

Heritage Garden Plant Species

1. White Peony (*Paeonia*)

- The peony is known as the King of Flowers and were named in honour of *Paion*, the mythical Greek physician to the gods.
- There are many 'languages' of flowers; peony means – bashfulness, shame, compassion, and happy marriage.
- Although the peony is native to Siberia, China, Japan, and Europe many families of the peony originated in France.
- This beautiful flower is hardy and thrives even when untended.
- There have been many different uses for the peony flower, seeds, extracts, roots, and bark recorded in history: the flowers are edible, the seeds have been used as spices and protective charms, the extracts is beneficial in people with cardiovascular disorders, the roots have been used to treat wounds and fungal infections, and the bark contains antimicrobial effects.

2. Tiger Lily (*Lilium tigrinum*)

- Has been nicknamed “Typhoid Mary” because it is said to be often virus infected.
- Language of flowers: forever in love
- Native to China, Korea, and Japan for at least 1000 years where it's known for its culinary value. First brought to the US in 1823. It has grown as far north as Fort Smith, NWT.
- Little black/brown nubs along stem are called stem bulbs. Each one is capable of producing a new plant.

3. Silver King Sage (*Artemisia ludovicianna*)

- The *artemisia ludovicianna* from *Artemis*, the Greek goddess of the Moon, wild animals, and the hunt.
- In the 'languages' of flowers, silver sage means wisdom, domestic, virtue, esteem, and great respect.
- Silver sage is widespread across the Canadian prairies.
- First Nations peoples burn sage and use its smoke in a ritualistic cleanse known as 'smudging'. It is also used in the Sundance ceremony.
- Silver sage is an eye-catching addition to any garden with its' sweet-smelling sage scent and silver foliage.

4. Yarrow (*Achillea millefolium*)

- This variety is Cerise Queen
- In the language of flowers, yarrow represents solace and war
- Millefolium means a thousand leaves
- Yarrow is native to Europe
- Yarrow is named after Achilles, the famous warrior from Greek mythology. Achilles used the healing properties of this plant during the Trojan War. He packed yarrow leaves on his comrade's wounds to stop the bleeding.
- This flower stinks which attracts flies, the plant's main pollinator.
- The Yarrow's ferny leaves are aromatic when crushed and can be added to potpourri. The flowers can be dried and used in floral arrangements.
- Companions: Yarrow is known as a herb that strengthens anything planted nearby. This makes yarrow a fine companion plant in any garden. It grows well with sage, sweetgrass, blue flag, and wild garlic and onions.

5. **Bearded Iris (Iris germanica)**

- Also known as German Iris or Poor Man's Orchid
- Meanings: hope, wisdom, faith, valor, promise in love, good health message for thee, courage, joy
- Mostly native to the Mediterranean
- Iris comes from the Greek word for rainbow. In mythology the goddess Iris, who was Juno's personal messenger, travelled over the rainbow to reach earth. Brightly colored flowers sprang up from her footsteps
- Irises are described in terms of standards, falls and beards. Falls are the 3 drooping petals, standards are the 3 upright petals, and beards are the fuzzy portions on the centre of the falls.
- They have brief but glorious blooming periods
- The seed capsules can be used in dried arrangements
- The fresh flower is said to purify an area

6. **Siberian Iris (Iris siberica)**

- The Siberian iris is also known as *Fleur-de-lis*. It is featured on the Quebec provincial flag.
- In the languages of flowers, Siberian iris means hope, wisdom, faith, valour, promise of love, good health, courage, joy, and a message for thee.
- This flower is native to Siberia and Europe. It is the hardiest of all irises and has a brief but glorious blooming period in the spring.
- The seedpods from this plant can be used in dried arrangements.

7. **Virginia Creeper (Parthenocissus quinquefolia)**

- This is a vine that is known for its brilliant scarlet fall colour.

- As with other plants that turn red in the fall, bright sunny days and cool nights increase the production of pigments triggering the most vibrant fall colours.
- As fall approaches, the chlorophyll is absorbed by the plant, revealing the other colourful pigments that were present, but not visible.
- A handsome vine that established quickly and provides an air of age and permanence, even on new structures.
- Can cover the sides of a building and keep it cool in the summer. It is a long living plant popular by the prairie pioneers.

8. June Grass (*Koeleria cristata*)

- It's common name refers to it's flowering time.
- This grass has a less conspicuous flowering habit as they are wind pollinated.
- This is good forage grass.

Blue Grama Grass (*Bouteloua gracilis*)

- This is the most drought resistant variety of grass. It goes dormant by curling its leaves in a drought.
- The flowers look like crescent moons perched on the ends of the flower stems.

Needle and Thread Grass (*Stipa comata*)

- Also known as spear grass or western needle grass, this variety was declared Saskatchewan's provincial grass on June 15th, 2001
- This protein rich grass is the most significant forage for cattle.
- In the wild, its seeds are food for small mammals who, in turn, are prey to several predators including the endangered Swift fox and Burrowing owl.
- Needle and Thread grass is often used in prairie reclamation projects

9. Spruce Tree

The spruce tree that is closest to City Hall was the Humboldt Christmas tree before this garden was planted. When the garden was being designed, grass was planted around this tree so it would still be accessible for decorating in the holiday season!

10. Species Lily

- The lily has possibly been in cultivation longer than any other flower. The lily's image has been found as decoration on three-thousand year old pottery from Crete.
- The first lily is said to have grown in the Garden of Eden from the tears dropped by Eve

when she was driven out.

- Lilies were traditionally grown near fields of wheat; the wheat nourishes the body from within while the lily heals its outer wounds.
- The crushed petals are used as a remedy for burns, stings, and cuts, and the bulb, cooked and mixed with flour, is used as a poultice for chilblains, abscesses, and numerous other skin ailments.

11. Therese Bugnet Rose (pronounced boo-nay)

- This rose is apart of the rugosa family and is among the many varieties known as shrub roses
- Its name is derived from George Bugnet of Legal, AB in 1950 who developed the Therese Bugnet Rose over a 25 year span
- Known for its toughness, the Therese Bugnet rose can even grow and survive in the wild and in poor soil.
- Its blooming period is usually in spring or early summer but will bloom only once a year.
- The flowers are double blossoms, and will fade from red to pink as it matures.

12. Hansa Rose

- Also apart of the rugosa family, this particular variety was first bred in Holland in the year 1905
- This flower is also known for its toughness and has been documented to have survived in gardens in Siberia, Russia where temperatures remain around 45-50 degrees Fahrenheit for two to three months straight.
- This rose also produces double bloom flowers and is slightly shorter than most shrub roses reaching about 5ft tall

13. Morden Centennial Rose

- This Morden rose is from the Parkland series of roses.
- First developed in Morden, MB in 1976 for the centennial year celebration it is not clear whether its developer is Hugh Skinner or Henry Marshall.
- This rose was honoured with the “Outstanding Cultivator Award” in 1996.
- This variety of roses blooms so profusely that the flowers literally hide the foliage.

14. Morden Blush Rose

- Like the Centennial rose, the Morden Blush rose is also from the Parkland Series.
- The blush rose was developed in 1988 in Morden, MB.

- With tea-scented blossoms, this variety of rose is the longest blooming of any prairie-developed shrub roses.

15. Hope for Humanity Rose

- This rose is also from the Parkland Series and developed in Morden, MB.
- Introduced in 1995 to honour the 100th anniversary of the Canadian Red Cross Society, this rose produces blooms of the truest blood-red colour.

16. Asiatic Lily

- In the 'languages' of flowers, Asiatic Lily means – forever in love.
- While most popular lilies used today were developed in 1940, this flower has been cultivated for years by in Egypt and Asian countries.
- Lilies also hold many biblical connections with the Virgin Mary, the Annunciation, and the Resurrection/Easter.
- Feng Shui holds the lily as an emblem of summer and abundance
- The pollen of lilies will stain clothing (and noses)! Prevent stains by snipping off the orange stamens.

17. Hollyhock (*Alcea setosa*)

- This flower is native to Asia and Europe.
- Hollyhocks are popular garden ornamental plants. They are easily grown from the seed.
- Breeds with red flowers attract hummingbirds and butterflies.
- The stems of hollyhocks can be used as firewood, and the roots can be used medicinally.
- In language if the flowers, the hollyhock symbolizes ambition and fecundity.

18. Strawberry (*Frangaria ananassa*)

- The fruit is widely appreciated for its characteristic aroma, bright red colour, juicy texture and sweetness.
- Strawberries are consumed in large quantities in jams, juices, pies, ice cream, milk shakes and chocolates.
- The strawberry originated in Brittany France in 1750.
- From a botanical point of view, the strawberry is not a berry, but an aggregate accessory fruit, meaning that the fleshy part is derived not from the plant's ovaries, but from the receptacle that holds the ovaries.
- Each seed on the outside of the fruit is one of the ovaries of the flower with a seed inside it.

19. Flanders Field Poppy (*Papaver rhoeas*)

- An annual, not a perennial
- This Heirloom strain is the one from the John McCrae poem; there were so many poppies in the Field in Flanders that inspired the poem because the nitrogen from the bombs helped the poppies to grow
- Will grow to around 24" tall
- Mildly toxic and an unpleasant taste for grazing animals

20. Oriental Poppy (*Papaver orientale*)

- A perennial, unlike the Flanders Field poppy
- Native to the Caucasus, northeastern Turkey, and northern Iran

21. Tulips (*Tulipa gesneriana*)

- Tulips are a spring blooming perennial herbaceous bulbiferous geophyte. Tulip flowers are usually large, showy, and bright coloured and are generally red, orange, pink, yellow, or white.
- The name "tulip" is thought to be derived from a Persian word for turban, which may have been thought to resemble those who discovered it, as the originated in Southern Europe to Central Asia.
- In their natural state, they are adapted to steppes and mountainous areas with temperate climates.
- In the language of the flowers, red tulips symbolize passion and a declaration of love, while yellow tulips represent sunshine.

22. Fern Leaf Peony (*Paeonia tenuifolia*)

- The fern leaf peony is a vigorous, reliable plant with unique, fine textures and fern like foliage. Showy deep red or burgundy flowers appear a little earlier than most other peonies, generally in late spring and early summer.
- Peonies can live up to 50 years.
- These peonies germinate best in cooler temperatures of 15-19 degrees Celsius.

23. September Ruby Apple Tree

- September Ruby earned a nickname from us as the King of the North, due to its great hardiness.
- A high-quality apple that is crunchy, sweet and slightly tart.
- Originated at the Morden Research Station in Manitoba. Its parentage is from the Rescue and Haralson varieties. It was released in 1986, after being tested under the name PF36.

24. Thunbergia

- enhanced by the bright orange flowers of classic Black-Eyed Susan Vines
- a fast-growing vine

25. Delphinium or Larkspur

- Herbal uses: A tincture of Larkspur is used to destroy head lice by adding a few drops to shampoo
- Field larkspur is a poisonous plant.
- Homeopathic uses: starvesacre for illness brought on by indignation, also for bladder infections, prostatic problems, and pain following abdominal surgery.
- Magical uses: gaze at the midsummer fires through a bunch of larkspur to strengthen the eyes. Larkspur provides generous, altruistic leadership.

26. Baby's Breath (*Gypsophila paniculata*)

- Also known as the Bristol Fairy or the Clak Plant, this is one of the best flowers for both fresh and dried arrangements.
- In the language of flowers means innocence, pure of heart, fertility and gaiety.
- These plants bear a mass of ¼ inch flowers mostly in early summer, but occasionally bloom until first frost provided the first stalks are removed when they fade.
- Baby's Breath makes a wonderful winter bouquet if they are picked when fully open and dried upside down in a shaded, airy space.
- The top roots of these flowers are perennial and extremely drought-tolerant

27. Sour Cherry Tree

28. Thunderchild Crab

- pink flowers in spring, dark purple foliage all season long
- a narrow upright habit of growth, good disease resistance
- prefers sunlight

29. Cherry Tree

30. Dropmore Scarlet Trumpet Honeysuckle (*Lonicera brownie*)

- In the language of the flower Dropmore honeysuckle means generous and devoted affected, bond of love and fidelity.
- The Dropmore honeysuckle vine, first introduced by plant biologist Dr. Frankk Skinner, was named after Dropmore, Manitoba, which is where Dr. Skinner was from in 1950.
- This vine attracts hummingbirds as well as bees and other pollinating insects.

31. Potentilla (cinquefoil)

- The potentilla, or the bush cinquefoil is also known as the Buttercup bush and Sutter's Gold.
- The potentilla shrub is native to Saskatchewan. This flowering shrub however does not grow in zone 1 (northern Saskatchewan), but do grow in zones 2-9 (except in Florida and along the Gulf Coast).
- In the language of the flower, potentilla means powerful, a reference to this plant's reputed medicinal qualities.
- The leaves were used as a tea substitute because of the high tannin it contains
- Root tea is used to sooth inflammation of the mucus membranes i.e. diarrhea.

32. Hazeldean Rose

- Introduced in 1948
- Hybridized by Percy Wright, of the Carrot River district, a journalist- turned horticulturist from Saskatoon.
- Extremely hardy, semi-double yellow rose

33. Alpine Currant (*Ribes alpinum*)

- The *ribes alpinum*, which is native to Europe, originated in Wales and Russia.
- The language of the flower, alpine currant means "Thy Frown Will Kill Me"
- Ribes is from the Persian or Arabic word for acid tasting, a reference to the edible fruit.

34. Highbush Cranberry (*Viburnum trilobum*)

- Highbush cranberry, native to Canada, is a medium sized shrub that produces clusters of small, red, edible berries with some similarities to cranberries.
- While they ripen initially in September, they persist all through the winter on the plant. In fact, their flavour improves the later they are harvested. It becomes milder, softer, and sweeter throughout the winter, thanks to being frozen and thawed repeatedly.

35. Dwarf European Cranberry (*Viburnum opulus nanum*)

- In the language of the flower, Dwarf European Cranberry means cure for headache.

- *Viburnum opulus* is a flowering and a fruit bearing shrub. It is resistant to smoke and grime in the cities and can grow up to between 8-10 feet tall.
- Although it rarely blooms or produces berries, it can produce clusters of tiny white fertile flowers encircled with $\frac{3}{4}$ inch flat sterile flowers that open in the late spring.

36. Wheat

- Wheat needs to be planted in each year
- Initially Marquis and Red Fife were planted in this garden. Marquis was the main wheat grown in Western Canada during the 1920s and the 1930s. Red Fife was first grown in Canada in 1843. It requires a long growing season and so on the prairies it was at risk of frost damage.
- A Saskatchewan strain of wheat is planted there at the moment.
- In the language of Flowers wheat means sacrifice, prosperity. As a dream symbol wheat translated as sustenance, nourishment, wholesomeness and goodness.
- In Christian churches wheat is considered to be a symbolic of the Bread of Life which represents communion.
- The death of a grain crop is followed after a period of stillness, by the re-sowing and germination of the seeds. Thus, the ear of wheat is used as a symbol of rebirth.

37. Creeping Bellflower (*Campanula*)

- The term *campanula* is Latin for “bell-like”.
- The creeping bellflowers is one of the longest blooming perennials but is also known as a biennial plant. It is undemanding in the need for space, and it is reliable and so prodigious in its’ blooming that it seems to never end.

38. Sweetberry Honeysuckle (*Lonicera caerulea var. edulis*)

- In the language of the flower, sweetberry means generous and devoted affection, the bond of love.
- The sweetberry honeysuckle is native to eastern Siberia. It is believed that this honeysuckle was introduced here in about 1967.
- The *Lonicera caerulea* produces edible, blue-coloured berries that can be eaten raw or made into jams, jellies or drinks.
- Folklore says that honeysuckle attracts money and enhances heightened psychic abilities when rubbed on the forehead.

39. Dart’s Gold Ninebark (*Physicarpus opulifolius*)

- *Opulifolius* means rich leaves
- Ninebark refers to nine layers of bark. (You may not actually find nine layers.)

- the papery bark is attractive in winter.
- bright red seed pods add to their beauty

40. Dogwood (Cornus sericea)

- In the language of the flower, Dogwood means durability
- The Dogwood is a very resilient and adaptable tree producing white berries and attracting such birds as the robin and the waxwing. It can be found in woodlands along the roadsides in the parkland areas.
- The Dogwood was used for basketry and wreathmaking beautiful stem colour.

41. Lily of the Valley (Convallaria majalis)

- The Convallaria majalis is also known as the May Lily because it is the flowers for the month of May.
- In the language of the flowers, Lily of the Valley means brings tidings of warm weather and symbolizes the return of happiness, sweetness and tears of the Virgin Mary.
- This delicately fragrant flower is the sweetest smelling spring flower and often used in wedding bouquets.
- Used as essential oil in perfume
- The leaves yield green dyes. Medicinally, it is said to strengthen and regulate the heart (*not to be used without medical supervision*).

42. Ribbon Grass (Phalaris arundinacea)

- The Phalaris arundinacea is also known as the gardener's garters.
- In the language of the flower, ribbon grass means usefulness, submission and utility.
- The ribbon grass is a variety of the reed canary grass
- has green leaves stripped with white.
- Children love to make grass whistles from their broad leaves.

43. Goutweed (Aegopodium podagraria variegatum)

- The goutweed is also known as the Bishop's Weed.
- Thriving on neglect, it knows no boundary will grow in conditions and areas where everything else has failed. The Bishop's Weed is a member of the carrot family.
- It has been used to treat and cure gout.

44. Ostrich Fern (Matteuccia struthiopteris)

- Matteuccia struthiopteris is also known as the Fiddlehead Fern.

- In the language of the flower, ostrich fern means fascination, confidence, sincerity, shelter and magic.
- The ostrich fern is native to Northern Saskatchewan's Boreal Forest. The bold, plummy fronds of the ostrich fern can grow, in the wind, up to 10 feet making it one of the largest Northern American ferns.
- They are usually smaller when grown in the garden. Grow in the garden it usually produces vase shaped clusters of fronds of 3-5 feet.

45. **Rhubarb (*Rheum rhaponticum*)**

- Also known as "the pie plant"
- In the language of flowers, rhubarb means advice
- Native to China
- Rhubarb was an important plant found in every pioneer yard
- Technically it is a vegetable, but it is often used as a fruit. Pies made from rhubarb were commonly brought to gatherings such as church picnics and fall suppers. So prolific on homesteads, it was not uncommon to make up to 30 quarts of canned rhubarb.
- Many children used to pick the stems, dip them in sugar and eat them raw.

46. **Lilacs (*Syringa vulgaris*)**

- In the language of the flowers the lilac symbolizes the first strings of love, first emotions of love or blossoming love.
- In mythology the lilac is the flower of the goddess Venus. A prairie garden would be incomplete without lilac, as many were planted in the late 1800s and early 1900s.
- Lilic blooms tend to indicate the beginning of summer.
- It is said the wafting scent of lilacs will attract fairies to a garden. The essential oil is extracted from the flowers to make perfume. Lilacs was a very popular scent in the 1960s and 1970s.

47. **Bridal Wreath Spirea**

- In language of the flowers, spirea means spiral or twisted
- The spirea was first introduced in 1862 and has become an all-time favourite.
- The bridal wreath grows five to eight feet in height. It is very durable and unique with pure white button-like double flowers that line the arching branches. The leaves turn to a brilliant shade of red and orange in the fall

48. **Waterton Mock Orange (*Philadelphus lewisii*)**

- The species name (*lewisii*) honors Captain Meriweather Lewis of the Lewis and Clark Expedition.

- Philadelphus is the Greek phrase for brotherly love after an Egyptian pharaoh by that name.
- The mock orange produces white flowers with a heavy fragrance, reminiscent of orange blossoms.
- Prune only after blooming because it flowers on old wood.

49. **Cotoneaster (cotoneaster acutifolius)**

- The cotoneaster is a deciduous shrub that has become a favorite for usage as hedges because of its size. It is commonly mispronounced as Cotton Easter.
- Also known as 'Peking cotoneaster' as it is normally found in northwest parts of Asia.
- The leaves in the fall are an attractive yellow to red-orange color, during the growing season are a dark green.
- The flowering blossoms are a pale pink with black fruit being a favorite of the cedar waxwing. Because of its' spectacular fall coloring this shrub makes a wonderful accent plant amongst other shrubs.
- After early to mid-August the cotoneaster shrub no longer needs to be pruned but as a precaution watch out for pear slugs as they usually appear in and around August.

50. **Columbine (Aquilegia)**

- Means 'folly'
- otherwise known as "Nanny Bonnet."
 - The Columbine is native to north temperate regions, cultivated for their showy, variously colored flowers that have petals with long hollow spurs
 - The flowers secrete nectar making it a favorite for hummingbirds.
 - Because of its delicate and attractive foliage and exotic drooping flowers (which allow some to dance in the breeze) it is excellent for rock gardens or a native woodland planting
 - medical uses include lotions for sore mouths and throats, preventing scurvy, and as a headache remedy

51. **Daylily (Hemerocallis hybrida)**

- The hemerocallis comes from the Greek word "herma" (day) and "kallos" (beauty) literally meaning "beautiful for a day"
- Daylilies have been cultivated by the Chinese for more than 25 hundred years both for their beauty and as an ingredient in some of their dishes
- can still be found on abandoned farmyard, however, only three varieties of the daylily have been hybridized to be grown in American gardens before World War II.
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52. **Creeping Thyme (Thymus serpyllum)**

- The thymus serpyllum is also known as the winter thyme.

- In the language of the flower thyme means courage and strength.
- The meaning of courage dates to the Middle Ages when noblewoman would embroider onto scarves sprigs of thyme and then give the embroidered scarves to their favourite knights before they left for the Crusades.
- Thyme is an aromatic ground covering perennial shrub that reaches about 12 inches in height with thin, woody, twig-like stems and oval shaped leaves. It's flowers blossom in midsummer in shades of pink and lilac. Since the days of ancient Greece, thyme has been cultivated for its strongly aromatic, slightly pungent foliage.

53. Peony (*Paeonia* spp)

- The peony is known as the King of Flowers and were named in honour of *Paion*, the mythical Greek physician to the gods.
- There are many 'languages' of flowers, peony means – bashfulness, shame, compassion, and happy marriage.
- Although the peony is native to Siberia, China, Japan, and Europe many families of the peony originated in France.
- This beautiful flower is hardy and thrives even when untended.
- There have been many different uses for the peony flower, seeds, extracts, roots, and bark recorded in history: the flowers are edible, the seeds have been used as spices and protective charms, the extracts is beneficial in people with cardiovascular disorders, the roots have been used to treat wounds and fungal infections, and the bark contains antimicrobial effects.

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54. Bergenia (*Bergenia cordifolia*)

- This flower is native to central Asia in the region from Afghanistan to China to the Himalayan region.
- The common names are Pigsqueak due to the noise made when the leaves are rubbed together and Elephant's Ears because of the shapes of their leaves.
- They are clump-forming, rhizomatous, evergreen perennials with a spirally arranged rosette of leaves 6–35 cm long and 4–15 cm broad, and pink flowers
- The leaves are large, leathery, ovate or cordate, and often have wavy or saw-toothed edges. For most of the year, the leaves have a glossy green colour, but in cooler climates, they turn red or bronze in the fall.
- The flowers grow on a stem similar in colour to a rhubarb stalk and most varieties have cone-shaped flowers in varying shades of pink. These can range from almost white to ruby red and purple

55. Chives (*Allium schoenoprasum*)

- As the most delicate member of the onion family its leaves are chopped and added to

omelet's, vegetables, soups, salads and are used to flavor vinegar. Chives contain iron and vitamins and aid in digestion

-Chives seem to have a natural built in resistance to pests and insects. Moles also stay away from it and neighboring plants

56. Parsley

- Herbal Uses: The oil of the seed (five to fifteen drops) is said to bring on menstruation.

-Expectant mothers should eat parsley and the watercress during the pregnancy to keep the liver and kidneys strong. A bath in parsley tea before labor is recommended. People with weak kidneys should however avoid this herb.

- Homeopathic uses are urinary complaints and gonorrhoea

- Magical Uses: Parsley was used in funeral rites by the Greeks; it was held sacred to Persephone. It was wound into funeral wreaths and used to decorate tombs.

57. Achilla Pearl (*Achillea ptarmica*)

- The *Achillea ptarmica* is also known as the “Bastard Pellitory” but is best known as “Sneezewort”. The Greek word *ptarmica* means sneezing.

- At one time the roots and leaves of the plants were dried and powdered and used as snuff.

- The pearl is native to Europe and Asia and is closely related to the yarrow.

- There have been a number of medicinal uses for the Pearl flower. It was once known as a herbal remedy for toothache, rheumatic pain, urinary disorders and fatigue.

- Can be used in salads.

58. Asparagus (*officinalis*)

- Known as “The Food of Kings”.

- Derived its name from the Greek God word meaning “sprout or shoot”.

- It has been cultivated for more than 2000 years. Wild asparagus was eaten by both the Greeks and the Romans.

- King Louis the 14th of France (1638-1715) was a great fan of this gourmet vegetable. He enjoyed and encouraged its production.

- A member of the lily family, this is one of the most valuable perennials for the garden. Harvest starts in May when fresh vegetables are scarce in the garden.

59. Veronica Speedwell (*Veronica Spicata*)

- The *Veronica spicata* is also known as the Spike Speedwell or Minuet.

- In the language of the flower, Veronica Speedwell means fidelity

- This plant genus name *Veronica spicata* honours St. Veronica who is said to have wiped the brow of Jesus on his way to Calvary.

- Speedwells are highly valued as long blooming plants that grow 12-18 inches tall and its flowers are shaped like spikes that grow from 6-8 inches wide.

60. Lupine (Lupinus)

- regionally called Bluebonnet
- flowers are produced in dense or open whorls on an erect spike
- native to North American

61. Calendula (Calendula officinalis)

- Flowers are a healing agent.
- Added to fermentation, poultices, and salves to speed healing wounds and nerve damage
- Homeopathic uses: local application on wounds, stop bleeding after dental work, and internally for cancer.
- Magical uses: it is often carried into court for favourable verdicts. Left in a mattress it encourages prophetic dreams, under the bed it can make dreams come true. Added to bath water it helps attract respect and admiration.

62. Old Man's Artemisia (Artemisia abrotanum)

- Also known as the "lover's plant", "lad's love", and "maid's ruin".
- Leaves were once used in aphrodisiac and love potions.
- Leaves were burnt in fireplaces to remove cooking smells and refresh the air.
- Sachets were hung in closets to discourage moths
- Also said to repel ants and aphids.
- Used dried in wreath arrangements.

63. Maltese Cross (Lychnis chalcedonica)

- The Lychnis chalcedonica is also known as the 'Scarlet Lightning' or the 'Jerusalem cross.'
- In the language of the flowers, Maltese cross means religious and enthusiasm.
- The Maltese cross originated in an area called Chalcedon in Istanbul, Turkey. Legend states that during the crusades the Knights of the Malta brought these plants back to Europe in saddlebags. The Maltese cross perennial derived its' name from the shape of its' individual flowers. The name Maltese is in reference to the Knights of Malta and cross comes from the distinctive shape of the individual flowers that are in the image of a cross.
- The Lychnis Chalcedonica is a brilliant, true red flower
- In Greek, Lychnis means lamp, and is a reference to the brilliant glow of the flower.
- The scarlet blossoms of the Maltese are in clusters one and a half inches in width and are atop of the stems that are two to three tall. The luminous glow of the blossoms is an attraction for the butterflies and the hummingbirds.

64. Cornflower (Centaurea montana)

- Also known as the mountain bluet or the perennial bachelor's button.

- The name *centaurea montana* derives part of its' name from the last word 'montana,' which refers to its' natural habitat, the mountains of southeast Europe.
- In the language of the flower cornflower means refinement and delicacy.
- The cornflower is a tough perennial that needs very little maintenance. The plants grow about two feet tall on weak stems that need to be staked.
- The flowers give off a gentle apricot scent and produce large, cobalt blue, showy, rigged edged, thistle-like blossoms. These colorful flowers are an attraction for butterflies and bees.
- The cornflower has appropriately been given its' name because it grows wild in cornfields in Europe and the U.S. and will continue to bloom until the next harvest season begins.
- The cornflower plant primarily originated in Europe during the Colonial era seeds from this plant were brought over to the United States to be planted in American gardens.

65. Shasta Daisy (*Leucanthemum Superbum*)

- The Shasta daisy stands as a living monument to the great plant breeder Luther Burbank. Burbank interbred wild species of chrysanthemums for fifteen years from all over the world to produce modern perennial gardens we have today. The Shasta daisy is nearly snow white with occasional tinges of yellow with blossoms as large as six inches across in single or in double anemone forms.
- The word Shasta is an Indigenous Californian word meaning 'white'.
- Daisy comes from the Anglo Saxon term "daes eage" or "days eve," meaning the way the flower opens and closes with the sun.
- A Shasta daisy is a white flower that opens and closes with the sun.
- In the language of the flower daisy means loyal love, "I'll never tell"
- Daisies are a symbol of freedom, power and life. In the 1960's it was the age of "Flower Power" symbolized by the daisy.
- Folklore links the daisy with love back to the Victorian times when the heartbroken maidens, who longed for their suitors to love them once again, would chant "he loves me, he loves me not" as one by one they would pluck the petals from the daisies.
- The daisy represents innocence, purity, gentleness, and shared feelings of affection on both the giver and the receiver of the flower.