

Native Roots

Flood Tolerant Native Plant Species for the Alberta Region

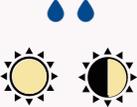
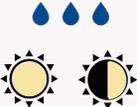
Created by Resilient Rurals

The plants included in this list are native plant species that grow naturally in Alberta and have flood tolerant or flood resistant properties. The list exclusively contains plants that are already available for market and purchase from local growers and greenhouses. It does not include any plants that have been naturalized since European occupation, invasive species, or other non-native plants.

Plant Categories	Light Requirements	Water Properties
florals	 full sun	flood tolerant 
grasses and foliage	 partial sun	flood resistant 
shrubs and trees	 shade	requires drainage 

FLORALS	Name	Description	Growing Conditions	Learn More!
	Wild chives <i>Allium schoenoprasum</i>	Wild chives can have either bright purple or white blooms that are round and eye-catching. Their foliage is slender, much like an onion, and they spread by seed.	 	It's edible! Wild chives are edible like their domesticated relatives and are a unique way to garnish a salad or baked potato.
	Pearly everlasting <i>Anaphalis margaritacea</i>	Similar to tiny daisies, these blooms have white petals with a yellow center and last through summer into the fall.	 	Pollinator-friendly: Pearly everlasting attracts many pollinators, but it also serves as a home for the painted lady and American lady caterpillars.
	Bog rosemary <i>Andromeda polifolia</i>	Slender silvery leaves and bright pink foliage make this water-loving plant an excellent addition to a garden with some standing water and moist soil.	  	Long lifespan: A slow grower, bog rosemary can live up to 20 years.
	Canada anemone <i>Anemone canadensis</i>	White flowers and attractive foliage make this flower an excellent ground cover for anywhere with moist soil. However, it does grow aggressively, so ensure there is ample space before planting this plant.	  	Deers stay clear: Unlike many native-to-Canada plants, the Canada anemone is not an attractive plant for deer and other browsing mammals.
	Wood anemone <i>Anemone quinquefolia</i>	These white, five-petaled flowers emerge early in the spring, and are an important food source for early pollinators. It tends to spread through rhizomes and is an excellent ground cover.	 	Did you know? Alberta has some of the most western-most wood anemones, while the species tend to spread towards the east.

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	Cordilleran arnica <i>Arnica mollis</i>	This showy plant and yellow flowers need room to grow and are excellent plants to attract native pollinators.	  	Medicinal uses: This arnica variety can be used in creating a pain relief balm.
	Showy milkweed <i>Asclepias speciosa</i>	With pom-pom-like, pink flowers and silvery-green foliage, showy milkweed is an eye-catching plant for your garden. Can be easily started from seed.	 	Butterfly-friendly: Showy milkweed is both a nectar source for Monarch butterflies and a host plant for their cocoons.
	Canadian milkvetch <i>Astragalus canadensis</i>	These tall, pea-like, yellow flowers rise up from attractive foliage and enhance soil health by fixing nitrogen from the air. A great choice for open areas.	  	Pollinator-friendly: Excellent choice to attract many pollinators, Canadian milkvetch can also be a way to draw hummingbirds to your yard.
	Harebell <i>Campanula rotundifolia</i>	This hardy, native, blue-bell lookalike repeatedly bloom throughout the season and spread by seed.	  	Very hardy: These flowers thrive in moist and dry environments and are one of the hardiest plants to include in your garden despite their dainty appearance.
	Marsh marigold <i>Caltha palustris</i>	Dark green, heart-shaped foliage is complemented by bright yellow flowers. While marsh marigold does like to spread, it is a low-maintenance addition to any large garden.	  	Deer stay clear: Unlike many other plants, deer do not like to eat marsh marigold, making it a safe addition to your garden if wildlife frequently visit.
	Common fireweed <i>Chamerion angustifolium</i>	Tall towers of purple flowers are complemented by sheath-like leaves, which turn a deep, fiery red in the late summer. The bold, showy blossoms need space to grow, and brighten up any naturalized area.	  	Did you know? Common fireweed is edible and can be used medicinally to reduce inflammation. It is also the territorial flower of the Yukon.
	Bunchberry <i>Cornus canadensis</i>	This plant loves shade or partial sun, and moist soil. If you plant it in your garden, consider surrounding it with mulch or peat moss to maintain proper conditions.	 	Adaptation tricks: This member of the dogwood family flowers when tiny insects trigger their blossoms to open, releasing a burst of pollen into the air.
	Creeping fleabane <i>Erigeron glabellus</i>	The soft, pink of these daisy-like blooms last for extended periods and attracts both birds and pollinators. It grows well in small spaces and tolerates many conditions.	 	Part of a big family: Creeping fleabane is one of a wide variety of fleabane plants.

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	Flat-topped goldenrod <i>Euthamia graminifolia</i>	This tall, bright yellow flowering plant requires room to grow and is a favourite of local pollinators.		Medicinal uses: Like other goldenrods, this variety is edible and has medicinal properties.
	Spotted Joe-pye weed <i>Eutrochium maculatum</i>	Tall, pink flowers are complemented by sturdy foliage and red bark. It is an excellent late-season food source for native pollinators.		Medicinal uses: There are many folk medicine uses of this plant, including as a diuretic, a tea to break a fever, or even as a charm to win a suitor's love.
	Wild strawberry <i>Fragaria virginiana</i>	Wild strawberries form a dense groundcover, and their white blossoms emerge early in the spring, with fruit ripening in the early summer months.		Adaptation tricks: Wild strawberries are one of the few plants that thrive beneath evergreens, which usually leave the soil too acidic from fallen needles.
	Northern bedstraw <i>Galium boreale</i>	These thick, white blossoms are an excellent filler for otherwise colourful gardens and provide brightly-coloured foliage in the fall.		Famous relative: Northern bedstraw is actually a member of the coffee family, and its seeds can be roasted as a coffee substitute.
	Prairie gentian <i>Gentiana affinis</i>	These stunning blue blooms open for a short period in late summer, but are a beautiful addition to any garden.		Medicinal uses: Gentians have been used medicinally to treat headaches and stomach maladies, although they are toxic in large quantities.
	Yellow avens <i>Geum aleppicum</i>	This plant has yellow flowers and a hairy stem. It spreads by using hooked burrs that hitch rides to new locations.		Superstitious? Traditionally, this plant was planted as it was believed that its roots would protect one's home from the devil.
	Three-flowered avens <i>Geum triflorum</i>	These hot pink flowers are complemented by pink stems and bright foliage. Their blooms become whiskery at the end of their season, and their foliage becomes reddish in the fall for well-rounded appeal.		Also known as... Three-flowered avens are also called prairie smoke or old man's whiskers.
	Spurred gentian <i>Halenia deflexa</i>	With delicate, purple flowers that are similar to the shape of a columbine bloom, these flowers are a notable addition to any garden.		International relations: While there are similar flowers in Europe, they lack the spurs of this gentian.

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	Alpine hedysarum <i>Hedysarum alpinum</i>	This plant has purple-pink flowers and will tolerate some flooding in your garden. It grows in thick, showy clumps, and is a good filler plant.		It's edible! The fleshy roots of this plant can be boiled and eaten like carrots.
	Sneezeweed <i>Helenium autumnale</i>	Sneezeweed has yellow centers and petals with gold streaks reminiscent of the black-eyed Susan. It is most effectively planted in groups, and the foliage remains green throughout the season.		Superstitious? The name sneezeweed comes from the fact that leaves were used in making snuff, which was intended to make someone sneeze to 'rid the body of evil spirits'.
	Common tall sunflower <i>Helianthus nuttallii</i>	This fast-growing, perennial sunflower spreads by rhizomes and is an excellent addition to a large garden due to its bright yellow bloom. A favourite for birds.		What does it symbolize? Sunflowers have been used to symbolize loyalty and adoration.
	Meadow blazingstar <i>Liatris ligulistylis</i>	These furry purple flowers are a beautiful late-season bloom that attracts countless butterflies. They also tend to be less aggressive than other flowers.		Butterfly-friendly: Meadow blazingstar is nicknamed the 'Monarch magnet' because it is so well-loved by Monarch butterflies.
	Western wood lily <i>Lilium philadelphicum</i>	These flowers take some time to establish in a garden, but once they do, their vibrant orange blossoms are seen early in the summer months.		Do not pick wild: In the wild, it's important to never pick Western wood lilies, as you will likely pull up the bulb and kill the delicate plant.
	Twinflower <i>Linnaea borealis</i>	These dainty pink flowers offer a beautiful perfume and are great additions beside shaded pathways.		Ancient namesake: These flowers have been named after the Greek god of the north wind, Boreas.
	Fringed loosestrife <i>Lysimachia ciliata</i>	With bright, showy blooms and rich, maroon foliage in the fall, this plant is an aesthetically pleasing way to stabilize banks and absorb moisture in your soil.		Medicinal uses: This plant is considered medicinal due to its ability to promote sweating to break a fever or vomiting to emit a toxic substance
	Star-flowered Solomon's seal <i>Maianthemum stellatum</i>	This woodland flower is characterized by slender foliage, white blossoms, and berries.		It's edible! The berries of this plant are edible, though they may have a laxative effect. Young shoots can be eaten like asparagus.

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	Canada mint <i>Mentha canadensis</i>	This plant has fragrant foliage and spreads aggressively through rhizomes. Keep it in check by planting it in a pot or an area with a barrier to prevent it from taking over your garden.		It's edible! Like other varieties of mint, Canada mint is edible and can be used to create teas that can help soothe an upset stomach.
	Tall lungwort <i>Mertensia paniculata</i>	With graceful foliage and dainty bluebell-like blooms, this plant is a beautiful addition to any naturalized garden.		Pioneer species: Tall lungwort is one of the first plants to emerge after a wildfire has burnt an area.
	Bishop's cap <i>Mitella nuda</i>	While some may consider this plant understated, it is a dainty addition to any fairy garden with tall, pale yellow flowers, and understated foliage.		Medicinal use: The Woodland Cree used to use Bishop's cap to treat earaches.
	Yellow evening primrose <i>Oenothera biennis</i>	This biennial plant takes two seasons for its brilliant yellow blossoms to emerge, but afterward, it is an excellent source of food for nighttime pollinators, as its blossoms open in the evening.		It's edible! These flowers are slightly sweet and can be used in salads or as a garnish.
	Blunt-fruited sweet cicely <i>Osmorhiza berteroi</i>	The delicate white flowers of this plant are supported by eye-catching foliage that turns a deep purple in the fall.		Medicinal uses: This plant has been used medicinally as an antiviral and an expectorant, which means to draw out mucus.
	Silverweed <i>Potentilla anserina</i>	The bright yellow flowers and attractive foliage of this plant are spread by runners, similar to strawberries. They will quickly fill in a large space.		Pollinator-friendly: Native pollinators are sure to be drawn to this attractive, naturalized plant.
	Graceful cinquefoil <i>Potentilla gracilis</i>	Complete with bright yellow flowers, and silvery-green serrated foliage that turns a bright red in the fall, this plant is a beautiful addition to any garden.		Adaptation tricks: This plant is widespread across North America and thrives in many different environments.
	Heal-all <i>Prunella vulgaris</i>	With tall purple flowers and thick green foliage, heal-all has a tendency to spread quickly and is best kept in a pot.		It's edible! Heal-all can be used to treat many different maladies and can be eaten in a salad or as a tea.

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	Pitcher plant <i>Sarracenia purpurea</i>	These plants grow across Canada in nutrient-poor soil. They have blossoms that are red and veiny and delicate foliage.		Bugs beware: Pitcher plants are one of the only native carnivorous plants in Canada and get much of their nutrients from small bugs that they trap.
	Common blue-eyed grass <i>Sisyrinchium montanum</i>	These purple-blue flowers are complemented by grass-like foliage and are extremely drought tolerant.		Family mix-up: Common blue-eyed grass is not a grass but a member of the iris family.
	Canada goldenrod <i>Solidago canadensis</i>	Bright yellow flowers in the summer and bright red foliage in the fall ensures this flowering plant brings eye-catching shades to your garden in every season.		Medicinal uses: Goldenrod has been used to treat illnesses from tuberculosis and diabetes to hemorrhoids and asthma.
	Clasping-leaved twisted-stalk <i>Streptopus amplexifolius</i>	Lush leafy branches hide dangling bell-shaped flowers that turn into bright red berries in the fall.		Did you know? While the berries of this plant are edible, exercise caution as they can often be mistaken for a similar-looking toxic member of the lily family.
	Western willow aster <i>Symphotrichum lanceolatum</i>	These white blooms appear late in the season and grow aggressively. They are an asset in areas where it is difficult to get plants to grow.		Adaptation tricks: Western willow asters can handle some sitting water, and are an excellent choice for seasonal drainage areas or rain gardens.
	Purple-stemmed aster <i>Symphotrichum puniceum</i>	These purple blossoms are complimented by red stems, and in the fall the foliage also turns a purple-red colour. They spread quickly and should be planted in large spaces.		Butterfly-friendly: These flowers bloom late into the season, and are an important food source for late-season pollinators.
	Veiny meadow rue <i>Thalictrum venulosum</i>	The characteristic blooms are pink and yellow, resembling bells. The leafy foliage of this plant turns a bright yellow and burnt pink in the fall, and it spreads by rhizomes, quickly filling in large areas.		Fiction fans: Rue is the namesake of a fictional character in the dystopian Hunger Games series.
	Marsh violet <i>Viola palustris</i>	Lovely pale violet flowers peek out from in between dense bright green leaves and make a nice ground cover. They grow well near downspouts or in areas where water collects naturally.		Pollinator-friendly: Butterflies and bees use marsh violet as a food source.

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	Crowfoot violet <i>Viola pedatifida</i>	These dainty purple and white flowers prefer moist, rich soil that dries out later in the summer.		Did you know? These compact wildflowers are hard to find in grassy areas. At least, until they bloom!
	Heart-leaved Alexanders <i>Zizia aptera</i>	The yellow blossoms provide a vivid and airy feel, and the foliage turns a burnt pink in the fall months, offering a late pop of colour.		Famous relative: Heart-leaved Alexanders are a member of the carrot family, but unlike carrots, they are not edible.

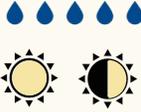
GRASSES/FOLIAGE	Name	Description	Growing Conditions	Learn More!
	Wild sarsaparilla <i>Aralia nudicaulis</i>	The low, dense foliage of the sarsaparilla makes a great addition to shaded areas with greater moisture.		Famous relative: Wild sarsaparilla is distantly related to the root used to make root beer, and is a member of the ginseng family.
	Lady fern <i>Athyrium filix-femina</i>	These archetypal ferns have beautiful foliage and grow well in shadier places. They also tolerate drier soils than many other ferns.		What's in a name? This fern is named "lady fern" due to the elegant appearance of its fronds.
	Slough grass <i>Beckmannia syzigachne</i>	This native grass is hardy and can be grown in standing water. It spreads quickly and is useful for erosion control.		Did you know? Slough grass is commonly used to make hay.
	Bebb's sedge <i>Carex bebbii</i>	Sedge is a grass-like plant with tufted brown seed pods at the top of its leaves. This variety tends to grow in smaller clumps and can be used in containers or small spaces.		Adaptation tricks: The foliage of a sedge plant is hollow, allowing oxygen to travel from the leaves to the roots. This lets sedge grow in standing water.
	Hornwort <i>Ceratophyllum demersum</i>	With delicate, fern-like foliage, this aquatic plant can be added to aquariums or outdoor water features.		Strike for the snails: When exposed to products designed to kill snails, hornwort will appear to drop all its leaves, although it quickly recovers.

GRASSES/FOLIAGE	Name	Description	Growing Conditions	Learn More!
	Drooping wood-reed <i>Cinna latifolia</i>	This slender, clumping grass has delicate, drooping seed pods and alternating, sheath-like foliage.		Did you know? This grass' spikelets have only one stamen, whereas most others have three.
	Tufted hair grass <i>Deschampsia cespitosa</i>	This clumping grass is characterized by tall, fluffy flowers, which immediately draw the eye.		Semi-evergreen: Tufted hair grass is considered semi-evergreen, as its foliage stays green into the cooler months of the year.
	Common tall manna grass <i>Glyceria grandis</i>	This tall, waterside grass provides a bright pop of colour thanks to its distinctive purple grains.		Restoration rock star: Common tall manna grass is an excellent grass for forage and naturalizing exposed waterways.
	Common hop <i>Humulus lupulus</i>	This climbing vine is grown for its ornamental fruit and sturdy structure. However, it does spread aggressively and should be planted with caution.		Beer's BFF: While ornamental, the fruit from hops is used when making many varieties of beer.
	Slender rush <i>Juncus tenuis</i>	Stiff, twisted foliage stays a dark green throughout the season, tolerating standing water and drought conditions. While it can spread, it doesn't spread through rhizomes and isn't overly aggressive.		Pond popularity: Despite being fairly drought-tolerant, this plant is often grown as a pond feature.
	Ostrich fern <i>Matteuccia struthiopteris</i>	The most common and recognizable of the ferns, this is a very tough and hardy plant, featuring tall lacy fronds all season long. It spreads aggressively and may need to be controlled.		Did you know? With proper care, ostrich ferns can grow to about 4 feet wide.
	Fowl bluegrass <i>Poa palustris</i>	This bright green grass has showy seeds and can thrive in area where it has enough moisture.		International relations: Fowl bluegrass is also native to Asia.
	Common cattail <i>Typha latifolia</i>	With tall, reed-like foliage and distinctive, brown seed pods, cattails are an excellent addition to any area with high levels of moisture.		It's edible! Many parts of the cattail are edible! The roots, pollen, shoots, stalks, flowers, and seed heads can all be eaten. For example, cattail roots can be grilled.

SHRUBS/TREES	Name	Description	Growing Conditions	Learn More!
	Balsam fir <i>Abies balsamea</i>	This tree does well when protected from winter winds, and will grow into an archetypical conifer if tended properly.		Noel, Noel: The balsam fir has been used for centuries as the traditional Christmas tree.
	Red and white baneberry <i>Actaea rubra</i>	White blooms, red berries, and large, leafy foliage make this shrub a beautiful addition to a shady garden. Berries often remain in the fall, complemented by the burnt pink of the late-season foliage.		Poisonous berries: Be careful not to eat the berries of this plant, because they are poisonous!
	Alder <i>Alnus incana</i>	These trees are excellent to use for screening or shading, with dark green leaves, small catkins, smooth, grey bark, and a small footprint.		Did you know? These trees are excellent for growing in small spaces due to their tall, upright nature.
	Green alder <i>Alnus viridis</i>	A nitrogen-fixing shrub, green alder can thrive in shady, moist areas or in dryer soils. They are excellent for reclaiming lands after a wildfire.		What can't it do? Green alder has countless uses, from edible components, to acting as a dye, to antimicrobial properties that can help treat certain cancers.
	Saskatoon berry bush <i>Amelanchier alnifolia</i>	With beautiful white flowers in early spring, and dark purple berries in June, Saskatoons form highly productive thickets through suckering. A single bush can be maintained in a garden.		Also known as... Saskatoons are also known as juneberries due to their delicious edible berries ripening in early summer.
	Bog birch <i>Betula glandulosa</i>	Under 6 feet tall, with dark branches, and attractive dark green leaves, the bog birch turns a striking orange-red colour in the fall. These trees can grow well in nearly any condition, but enjoy moist soil.		Bird-friendly: Bog birch also grows catkins, which are small seed heads that attract birds throughout the winter.
	Dwarf birch <i>Betula pumila</i>	With small, serrated, rounded leaves, the dark slender branches this shrub makes an attractive adornment to any garden.		Adaptation trick: This shrub is one of the few trees that grow in the arctic circle.
	Red-osier dogwood <i>Cornus stolonifera</i>	This shrub is characterized by bright red bark, which adds a pop of colour in the winter months. In the spring, it is adorned with white flowers, which turn into blue-white berries.		It's edible! Many Indigenous peoples would mix dogwood berries with saskatoon berries to eat.

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	Beaked hazelnut <i>Corylus cornuta</i>	With dark green, serrated foliage this tree can be complemented by shrubs and plants with more texture to bring diversity to your yard or garden.		It's edible! The beaked hazelnut is the only native nut tree in Alberta. The nuts have a sweet taste and can be picked from early to mid-fall.
	Douglas hawthorn <i>Crataegus douglasii</i>	Native to wetlands, this shrub can tolerate wet and dry soils. With proper growing conditions, it can grow up to 30 feet tall.		Did you know? Also known as a black hawthorn, this shrub can be planted in a feature or pruned into a hedge.
	Shrubby cinquefoil <i>Dasiphora fruticosa</i>	This small, flowering shrub has feathery silver-green leaves, and bright yellow flowers. It grows in a variety of conditions, and blooms in late summer.		Part of a big family: There are countless varieties of cinquefoil that are native to Canada.
	Green ash <i>Fraxinus pennsylvanica</i>	This low-maintenance tree is one of the most ideal trees for shade or lining streets. Its texture can blend into the landscape and can be offset by planting coarser-leaved shrubs alongside it.		Also known as... Ironically, green ash is also known as red ash.
	Tamarack <i>Larix laricina</i>	Tall, and pyramidal, the tamarack has soft, green needles throughout the year that turn golden in the fall. It is low maintenance and does not require regular pruning. Deer tend to steer clear of this tree.		Adaptation tricks: Tamarack trees love moist soils and can tolerate standing water. However, it can also withstand some dryer months.
	White spruce <i>Picea glauca</i>	Growing tall with blue-ish green needles, the white spruce is a stately accent to one's yard.		Long lifespan: Under ideal conditions, white spruce can live 70 years or longer.
	Black spruce <i>Picea mariana</i>	This ball-shaped, evergreen shrub features dusty green needles and grows densely. Its interesting mounded form remains green throughout the winter and is relatively low maintenance.		Adaptation tricks: This shrub will tolerate some standing water, and some dryer months.
	Plains cottonwood <i>Populus deltoides</i>	The open, spreading crown of this tree grows well next to waterways. Dark green leaves provide excellent shade, and require minimal maintenance.		Adaption tricks: These trees rely on natural flood cycles to out-compete other plants and weeds in the ecosystem.

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	Aspen <i>Populus tremuloides</i>	Though it does not grow well in urban pollution, the aspen has white bark and bright golden leaves in the fall. Excellent for naturalizing a yard.	 	Restoration rockstar: Trembling Aspen spreads by suckering, and several thousand trees can all come from the same organism.
	Pin cherry <i>Prunus pensylvanica</i>	The pin cherry has excellent fall colour, reddish brown bark, and white flowers that ripen into red drupes. It should be pruned in late winter after the threat of extreme cold has passed.	 	Pioneer species: Pin cherry is considered a pioneer species, as it is the first to sprout after a wildfire and does not grow well in shady conditions.
	Common Labrador tea <i>Rhododendron groenlandicum</i>	Clusters of dainty, star-shaped flowers, this plant stands apart with its fine foliage.	  	Family mix-up: This plant was only recently re-classified as a member of the Rhododendron family.
	Wild black currant <i>Ribes americanum</i>	A low to medium-sized plant, this shrub creates a tough and lovely hedge, adorned in small white flowers in the spring. At the end of the season, its fruit can be harvested for preserves.	  	Did you know? Despite being able to tolerate many conditions, wild black currant plants should never be allowed to dry out completely.
	Golden currant <i>Ribes aureum</i>	This adaptable shrub has fragrant, yellow flowers, and is excellent for attracting birds. However, it does spread through suckering, and should only be pruned after the flowers have fallen off.	  	Restoration rockstar: Planting golden currants help restore wildlife habitat and protect the wetlands as a food source and play an integral role in erosion control.
	Northern gooseberry <i>Ribes oxycanthoides</i>	This spiny, deciduous shrub has small leaves similar to a maple tree. White flowers eventually change into black berries which can be harvested in the fall.	  	Medicinal uses: The stems of this shrub have been used to treat sickness after childbirth.
	Wild red currant <i>Ribes triste</i>	With maple leaf-esque foliage and bright, red berries, this shrub thrives in moist environments. The flowers of this shrub can be red or green-purple and are relatively small.	  	It's edible! Though sour, wild red currant berries are edible and considered delicious by many.
	Dwarf raspberry <i>Rubus arcticus</i>	With lush, green leaves, a low, mounded shape, and light pink flowers, this variety of raspberry is great for small spaces.	 	It's edible! These raspberry bushes produce edible fruit and are one of the only varieties to have pink flowers.

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	Dewberry <i>Rubus pubescens</i>	This small shrub loves shady, moist areas, and has relatively smooth branches. Its compound leaves look similar to a raspberry, though they are more pointed.		It's edible! Dewberries are related to raspberries and blackberries. Despite their smaller size, they are just as delicious.
	Peach-leaved willow <i>Salix amygdaloides</i>	This multi-stemmed willow grows into a tall shrub. Its pointed leaves are dark green on top and silvery beneath. An excellent addition to erosion control projects. It requires relatively low maintenance.		Restoration rockstar: Wildlife will eat the twigs, bark, and leaves of this tree, making it an excellent addition to the ecosystem. It is also the tallest of the native prairie willows!
	Beaked willow <i>Salix bebbiana</i>	Fast growing, this willow is excellent for screening with its tall vase-like shape. Leaves can vary from shiny to slightly hairy, and fluffy catkins similar to pussy willows appear mid-spring.		Adaptation tricks: Despite loving water, the beaked willow is the most drought-tolerant willow in Alberta.
	Hoary willow <i>Salix candida</i>	With powdery, silver foliage and dense branches, this shrub is complemented by silver and red catkins in the spring.		Did you know? This plant was discovered by the Memorial University of Newfoundland.
	Pussy willow <i>Salix discolor</i>	With reddish bark, the pussy willow is renowned for its fluffy catkins that feature into late winter. Growing into a round shape, this shrub is one of the earliest to bloom and only needs occasional maintenance.		Pollinator-friendly: Often, the catkins of the pussy willow are dried to keep as decor. However, if left, they will bloom and are an important food source for native pollinators.
	Bog willow <i>Salix pedicellaris</i>	The oblong leaves of the bog willow are silver-green, and the catkins can either be hairy or a subtle red. Moreover, this shrub remains relatively short and is excellent for repairing riparian areas.		Did you know? The supple branches of willows are often used to weave baskets.
	Narrow-leaved meadowsweet <i>Spiraea alba</i>	This woody, deciduous shrub blooms in the early summer with white and pink flowers. Its green foliage turns a golden yellow in the fall.		Deers stay clear: Also known as Mead-Wort or Bride-Wort, this shrub attracts plenty of birds and butterflies but is not eaten by deer.
	Common blueberry <i>Vaccinium myrtilloides</i>	Requiring specific soil conditions (pH between 4.5 and 5.0), these blueberries ripen in late summer and are a delicious garden addition.		It's edible! Common blueberries are hardier and have more antioxidants than many other varieties.

SHRUBS/TREES**Name****Description****Growing Conditions****Learn More!****Low-bush cranberry**
Viburnum edule

This short, deciduous shrub has white flowers that bear sour, brilliant red fruit. Its small size makes it suitable for smaller gardens.



Also known as...Low-bush cranberries have many other names, including squashberry, mooseberry, and moosomin.

**High-bush cranberry**
Viburnum opulus var. americanum

This taller cranberry shrub grows in a multi-stemmed tree-like structure, producing bright red drupes of berries that provide winter colour.



Adaptation tricks: This shrub is highly tolerant of urban pollution and will grow in city gardens.

About Resilient Rurals

Resilient Rurals is a partnership between the towns of Bruderheim, Gibbons and Lamont for a regional climate adaptation and resilience project in Alberta's Industrial Heartland. It is a new approach—created by small towns, for small towns.

With Bruderheim as the lead, the group has worked to identify shared priority risks, opportunities for collaboration, and created communication and education resources for small and rural communities to support adaptation and resilience.



Alberta's Forecasted Climate Change Trends (Precipitation)

ALBERTA: THE LAND OF EXTREMES

Variable weather is characteristic of the prairies. Multi-year drought spells followed by wetter periods have created challenging conditions for rural Albertans in the past and will continue to do so, but with much greater intensity.

INCREASING FLOOD RISK

More intense, heavy rainfall events will lead to a greater risk for flooding for communities and areas across the province.

PRECIPITATION CYCLE CHANGES

With climate change, dry years in Alberta will be dryer and wet years will be wetter.

Precipitation will increase in the spring and fall

Total annual precipitation will increase across most of Alberta and the Prairies as spring and fall will have more rainfall and precipitation events. Some of the risks of more precipitation are:

- Increased soil erosion
- Difficulty seeding crops, leading to agricultural and economic impacts
- More drainage issues and flood damage
- Sewer backups
- Water stress on plants



Discover more climate-smart gardening resources at the Resilient Rurals Resource Hub or follow us on social media for quick tips.



ResilientRurals.com



@ResilientRurals



References - Florals

Wild chives: [Wisconsin Horticulture - Division of Extension \(2022\)](#); [Gardening Know How \(2022\)](#).

Pearly everlasting: [Ontario Native Plants \(2022\)](#); [Xerces Society for Invertebrate Conservation \(2022\)](#).

Bog rosemary: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [Spruce it Up Garden \(2022\)](#).

Canada anemone: [Ontario Native Plants \(2022\)](#); [Prairie Nursery \(2022\)](#).

Wood anemone: [Minnesota Wildflowers \(2022\)](#); [Canadensys \(2022\)](#).

Cordilleran arnica: [Turner Photographics \(2022\)](#); [Medieval Manor Gardens \(2022\)](#).

Showy milkweed: [Monarch Butterfly Garden \(2022\)](#); [National Wildlife Federation \(2022\)](#).

Canadian milkvetch: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [In Our Nature \(2022\)](#).

Harebell: [Ontario Native Plants \(2022\)](#); [GardeningCalendar.ca](#)

Marsh marigold: [New Moon Nursery \(2022\)](#).

Common fireweed: [The Friends of the Wildflower Garden Inc. \(2014\)](#); [Yukon \(2022\)](#); [Inland NW Routes \(2022\)](#).

Bunchberry: [Invasive Species Council of BC \(2022\)](#); [Alberta Plant Watch \(2022\)](#).

Smooth fleabane: [Minnesota Wildflowers \(2022\)](#).

Flat-topped goldenrod: [Ontario Wildflowers \(2022\)](#); [Natural Medicinal Herbs \(2022\)](#).

Spotted Joe-pye weed: [Minnesota Wildflowers \(2022\)](#); [Medicinal Herb Info \(2022\)](#).

Wild strawberry: [Wild About Flowers \(2022\)](#); [Garden Guides \(2017\)](#).

Northern bedstraw: [The Friends of the Wildflower Garden Inc. \(2014\)](#); [Precious Prairie Plants \(2015\)](#).

Prairie gentian: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [United Plant Savers \(2022\)](#).

Yellow avens: [Minnesota Wildflowers \(2022\)](#); [Picture This \(2022\)](#).

Three-flowered avens: [Wisconsin Horticulture - Division of Extension \(2022\)](#); [iNaturalist.ca \(2022\)](#).

Spurred gentian: [Minnesota Wildflowers \(2022\)](#); [Native Plant Trust Go Botany \(2022\)](#).

Alpine hedysarum: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [Medieval Manor Gardens \(2022\)](#).

References - Florals

Sneezeweed: [Wisconsin Horticulture - Division of Extension \(2022\)](#); [Ontario Wildflowers \(2022\)](#).

Common tall sunflower: [Saskatchewan Wildflowers \(2022\)](#); [Colour Republic \(2022\)](#).

Meadow blazingstar: [Monarch Butterfly Garden \(2022\)](#).

Western wood lily: [Minnesota Wildflowers \(2022\)](#); [Wild About Flowers \(2022\)](#).

Twinflower: [Ontario Native Plants \(2022\)](#); [Greek Legends and Myths \(2022\)](#).

Fringed loosestrife: [Ontario Wildflowers \(2022\)](#); [Botanical.com \(2021\)](#).

Star-flowered Solomon's seal: [Ontario Wildflowers \(2022\)](#); [Medieval Manor Gardens \(2022\)](#).

Canada mint: [The Friends of the Wildflower Garden Inc. \(2014\)](#); [Candide \(2022\)](#).

Tall lungwort: [Turner Photographics \(2022\)](#); [The Lakeside Leader \(2021\)](#).

Bishop's cap: [Minnesota Wildflowers \(2022\)](#); [Native Plant Trust Go Botany \(2022\)](#).

Yellow evening primrose: [Minnesota Wildflowers \(2022\)](#); [Ravensong Seeds & Herbals \(2022\)](#).

Blunt-fruited sweet cicely: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [MPG North \(2022\)](#).

Silverweed: [Washington Native Plant Society \(2022\)](#); [Illinois Wildflowers \(2022\)](#).

Graceful cinquefoil: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [Seven Oaks Native Nursery \(2022\)](#).

Heal-all: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [Alternative Nature Online Herbal \(2016\)](#).

Pitcher plant: [The Carnivorous Plant FAQ \(2018\)](#); [Nature Conservancy Canada \(2022\)](#).

Common blue-eyed grass: [Minnesota Wildflowers \(2022\)](#); [Nature North \(2022\)](#).

Canada goldenrod: [Minnesota Wildflowers \(2022\)](#); [Mount Sinai \(2022\)](#).

Clasping-leaved twisted-stalk: [UBC Botanical Garden \(2018\)](#); [UBC Botanical Garden \(2018\)](#).

Western willow aster: [Ontario Wildflowers \(2022\)](#); [Wild About Flowers \(2022\)](#).

Purple-stemmed aster: [Ontario Wildflowers \(2022\)](#); [Wild About Flowers \(2022\)](#).

Veiny meadow rue: [Wild About Flowers \(2022\)](#).

References - Florals

Marsh violet: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [Illinois Wildflowers \(2022\)](#).

Crowfoot violet: [Saskatchewan Wildflowers \(2022\)](#); [Wild About Flowers \(2022\)](#).

Heart-leaved Alexanders: [Minnesota Wildflowers \(2022\)](#); [Prairie Pollination \(2014\)](#).

References - Grasses/Foliage

Wild sarsaparilla: [Flora of Quebec \(2022\)](#); [Edible Wild Food \(2021\)](#).

Lady fern: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [Coastal Indicator Plants of BC \(2022\)](#).

Slough grass: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [TreeTime \(2022\)](#).

Bebb's sedge: [Minnesota Wildflowers \(2022\)](#); [Precious Prairie Plants \(2022\)](#).

Hornwort: [Minnesota Wildflowers \(2022\)](#); [Aquascape Room \(2022\)](#).

Drooping wood-reed: [Electronic Atlas of the Flora of British Columbia \(2020\)](#); [Flora of North America \(2021\)](#).

Tufted hair grass: [Bamboo Plants \(2019\)](#); [New Moon Nursery \(2022\)](#).

Common tall manna grass: [Minnesota Wildflowers \(2022\)](#); [TreeTime \(2022\)](#).

Common tall manna grass: [Minnesota Wildflowers \(2022\)](#); [TreeTime \(2022\)](#).

Common hop: [Minnesota Wildflowers \(2022\)](#); [Horticulture \(2017\)](#).

Slender rush: [New Moon Nursery \(2022\)](#); [The Glasshouse Nursery & Garden Centre Ltd. \(2022\)](#).

Ostrich fern: [Walters Gardens \(2022\)](#); [The Spruce \(2022\)](#).

Fowl bluegrass: [Electronic Atlas of the Flora of British Columbia \(2022\)](#); [iNaturalist.ca \(2022\)](#).

Common cattail: [Illinois Wildflowers \(2022\)](#); [Farmers Almanac \(2021\)](#).

References - Shrubs/Trees

Balsam fir: [Missouri Botanical Garden \(2022\)](#); [Northern Woodlands \(2021\)](#).

Red and white baneberry: [Adirondacks Forever Wild \(2022\)](#); [Nature Lynx \(2015\)](#).

Alder: [Minnesota Wildflowers \(2022\)](#); [Friends of the Wildflower Garden Inc. \(2013\)](#).

Green alder: [Hydro Quebec \(2022\)](#); [News Medical Life Sciences \(2019\)](#).

Saskatoon berry bush: [Oregon State University \(2022\)](#); [Alberta Plant Watch \(2022\)](#).

References - Shrubs/Trees

Bog birch: [Oregon State University \(2022\)](#); [Wild About Flowers \(2022\)](#).

Dwarf birch: [Electronic Atlas of the Flora of British Columbia \(2022\)](#); [The Spruce \(2021\)](#).

Red-osier dogwood: [Washington Native Plant Society \(2022\)](#); [Friends of Kanaskis Country \(2022\)](#).

Beaked hazelnut: [Native Plants PNW \(2016\)](#); [Kiwi Nurseries \(2018\)](#).

Douglas hawthorn: [Oregon State University \(2022\)](#); [TreeTime \(2022\)](#).

Shrubby cinquefoil: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [iNaturalist.ca \(2022\)](#).

Green ash: [Oregon State University \(2022\)](#); [Canadian Tree Tours \(2022\)](#).

Tamarack: [American Conifer Society \(2022\)](#); [Your Garden Sanctuary \(2018\)](#).

White spruce: [The Gymnosperm Database \(2022\)](#); [Heeman's \(2022\)](#).

Black spruce: [Adirondacks Forever Wild \(2022\)](#); [Fire Effects Information System - USDA \(2022\)](#).

Plains cottonwood: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [The River Landing \(2012\)](#).

Aspen: [Oregon State University \(2022\)](#); [Zoo Sauvage de Saint Felicien \(2022\)](#).

Pin cherry: [North Carolina Extension Gardener Plant Toolbox \(2022\)](#); [University of New Hampshire \(2018\)](#).

Common Labrador tea: [Washington Native Plant Society \(2022\)](#); [Friends of the Wildflower Garden Inc. \(2018\)](#).

Wild black currant: [Minnesota Wildflowers \(2022\)](#); [Epic Gardening \(2022\)](#).

Golden currant: [Minnesota Wildflowers \(2022\)](#); [USDA - Natural Resources Conservation Service \(2012\)](#).

Northern gooseberry: [Minnesota Wildflowers \(2022\)](#); [Practical Plants \(2022\)](#).

Wild red currant: [Minnesota Wildflowers \(2022\)](#); [Edible Wild Food \(2022\)](#).

Dwarf raspberry: [Minnesota Wildflowers \(2022\)](#); [Wild About Flowers \(2022\)](#).

Dewberry: [Minnesota Wildflowers \(2022\)](#); [Britannica \(2022\)](#).

Peach-leaved willow: [Minnesota Wildflowers \(2022\)](#); [Lady Bird Johnson Wildflower Center \(2022\)](#).

Beaked willow: [Minnesota Wildflowers \(2022\)](#); [Agroforestry & Woodlot Extension Society \(2022\)](#).

References - Shrubs/Trees

Hoary willow: [Minnesota Wildflowers \(2022\)](#); [Prides Corner Farms \(2022\)](#).

Pussy willow: [Minnesota Wildflowers \(2022\)](#); [PennState Extension \(2017\)](#).

Bog willow: [Minnesota Wildflowers \(2022\)](#); [Basketry and Beyond \(2012\)](#).

Narrow-leaved meadowsweet: [Minnesota Wildflowers \(2022\)](#); [TreeTime \(2022\)](#).

Common blueberry: [Minnesota Wildflowers \(2022\)](#); [TreeTime \(2022\)](#).

Low-bush cranberry: [Oregon State University \(2022\)](#); [TreeTime \(2022\)](#).

High-bush cranberry: [Oregon State University \(2022\)](#); [Strathmore \(2022\)](#).