

**Native Orchid Conservation Inc.**  
**Carrick and Buffalo Point Field Trip, July 16, 2016**

While it is only in the extreme southeastern tip of Manitoba, the small purple-fringed orchid (*Platanthera psycodes*) occurs eastward to Newfoundland, in the east-central and northeastern United States (Great Lakes region, Appalachian Mountains and New England). It is imperiled in Illinois, Tennessee, North Carolina and Kentucky. Minnesota is at the western edge of the range. Like many other orchids it is a plant of wet habitats: sedge meadows, flatwoods, sphagnum bogs, cedar or alder swamps, on stream edges or the moist edges of coniferous forests. It is occasionally found in wet swales adjoining freshwater sandy beaches. Preferring cooler habitats, its range is being pushed northwards as global temperatures warm. It has been found in locations of 1,500 foot altitudes in Vermont, 4,000 foot altitudes in Virginia, and 6,500 foot altitudes in North Carolina and Tennessee.

The lesser rattlesnake orchid (*Goodyera repens*) is a green underground creeper that sends out occasional skinny stems above the surface. During the summer, these stems bear flowers arranged in a spiral. These flowers twist themselves to face toward the sun. It is a protected species throughout most of its range. It does not survive fire, and does not soon re-enter an area after fire or logging. It is generally found only in forests at least 95 years old. The seeds are probably the smallest of any plant.

The checkered rattlesnake plantain (*Goodyera tessellata*) is native to eastern Canada from Manitoba to Newfoundland, and to the northeastern United States from Maine to Maryland, and west to Minnesota. It has low basal leaves with white reticulated lines. The inflorescence is an upright stalk with small white flowers.

**Species list - Carrick area**

Checkered rattlesnake orchid (*Goodyera tessellata*)  
Ram's-head orchid (finished) (*Cypripedium arietinum*)  
Pink moccasin lady's-slipper (finished) (*Cypripedium acaule*)  
Red pine trees (*Pinus resinosa*)  
Pinesap (*Monotropa hypopitys*)  
Prince's pine (*Chimaphila umbellata*)  
Blueberry (*Vaccinium corymbosum*)  
Harebells (*Campanula rotundifolia*)  
White and pink clover  
Balsam groundsel  
Mosses, mushrooms  
Alumroot  
Black-eyed susan  
Narrow-leaved meadowsweet

**Species list - Buffalo Bay area**

Small purple fringed-orchid (*Platanthera psycodes*)

White wintergreen pyrola

Buttercup

Mint

Alsike Clover

Marsh Hedge-nettle

**Species list - Tall Grass Prairie**

Western Prairie fringed orchid

Wood lily

Self-heal

Marsh hedge-nettle

Shrubby Cinquefoil

Death Camas

Loutweed

Rock-rose

Marsh Bell flower

Spiked lobelia

Bergamot

Black-eyed susan

Canada anemone

Yarrow

Bluestem

Agalina