

Cuivre River State Park – Lakeside & Prairie Trails

July 6, 2026

We botanized along 2 trails this morning:

- the Lakeside Trail (only along a quarter-mile segment of the northeast shoreline)
- the Prairie Trail (0.3 mile loop)

Since the 2 trails have such different plant communities, the species we found will be listed in 2 different tables.

LAKESIDE TRAIL

(Northeast Segment)

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME ☼ = Flowering 🍓 = Fruiting 🌿 = Fern
☐	<i>Achillea millefolium</i> (ack-ill-LEE-uh)	Asteraceae (Anthemideae tribe) [CC1]	Yarrow ☼ (spent)
☐	<i>Amorpha canescens</i> (a-MOR-fuh)	Fabaceae (Faboideae subfamily) [CC8]	Leadplant 🍓
☐	<i>Apocynum cannabinum</i> (uh-POSS-i-num)	Apocynaceae (Gentianales) [CC3]	Dogbane
☐	<i>Asclepias purpurascens</i> (uh-SKLEE-pee-us)	Apocynaceae (Gentianales) [CC6]	Purple Milkweed 🍓
☐	<i>Asclepias syriaca</i> (uh-SKLEE-pee-us)	Apocynaceae (Gentianales) [CC0]	Common Milkweed 🍓
☐	<i>Asclepias tuberosa</i> (uh-SKLEE-pee-us)	Apocynaceae (Gentianales) [CC5]	Butterflyweed ☼
☐	<i>Asclepias verticillata</i> (uh-SKLEE-pee-us)	Apocynaceae (Gentianales) [CC2]	Whorled Milkweed ☼
☐	<i>Aureolaria grandiflora</i> (awr-ee-o-LAYR-ee-uh)	Orobanchaceae (Lamiales) [CC6]	False Foxglove
☐	<i>Brickellia eupatorioides</i> (brick-ELL-ee-uh)	Asteraceae (Eupatorieae tribe) [CC6]	False Boneset ☼
☐	<i>Campanulastrum</i> [Campanula] <i>americanum</i> (kam-PAN-yoo-luh)	Campanulaceae [CC4]	Tall Bellflower ☼
☐	<i>Ceanothus americanus</i> (see-uh-NO-thus)	Rhamnaceae [CC7]	New Jersey Tea 🍓
☐	<i>Chamaecrista fasciculata</i> (kam-ee-KRISS-tuh)	Fabaceae (Caesalpinioideae subfam) [CC2]	Partridge Pea ☼
☐	<i>Chasmanthium latifolium</i> (kazz-MAN-thee-um)	Poaceae (Panicoideae subfamily) [CC4]	River Oats ☼
☐	<i>Dalea candida</i> (DAY-lee-uh)	Fabaceae (Faboideae subfamily) [CC8]	White Prairie Clover ☼
☐	<i>Dalea purpurea</i> (DAY-lee-uh)	Fabaceae (Faboideae subfamily) [CC8]	Purple Prairie Clover ☼
☐	<i>Daucus carota</i> (DOW-kuss)	Apiaceae [introduced]	Wild Carrot / Queen Anne's Lace / ☼
☐	<i>Desmodium perplexum</i> (dez-MO-dee-um)	Fabaceae (Faboideae subfamily) [CC3]	Perplexed Ticktrefoil
☐	<i>Desmodium rotundifolium</i> (dez-MO-dee-um)	Fabaceae (Faboideae subfamily) [CC6]	Roundleaf Tick-Trefoil
☐	<i>Echinacea purpurea</i> (ek-in-NAY-shuh)	Asteraceae (Heliantheae tribe) [CC5]	Purple Coneflower ☼
☐	<i>Elaeagnus umbellata</i> (el-ee-AG-nus)	Elaeagnaceae / Rosales [introduced]	Autumn Olive 🍓
☐	<i>Equisetum hyemale</i> (eck-weh-SEE-tum)	Equisetaceae [CC3]	Rough Horsetail (conelike strobili)
☐	<i>Erigeron strigosus</i> (er-RIJ-er-on)	Asteraceae (Astereae tribe) [CC3]	Daisy Fleabane ☼
☐	<i>Geum canadense</i> (JEE-um)	Rosaceae [CC2]	White Avens ☼ & 🍓

☐	<i>Gillenia stipulata</i> (gill-LEN-nee-uh)	Rosaceae [CC5]	American Ipecac 🍄
☐	<i>Helianthus hirsutus</i> (hee-lee-ANN-thus)	Asteraceae (Heliantheae tribe) [CC4]	Hairy Sunflower ☼
☐	<i>Heliopsis helianthoides</i> (hee-lee-OPP-sis)	Asteraceae (Heliantheae tribe) [CC5]	Ox-Eye Sunflower / False Sunflower ☼
☐	<i>Hyloidesmum glutinosum</i> (hy-lo-DEZZ-mum)	Fabaceae (Faboideae subfamily) [CC3]	Pointed-Leaf Tick Trefoil ☼ & 🍄
☐	<i>Impatiens capensis</i> (im-PAY-shenz)	Balsaminaceae [CC3]	Orange Jewelweed ☼
☐	<i>Ipomoea pandurata</i> (eye-po-MEE-uh)	Convolvulaceae [CC2]	Wild Sweet Potato ☼
☐	<i>Lespedeza frutescens</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC5]	Shrubby Bush-Clover
☐	<i>Liatris scariosa</i> (ly-AY-triss)	Asteraceae (Eupatorieae tribe) [CC9]	Savanna Blazing Star ☼
☐	<i>Liatris squarrosa</i> (ly-AY-triss)	Asteraceae (Eupatorieae tribe) [CC6]	Scaly Blazing Star ☼
☐	<i>Lobelia spicata</i> (lo-BEE-lee-uh)	Campanulaceae [CC5]	Pale-Spike Lobelia ☼
☐	<i>Melanthium woodii</i> [was <i>Veratrum</i>] (mel-ANN-thee-um)	Melanthiaceae [CC8]	Wood's Bunchflower ☼
☐	<i>Melilotus albus</i> (mell-ih-LOH-tuss)	Fabaceae (Faboideae subfamily) [introduced]	White Sweetclover ☼
☐	<i>Physostegia virginiana</i> (fy-so-STEE-jee-uh)	Lamiaceae (Lamioideae subfamily) [CC5]	Obedient Plant ☼ (buds)
☐	<i>Populus deltoides</i> (POP-yoo-lus)	Salicaceae [CC2]	Eastern Cottonwood
☐	<i>Potamogeton nodosus</i> (po-tah-mo-GEE-tun)	Potamogetonaceae (Alismatales) [CC5]	Longleaf Pondweed
☐	<i>Ptelia trifoliata</i> (TEE-lee-uh)	Rutaceae [CC5]	Wafer Ash 🍄
☐	<i>Pycnanthemum verticillatum</i> (<i>P. pilosum</i>) (pik-NANN-thuh-mum)	Lamiaceae (Nepetoideae subfamily) [CC5]	Whorled Mountainmint ☼
☐	<i>Ratibida pinnata</i> (ruh-TIBB-i-duh)	Asteraceae (Heliantheae tribe) [CC4]	Gray-Headed Coneflower ☼
☐	<i>Rudbeckia missouriensis</i> (rood-BECK-ee-uh)	Asteraceae (Heliantheae tribe) [CC6]	Missouri Coneflower ☼ (bud)
☐	<i>Ruellia humilis</i> (roo-ELL-ee-uh)	Acanthaceae [CC3]	Hairy Wild Petunia ☼
☐	<i>Sanicula canadensis</i> (suh-NICK-yoo-luh)	Apiaceae [CC3]	Black Snakeroot 🍄
☐	<i>Scutellaria incana</i> (skoo-teh-LAYR-ee-uh)	Lamiaceae (Scutellarioideae subfam.) [CC5]	Downy Skullcap ☼
☐	<i>Silphium integrifolium</i> (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC4]	Rosinweed ☼
☐	<i>Silphium perfoliatum</i> (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC3]	Cup Plant
☐	<i>Silphium terebinthinaceum</i> (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC5]	Prairie Dock
☐	<i>Stachys tenuifolia</i> (STAY-kees)	Lamiaceae (Lamioideae subfamily) [CC4]	Hedge-Nettle ☼
☐	<i>Taenidia integerrima</i> (teh-NIDD-ee-uh)	Apiaceae [CC6]	Yellow Pimpernel 🍄
☐	<i>Trifolium pratense</i> (try-FOH-lee-um)	Fabaceae (Faboideae subfamily) [introduced]	Red Clover ☼
☐	<i>Verbena urticifolia</i> (vr-BEE-nuh)	Verbenaceae [CC2]	White Verbena ☼
☐	<i>Verbesina helianthoides</i> (vr-beh-SEE-nuh)	Asteraceae (Heliantheae tribe) [CC5]	Yellow Crownbeard 🍄
☐	<i>Vernonia baldwinii</i> (vr-NO-nee-uh)	Asteraceae (Vernonieae tribe) [CC2]	Western Ironweed ☼
☐	<i>Veronicastrum virginicum</i> (vr-ron-ik-KASS-strum)	Plantaginaceae [CC7]	Culver's Root ☼
☐	<i>Zizia aurea</i> (ZIZZ-ee-uh)	Apiaceae [CC5]	Golden Alexanders 🍄

PRAIRIE TRAIL

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME ☼ = Flowering 🌱 = Fruiting 🍄 = Fern
☐	<i>Asclepias hirtella</i> (Gk god of medicine + short-haired) (uh-SKLEE-pee-us)	Apocynaceae [CC4]	Tall Green Milkweed ☼ St. Louis has a whopping 14 different milkweeds [see list HERE]. 3 of them are named “green”. This one, <i>A. hirtella</i> has: - multiple shiny umbels along its stem - many narrow leaves (alternately arranged) - habitat of prairies and glades
☐	<i>Baptisia alba</i> (to dip [as in dyeing] + white) (bap-TIZZ-ee-uh)	Fabaceae [CC6]	White Wild Indigo ☼
☐	<i>Chamaecrista fasciculata</i> (low crest + in bundles) (kam-ee-KRISS-tuh)	Fabaceae (Caesalpinioideae subfam) [CC2]	Partridge Pea ☼ - leaves sensitive to touch and daylight (closing at night) - flower asymmetric, 5 yellow petals with some red in throat, with one side petal somewhat cupped over stamens 10 stamens (9 smaller in bundle, 1 larger set apart) - has petiolar gland (extrafloral nectary) on its leaf stalk - has much larger flowers than its sibling <i>C. nictitans</i>
☐	<i>Coreopsis tripteris</i> (kor-ee-OPP-sis)	Asteraceae (Coreopsideae tribe) [CC6]	Tall Coreopsis
☐	<i>Desmodium ciliare</i> (dez-MO-dee-um)	Fabaceae (Faboideae subfamily) [CC5]	Hairy Small-Leaf Tick-Trefoil
☐	<i>Elymus virginicus</i> (ELL-uh-muss)	Poaceae (Pooideae subfamily) [CC5]	Virginia Wild Rye ☼
☐	<i>Erigeron strigosus</i> (er-RIJ-er-on)	Asteraceae (Astereae tribe) [CC3]	Daisy Fleabane ☼
☐	<i>Eryngium yuccifolium</i> (= bristly plant + leaves like a yucca) (er-RIN-jee-um)	Apiaceae (Apioidae subfamily) [CC8]	Rattlesnake Master ☼ (hard to believe this plant is in the carrot family!)
☐	<i>Euphorbia corollata</i> (yoo-FOR-bee-uh)	Euphorbiaceae (Malpighiales) [CC3]	Flowering Spurge ☼ (buds)
☐	<i>Hieracium longipilum</i> (hy-RAY-see-um)	Asteraceae (Cichorieae tribe) [CC6]	Long-Haired Hawkweed
☐	<i>Lechea tenuifolia</i> (Swedish botanist + narrow-leaf) (LECK-ee-uh)	Cistaceae (Malvales) [CC4]	Slender Pinweed - PETALS: 3 dark red, but hardly ever seen because flowers rarely open [maybe early morning of sunny days], appearing budlike and secund (along one side of a branch) - SEPALs: 5 in 2 series, the inner with 3 red-green ovate sepals, the outer with 2 green linear sepals that are longer than the inner series;
☐	<i>Lespedeza capitata</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC6]	Round-Headed Bush-Clover
☐	<i>Lespedeza virginica</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC5]	Slender Bush-Clover
☐	<i>Liatris pycnostachya</i> (pycnostachya = crowded spikes) (ly-AY-triss)	Asteraceae (Eupatorieae tribe) [CC6]	Prairie Blazing Star ☼ St. Louis has 5 species of Liatris [list HERE]. <i>Liatris pycnostachya</i> is distinguished by: - numerous linear leaves - densely flowered spikes

☐	<i>Linum medium var. texanum</i> (cloth + middle) (LY-num)	Linaceae [CC5]	Stiff Yellow Flax ☼ perennial, usually on acid soil • LEAVES: sessile, ascending to nearly erect, narrowly elliptic, entire; • FLOWER: 5 yellow petals, 5 green sepals, 5 stamens, 1 pistil
☐	<i>Monarda fistulosa</i> (mo-NARR-duh)	Lamiaceae [CC4]	Wild Bergamot ☼
☐	<i>Parthenium integrifolium</i> (feverfew + leaf margins entire) (par-THEEN-ee-um)	Asteraceae (Heliantheae tribe) [CC6]	Wild Quinine ☼ (spent) • LEAVES: spring leaves somewhat resemble prairie dock • FLOWERHEADS: look like tiny snowballs with 5 ears spaced around their perimeters, which translates to many densely pubescent male disc florets encircled by 5 female ray florets
☐	<i>Pedicularis canadensis</i> (peddick-yoo-LAYR-iss)	Orobanchaceae (Lamiales) [CC5]	Wood Betony / Lousewort 🐛
☐	<i>Pycnanthemum tenuifolium</i> (dense flowers + narrow leaves) (pik-NANN-thuh-mum)	Lamiaceae (Nepetoideae subfamily) [CC4]	Narrowleaf Mountainmint ☼ <i>P. tenuifolium</i> is the easiest of our Mountainmints to identify because: • it has narrow, hairless leaves • it has a mintless (and sometimes unpleasant) flavor.
☐	<i>Rhus copallinum</i> (sumac + gummy resin) (ROOS)	Anacardiaceae / Sapindales [CC2]	Winged Sumac 🐛 (rachis has wings, but leaflets are toothless / compare with our <i>Rhus glabra</i> which has a wingless rachis, but has toothed leaflets. So you either get teeth or wings, but not both.
☐	<i>Rubus allegheniensis</i> (ROO-bus)	Rosaceae [CC4]	Common Blackberry 🐛
☐	<i>Rudbeckia hirta</i> (Swedish botanist & son + rough hairy) (rood-BECK-ee-uh)	Asteraceae (Heliantheae tribe) [CC1]	Black-Eyed-Susan ☼ annual / • STEM: scabrous w spreading to ascending hairs / • LEAF: alternate, unlobed, mostly sessile / hairy • FLOWERS: ray florets sterile, disk florets bisexual • PHYLLARIES: lanceolate to linear / hairy
☐	<i>Sabatia angularis</i> (suh-BAY-tee-uh)	Gentianaceae [CC4]	Rosepink / Rose Gentian ☼
☐	<i>Senega</i> [Polygala] <i>sanguinea</i> (Seneca tribe + blood red) (SENN-ch-guh)	Polygalaceae [CC4]	Purple Milkwort / Field Milkwort ☼ • INFLORESCENCE: like a red clover, but more densely compact and more cylindrical / • LEAVES: linear or narrowly elliptic, smooth, alternate
☐	<i>Vernonia baldwinii</i> (English botanist + American botanist) (vr-NO-nee-uh)	Asteraceae (Vernonieae tribe) [CC2]	Western Ironweed ☼ St. Louis has 5 <i>Vernonia</i> species [list HERE]. Ironweeds hybridize easily creating a mixing of characteristics. Here are some features that point to <i>Vernonia baldwinii</i> : • the involucre bracts are loosely ascending to recurved • discoid florets: 15-30 • leaf underside is pubescent

□	<i>Silphium integrifolium</i> (= extinct Greek plant that was resinous and medicinal + undivided leaves) (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC4]	Rosinweed ☼ St. Louis has 4 Silphiums (Rosinweed, Compass Plant, Cup Plant, Prairie Dock) – and they’re all special with their scabrous leaves and intricate venation. The distinguishing features of Rosinweed include: • leaves opposite, sessile in decussate pairs, oval with acutely tapered tip • leaves feel sandpapery above but more silky below • big, chunky, ovate phyllaries • only the ray florets are fertile – the disk florets are sterile (which is the opposite with sunflowers) • the ray florets produce an exerted split style, while the disk florets produce a column of brown stamens with long, stringy, style-like tips • produces flowers before the sunflowers do • a member of the tall-grass prairie Note that there are 2 variations that can grow next to each other: those with smooth stems, and those with rough stems.
□	<i>Vernonia baldwinii</i> (English botanist + American botanist) (vr-NO-nee-uh)	Asteraceae (Vernonieae tribe) [CC2]	Western Ironweed ☼ St. Louis has 5 <i>Vernonia</i> species [list HERE]. Ironweeds hybridize easily creating a mixing of characteristics. Here are some features that point to <i>Vernonia baldwinii</i> : • the involucre bracts are loosely ascending to recurved • discoid florets: 15-30 • leaf underside is pubescent

NOTES

WHERE WE WALKED: We met at Lincoln Lake and walked along part of the wonderfully diverse Lakeside Trail with hopes of finding the C8 plant “Featherbells” (*Stenanthium gramineum*) and the C7 plant “Upland Boneset” (*Eupatorium sessilifolium*). Although we were unable to find these particular plants, we found a treasure trove of other native plants. We only walked along a short section of the trail (maybe ¼ mile) before turning back.

After returning to our cars, we drove to the Prairie Trail. It’s a much smaller area with a very different community of plants. We were here 2 years ago, so how has the prairie changed? Although we found the stunning Rose Gentian back then (which we couldn’t find today), the prairie seems to be in much better shape today than it was back in 2024 (at which time it was overrun with Winged Sumac plants).

So today we got 2 trails for the price of one! Everybody was very happy.

PARTICIPANTS:

There were 16 of us botanists today, who are (in alphabetical order):

Brenda Adams, Prem Barton, Kathy Bildner, Steve Bizub, Jerry Castillon, Wayne Clark, Sally Fabbri, Ron Goetz, Michael Laschober, Lasthenia [Michele Lee], John Oliver, David Steinmeyer, Kathy Thiele with her granddaughter Kera, George Van Brunt, and Laura Yates.