

# Canada Goldenrod

*Solidago canadensis*

Look for Canada Goldenrod in sunny, open areas.

The Canada Goldenrod is North America's most common goldenrod – its bright yellow blossoms add a distinctive flourish to the autumnal prairie landscape.

Native Americans made extensive use of the plant as a source of food and for myriad medicinal purposes: sedative; painkiller; treatment for burns, eczema, diarrhea, snakebite, fevers, and sore throat; diuretic; antispasmodic; and even as a charm for success in gambling! In Germany today, this plant is approved for the treatment of bladder and kidney stones.



As a conservation plant, Canada Goldenrod provides a vital late summer source of pollen and nectar for hummingbirds, goldfinches and other songbirds, and beneficial insects. Honeybees, in particular, collect huge amounts of goldenrod nectar prior to the winter freeze. The plant is considered to have good palatability for cattle, deer, sheep, and horses; and white-tailed deer selectively forage on Canada Goldenrod in late summer and fall. The plant is an extremely effective colonizer which makes it a perfect choice to revegetate disturbed landscape areas and for mine spoil reclamation and soil stabilization.

Canada Goldenrod is just one of about 120 species in the aster family of plants. It's a hardy, deer-resistant perennial that grows 1'-5' tall in open meadows, prairies, and savannas. It blooms with large showy heads of bright yellow flower clusters and lush, lance-like leaves radiating out from the base. Goldenrod is the state flower for both Kentucky and Nebraska.

Canada Goldenrod blooms July through September.