

## March 2016 Plant of the Month



*Anemone quinquefolia* L., Wood Anemone, Wind-flower

The March *Plant of the Month* is an early spring wildflower that grows throughout the State. The wood anemone or wind flower has a Statewide distribution, yet is nearly absent from the central Pine Barrens. This plant is an upland spring ephemeral wildflower common in mature upland oak, beech and maple woodlands. The plant prefers duff covered loamy soils, but it grows on sandier substrates at the southern extreme of New Jersey's distribution. The perennial herb is a buttercup, in the family Ranunculaceae, and is often found growing with other spring wildflowers such as common blue violet, spring beauty, wild lily of the valley, false lily of the valley and Solomon's seal.

*Anemone quinquefolia* blooms in early April in Cape May and Delaware Bay Shore Coastal Plain plant communities, and in late May to early June in the northern Highland and Valley and Ridge counties. The plant grows to be about 4-6" tall, and produces a single stem. This stem supports a single flower borne from the center of three to five whorled leaves. Like other anemones, the flower has an incomplete floral display. The flower is composed of 4-9 white sepals, no petals present.

This plant and its relative anemone species had a multitude of medicinal uses by early Native Americans. Analgesic properties and use for hemorrhages are recorded for western and southern nations, but there are no records of local Lenape utilization.

JRA, 3/2016