

**Frozen Head State Park & Natural Area
Spring Wildflower Checklist**

How many can you find?

Name _____ Trail(s) _____

Date _____ Time _____ Weather _____

March – Early April

- Blood Root – *Sanquinaria canadensis*
- Blue Phlox – *Phlox stolonifera*
- Chickweed – *Stellaria pubera*
- Cinquefoil – *Potentilla canadensis*
- Cut-leave Toothwort – *Cardamine concatenata*
- Dwarf Crested Iris – *Iris cristata*
- Foam Flower – *Tiarella cordifolia*
- Great White Trillium – *Trillium grandiflorum*
- Hepatica – *Hepatica aetuiloba*
- Lemon Trillium – *Trillium luteum*
- Maple-leaved Viburnum – *Viburnum acerifolium*
- Periwinkle – *Vinca Minor*
- Rue Anemone – *Anemonella thalictroides*
- Sedge – *Carex caregana*
- Solomon's Seal – *Polygonatum biflorum*
- Spring Beauty – *Claytonia virginica*
- Toad Shade – *Trillium sessile (or) caneatum*
- Toothwort – *Cardamine diphylla*
- Trailing-arbutus – *Epigaea repens*
- Trout Lily – *Erythronium americanum*
- Vasey's Trillium – *Trillium vaseyi*
- Wake Robin Trillium – *Trillium erectum*
- Wild Geranium – *Geranium maculatum*
- Wild Ginger – *Asarum canadense*
- Wild Oats – *Uvularia sessilifolia*
- Wood Anemone – *Anemone lancifolia*
- Wood Betony – *Pedicularis canadensi*

Please do not pick or dig the flowers,
as they are protected in this state park.

April – Early May

- Bellwort – *Uvularia perfoliata*
- Black Cohosh – *Cimicifuga americana*
- Blue Cohosh – *Cavlophyllum thalictroides*
- Canada Violet – *Viola canadensis*
- Clinton Lily – *Clintonia umbellulata*
- Common Blue Violet – *Viola papilionacea*
- Downy Yellow Violet – *Viola pubescens*
- Dutchman's Breeches – *Dicentra cucullaria*
- Dwarf Ginseng – *Panax trifolium*
- Early Meadow-Rue – *Thalictrum dioicum*
- False Solomon's Seal – *Smilacina racemosa*
- Fire Pink – *Silene virginica*
- Goat's Beard – *Aruncus dioicus*
- Golden Alexanders – *Zizia aurea*
- Golden Ragwort – *Senecio aureus*
- Golden Seal – *Hydrastis canadensis*
- Great Solomon's Seal – *Polygonatum canaliculatum*
- Green "Yellow" Mandarin – *Disporum lauginosum*
- Halberd-leaved Violet – *Viola hastata*
- Indian Pink – *Spigelia marilandica*
- Jack-In-The-Pulpit – *Arisaema triphyllum*
- Little Brown Jug – *Hexastylis arifolia*
- Long Spurred Violet – *Viola rostrata*
- Mayapple – *Podophyllum peltatum*
- Nodding Mandarin – *Disporum maculatum*
- Pink Lady's Slipper – *Cypripedium calceolus*
- Purple Phacelia – *Phacelia bipinnatifida*
- Rattlesnake-plaintain – *Goodyera pubescens*
- Round-leaved Yellow Violet – *Viola rotundifolia*
- Smooth Yellow Violet – *Viola pensylvanica*
- Spiderwort – *Tradescantia virginiana*
- Squaw Root – *Conopholis americana*
- Sweet Cicely – *Osmorphiza claytonia*
- Sweet White Violet – *Viola blanda*
- Tall Meadow-Rue – *Thalictrum polgamum*
- Violet Wood-Sorrel – *Oxalis violacea*
- Wood's Vetch – *Vicia hugeri*

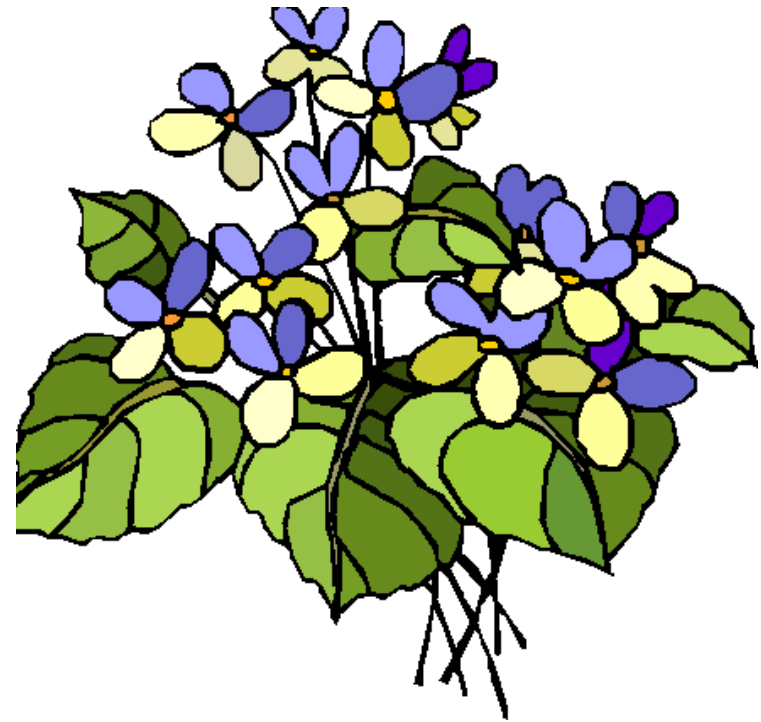
Wildflowers found at lower elevations will bloom earlier
than those found at higher elevations.

May – June

- Black Snakeroot – *Cimicifuga racemosa*
- Blue Eyed Grass – *Sisyrinchium angustifolium*
- Bowman's Root – *Gillenia trifoliata*
- Canada Lily – *Lilium canadense*
- Carrion Flower – *Smilax ecurrhata*
- Cross-Vine – *Bignonia capreolata*
- Daisy Fleabane – *Erigeron annuus*
- Dutchman's Pipe-vine – *Aristolochia durior*
- Galax – *Galax aphylla*
- Ginseng – *Panax quinquefolium*
- Greenbrier – *Smilax rotundifolia*
- Hawkweed – *Hieracium pilosella*
- Heat's-a-Bustin – *Euonymus americanus*
- Hispid Buttercup – *Ranunculus hispidus*
- Indian Cucumber – *Mediola virginiana*
- Indian Pipe – *Monotropa uniflora*
- Lion's Feet – *Prenanthes trifoliolate*
- Lyre-leaved Sage – *Salvia lyrata*
- Miterwort – *Mitella diphylla*
- Partridgeberry – *Mitchella repens*
- Pipsissewa – *Chimaphila maculata*
- Pussy-Toes – *Antennaria plantaginifolia*
- Queen Anne's Lace – *Daucus carota*
- Ramps (wild onions) – *Allium tricoccum*
- Robin Plantain – *Erigeron pulchellus*
- Showy Orchis – *Orchis spetabilis*
- Southern Harebell – *Campanula divaricata*
- Starflower – *Truentalis borealis*
- Stone Crop – *Sedum ternatum*
- Trumpet Creeper – *Campsis radicans*
- Twayblade – *Liparis lilifolia*
- Wild Comfrey – *Cynoglossum virginianum*
- Wild Hydrangea – *Hydrangea arborescens*
- Wild Lettuce – *Lactuca canadensis*
- Wild Yam – *Dioscorea quaternata*
- Yellow Star-grass – *Hypoxia hirsuta*

Other Species found – Location: _____

**FROZEN HEAD STATE PARK & NATURAL
AREA
SPRING WILDFLOWER CHECKLIST**



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TENNESSEE
State Parks



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