

East Coast Botany Guide

Selected Regional Plants

Tuckamore is not a plant per se, but a local Newfoundland and Labrador term for balsam fir and white spruce growth in coastal areas, misshapen by prevailing winds and salt spray. The stunted-looking trees tend to grow only away from the coast, and have a dwarfed, leaning appearance.

Partridgeberry is the Newfoundland name for *Vaccinium vitis-idaea*, a species commonly called lingonberry elsewhere. These deciduous evergreen shrubs are found on dry, rocky, or peaty soils in barrens and coastal regions of the province. The edible berries of this native plant are an important local food source, and the berries are also exported, fresh, frozen, or as jam.



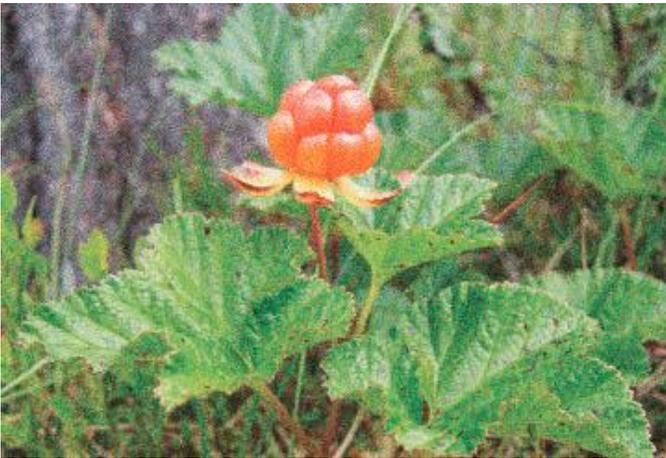
Blueberry, also known as bilberry, is a low-lying deciduous shrub that produces the familiar purplish-blue berry. A number of varieties occur naturally in Newfoundland and Labrador. An important traditional food for indigenous peoples, the blueberry remains a popular fruit today, and is frequently used to make jam, jelly or wine.

Cranberries are an important wild food resource found in both Newfoundland and Labrador. As a source of vitamin C, they made a key contribution to avoiding scurvy in historical and even modern times. A low-growing shrub or vine, the cranberry thrives in acidic bogs. Traditionally, cranberries were picked wild in Newfoundland and Labrador, but today there is also a cranberry farming industry.



Labrador tea is found, not just in Labrador, but also across the boreal forest, thriving in muskeg and other acidic environments. A low-growing shrub of the rhododendron genus, the plant has leathery, evergreen leaves that curl at the edges with dense hairs growing on their undersides. As its name suggests, Labrador tea can be used to make a pleasant beverage. The leaves can also be crushed to flavour meats or liquors and have a number of traditional medicinal uses.

Bakeapple, also known as cloudberry, is found throughout the northern regions of the world, in sunny, acidic wet conditions such as freshwater bogs and marshes. The juicy yellow berries are rich in vitamin C and are pleasantly tart. Bakeapple pie is a traditional favourite in Newfoundland and Labrador and bakeapple jam is also common.



Pitcher plant is the provincial flower of Newfoundland and Labrador, and has long been associated with the province, even appearing on the Newfoundland penny more than a century ago. The pitcher plant is insectivorous; its vase-like leaf formation creates the hollow 'pitcher' which fills with water. Insects that become trapped in the pitcher help the pitcher make up for the relatively low-nutrient environments (bogs and marshes) in which it is found.



Blooming anywhere from late summer to late fall, **aster** flowers range from one to five centimetres wide with many long thin petals. They have composite flower heads. This means that each flower is actually a group of smaller flowers consisting of ray flowers (petals) surrounding disk flowers (the centre). Disk flowers are usually yellow or burgundy, which make a nice contrast with the blue, purple, violet, or white ray flowers. An added attraction is their sometimes striking purple stems.



The **bloodroot** flower resembles a water lily and has between eight and sixteen white petals around a golden yellow centre. There are two sepals that fall as the flower opens. The plant's large, round leaves have several deep lobes. Bloodroot gets its name from its underground stems, also called rhizomes, which contain a red juice. This also inspired its Latin name, *Sanguinaria*, which means bloody or blood red.



Blue flag irises grow from sixty to ninetycentimetres tall at maturity. Several showy, purple-blue blooms appear from the end of May to early July. The flowers can be up to ten centimetres across and have three showy sepals that gracefully curve down (or flop over, depending on your point of view). They have a splash of white and yellow near the centre and purple veins that probably guide pollinating insects to the food within. There are three paler petals nearer the centre, which are stiffly upright. Several large seeds are formed inside a large brown capsule. Blue flag leaves are long and lance-shaped.



Trout lilies are low-growing plants that form colonies of plants of different ages. The youngsters are flowerless and have only one leaf, while older plants produce two leaves and a single flower. A plant's corm has to reach sufficient depths before it will devote energy to making the additional parts.