

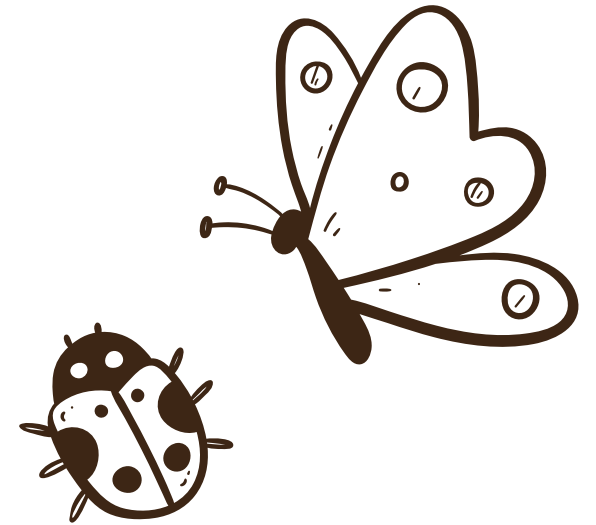


MICRO GREENS

by Seward Co-op

Native Flower Walk

Slather on the sunscreen to get outside and in touch with nature. Minnesota is full of beautiful wildflower varieties. On your next hike, keep your eyes peeled for these natural wonders that are native—meaning they are from this land originally and are well-suited for our local ecosystem. Check them off as you go!



□ Purple Coneflower

Blooms: June to October

- cone-shaped center
- 15 to 20 pink to light purple petals that droop and curl downward
- hairy stems with leaves that feel rough



□ Wild Blue Phlox

Blooms: April to June

- small clusters of five-petaled blue or purple flowers
- each petal has a narrow base that forms a little tube
- the leaves on its stem grow in pairs



□ Black-eyed Susan

Blooms: June to October

- bright yellow petals
- a dark “eye” in the middle
- petals are longer and narrower than brown-eyed susans



□ Milkweed

Blooms: June to August

- tall stems with milky sap inside
- orb-like clusters of small flowers
- oval leaves growing opposite each other



□ Yarrow

Blooms: June to Sept.

- comes in tons of colors, like white, pink, red, and yellow (white is native)
- tightly-packed clusters of tiny flowers
- fern-like leaves



□ Goldenrod

Blooms: July to Sept.

- bright, tiny yellow flowers
- flowers are clustered in pyramid-like shapes on top of its stems

