

November 2019 Plant of the Month



Solidago rugosa Mill., Rough stem, or wrinkle leaf goldenrod

November 2019's **Plant of the Month** is a widely distributed perennial: *Solidago rugosa*, the wrinkle leaf goldenrod. This plant is one of New Jersey's fall flowering composite species. This goldenrod is widespread, and is found in every New Jersey County (Mary Hough, 1983). The USDA Plants Database maps the species throughout the eastern States from Texas to Quebec, west to Arkansas and Wisconsin.

Solidago rugosa is a complex species with multiple lower taxa. New Jersey supports at least two of these varietal plants: *Solidago rugosa* var. *rugosa* and *Solidago rugosa* var. *sphagnophila*. Variety *rugosa* is our most widespread of the two plants, and is found across a wide range of habitats from uplands to wetlands. The variety *sphagnophila* is an obligate wetland plant confined to New Jersey's Coastal Plain Atlantic white cedar swamps and similar habitats.

Native Americans used the genus as a medicine. Cold remedy, liver aids, and antihemorrhagic uses have been attributed to a number of Native American tribes including the Iroquois, Chippewa, Algonquin, and Cherokee. Each have oral traditions for our plant of the month or other locally abundant goldenrods. As I write this monthly chapter, I can see out my window the last vestiges of *Solidago rugosa* flowers and the perennial's leaves and stems. There is no time to waste if anyone wishes to see this plant this fall.

JRA, 11/2019