



Canada Goldenrod (*Solidago canadensis*) - Fields of Gold

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Did you Know?

Canada Goldenrod...

- is considered an invasive species in Europe.
- is often blamed for causing hayfever because they flower during allergy season. However, the true culprits are ragweeds. Goldenrods do not cause allergies.
- often carry ball-like growths called galls which contain the larvae of a moth. If you dig one out, try popping it in your mouth, they are said to taste like popcorn.

**Habitat:** Clearings and edges of forests, meadows and fields, roadsides and ditches, disturbed areas

**Blooms:** Between July and November with flowers sometimes even lasting into December.

**Range:** One of the commonest species found throughout the United States except Florida and all of Canada except areas in the extreme north.

**Status:** S5 - Secure ([what does this S-rank mean?](#))

**Also Known As:** Common Goldenrod, Rock Goldenrod



**Identification:**

Usually a tall plant (up to 152 cm tall) in the Composite family with showy clusters of yellow, graceful flowers in a plumelike form.

**Leaves:** Leaves are alternate along the stem and lance shaped with sharp teeth around the edge. They are hairless on the upper surface, and hairy beneath especially on the veins. Leaves are described as being 3-nerved, meaning the midrib and 2 parallel lateral veins are prominent. Basal leaves form but fall off early leaving only stem leaves that are all nearly the same size. Leaves lack stalks, so bases attach directly to



the stem.

**Flowers:** Flower heads form in dense, elongated, pyramid-shaped clusters. Each small flower head consists of 6 to 12 yellow ray flowers surrounding 2-7 yellow disk flowers.

**Stem:** Stems are 12 to 152 cm tall with lots of leaves coming off the unbranched stem. They are generally hairless on the lower half becoming covered with small, soft hairs as you move upwards.

### Canada Goldenrod on the Niagara Escarpment

Look for the yellow blooms soaking up the late season sun in open forest floors, meadows and along open patches on the Trail.

As you enter one of the many meadows along the Escarpment in the late Summer or Fall you will be presented with a magnificent sight as a sea of yellow stretches out before you.

The BTC is acquiring and stewarding Niagara Escarpment land so that the Escarpment will continue to support golden fields of this important plant.



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### Interesting Facts:

There are 30 species of goldenrod in Ontario.

Goldenrods are insect cities, A huge variety of insects flock to goldenrod while it's in bloom.

In traditional and herbal medicine these plants have a wide variety of uses from treating sore throats, combating fatigue, reducing cold and flu symptoms to aiding in digestion.

Most common are the 3 species in what is known as the Canada Goldenrod Complex (Tall, Canada and Late) - these 3 species hybridize with each other making identification difficult.



Bruce Trail  
CONSERVANCY



Canada Goldenrod does not tolerate frequent disturbances, so it is mainly found growing in perennial crops, abandoned fields, ditches, roadsides, riverbanks, creek margins, open woodlands, and floodplains. It prefers moist conditions and medium textured soils. It usually does not establish on very wet or dry sites, and it is fairly intolerant of shade.

Its scientific name "Solidago" means to make whole or heal. The "canadensis" part of its name comes from the plant being first identified in Canada.



Photo: Insect pollinating a goldenrod plant