

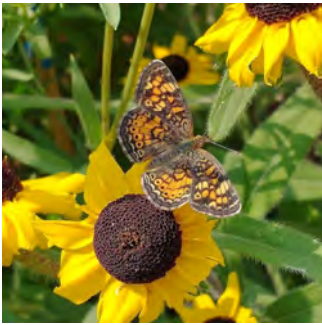
# Royal Saskatchewan Museum Native Prairie Plant Garden

Native plants have **co-evolved over millions of years with wildlife including birds and insects that use them for food and shelter.** They are well adapted to living together in the region in which they grow.

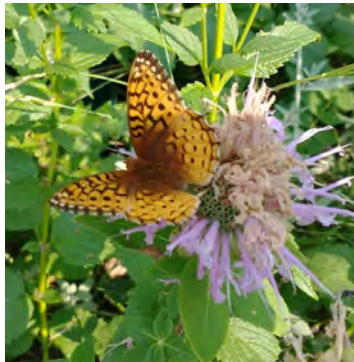


Which plants have grown well in Regina for thousands of year? Which plants are adapted to our soil and low precipitation? Which plants support local wildlife including birds and insects?

Come and take a look and find out! The **Native Prairie Plant Garden at the Royal Saskatchewan Museum** is located at the south-east entrance of the RSM at the corner of College Avenue and Albert Street. A huge thanks to the dozens of Nature Regina volunteers that work in the garden to keep it looking beautiful!



Orange Belted Bumble Bee on a Giant Hyssop  
Photo Credit: Cathy Wall



Monarch Butterfly on a Milkweed plant  
Photo Credit: Maureen Bennett



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Royal Saskatchewan Museum  
Native Prairie Plant Garden

**Three species of plants in Canada support 75% of all Canadian pollinators!**

Native Asters, Native Goldenrods and Native Sunflowers.

All grow well in many soil, sun and moisture combinations. All have many blooms on each plant so they support many insect species through a long bloom time. **Could you plant one square metre of flowers in your yard?**



Lindley's Aster attract pollinators such as butterflies, flies, and bees in late summer. The larvae of some butterflies feed on the foliage while seeds are sometimes eaten by birds. Drought tolerant.

Photo Credit: Cathy Wall



Stiff Leaved Goldenrod thrive in the most inhospitable soil. An important source of nectar for many pollinators including **Monarch butterflies for their fall migration**. Seeds are an important late season food for birds.



Common Tall Sunflower flowers from July to October. Numerous bees, beetles and some butterflies are attracted to the plant. Finches, small mammals and insects eat the seeds.



The Royal Saskatchewan Museum—Native Prairie Plant Garden is a **Monarch Waystation** providing the necessary resources to produce successive generations and **sustain migration for Monarch butterflies**. Milkweed is a host plant for larva and energy source for adult Monarch butterflies. Find out more at [www.monarchwatch.org/waystations/](http://www.monarchwatch.org/waystations/)

Photo Credit: Maureen Bennett



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**The Native Prairie Plant Garden changes from week to week!** Come and visit often during the summer. You will be sure to be inspired!

If you aren't sure about a species, check out [www.inaturalist.org](http://www.inaturalist.org) and search for Royal Saskatchewan Museum. Photos from this guide and throughout the growing season are posted.



Wild Bergamot or Bee Balm **flowers attract hummingbirds, butterflies, and bees** and the seed heads will attract birds in the fall and winter.



Western Spiderwort  
When its **stem breaks, it secretes a sticky substance, that makes cobweb-like strands when hardened.** A federally protected species under Canada's Species at Risk Act.

Photo Credit: Cathy Wall



Yellow Coneflower



The Blazing Star had traditional medicinal uses among First Nations peoples including as a pain reliever for headache, arthritis and earaches. Blooms until early fall. It is a **favourite target for bees, butterflies, and other pollinating insects!**

There are over 350 species of native bees in Saskatchewan. **90% of native bees are solitary bees and are more interested in pollen and nectar than in people!**



Giant Hyssop



**Find out more about planting habitat for pollinators:**

Native Plant Society of Saskatchewan  
[www.npss.sk.ca/](http://www.npss.sk.ca/)

David Suzuki—Butterflyway Project  
[davidsuzuki.org/take-action/act-locally/butterflyway/](http://davidsuzuki.org/take-action/act-locally/butterflyway/)

Xerces Society  
[xerces.org/](http://xerces.org/)



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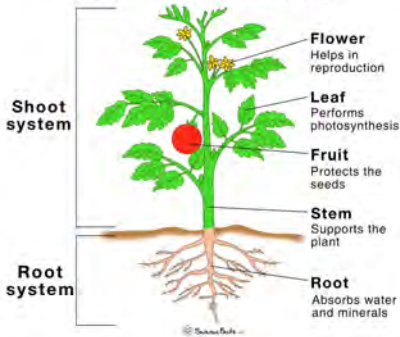
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## Parts of a Plant



Every plant has a **root system** and a **shoot system**. The shoot system is made up of a flower, leaf, fruit and stem.



This is a purple prairie coneflower. **How do we know?** You can usually identify plants by their flower!

When the flower isn't there you can check out the leaves and stem. On this plant the leaves alternate with 3 to 5 leaflets. The stem is long and stiff. Once the flower dries out there is a hard pod or "fruit" left with seeds inside. Check out [www.saskwildflower.ca](http://www.saskwildflower.ca) for more info about leaves, stem patterns and flowers on plants.

From <https://www.sciencefacts.net/parts-of-a-plant.html>



**Germination**—A seed requires **water and warmth** to start the process. It is too cold in winter so they stay underground!



**Roots and Stems** – Stems emerge upward from the soil. The **roots** grow downwards looking **for water and minerals**. Native plants have deep roots.



From [www.teachercreated.com/products/plant-life-cycles-chart-7714](http://www.teachercreated.com/products/plant-life-cycles-chart-7714)

**Leaves**— The plant uses the **sun for photosynthesis (captures energy)** and start to grow leaves.

**Flowers & Pollination**—The flower grows and produces pollen. The pollen needs to get onto another plant of the same species. **Bees and butterflies move the pollen** as well as the wind. The bright, colourful flowers attract the bees and butterflies.



**Native plants have more nectar than hybrid flowers.** They are a great food source for bees and butterflies because they have evolved over thousands of years along with the creatures that need them.

**Seed**—Once pollinated the plant is able to produce seeds, fruit develops around the seed, protecting it and helping it to reach the ground. The **fruit is transported by wind, water, attaching to passing animals or being transported by animals that eat the fruit and later poop it out!**



For a wild rose the fruit is called a rose hip



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