

# White Wild Indigo



Though foliage is still green in early fall, the seed pods are black, indicating seeds are ripe



← Later in fall, the leaves turn the color of charcoal, matching the ripe seed pods

# White Wild Indigo Harvest Tips

**Scientific Name:** *Baptisia alba*

**Ripens for Harvest:** Late September

**Duration of seeds on stalk:** 4 weeks or more.

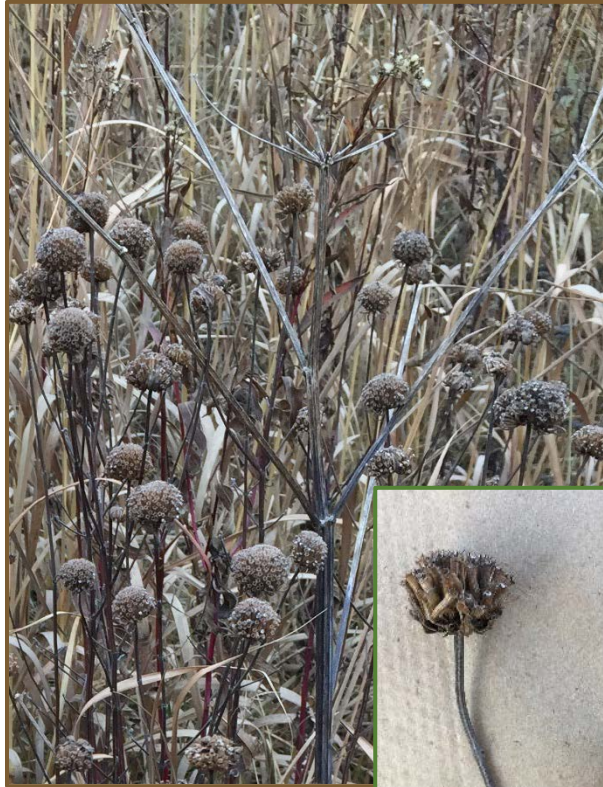
**Found:** Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along many hiking trails in moderately wet to dry soils in full sun.

**Identification Tips:** White Wild Indigo is one of the more distinctive and easy to identify prairie seeds because of both color and shape. The foliage grows in a bush that is 2 – 3 feet high, remaining bright green in early fall, in contrast to the large, black, ripened seed pods that are attached to a long seed stalk. Later in fall, the foliage turns charcoal black like the seed pods, making this plant even easier to identify, even from a distance.

**Harvest Method:** Cut or pull the seed pods from the stem. They are smooth and not abrasive to your hands. Harvest no more than half in an area. It is helpful (but not required) for you to crush the pods when harvesting them into your bag.



# Wild Bergamot



# Wild Bergamot Harvest Tips

**Scientific Name:** *Monarda fistulosa*

**Ripens for Harvest:** Late September

**Duration of seeds on stalk:** 4 weeks or more.

**Found:** Found throughout F.W. Kent Park in all soil types in full sun and part shade.

**Identification Tips:** Plants are 2 – 4 feet tall, square-stemmed, and have soft, brownish dome-shaped seed heads that are about  $\frac{3}{4}$ " – 1" in diameter. Seed heads have the appearance of being composed of many small hollow tubes. The entire plant often appears to have a dusting of white, which is from a mold. When in doubt, crush it between your fingers and notice a minty or oregano-like aroma. Wild Bergamot has a square stem.

**Harvest Method:** The entire seed head can be broken off the stalk by hand or clipped off with scissors. Seeds adhere firmly to the seed head, so no special care is needed to avoid seed loss. Harvest no more than half of the seed heads in the area.



# Showy Goldenrod



Reddish stems that  
are mostly leafless

# Showy Goldenrod Harvest Tips

**Scientific Name:** *Solidago speciosa*

**Ripens for Harvest:** Early October

**Duration of seeds on stalk:** Up to 4 weeks

**Found:** Found in moderately wet to dry soils in full sun and partial shade. Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along some hiking trails.

**Identification Tips:** Plants are 3 - 4 feet tall. They tend to grow in a group, and may be found near other types of goldenrod, particularly stiff goldenrod. They are distinguished from other types of goldenrod by a seed head with an oval profile, and a red, mostly leafless stem, when ripe.

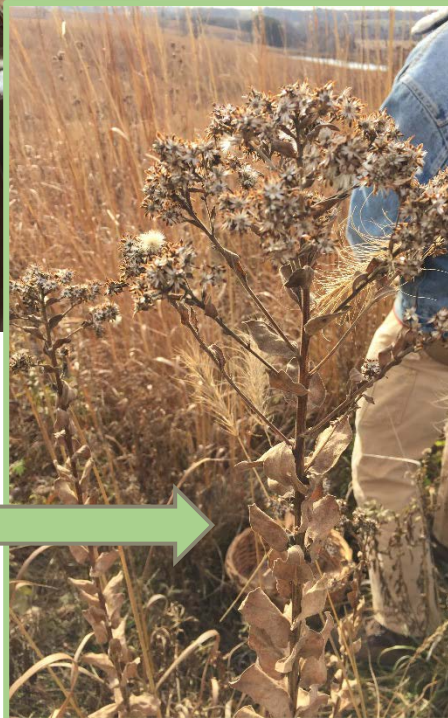
**Harvest Method:** It is easiest to cut the entire seed heads from the stalks and let them fall into your bag. The seed heads of this plant are bulky, so be prepared with a large enough supply of bags. Harvest no more than half of the seed heads in an area.



# Stiff Goldenrod



Stiff, rough leaves  
clasp stem



# Stiff Goldenrod Harvest Tips

**Scientific Name:** *Oligoneuron rigidum*

**Ripens for Harvest:** Early October

**Duration of seeds on stalk:** 4 weeks or more

**Found:** Found in moderately wet to moderately dry soils in full sun and partial shade. Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along many hiking trails.

**Identification Tips:** Plants are 3 - 4 feet tall. They have a narrow stalk and stem profile, with a compact seed head at the top compared to showy goldenrod or tall goldenrod. Ripe seed heads contain small, round fluffy balls with a slightly yellow hue when fresh. The hue changes to silver later in the season when some of the fluff has dispersed. The leaves are stiff, with a sandpapery feel.

**Harvest Method:** Wear gloves when harvesting this plant. It is easiest to cut the entire seed heads from the stalks and let them fall into your bag. The seed heads of this plant are bulky, so be prepared with a large enough supply of bags. Harvest no more than half of the seed heads in an area.



# Tall Boneset





# Tall Boneset Harvest Tips

**Scientific Name:** *Eupatorium altissimum*

**Ripens for Harvest:** Late September

**Duration of seeds on stalk:** Up to 4 weeks, depending upon winds

**Found:** Found in moderately dry to dry soils in full sun and partial shade around the Conservation Education Center at F.W. Kent Park and along many hiking trails.

**Identification Tips:** Plants are 3 - 5 feet tall. They have a large, bushy seed head at the top of a single stalk. The seed head has a bit of a “flat topped” appearance, not oval like the Showy Goldenrod, yet is more compact than the “airy” looking Tall Goldenrod seed heads. One good I.D. tip is that Tall Boneset seeds ripen while the leaves are still green.

**Harvest Method:** Cut the entire seed heads from the stalks and let them fall into your bag. The seed heads of this plant are bulky, so be prepared with a large enough supply of bags. Harvest no more than half of the seed heads in an area.



# Ironweed



# Ironweed Harvest Tips

**Scientific Name:** *Vernonia fasciculata*

**Ripens for Harvest:** Late September

**Duration of seeds on stalk:** 4 weeks or more

**Found:** Found in moderately wet to moderately dry soils in full sun and partial shade.

Found in the Valley View Prairie, Knight Prairie, and the Conservation Education Center area.

**Identification Tips:** Plants are 3 - 5 feet tall. When ripe, their distinguishing trait is their rusty-colored seed fluff. Some plants produce seed fluff that is more tan-colored.

**Harvest Method:** Cut the entire seed heads from the stalks and let them fall into your bag. The seed heads of this plant are bulky, so be prepared with a large enough supply of bags. Harvest no more than half of the seed heads in an area.



# New England Aster



Single  
seed



# New England Aster Harvest Tips

**Scientific Name:** *Symphyotrichum novae-angliae*

**Ripens for Harvest:** Mid-October

**Duration of seeds on stalk:** Up to 4 weeks

**Found:** Found in moderately wet to moderately dry soils in full sun and partial shade. Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along many hiking trails.

**Identification Tips:** Plants are 2 - 4 feet tall and are one of the last to ripen. Their seed heads are globe-shaped and have a tan to light rust color. They are easily distinguished from the rusty-colored ripened Ironweed by their globe shape. The stem is also covered with a soft fuzz.

**Harvest Method:** It is easiest to cut the entire seed heads from the stalks and let them fall into your bag. Harvest no more than half of the seed heads in an area.



# Tall Coreopsis



# Tall Coreopsis Harvest Tips

**Scientific Name:** *Coreopsis tripteris*

**Ripens for Harvest:** Begins in mid-September and happens gradually into mid-October

**Duration of seeds on stalk:** 4 weeks or more

**Found:** Found in moderately wet to dry soils in full sun and partial shade. Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along many hiking trails.

**Identification Tips:** Plants are 2 - 5 feet tall with prolific small, purse-like seed heads.

**Harvest Method:** It is easiest to cut the seed heads from the stalks. Seeds adhere firmly to the seed heads, so no special care is needed to prevent seed loss while harvesting. Harvest no more than half of the seed heads in an area.



# Three flowers with tear-drop shaped seed capsules



Foxglove Beardtongue



Tall Cinquefoil



Great St. John's Wort

# Harvest Tips: Foxglove Beardtongue, Tall Cinquefoil, and Great St. John's Wort

**Scientific Names:** *Penstemon digitalis* (Foxglove Beardtongue); *Potentilla arguta* (Tall Cinquefoil); *Hypericum pyramidatum* (Great St. John's Wort)

**Ripens for Harvest:** October

**Duration of seeds on stalk:** 4 weeks at a minimum

**Found:** Foxglove Beardtongue and Great St. John's Wort can both be found in the wetter areas of the Valley View Prairie and around the Conservation Education Center at F.W. Kent Park. Tall Cinquefoil can be found in the dry areas of the Knight Prairie.

**Identification Tips:** These plants have seeds in capsules along an upright stem. Great St. John's Wort is the tallest (2 – 5 feet) with a few medium-large black and brown seed capsules on each plant. Foxglove Beardtongue is 2 – 3 feet tall with many small brown capsules on a reddish stalk. Tall Cinquefoil is 2- 3 feet tall, softly textured, with medium brown, clustered seed capsules.

**Harvest Method:** Carefully cut the entire seed head from the stalk while keeping it in an upright position to avoid spilling the seeds from the seed stalk before placing them in your open bag. Harvest no more than one fourth of the seed heads in an area. These plants are not quite as prolific as some of the other prairie plants at F.W. Kent Park.



# Three Prairie Grasses



Canada Wild Rye



Big Blue Stem



Indian Grass

# Prairie Grass Harvest Tips

**Scientific Names:** *Elymus Canadensis* (Canada Wild Rye); *Andropogon gerardii* (Big Blue Stem); *Sorghastrum nutans* (Indian Grass)

**Ripens for Harvest:** October

**Duration of seeds on stalk:** 4 weeks at a minimum

**Found:** Found throughout F.W. Kent Park, including Valley View Prairie, Knight Prairie, the Conservation Education Center area, and along many hiking trails. Indian Grass and Big Blue Stem are more readily found throughout F.W. Kent Park than Canada Wild Rye.

**Identification Tips:** Canada Wild Rye has drooping, light tan, hairy looking seed heads. Big Blue Stem has a jointed looking stem and is also called “turkey foot” because it has three distinct seed heads per stem that resemble the foot print of a turkey. Indian Grass has a distinctive copper-colored seed head that stands upright in a single strand.

**Harvest Method:** Strip the seeds off the seed heads into your open bag while wearing rubberized gloves. Alternately, you can cut off the entire seed head from the stalk. Harvest no more than half of the seed heads in an area.