

## Fast Facts

### Peachleaf Willow (*Salix amygdaloides*)

This is the largest willow on the Prairie Provinces, and will grow to be the second largest tree after the Eastern Cottonwood. This is a short lived, quickly growing tree that is common along the Seine River Greenway. It has lanceolate pale green leaves with a whitish underside. The name suggests that the leaves are similar to peach leaves. Baskets, furniture, mats, chew sticks. Like all willows salicylic acid (pain and inflammation) can be extracted from the twigs. Young leaves and inner bark and be used as an emergency food source. The fast growing tree provides riparian stability. [http://plants.usda.gov/plantguide/pdf/cs\\_saam2.pdf](http://plants.usda.gov/plantguide/pdf/cs_saam2.pdf)

### Tartarian Honeysuckle (*Lonicera tatarica*)

The Tartarian honeysuckle is a common bush found throughout the Seine River Greenway. It is an import from Eurasia and was brought as an ornamental shrub. It is usually an indicator of an area that was a homestead or farm but since it spreads easily shrubs can be found throughout the area. In the city this shrub has not gotten out of control but it has the potential to outcompete other native tree species. There is a suggestion that it may produce allopathic compounds that inhibit other plants from growing.

### Absinthe (*Artemisia absinthium*)

This is an introduced plant that is a relative of sage, it has either bi- or tripinnate silver-grey leaves covered in silver-white hairs. It is a gorilla species quickly invading disturbed areas, usually it is found along the side of the path or in open areas. It is one of the flavouring ingredients in the spirit absinthe. In Europe it has traditionally been used to stimulate the appetite and relieve indigestion. The name "artemisia"

ultimately derives from the Greek goddess Artemis (Roman Diana), but likely the use of the name for this genus is related to Artemisia II of Caria, a botanist and medical researcher who died in 350 BC. Collect several plants and hanging the leaves in a basement, wardrobe, or other area that you want to hide odours.

### Common Milkweed (*Asclepias syriaca*)

Milkweeds are best known for feeding Monarch butterfly caterpillars and are a important addition to any butterfly garden. Other uses include extracting the tough fibers for making cords and ropes, and for weaving a coarse cloth. The fibers are sometimes mixed with fibers of Indian hemp (*Apocynum cannabinum*). Although Milkweeds can be prepared for eating without careful preparation they are also toxic. [http://plants.usda.gov/plantguide/pdf/cs\\_assy.pdf](http://plants.usda.gov/plantguide/pdf/cs_assy.pdf)

### Water Smartweed (*Polygonum amphibium*)

Water Smartweed is a truly amphibious plant being able to live on both land and submerged in water. At one time the same species was split into two because the morphology of the stem and leaves is quite different. With genetic testing and just monitoring the plants it is clear that the species is just highly variable. The plants have been used traditionally as a food source or for a variety of medicines. Recently scientists found that Smartweed accumulate elevated levels of gold suggesting the plant might be used for bioassay or to help clean up polluted tailings.

## Seine River South Greenway

Save Our Seine & Nature Manitoba – July 14, 2015

### Background

The South Trail is a 1.8km extension of the Seine River Greenway along the west side of the Seine River south of the Royalwood Bridge and north of Creek Bend Bridge. A protection plan was started in 2001/2 with the area identified as a 'park' in 2004. In 2007 a trail and sustainable development plan was proposed in collaboration with the City of Winnipeg, Save our Seine, and other groups. The current crushed limestone southern trail was mostly completed in 2011 as part of the ongoing plan (there was an easement issue with the land owner at the south end of the trail which meant the last hundred meters or so took longer to complete).

The Seine River Greenway is a narrow riparian zone that provides a natural buffer along the Seine River into the heart of Winnipeg. This buffer zone protects the river quality and provides a natural habitat wild plants and animals to thrive.



## Common Things to See

### Trees

American Elm  
Ash  
Bur Oak  
Manitoba Maple  
Peach leaf Willow

### Shrubs

Choke Cherry  
Dogwood  
Downy Arrowwood  
Hawthorn  
Hazelnut  
Nannyberry  
Poison Ivy  
Rose  
Saskatoon  
Snowberry  
Tartaryn Honeysuckle

### Broad(ish) Leaf Things

Absinthe  
Aster  
Baneberry  
Bedstraw  
Beggars' Ticks  
Blue Bur  
Burdock  
Canada anemone  
Carrion Flower  
Dog Bane/Indian Hemp  
False Solomon Seal  
Fleabane  
Golden Alexanders  
Meadow Rue  
Milkweed  
Mint  
Moonseed  
Ragweed  
Sow Thistle  
Vetch

Violet  
Wild licorice  
Wild-Lily-of-the-Valley  
Wild sarsaparilla

### Grass like things

Blue Grass  
Brome Grass  
Foxtail Barley  
Reed Canary Grass  
Sedge  
Wheat Grass

### Aquatic

Arrowleaf  
Bulrush  
Bur-reed  
Cattail  
Duckweed  
Sedge  
Smartweed  
Waterweed  
Yellow Water Lilly

## More Information

This page of information: [http://home.cc.umanitoba.ca/~burchil/plants/seine\\_south/srs.pdf](http://home.cc.umanitoba.ca/~burchil/plants/seine_south/srs.pdf)

Companion Information: [http://home.cc.umanitoba.ca/~burchil/plants/bois\\_des\\_esprit/index.html](http://home.cc.umanitoba.ca/~burchil/plants/bois_des_esprit/index.html)

More Information on SOS: <http://www.saveourseine.com/>

Wpg SOS South Trail: <http://www.saveourseine.com/wp-content/uploads/2014/06/SOS-Trail-Map-2009.pdf>

City of Winnipeg Naturalist Species Lists (Seine 13, 12, 14, 999 St. Anne)

[http://winnipeg.ca/publicworks/naturalist/ns/natural\\_areas/NA\\_Reports/202.html](http://winnipeg.ca/publicworks/naturalist/ns/natural_areas/NA_Reports/202.html)

[http://winnipeg.ca/publicworks/naturalist/ns/natural\\_areas/NA\\_Reports/225.html](http://winnipeg.ca/publicworks/naturalist/ns/natural_areas/NA_Reports/225.html)

[http://winnipeg.ca/publicworks/naturalist/ns/natural\\_areas/NA\\_Reports/203.html](http://winnipeg.ca/publicworks/naturalist/ns/natural_areas/NA_Reports/203.html)

[http://winnipeg.ca/publicworks/naturalist/ns/natural\\_areas/NA\\_Reports/1087.html](http://winnipeg.ca/publicworks/naturalist/ns/natural_areas/NA_Reports/1087.html)

[http://winnipeg.ca/publicworks/naturalist/ns/natural\\_areas/NA\\_Reports/1099.html](http://winnipeg.ca/publicworks/naturalist/ns/natural_areas/NA_Reports/1099.html)



## Species List

(note: this list has not been updated to current classification nomenclature)

Acer ginnala -- Amur maple  
Acer negundo -- Manitoba maple  
Acer negundo var. interius -- Manitoba maple  
Achillea millefolium -- Yarrow  
Actaea rubra -- Red baneberry  
Agropyron repens -- Quack- grass, Couch-grass  
Agropyron trachycaulum -- Slender wheatgrass  
Agrostis stolonifera -- Redtop  
Alisma triviale Pursh -- Northern Water Plantain  
Amaranthus retroflexus -- Green amaranth, Red-footed  
Ambrosia artemisiifolia -- Common ragweed  
Amelanchier alnifolia -- Saskatoon  
Amphicarpa bracteata -- Hog-peanut  
Andropogon gerardii -- Big bluestem  
Andropogon scoparius -- Little bluestem  
Anemone canadensis -- Canada anemone  
Apocynum androsaemifolium -- Spreading dogbane  
Apocynum cannabinum -- Indian-hemp  
Aralia nudicaulis -- Wild sarsparilla  
Arctium minus -- Lesser burdock  
Arenaria lateriflora -- Sandwort  
Artemisia absinthium -- Absinthe  
Asclepias ovalifolia -- Dwarf milkweed  
Asclepias syriaca -- Common or Silky milkweed  
Asparagus officinalis -- Garden asparagus  
Aster simplex -- Small blue aster  
Astragalus frigidus -- American milk-vetch  
Avena fatua -- Wild oats  
Bidens spp. -- Beggarticks  
Beckmannia syzigachne (Steud.) Fernald -- Sloughgrass  
Bromus ciliatus -- Fringed brome  
Bromus inermis -- Smooth brome  
Campanula rapunculoides -- Creeping bluebell  
Capsella bursa-pastoris -- Shepherd's-purse

Caragana arborescens Lam. -- Caragana  
Carex spp. -- Sedge  
Carex assiniboensis W. Boott -- Assiniboia sedge  
Carex aquatilis Wahlenb. -- Water sedge  
Carex atherodes Spreng. -- Wheat sedge  
Carex canescens L. -- Silvery sedge  
Carex disperma Dewey -- Softleaved sedge  
Carex lanuginosa auct. non Michx -- Woolly Sedge  
Celastrus scandens -- Climbing bittersweet  
Ceratophyllum demersum L. -- Coon's tail  
Chenopodium spp. -- Goosefoot  
Chrysanthemum leucanthemum -- Ox-eye daisy  
Cirsium arvense -- Canada thistle  
Cornus stolonifera -- Red osier dogwood  
Corylus americana Walter -- American Hazelnut  
Corylus spp. -- Hazelnut  
Crataegus rotundifolia -- Round-leaved hawthorn  
Crataegus spp. -- Hawthorn  
Descurainia sophia -- Fixweed  
Echinochloa crusgalli -- Barnyard grass  
Echinocystis lobata -- Wild cucumber  
Elaeagnus angustifolia -- Russian olive  
Eleocharis palustris (L.) Roem. & Schult. -- Common spike rush  
Elymus junceus -- Russian wild rye  
Epilobium ciliatum -- Northern willowherb  
Equisetum arvense -- Common horsetail  
Erigeron canadensis -- Horse-weed, Canada fleabane  
Erigeron philadelphicus -- Philadelphia fleabane  
Erysimum cheiranthoides -- Wormseed mustard  
Euphorbia esula L. -- Leafy spurge  
Fagopyrum sagittatum -- Buckwheat  
Fagopyrum tataricum -- Tartary buckwheat  
Fragaria virginiana -- Smooth wild strawberry  
Fraxinus pennsylvanica -- Green ash  
Galeopsis tetrahit -- Common hemp-nettle  
Galium boreale -- Northern bedstraw  
Galium triflorum -- Sweet-scented bedstraw  
Geum alleppicum -- Yellow avens  
Glechoma hederacea -- Gill-over-the-ground

Glyceria grandis -- Tall manna grass  
Glycyrrhiza lepidota -- Wild licorice  
Hesperis matronalis -- Dame's rocket, Dame's-violet  
Hieracium canadense -- Canada hawkweed  
Hordeum jubatum -- Foxtail barley  
Lactuca tatarica -- Wild lettuce  
Lappula echinata -- Bluebur  
Lathyrus spp. -- Peavine  
Lathyrus ochroleucus Hook. -- Cream-coloured vetchling  
Linaria vulgaris -- Butter-and-eggs  
Lonicera spp. -- Honeysuckle  
Lonicera tatarica -- Tartarian honeysuckle  
Lotus corniculatus L. -- Bird's Foot Trefoil  
Lycopus americanus -- Water-horehound  
Lycopus americanus -- Water-horehound  
Lycopus asper -- Western water-horehound  
Lysimachia ciliata -- Fringed loosestrife  
Maianthemum canadense -- Two-leaved Solomon's-seal, Wild lily of the valley  
Malus spp. -- Apple tree  
Matricaria maritima -- Scentless chamomile  
Medicago lupulina -- Black medick  
Medicago sativa -- Alfalfa  
Melilotus alba -- White sweet-clover  
Melilotus officinalis -- Yellow sweet-clover  
Menispermum canadense -- Yellow parilla  
Mentha arvensis -- Field mint  
Nuphar variegatum -- Bullhead-lily, Yellow pond-lily  
Oxalis stricta -- Yellow wood-sorrel  
Panicum capillare -- Witch grass  
Panicum virgatum -- Switch grass  
Parthenocissus quinquefolia -- Virginia creeper  
Petasites frigidus (L.) Fr. var. sagittatus (Banks ex Pursh) Cherniawsky -- Arrow-leaved colt's foot  
Phalaris arundinacea -- Reed canary grass  
Phleum pratense -- Timothy  
Picea glauca -- White spruce  
Plantago major -- Common plantain

*Poa pratensis* -- Kentucky blue grass  
*Poa* spp. -- Blue grass  
*Polygonum* spp. -- Smartweed  
*Polygonum amphibium* L. var. *stipulaceum* Coleman  
-- water smart weed  
*Populus tremuloides* -- Trembling aspen  
*Potamogeton richardsonii* (Benn.) Rydb. --  
Richardson's pondweed  
*Potamogeton natans* L. -- floating pondweed  
*Potamogeton pusillus* L. -- Small Pondweed  
*Potentilla anserina* -- Silverweed  
*Potentilla arguta* -- White cinquefoil, Tall  
*Prunus americana* -- American plum  
*Prunus virginiana* -- Red-fruited choke cherry  
*Prunus virginiana* var. *melanocarpa* -- Black-fruited  
choke cherry  
*Quercus macrocarpa* -- Bur oak  
*Ranunculus abortivus* L. -- Smooth-leaved buttercup  
*Ranunculus cymbalaria* Pursh. -- Seaside Buttercup  
*Ranunculus macounii* Britton -- Macoun's Buttercup  
*Rhus radicans* var. *rydbergii* -- Poison ivy  
*Ribes americanum* -- Wild black currant  
*Ribes* spp. -- Currant  
*Rosa acicularis* -- Prickly rose  
*Rosa blanda* Aiton -- Smooth Rose  
*Rosa* spp. -- Rose  
*Rubus idaeus* ssp. *strigosus* -- Red raspberry  
*Rumex crispus* -- Curled dock  
*Sagittaria cuneata* -- Arum-leaved arrowhead  
*Sagittaria latifolia* -- Broad-leaved arrowhead  
*Salix amygdaloides* -- Peach-leaved willow  
*Salix exigua* -- Sandbar willow  
*Sanicula marilandica* -- Snakeroot  
*Scirpus validus* Vahl -- Softstem Bulrush  
*Scirpus* sp. -- Bulrush  
*Senecio vulgaris* -- Common groundsel  
*Setaria glauca* -- Yellow foxtail  
*Setaria viridis* -- Green foxtail  
*Silene* spp. -- Catchfly  
*Sisyrinchium montanum* -- Blue-eyed grass

*Sium suave* -- Water-parsnip  
*Smilacina stellata* -- Star-flowered Solomon's-seal  
*Smilax herbacea* -- Carrionflower  
*Smilax lasioneura* -- Blue ridge carrion-flower  
*Solidago canadensis* -- Canada goldenrod  
*Solidago* spp. -- Goldenrod  
*Sonchus asper* -- Spiny-leaved sow-thistle  
*Sonchus oleraceus* -- Common sow-thistle  
*Sonchus* spp. -- Sow thistle  
*Sparganium angustifolium* Michx. -- Bur -reed  
*Stachys palustris* -- Marsh hedge-nettle  
*Stellaria media* -- Common chickweed  
*Symphoricarpos occidentalis* -- Western snowberry  
*Taraxacum officinale* -- Dandelion  
*Thalictrum dasycarpum* -- Tall meadow-rue  
*Thalictrum* spp. -- Meadow-rue  
*Thalictrum venulosum* -- Veiny meadow-rue  
*Thlaspi arvense* -- Stinkweed, Field pennycress  
*Tilia americana* -- Basswood  
*Tragopogon dubius* -- Yellow goats-beard  
*Trifolium repens* L. -- White Clover  
*Trifolium hybridum* L. -- Alsike Clover  
*Typha latifolia* L. -- Broadleaf Cattail  
*Typha* spp. -- Cat-tail  
*Ulmus americana* -- American elm  
*Ulmus pumila* -- Siberian elm  
*Urtica dioica* -- Stinging nettle  
*Urtica dioica* var. *procera* -- Stinging nettle  
*Verbascum thapsus* -- Common mullein, Flannel-plant  
*Viburnum lentago* -- Nannyberry  
*Viburnum opulus* var. *americanum* -- High bush-cranberry  
*Viburnum rafinesquianum* -- Downy arrow-wood  
*Vicia americana* -- Common vetch  
*Vicia cracca* -- Tufted vetch  
*Viola* spp. -- Violet  
*Vitis riparia* -- Riverbank grape  
*Xanthium italicum* -- Cocklebur