
Goldenrod

(*Solidago* spp.)



photo: Nadine Ives

- There are about 100 to 120 species of goldenrods, with about 14 species in New Brunswick!
- The plants have plumes or clusters of small yellow flowers.
- Groups of flowers usually include between 2 and 35 individual flower discs, but up to 60 in some species.
- The plants are an attractive source of nectar for bees, flies, wasps, and butterflies.

Interesting facts

- Native North Americans chewed the leaves to relieve sore throats and the roots to relieve toothaches. The leaves and flowers can also be used for herbal teas.
- The plant is often unfairly blamed for causing hay fever (the culprit is usually ragweed, which flowers at the same time).
- Goldenrods are often viewed as weeds here, but are popular garden plants in other parts of the world (and have become invasive in some areas where they do not grow naturally.)