A Guide for Conserving Wild Plants of Maine

A Guide for Conserving Wild Plants of Maine is a project of the Garden Club Federation of Maine with technical assistance from members of the Josselyn Botanical Society and the Endangered Plant Technical Advisory Committee of the Maine Critical Areas Program.

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☝ Good Manners for Conservation

Obey “No Trespassing” signs. Ask owner’s permission.

Before picking or digging wild plants:
- Use a camera. “It is better to take nothing but pictures and leave nothing but footprints.”
- Ask yourself, “Do I really need this?”
- Identify the plants. Use this list with wild plant guides.
- Pick only common plants when and where generally abundant.
- Pick only what you need and can transport in good condition.
- Use clippers or knife when gathering flowers.
- After picking keep flowers or plants fresh and moist.
- Always leave more than enough blossoms to develop seeds for future plants.
- Before disturbing any plant consider its many values in nature. Is it a ground cover, protecting against soil erosion? Does it provide food or cover for wildlife? What are its relationships with nearby plants?

The greatest threat to our wild plants is destruction of habitat. When plants are about to be destroyed by road construction or building development, a plant rescue operation may be tried.
- Secure permission of the owner.
- If possible transplant the threatened plants to a nature center, preserve, park, or other protected area open to the public.
- Take plenty of soil to protect the roots.
- Try to plant in the same kind of setting, habitat, and soil type.
- It’s best to transplant in early spring or after the seeds ripen.

☝ Special Cautions

* This plant has some rare or endangered members. Most of the rare kinds are confined to special habitats and places few people go or are inconspicuous and seldom noticed. Minimize the danger to all rare and endangered plants by avoiding any picking or digging in these special habitats:
- Mountaintops and cliff faces and the steep rocky slopes below them
- Rocky ledges along rivers
- Bogs in late fall and early spring
- Lichen, moss, and liverwort covered rocks

▲ These plants marked should not be brought into the garden or helped to spread. They are aggressive pests which may crowd out and replace native species.

# These plants are being threatened by collection for holiday decoration and commercial use.

☝ Key to Habitats

F Fields, roadsides, wastelands, cutover areas, disturbed areas
W Woodlands and edges of woods
A Wetlands and aquatic habitats
S Special habitats - bogs, mountaintops, cliffs, seashores, sand dunes, salt marshes
Pick Freely Where Abundant

F  Aster - most kinds *
F  Bedstraw, white or Wild Madder
F  Bedstraw, yellow
F  Black-eyed Susan
F  Bladder Campion or Catchfly
A  Boneset or Thoroughwort
F  Bouncing Bet or Soapwort
F  Butter-and-eggs
F  Buttercup - most kinds *
A  Cattail
F  Chamomile, Dog-fennel, or Mayweed
F  Cinquefoil
F  Clover - all kinds
F  Common Bellflower
F  Daisy
F  Daylily
F,W Dogbane
W  False Lily-of-the-valley
W  False Solomon's Seal or
    False Spikenard
F  Fireweed
F,S Goldenrod - most kinds *
F  Garden Heliotrope
F  Garden Lupine
F  Hardhack or Steeplebush
F  Hawkweed
F  Heal-all or Selfheal
F  Japanese Knotweed or "Bamboo"
A  Jewelweed or Spotted Touch-me-not
F  Joe-Pye Weed
F,S Lambkill or Sheep Laurel
A  Meadow Rue
F  Meadowsweet
F  Milkweed
F,A Mint
F  Mullein
F  Musk Mallow
F  Pearly Everlasting
A  Pickerelweed
F  Pink Touch-me-not *
F  Queen-Anne's-Lace or Wild Carrot
F  Ragged Robin
A  Spiked or Purple Loosestrife *
F  St. John's-wort - most kinds *
F  Staghorn Sumac
F  Tansy
F  Thistle
F  Vetch
F,W Violet, purple - most kinds *
F,W Virgin's Bower
F  Yarrow
F  Yellow Rocket

Asier species
Gallium mollugo
Gallium verum
Rudbeckia hirta
Silene vulgaris
Eupatorium perfoliatum
Saponaria officinalis
Linaria vulgaris
Ranunculus species
Typha species
Anthemis cotula
Potentilla species
Trifolium species
Campanula rapunculoides
Leucanthemum vulgare
Hemerocallis fulva
Apocynum species
Matricaria canadense
Smilacina racemosa
Epilobium angustifolium
Solidago and Euthamia
species
Valeriana officinalis
Lupinus polyphyllus
Spiraea tomentosa
Hieracium species
Prunella vulgaris
Polygonum cuspidatum
Impatiens capensis
Eupatorium maculatum
Kalina angustifolia
Thalictrum pubescens
Spirea latifolia
Asclepias species
Mentha species
Verbascum thapsus
Malva moschata
Anaphalis margaritacea
Potentilla cordata
Impatiens glandulifera
Daucus carota
Lycnis fistuloscul
Lytthrum salicaria
Hypericum species
Ribes pygmaeum
Tanacetum vulgare
Cirsium species
Vicia species
Viola species
Clematis virginiana
Achillea millefolium
Barbaraea vulgaris
**Pick in Moderation Only Where Abundant**

A Arrowhead  
S Bayberry or Candleberry  
Black Alder or Winterberry  
A Blue Flag  
F Blue Vervain  
W Bunchberry  
A Buttonbush  
W Checkerberry or Wintergreen  
W Dogtooth Violet or Trout-Lily  
S Dusty Miller  
W Goldthread  
W Groundnut  
A Labrador Tea  
A Marsh Marigold or Cowslip  
W Partridgeberry #  
F Ragwort  
F Rose  
W Shadbush  
F,W Viburnum  
F,W Violet, White  
Sagittaria latifolia  
Myrica pensylvanica  
Ilex verticillata  
Iris versicolor  
Verbena bastata  
Cornus canadensis  
Cephalanthus occidentalis  
Gaultheria procumbens  
Erythronium americanum  
Artemisia stelleriana  
Copris trifolia  
Apios americana  
Ledum groenlandicum  
Caltha palustris  
Mitchella repens  
Senecio species  
Rosa species  
Amelanchier species  
Viburnum species  
Viola species

Plant names are based on *Gray’s Manual of Botany, Eighth Edition, and Check-list of the Vascular Plants of Maine, Josselyn Botanical Society of Maine Bulletin # 11, Second Revision, 1983,* and have been revised to conform to current usage according to *A Synonymized Checklist of the Vascular Flora of the United States, Canada, and Greenland* by Kartesz and Kartesz, 1980.

Permission is given to copy the list in its entirety or in part when credit is given and labeled as copy.

*AN Guide for Conserving Wild Plants of Maine,* the official list of Maine’s Endangered and Threatened Plants, and complimentary copies of the Endangered Plants poster may be obtained from Maine Critical Areas Program, State Planning Office, State House Station 38, Augusta, Maine 04333-0038.

**Leave Growing - Do Not Disturb**

S Alpine plants  
W Anemone  
W Arbutus or Mayflower  
W Azalea - all kinds  
W Baneberry  
S Beachhead Iris  
W Bloodroot  
W Blue Cohosh  
S Bog Rosemary  
W Bottlebrush Grass  
F Canada Lily  
A Cardinal Flower  
W Clubmoss or Ground or Running Pine or Cedar or Princess Pine - all kinds #  
S Columbine  
S Corydalis  
F Cranesbill or Wild Geranium  
W Dutchman’s breeches  
All species  
Anemone species  
Epigaea repens  
Rhododendron species  
Actaea species  
Iris setosa var. canadensis  
Sanguinaria canadensis  
Caulophyllum thalictroides  
Andromeda polifolia var. glaucophylla  
Hystrix patula  
Lilium canadense  
Lobelia cardinalis  
Lycopodium species  
Aquilegia canadensis  
Corydalis sempervirens  
Geranium species  
Dianthus cucullaria
Thalictrum dioicum

Ophioglossum vulgatum
Cystopteris species
Polystichum braunii
Dryopteris fragrans
Dryopteris goldiana
Botrychium species
Dryopteris felix-mas
Adiantum pedatum
Deparia acrostichoides
Asplenium species
Woodia species
Polygala paucifolia
Gentiana species
Agalinis species
Panax quinquefolius
Campanula rotundifolia
Hepatica nobilis var. obtusa
Medeola virginiana
Arisaema triphyllum
Cypripedium species
Rhodox virginica
Kalmia latifolia
Minuartia groenlandica
Liatris scariosa var. nieuwendii
All species
Chimaphila umbellata
Sarracenia purpurea
Primula species
Clematis occidentalis var. occidentalis
Goodrya species
Rhododendron maximum
Rhododendron canadense
Arabis species
Saxifrages species
Limonium carolinianum
Pyrola species
Iris prismaticca
Polygonatum pubescens
Claytonia caroliniana
Conopholis americana
Drosera species
Clethra alnifolia
Trillium species
Dentaria species
Cebolene glabra
Linnaea borealis
Streptopus species
Viola species
Nymphaea odorata
Calla palustris
Asarum canadense
Allium species
Lilium philadelphicum
Oxalis acetosella