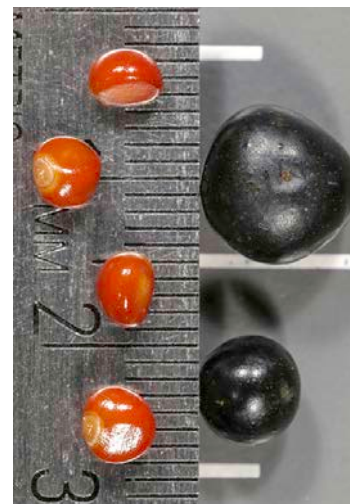


Photo: 9-12-18

Berries. *Smilax* species have clusters of dark purple-black fruits. This species lacks prickles, stands upright, typically shorter than 0.5 m, and less than 25 flowers per head. Unusual to see such colorful seeds hidden inside a berry.

### Common Carrion Flower

*Smilax lasioneura*

SMILACACEAE



Photo: 10-4-17

Berries. Similar to the previous species, but taller/longer (rambling well over 1 m). No prickles. Pubescent hairs (short-hairy) on the underside of the leaves. Commonly more than 25 flowers & berries per head.

### Hairy White Vervain

*Verbena urticifolia*

VERBENACEAE



Photo: 9-13-18

Shakers. Common species in mesic to dry-mesic savannas & woodlands. Spikes of tiny white flowers (single spike to dozens) branch out at the top of the plant. After flowers fade, 4 brown seeds form in each calyx (cup). Lower leaf surfaces are thinly to densely hirsute (stiff, straight hairs). Var. *leiocarpa* has velutinous (velvety) hairs. Consult Flora for hybrids, vervains like to mix it up.

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Jumpseed  
aka  
Virginia Knotweed  
aka  
Woodland Knotweed

*Antenoron  
virginianum*

POLYGONACEAE

Photo: 9-20-17



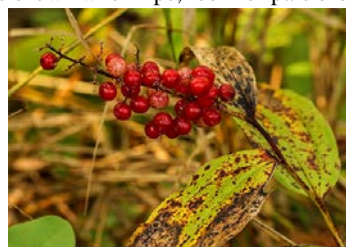
Hitchhikers. Mama's Boy. This ultra-common plant has several English & Latin names. Stems have knobby sheathed elbows like other smartweeds/knotweeds. Elongated spikes with tiny white flowers ripen to beaked seeds that jump onto your clothes, hanging on by the beak. No need to remove the papery shells for germination. The seeds are brown when ripe, look for pale brown shells. .

Feathery False  
Solomon's Seal

*Smilacina racemosa*

CONVALLARIACEAE

Photo: 9-15-18



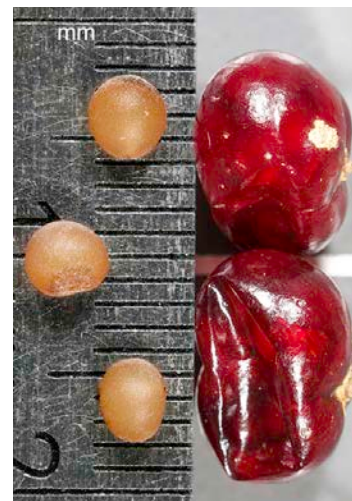
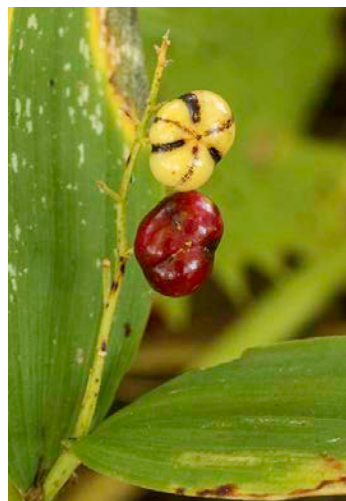
Berries. Mama's Boy. False Solomon leaves look very similar to "true," but the flowers/fruit are clustered at the terminal end of the plant and berries are red. Collect clusters that are mostly red; speckled red berries are half-ripe.

Starry False  
Solomon's Seal

*Smilacina stellata*

CONVALLARIACEAE

Photo: 9-28-19



Berries. "Starry" has 6-pointed star flowers. Half-ripe berries have beach ball stripes, which also resembles a 6-pointed star from the right angle. Fully ripe berries are a deep cranberry red. Compared to the previous species, *S. stellata* is more upright & leaves are skinnier.

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Smooth Solomon's Seal

*Polygonatum biflorum*

CONVALLARIACEAE



Photo: 9-16-19

Berries. Mama's Boy. True Solomon's Seal species hides its flowers under the leaves, with a "blueberry" fruit. This is the more common of the "true" species, with smooth leaves. Deer candy, like many lily-relatives; this has been moved into a more distant relation in the mayflower family.

Downy Solomon's Seal

*Polygonatum pubescens*

CONVALLARIACEAE

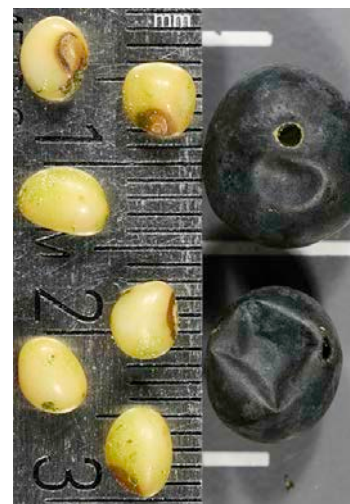


Photo: 10-8-19

Berries. This state threatened species has tiny peach fuzz on the underside of the leaves. Plants are usually smaller than its more common sister. Wet-mesic and mesic woodlands. Like other Solomon's Seals and lilies, these seeds have decent germination but take years to mature.

Wild Yam

*Dioscorea villosa*

DIOSCOREACEAE



Photo: 9-20-17

Shakers. This vine has heart-shaped leaves & subtle green flowers. Look for 3-finned propellers, ripening from green to beige/brown, and finally splitting open along the bottom to release 2 papery seeds from each fin. Often does not flower & found creeping along the ground. Flowers & seed are more likely when plants grow on woodland edges (more sunlight) and when climbing. Rodents sometimes eat the seeds.

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### Purple Giant Hyssop

*Agastache scrophulariifolia*

LAMIACEAE

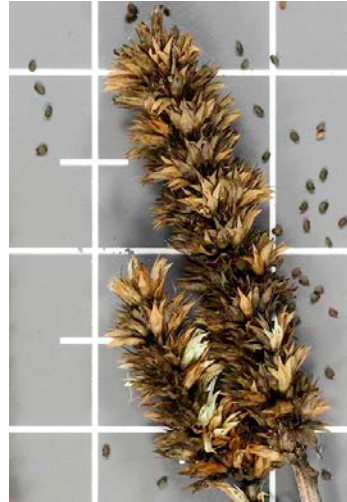


Photo: 9-20-17

Shakers. Mama's Boy. These mint-relatives have square stems & irregular flowers. "Purple" often blooms white, but sometimes pale lavender. Stems are hairy on the square angles. Leaves are a medium green. Snip heads when they are mostly brown, seeds easily spill out.

### Yellow Giant Hyssop

*Agastache nepetoides*

LAMIACEAE



Photo: 9-24-19

Shakers. Mama's Boy. Yellow hyssop has yellow/cream-colored flowers, stems are typically smooth and hairless. Stems & leaves are a brighter yellow-green; seed spikes & mature stems are a little skinnier than its sister.

### Purple Joe Pye Weed

*Eutrochium purpureum*

ASTERACEAE



Photo: 9-20-17

Fluffy. Mama's Boy. This tall perennial has big heads of brown fluffy seeds. The stems are green, or purple at the leaf axils only; *E. maculatum* (its wetland sister) has stems that are purple or purple-spotted throughout. Rounded & tall heads, often in 2 layers. *E. maculatum* has single layer, flat-topped heads. Legends claim that Joe Pye was a talented & altruistic Native American medicine man.

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### American Gromwell

*Lithospermum latifolium*

BORAGINACEAE



Photo: 9-20-17

Shattering. Mama's Boy. Aka stoneseed or woodland puccoon. Seeds look like little white-gray pearly stones. Long collection window; you can pluck the seeds off long after the leaves are gone. Good germination with directly sowing outdoors in the fall.

### Indian Tobacco

*Lobelia inflata*

LOBELIACEAE



Photo: 9-20-17

Shakers. This annual *Lobelia* is uncommon. Species name refers to the inflated seed capsules. Tiny pale purple flowers and tiny seeds (500,000 seeds/oz). Germinates well in the low-competition of a greenhouse tray, but in the wild it is a special treat. Collect 10%

### Late Figwort

*Scrophularia marilandica*

SCROPHULARIACEAE



Photo: 9-20-17

Beaks. Mama's Boy. In the extended family of the mints, with square stems. Small green & burgundy flowers and a dark purple sterile stamen, good for many pollinators. Brown teardrop capsules open to release tiny seeds. *S. lanceolata* blooms earlier, sterile stamen is green.

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### Tall Thistle

*Cirsium altissimum*

ASTERACEAE



Photo: 9-28-19

Fluffy. One of the good thistles. Native thistles are never abundant, but are equally desirable to insects & birds. Leaves are typically unlobed in this species, green on top and a bright bleached woolly white beneath. Snip heads, process with a machine or pluck seeds with tweezers.

### Yellow False Foxglove

*Aureolaria grandiflora*  
var. *pulchra*

OROBANCHACEAE



Photo: 9-30-17

Beaks. Mama's Boy. These plants have sunny yellow trumpet flowers. Hemiparasitic (germinate solo but need their host to reach maturity). ID *Aureolaria* by checking stems, leaves, and seed capsules for hairs, the length of the pedicels (flower stalks). Short-lived perennials.

### Mullein Foxglove

*Dasistoma macrophylla*

OROBANCHACEAE



Photo: 10-24-19

Beaks. Mama's Boy. An annual or monocarpic perennial (flowers once then dies). *Dasistoma* means "woolly-mouthed" referring to the dense hairs in the trumpet's throat. Flowers, seed capsules, and pedicels (flower stems) are slightly smaller than *A. grandiflora*. Collect 10%

## Fall Woodland Forbs

Kelly Schultz<sup>1</sup>, Dale Shields<sup>2</sup>

version 3 2/2021

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Wild Leek

*Allium tricoccum*

ALLIACEAE



Photo: 9-30-19

Shattering. Mama's Boy. Black pearls hiding in the shady understory. Species name means "3-seeded," referring to the triplicate clusters of seed. Differs from *A. burdickii* by having red petioles & leaf sheaths, ripening slightly later, and a few more seeds per stalk. Unripe leek seeds are covered in a light green shell, which splits & turns beige. Poor from seed, but spreads locally by bulbs. Poaching is a problem.

Rough Hawkweed

*Hieracium scabrum*

ASTERACEAE

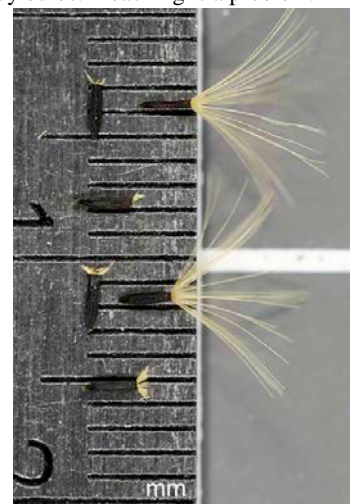
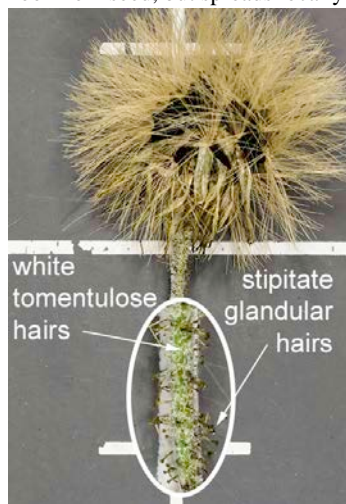


Photo: 9-30-17

Fluffy. Like many dandelion-like flowers, hawkweeds are often ignored. This conservative (C = 7) species likes mesic to dry habitats, often in sandy/gravelly soils. Leafy stems. Hairy throughout, stem hairs of two types: black glandular (lollipop) hairs and tiny fuzzy white hairs. Seeds are shaped in columns (not tapered) with tawny (amber-orange) pappus.

Violet Bush Clover

*Lespedeza frutescens*

FABACEAE

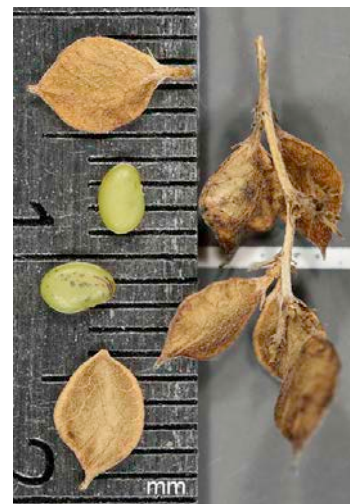


Photo: 9-30-17

Shattering. Mama's Boy. This delicate plant loves mesic to dry oak savannas. Distinguished from other *Lespedezas* by its height, and flowers on short stalks that are longer than the leaflets. Showy flowers are chasmogamous (cross-pollinated) and tiny cleistogamous (self-pollinating, resembling closed buds) form in axils. Note: the former name of *L. violacea* has been reassigned to a different species.

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### Lopseed

*Phryma leptostachya*

PHRYMACEAE

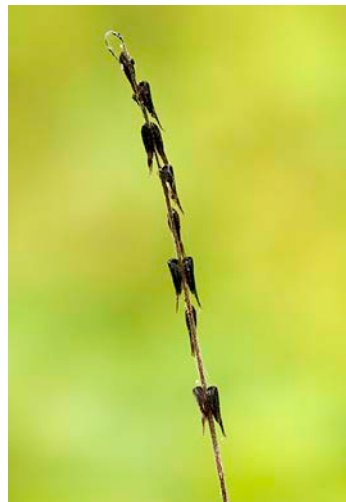
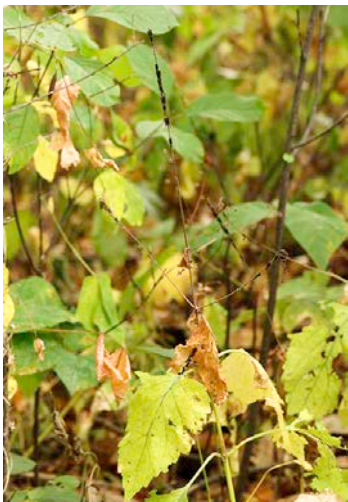


Photo: 10-2-17

Hitchhikers. Mama's Boy. The only species in this genus for the entire country, with paired seeds that dangle like a lop-eared rabbit or beagle ears. Cute little pink & white flowers, happiest in rocky/sandy soil. Snip stems or strip with a gloved hand.

### Savanna Blazing Star

*Liatris scariosa*  
var. *nieuwlandii*

ASTERACEAE

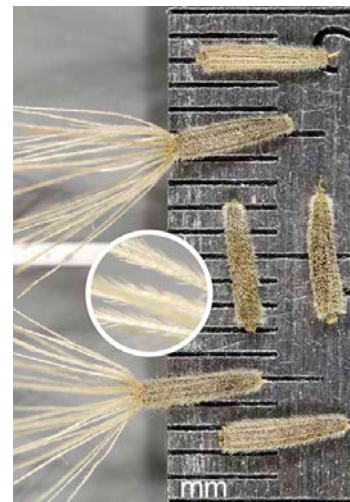


Photo: 10-4-17

Fluffy. Like many true savanna species, this is an uncommon plant. The pink-purple flowers have unusually long stalks (pedicels), ripening to a light brown poof. *Flora* notes different textures of the pappus hairs of *Liatris* species, which can be observed under magnification.

### Meadow Parsnip

*Thaspium trifoliatum*

APIACEAE

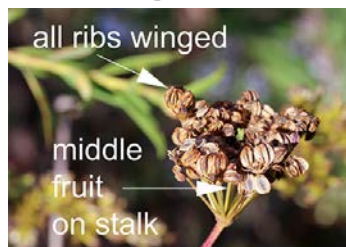


Photo: 10-4-20

Shattering. Mama's Boy. This rare flower is understandably overlooked as a common *Zizia*. The leaves are essentially identical, both have yellow flowers. Seeds are similar, but this species has larger seeds and ribs are elongated into wings. The flower/seed in the exact center of each umbel is stalkless for *Zizia*, but stalked for *Thaspium*. Savannas & prairies.

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Virgin's Bower

*Clematis virginiana*

RANUNCULACEAE



Photo: 10-11-18

Shattering. Mama's Boy. One of two native *Clematis* vines. This one has small white flowers & seeds like prairie smoke. Leaves in 3s rather than 5s. Dioecious (need male & female plants). Uncommon in the region but locally abundant. Ripe seeds are easily tugged loose.

Hoary Vervain

*Verbena stricta*

VERBENACEAE



Photo: 10-13-17

Shakers. Mama's Boy. Hoary refers to the grayish hairs (think: hoarfrost). 1-3 tightly packed spikes per plant. Leaves more than 2 cm wide, without petioles (or at most 5 mm long). Test by tipping spike into your hand; skinny seeds will fall out when ripe. Snip stalks.

Upland Hog Peanut

*Amphicarpaea bracteata*

FABACEAE



Photo: 10-15-18

Ballistic. This native vine crawls all over the surrounding vegetation like a kudzu-wannabe and is locally annoying. White & lavender flowers become pea-pods; cleistogamous flowers (closed flowers that self-fertilize) grow on low stolons (runners) that form "peanuts." Var. *comosa* is hairier. Butterflies & hummingbirds feed on it, and reportedly the passenger pigeon did too.

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Common  
St. John's Wort

*Hypericum perforatum*

HYPERICACEAE



Photo: 10-18-19

Beaks. Mama's Boy. A common European species with translucent dots in the leaves (hold up to the sun for quick ID) and bushy with many branches. Black glands are primarily on the margins of petals. Leaves less than 1 cm wide. Seeds usually longer than 1 mm. *Hypericum* species were reportedly used on the eve of St. John's day to ward off evil spirits. Common. Do not collect.

Spotted  
St. John's Wort

*Hypericum punctatum*

HYPERICACEAE

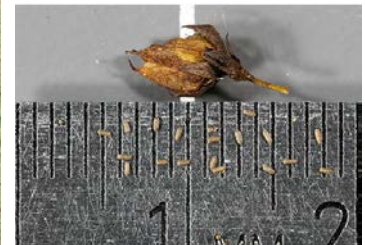
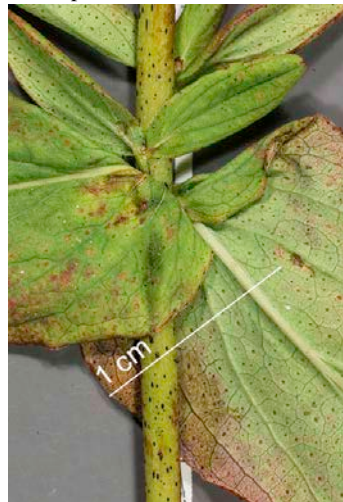


Photo: 10-19-19

Beaks. Mama's Boy. A native species with dots in the petals like *H. perforatum*, but with only a few branches (if any). Dots of black glands are evident throughout petals, sepals, stems, and leaves. Larger leaves wider than 1 cm. Seeds mostly shorter than 1 mm.

Brown-eyed Susan

*Rudbeckia triloba*

ASTERACEAE

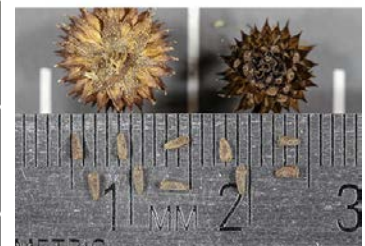


Photo: 10-25-17

Coneheads. Mama's Boy. The name is apparent after the conehead is empty of seeds. Snip heads that are dark almost black, or crumble to see if seeds come out. Favors savannas & woodland edges. *Rudbeckia* spp are quick to flower in restorations.

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White Lettuce

*Prenanthes alba*

ASTERACEAE



Photo: 11-2-18

Fluffy. Mama's Boy. Another genus of lettuce with milky sap. Flowers are dangling trumpets. Seeds have rusty pappus (fluff) and typically 8 bracts around the seeds (and cupped around the flowers). Flowers are white & pink/purple. Collect 10%, biennial/short-lived perennial.

Tall White Lettuce

*Prenanthes altissima*

ASTERACEAE



Photo: 11-2-18

Fluffy. Mama's Boy. Contrary to the name, this species is usually shorter than *P. alba*. Fluff is honey to cinnamon colored, with 5 bracts. All *Prenanthes* species have variable leaf shapes; ID by flowers or seeds. Flowers are green-yellow. Collect 10%