Lamiaceae
mint family

Cosmopolitan in distribution, the mints include 3200 species of aromatic herbs and low shrubs. All have square stems and opposite, simple leaves. Flowers are generally irregular and may be whorled, an arrangement in this family called verticils. They are sympetalous and bilabiate, the corolla cleft into five lobes, sometimes fused to four. Stamens two or four, inserted in the tube. The anther on one may be vestigial.

Calyx has its lobes fused and is sometimes irregular. Ovary is four-merous, with one nutlet fitted in each quarter. The style is erect between the lobes. Many of our aromatic or culinary herbs are included: marjoram, oregano, thyme, sage and basil, not to mention peppermint and spearmint.

Key to genera

A. Inflorescence mostly axillary: clustered or solitary flowers. B
- B. Calyx irregular, bilabiate. C
  - C. Flowers few, blue. D
    - D. Calyx villous in the throat; stamens 2. *Hedeoma*
    - dd. Calyx not villous; stamens 4. *Scutellaria*
  - cc. Flowers white to blue, crowded in the axils. E
    - E. Stamens 2. *Lycopus*
    - ee. Stamens 4. F
      - F. Corolla 4–5-lobed, not bilabiate. *Mentha*
      - ff. Corolla bilabiate or entire. G
        - G. Flowers 3 per axil; calyx with 15 nerves; creeping habit. *Glechoma*
        - gg. Flowers 6 or more; calyx with 5–10 nerves; erect growth. H
          - H. Calyx lobes not spiny at tips. I
            - I. Flowers many; calyx with 10 nerves; leaves rounded at base. *Teucrium*
            - ii. Flowers <12; calyx 5-nerved; leaves cordate. *Lamium*
          - hh. Calyx lobes spiny. J
            - J. Lower lip with 2 yellow or white limbs at the base; stem nodes swollen. *Galeopsis*
            - jj. Lower lip limbless; stems not swollen. *Leonurus*
  - bb. Calyx mostly regular. K
    - K. Leaves mostly cauline; stamens exerted. *Mentha*
    - kk. Leaves basal and cauline; stamens inserted. *Satureja*

aa. Inflorescence mostly terminal. L

L. Inflorescence a loose panicle.	*Origanum*
ll. Inflorescence of one or more terminal racemes, spikes or heads.	M
M. Calyx distinctly bilabiate.	N
N. Calyx with 15 nerves.	*Dracocephalum*
nn. Calyx with <13 nerves. (10–13)	O
O. Bracts subtending flowers absent; leaves cauline.	*Mentha*
oo. Bracts subtending flowers present; basal leaves present.	P
P. Bracts leaflike.	*Ajuga*
pp. Bracts noticeably different from leaves.	Q
Q. Corolla without a ring of hairs in the throat, reddish pink; calyx throat hairy.	*Clinopodium*
qq. Corolla with a ring of hairs in the throat, blue-violet; calyx throat not hairy.	*Prunella*
mm. Calyx mostly regular, or lobes different only in size.	R
R. Stamens inserted.	S
S. Calyx with 15 nerves.	*Nepeta*
ss. Calyx with 5–10 nerves.	*Stachys*
rr. Stamens exerted.	T
T. Upper and lower corolla lips nearly equal in length.	*Thymus*
tt. Lower lip of corolla twice as long as the upper.	*Hyssopus*

Ajuga L.
bugle

A Eurasian genus comprising 40 species, most produce showy flowers favoured in gardens. A single mat-forming ornamental has naturalized near old gardens in Nova Scotia. Rhizomatous, the leafy runners produce upright stems with terminal clusters of violet flowers. Calyx lobes about the same length as the tube, but unequal to each other. Upper lip on the corolla is two-lobed and shorter than the inflated lower lip. Stamens four and also of unequal lengths.

Ajuga reptans L.

Bugleweed; bugle rampante

Photo by Martin Thomas

Photo by Martin Thomas

Reaching only from 10–30cm tall, this perennial has a tendency to quickly spread from leafy stolons. Opposite leaves are ovate or spatulate. Flowers borne in terminal spikes of dense blue or purple flowers.

Flowers from late May through June.

Roadsides and fields, spreading from gardens, even into sod.

Halifax and other communities in central and western Nova Scotia.

Found from NF to ON , south as far as TX and FL; west coast; UT. Naturalized from Europe.

Clinopodium L.

Perennial herbs, totalling 13 species, most are pubescent and stoloniferous. Leaves are petiolate and entire or crenate. Flowers range from pink to white and are densely packed in the leaf axils or in terminal spikes. Bracts are present, long ciliate. Calyx has two lips and five teeth. The corolla is bilabiate with the upper lip entire and the lower lip three-lobed. Four stamens are exerted and ascending.

***Clinopodium vulgare* L.**
(= *Satureja vulgaris* (L.) Fritsch.
Wild Basil; sarriette vulgaire

Photo by Martin Thomas

Photo by Martin Thomas

Arising on simple stems, the plants may reach 60cm in height. Leaves are oblong or ovate, blunt at the tips and shallowly serrate or crenate. Petioles are short. Flowers are clustered in one or two verticils in the leaf axils at the top, subtended by filiform bracts.

Flowers from June to September.

Grassy areas, slopes, forested seepy talus of ravines.

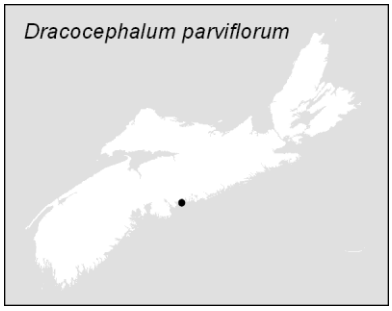
Northern from Annapolis and Cumberland counties to Cape Breton.

NF to ON, south to NC and AR; western.

Dracocephalum L.
dragon-head

A single species is known from NS of the 40 widespread northern species described. Erect herbs, all have serrate leaves. Inflorescence is of small blue flowers arranged in verticils. Calyx is tubular and bilabiate, ornamented by 15 nerves. Upper lobe is much expanded beyond the width of the other four. Corolla is weakly bilabiate (in ours), with the tube much exceeding the limbs. The upper stamens are longer than the lower ones.

Dracocephalum parviflorum Nutt.
Dragon-head; dracocéphale parviflore



Arising from a taproot, this short-lived perennial is a recent discovery here. The entire plant may be puberulent. Leaves are broadly lanceolate and petiolate. Flowers are borne in tight whorls forming a spike of purple flowers, sometimes interrupted by spaces.

Flowers from June through August.

Grows on rocky or gravelly calcareous soils, where canopy is open.

Known from the Eastern Shore.

NF to AK, south to AZ and NM, MS and NC. Exotic in NS.

Galeopsis L.
Hemp-nettle

Eurasian in distribution, there are 10 species of annuals. Leaves are entire or toothed, flowers borne in densely packed verticils. Calyces marked by 10 nerves, ending in bristly spines. Bilabiate corolla has the lower lip split into three lobes and bearing a pair of appendages at the base.

Key to species

Leaf blades cuneate at the base; central lobe of the lower lip of the corolla notched.	*Galeopsis bifida*
Leaf blades rounded at the base; lower central lobe of the lip not notched.	*G. tetrahit*

***Galeopsis bifida* Boenn.**
Split-lip Hemp-nettle; galéopside bifide

Pale pink or whitish flowers 1.5cm in length are borne amidst the five bristly spines of the calyx. The verticils are small and tightly packed, arising from the axils of the upper leaves. Plants are freely branching and often hispid to puberulent. Leaves are toothed, lanceolate to ovate, tapering to the short petioles.

Flowers from June throughout the fall.

Weedy and often common where soils are loamy and dry. Fields, roadsides, gardens and agricultural fields.

Common throughout.

Atlantic Canada; MB, SK. BC andAK, south to ID, CO and NC. Introduced.

***Galeopsis tetrahit* L.**
Hemp-nettle; ortie royale


Photo by Martin Thomas

Resembles the previous species, except for the squared lower lip of the corolla; it is not split. Plants may reach 50–75cm and are also freely branching. Inflorescence arises from the leaf axils of upper leaves. The corollas are white to purple. Leaves are lanceolate and toothed, their bases rounded.

Flowers from June through the summer and fall.

Photo by Alain Belliveau

Waste ground and sterile soils; agricultural weed.

Throughout.

NF to AK, south to CA, LA and TN. Introduced.

Glechoma L.
ground-ivy

All are creeping perennials, 10 species in total. Their leaves are cordate to reniform and long-petiolate. Flowers are blue and borne on short pedicels, within the leaf axils. Usually there are three flowers per axil. Calyx is ribbed by 15 nerves and is divided into five unequal lobes, each terminating in an awn. Corolla is bilabiate, the upper lip further divided into two lobes and the lower spreading, with the central lobe expanded. The four stamens are exerted.

***Glechoma hederacea* L.**

Ground-ivy; Gill-over-the-ground; lierre terrestre

Photo by Martin Thomas

A creeping plant, its slender stems may reach 1m in length, simple or branched. Leaves are round to cordate, and conspicuously scalloped. Flowers are blue to mauve.

Flowers throughout the summer.

Grows on shady soils, roadsides, lawns, fields.

Known from throughout the province.

Introduced from Europe throughout North America.

Photo by Ross Hall

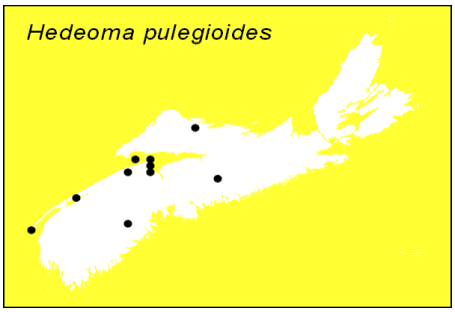
Hedeoma Pers.

American pennyroyal

There are 38 species of this North American genus, a single annual herb reaches Nova Scotia. Flowers are axillary in numerous verticils, with only a few flowers in each. Blue corollas are bilabiate or weakly so and bearing only two stamens. Calyx is tubular, strongly marked by 13 nerves. It may be villous in the throat.

Hedeoma pulegioides (L.) Pers.

American Pennyroyal; hédéoma faux-pouliot



Plant is strongly scented, its slender stems are carried erect, reaching 40cm. Simple or profusely branched, it bears small elliptical leaves, which are irregularly toothed. The tiny flowers, 3mm long, are borne in most of the leaf axils.

Flowers late, in August.

Coastal in stony soils on open sites.

Most common on the hills surrounding the Annapolis Valley and scattered in Colchester and Cumberland counties; infrequent elsewhere.

Ranges from NS to ON, south to OK and GA.

Hyssopus L.

A small genus of only 15 species, this one is native to Asia and the Mediterranean regions of Europe. Only one reaches North America. It is perennial, with a spike-like inflorescence of blue flowers at the top of the stem. The calyx is regular, marked by 15 ribs. The throat is not pubescent. Corolla is strongly bilabiate, the upper lip smaller than the lower one, its wings reflexed. Four stamens are exerted.

***Hyssopus officinalis* L.**

Hyssop; hysope officinale

Photos by Martin Thomas

Stem stands erect from a woody rhizome, it bears pairs of nearly linear leaves which may be sessile or on tiny petioles. Often smaller leaves may arise from the axils. The inflorescence is terminal, an interrupted spike, with small leaves amongst the deep purple flowers.

Flowers from July to October.

Dry sites, roadsides, pastures and streamsides.

Collected only from Wallbrook, Kings Co., where it was once abundant.

NS to ON; SK and southward. Introduced from Europe and once used as an aromatic for flavouring alcohol, medicine, etc.

Lamium L.

Of the 40 Eurasian-African species, two introductions have reached Nova Scotia. Typically the opposite leaves are cordate, lobed or toothed.. Infloresecence is in the form of verticils, of 6–12 flowers, ranging from white to red or purple. Flowers are subtended by leaves nearly as large as the stem leaves. The regular calyx is marked by five nerves. The corolla is bilabiate, the upper lip entire or further divided into two lobes. Lower lip has an enlarged central lobe, constricted at the base. Stamens number four, one pair is longer than the other.

Key to species

Leaves petiolate, with the exception of those subtending the uppermost verticils.	*Lamium purpureum*
Leaves subtending the verticils mostly sessile and clasping.	*L. amplexicaule*

Lamium amplexicaule L.
Henbit; lamier amplexicaule

Photo by Andy Dean

An annual species, it is often branching from the base and nearly prostrate. Leaves are mostly basal, less than 1.5cm long. Floral leaves exceed the calyx in length, but are shorter than the corolla. Verticils are distant, the inflorescence exceeding more than half the height of the plant. Flowers are purple.

Flowers from early spring until frost, throughout its range.

Photo by Sean Blaney

Fallow soils and roadsides.

Historically collected from Truro, Bridgewater and Berwick. Recently collected from the Kentville area.

Ranges from Greenland across North America, absent only in the extreme northwest. Introduced.

***Lamium purpureum* L.**

Red Deadnettle; lamier pourpre

Photos by Martin Thomas

Leaves are broadly ovate, not cordate at the base, but also scalloped along the edges. Long-petiolate, they are also lightly pubescent. Flowering spike is much more compressed than the previous species and leafy. While both var. *incisum* (Willd.) Pers. and the typical variety are listed as present here, our material has not been separated.

Flowers July and August.

Ballast heaps and garden soils.

Known from Colchester to Queens counties.

Scattered from NF to ON, south to TX and GA, in the east; AK to CA and variously inland; Greenland. Introduced.

Leonurus L.

Only 10 species comprise this herbaceous genus and mostly of the Eurasian continent. The leaves are long-petiolate, toothed or deeply cleft. Inflorescences is in the form of terminal spikes, often interrupted and subtended at the base by bracts. Calyx is turbinate, marked by 5–10 nerves, extending outward into stiff spines. Corollas are from white to pink, strongly bilabiate, the upper lip is hooded. Lower lip is trilobed.

***Leonurus cardiaca* L.**

Motherwort; agripaume cardiaque

Photos by Martin Thomas

A stout plant, its stems are strongly angled, reaching 1.5m in height. Leaves are widely ovate, the lower ones palmately lobed and softly pubescent below. The long inflorescence is prickly, from the spines on the calyx.

Flowers from June to August.

Fallow soils, old gardens and edges. Not actively spreading.

Scattered collections from northern Cape Breton south to Shelburne County.

Ranges across North America; absent only from CA and FL. Asian introduction.

Lycopus L.
bugleweed

A North American genus, of wetlands or wet soils, 13 species in all. Most are stoloniferous perennials. The leaves are cauline, with the flowers arising from their axils. The nearly-regular calyx is 4–5 ribbed. Corollas are tiny and bear a tuft of hairs in their throats. Two of four stamens are fertile, the upper pair is reduced to staminodes or absent. Plants have no scent or odour.

Key to species

Calyx lobes broadly deltate, less than 1mm long, shorter than the fruit at maturity; leaves shallowly toothed, glabrous to scabrous above. *Lycopus uniflorus*

Calyx lobes narrowly deltate, 1–2mm long, exceeding length of nutlets at maturity; leaves deeply cleft, and at least sparsely strigose. *L. americanus*

Lycopus americanus Muhl.
Water Horehound; lycope d'Amérique

Photo by Sean Blaney

An erect plant with a simple stem that sometimes branches only terminally. Lanceolate or oblong leaves are deeply split into narrow pointed teeth. Tiny flowers are tightly clustered in verticils near the top of the plant. The inflorescence looks bristly from the acute calyx lobes.

Flowers from July to September.

Frequents wet, mucky soils in meadows, swamps or even saltmarshes. Streamsides or on *Sphagnum* mats.

Common everywhere.

Across Canada and south to the Gulf of Mexico.

Photo by Ross Hall

***Lycopus europaeus* L. ,Gypsywort** was collected years ago at Point Pleasant Park. It was thought to arise from the ballast.

***Lycopus uniflorus* Michx.**

Northern Bugleweed; lycope à une fleur

Photo by Martin Thomas

It is variable in appearance, with respect to its leaves. It may have large thin leaves when growing in shade. Impoverished soils promote small waxy leaves, the plants remaining often vegetative. In wet soils, the plants have long filiform branches, arising from the base of the plant. In brackish soils, the plants are nearly succulent, the margins of the leaves barely toothed.

Flowers from late June through September.

Found in swamps, ditches, streamsides and in wet depressions.

Very common throughout.

Found across the continent, south to CA and GA. Mostly absent from the arid southwest.

Mentha L.

mints

This genus of about 25 species has its greatest diversity in Australia and Eurasia. The long period of cultivation has encouraged wild populations of hybrids and other cultivated material. Leaves are cauline and generally lanceolate or ovate, with serrate margins. Flowers are borne in terminal spikes or axillary verticils. They may have white to mauve corollas, bearing short tubes and four limbs. The calyx is bilabiate or regular, 10–13-ribbed. All are fragrant perennials and many are rhizomatous.

Key to species

A. Flowers axillary; the verticils distant. B

B. Calyx pubescent. *Mentha arvensis*

bb. Calyx glabrous. *M. gracilis*

aa. Flowers terminal in spikes, bracteate. C

C. Inflorescence round or ovoid head of 1–3 verticils. *M. aquatica*

cc.Inflorescence a spike of several to many verticils. D

D. Calyx tube smooth; leaves glabrous or glabrescent below. E

E. Petioles of largest leaves >4mm long; spikes stout; sterile. *M*. X *piperita*

ee.Petioles absent or <3mm long; spikes slender; fertile. *M. spicata*

dd. Calyx tube pubescent; leaves densely pubescent below. *M. suaveolens*

***Mentha aquatica* L.**
Water Mint; menthe aquatique

Stems and pedicels pubescent, cauline leaves recurving. Leaves are broadly ovate, twice as long as wide. Inflorescence is headlike, the verticils tightly packed.

Flowers from August to October.

Local in wet, mucky soils.

Long-known from Pictou and Truro, but no recent localities reported.

Ranges from NF to ON; south to AR and GA; west coast.

A hybrid, *M*. x*smithiana* Graham is reported from Cape Breton Co. This is believed to be the result of a cross between *M. aquatica* and *M. spicata*. These have very slightly pubescent stems and broad ovate leaves, cordate at the base. Their flowers are pink or violet and arranged in several interrupted verticils. Only known from NS.

***Mentha arvensis* L.**
Field Mint; menthe des champs

Photos by Sean Blaney

Highly variable, it has varying degrees of pubescence and leaf shape. Stems may be simple or branched and are generally pubescent. The leaves are usually lanceolate to ovate, their margins shallowly toothed. Flowers are violet or purple borne in verticils on the upper portion of the stem.

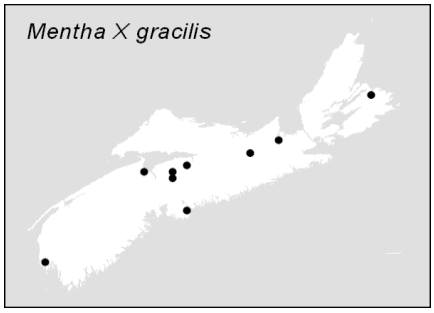
Flowers from July until September.

Considered a serious weed in agricultural lands, Grows on moist loamy depressions.

Common throughout.

Found throughout the continent but for the extreme southeast.

***Mentha* x *gracilis* Sole, pro. sp.**
Scotch Mint



Resembles the previous species, but for its glabrescent stems and puberulent leaves. This plant tends to be freely branching. The hairs on the stem appear only on the angles and the leaves are ovate. It is thought to be a hybrid between *M. arvensis* X *spicata*.

Flowers July until September.

Frequents fertile, damps soils.

Ranges from Digby and Lunenburg counties to Cape Breton.

Elsewhere from NF to ON, south to AR and NC; AB and BC. Introduced from Europe.

***Mentha xpiperita* L.**

Peppermint; menthe poivrée

Photo by Martin Thomas

A tall mint, reaching 1m in height and completely glabrous. Leaves are ovate and acute, their margins serrate; petiolate. Flowers are pink or mauve, borne in short dense terminal spikes. Parent species are *M. spicata* x *aquatica*

Flowers June to October.

Grows on wet soils.

Found from Digby to Cape Breton counties.

NS to ON, BC; USA. Absent from the plains area.

***Mentha spicata* L.**

Spearmint; menthe à épis

Photo by David Mazerolle

Spearmint has variable leaves in outline, but generally they are sessile. The flowers are tightly clustered in verticils, interrupted by long internodes and without bracts. Freely branching at the top.

Flowers from late June through October.

Grows on wet soils, near old gardens. Occasionally escapes.

Widely scattered localities in Cape Breton and on mainland

Photo by Martin Thomas

NS.

Ranges from NS to AK, southward. Eurasian.

***Mentha suaveolens* Ehrh.**

Apple Mint; menthe à feuilles rondes

Photo by Martin Thomas

Very sweetly-fragrant, this mint may reach 1m in height. Stems are variably covered in white pubescence. The rugose leaves are nearly sessile, sometimes white-pubescent below, and they may clasp the stem. Inflorescences are terminal and crowded, sometimes interrupted at the base.

Summer-flowering.

Garden escape.

Collected from two Cape Breton localities and at two Annapolis Valley stations.

An occasional escape after its introduction from southern Europe in coastal US and NS.

Photo by Martin Thomas

Nepeta L.

It has a Eurasian centre of diversity and only one species reaches Nova Scotia. Its white flowers are clustered in a terminal inflorescence, simple or branching. Calyx is marked by 15 ribs and divided into five lobes. The bilabiate corolla has the lower lip trilobed, while the upper lip is entire.

Nepeta cataria L.
Catnip; herbe à chat

Photo by Martin Thomas

Usually branching, this highly fragrant herb is also whitish due to the presence of downy hairs. The leaves are ovate and cordate at the base, deeply toothed and petiolate. Flowers are clustered at the top of the plant in spikelike inflorescences, which are subtended by large ovate bracts.

Flowers from July through September.

Found in small colonies roadside, on talus and near old gardens.

Found throughout but not actively spreading.

Introduced from Europe or southeast Asia into North America and absent only from the north and FL.

Origanum L.

Associated with the Mediterranean, these 15 species are all perennial herbs with terminal flower clusters. Stems are ternately branched. Each flower is subtended by a sessile leafy bract. Calyx is regular, marked by 13 nerves and copiously pubescent in the throat. Corolla tube is only slightly flared distally, the lobes barely discernible, but the lower lip is slightly longer. There are two pairs of stamens, with the lower ones greatly exerted.

Origanum vulgare L.
Wild Marjoram; origan vulgaire

Photo by David Mazerolle

An erect herb, it branches near the top and bears fine pubescence. Leaves are ovate and puberulent, their margins entire. Sometimes smaller leaves arise from the axils of large leaves. Flowers are pink or reddish and tightly clustered in a panicle.

Flowers June through October.

Roadsides, fields, sandy old pastures, and open forest.

Scattered localities from Halifax and Hants counties northward.

Naturalized in NS; QC to ON, south to AR and NC; west coast.

Prunella L.
heal-all

Only four species are included here. All are erect, perennial herbs, with purple to white flowers crowded at the top of the plant in a spikelike inflorescence, subtended by bracts, soon becoming brown and prickly. The bilabiate corolla has a hooded upper lip and the tube ringed by hairs in its throat. The calyx is also bilabiate and marked by 10 ribs. Lower lip is cleft in two, the upper is broad, and shallowly divided into three teeth.

Prunella vulgaris L.
Heal-all; Self-heal; brunelle communis

Photo by Sean Blaney

Small in stature, rarely exceeds 60cm. Stems may be simple or branched and are puberulent. Leaves are entire, lanceolate and blunt tipped, and slightly cuneate at the base. Upper pair of leaves subtend the bracts of the inflorescence. Bracts are ciliate. Flowers are violet and densely packed in spikes.

Two subspecies are present here. ssp. *lanceolata* (W. Bartram) Hultén has narrow lanceolate leaves, common throughout. The typical subspecies has broad, elliptic leaves.

Photo by Martin Thomas

Flowers throughout the summer.

Grassy areas and trails.

The native form ranges from NF to AK, south. The introduced form is absent from the north and the Great Plains.

Satureja hortensis L., Summer-savory, although not included in the key, was once recorded as thriving outside of cultivation in Antigonish Co.

Scutellaria L.
skullcap

Found worldwide and including 300 species, ours are rhizomatous perennials. Flowers are blue or purple and borne in terminal racemes, or axillary. The calyx is strongly bilabiate but faintly ribbed, bearing an appendage on the upper lip. The corollas are also bilabiate. Four stamens ascend beneath the upper lip.

Key to species

A. Principal leaves on petioles >4mm long; flowers solitary and axillary.	*Scutellaria galericulata*
aa. Principal leaves sessile or on petioles <4mm long; flowers in racemes, terminal or axillary.	B
B. Corolla nearly straight, 5–8mm long.	*S. lateriflora*
aa. Corolla recurved, >8mm long.	*S*. X. *churchilliana*

Scutellaria x*churchilliana* Fern.
scutellaire de Churchill

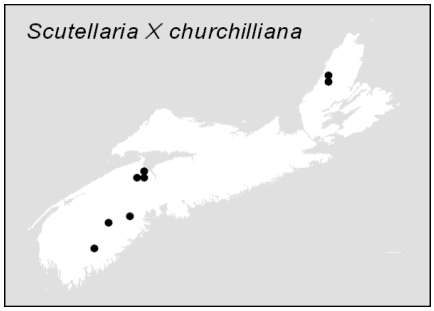
Photo by Sean Blaney

Considered to be a hybrid between the following two species, it is generally intermediate, but for the larger corollas. It also spreads vegetatively. Leaves are acute and coarsely serrate. Racemes are borne in the leaf axils or on leafy branches, where leaves reduce in size distally.

Flowers from July to September.

Grows on sandy, gravelly soils in alluvial thickets or on lakeshores.

Photo by Sean Blaney



Several mainland collections: Wentzells Lake, Lunenburg Co. and at White Rock, Kings Co. The record from Inverness Co. is not represented by a collection.

Limited to NS to QC, south to VT; MI.

***Scutellaria galericulata* L.**

Marsh Skullcap; scutellaire toque

Photo by Andy Dean

Lanceolate leaves are slightly cordate at the base and acutely pointed distally, borne on very short petioles. Pairs of blue flowers are carried in the leaf axils, bearing long flaring corolla tubes and concave upper lips. Corollas measure 15–23mm long.

Flowers from mid-July until August.

Open sunny sites such as behind coastal beaches, cobbly lakeshores, marshes and along streams.

Common throughout NS.

Ranges from NF to AK, south to CA, TX and FL with some exceptions.

***Scutellaria lateriflora* L.**

Skullcap; Mad-dog skullcap; scutellaire latériflore

Photo by Martin Thomas

Freely branching stems bear paper thin leaves. They differ from the previous species in having acuminate tips and shallow pointed teeth, widely spaced on the margins. Ovate to lanceolate they are carried on petioles, 1–2cm long. Flowers are bluish purple, loosely pendent from an arching axillary raceme.

Flowers during July and August.

Grows on wet soils and shade as in riparian thickets, marshes, streamsides and in wooded depressions.

Common throughout.

Ranges from NF to AK, south to TX and FL; West coast.

Stachys L.

Hedgenettles

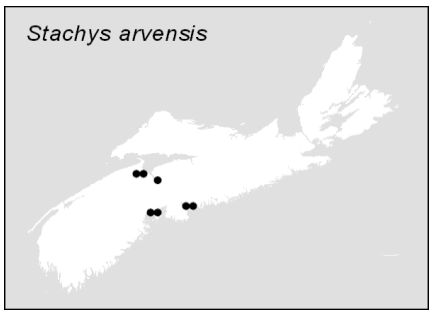
North-temperate in distribution, they include 200 species. Plants are generally pubescent, flowers blue, white or yellow. The inflorescence is usually a cyme and may be terminal or axillary. Calyx is regular or nearly so, divided into triangular lobes and marked by 5–10 ribs. Corolla is bilabiate, the tube about equal in length to the calyx. Leaves are reduced towards the top of the plant.

Key to species

Plants perennial; corolla 11–16mm long; purple; wet soils; native.	*Stachys palustris*
Plants annual; corolla 6–8mm long; blue or white; dry soils; introduced.	*S. arvensis*

***Stachys arvensis* L.**

Annual Hedgenettle; Staggerweed; épiaire des champs



Freely branching, the stems reaching no more than 60cm and are divergent. Broadly ovate leaves are blunt-tipped and crenate. Lower leaves are petiolate, the upper ones on short petioles or sessile. The entire plant is covered in shining pubescence.

Flowers June to October.

Grows on dry, fallow soils.

An occasional introduction from Halifax, Hants and Kings counties.

Local: NS; ME to VA; TX, LA and west coast. Introduced.

***Stachys palustris* L.**

Woundwort; Hedgenettle; épiaire des marais

hoto by Sean Blaney

Variable in leaf shape and pubescence, plants are generally stouter than the previous species, the single stems reaching1m. Leaves are lanceolate, sharply serrate and acute. Sessile at the top, they may be carried on short petioles near the base. Verticils of six flowers borne at the top of the stem, arising from the axils of the bracts.

Flowers from July through September.

Grows on wet soils of ditches and marshes, spreading in drier sites, where it is sometimes aggressive.

Scattered throughout but for the eastern shore.

Ranges from NF to MB, south to IL and MD; AK. Introduced in Canada.

Teucrium L.
Germander

Cosmopolitan in distribution, 100 species comprise the genus. Our single native species is a rhizomatous perennial bearing a spikelike raceme of pinkish purple flowers. The campanulate calyx is cleft into five teeth marked by 10 nerves. Corolla has a single lip and four exerted stame

Teucrium canadense L.
American Germander; germandrée du Canada

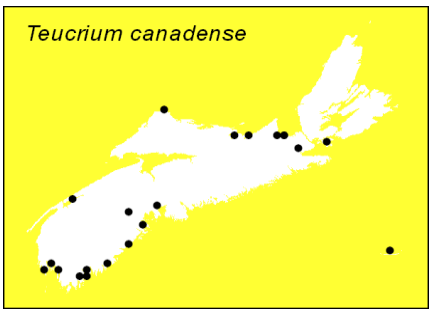
Photos by Sean Blaney

Stems are sharply angled and densely pubescent, reaching 1m in height. Leaves are clustered at the top, lanceolate or ovate and coarsely serrate. The lower stem is bare. Petioles are short. The flowers are borne in a dense spike, with bracts extending beyond the lower flowers.

Flowering from July to September.

Gravels behind coastal beaches, above high-tide mark. Often growing with Scutellaria galericulata.

Uncommon as individual plants.



NS to BC, south to CA and FL. Absent only from AB.

Of conservation concern in NS, YELLOW-listed.

Thymus L.
Thyme

A genus of shrubs, they number 50 Eurasian species. Typically the leaves are small and the spikelike racemes of pale flowers may be axillary or terminal. Both the calyx and corolla are bilabiate, the calyx is marhed by 10–13 ribs and bears villous pubescence in the throat. The lower lip has two lobes and the upper is trilobed. The upper lip of the corolla is nearly flat. The four stamens are exerted.

***Thymus praecox* Opiz**

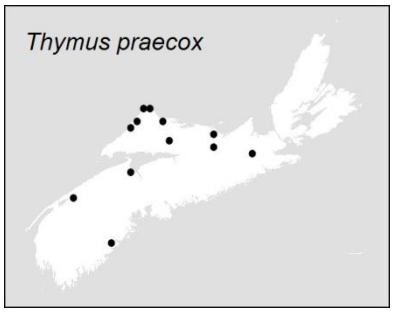
Creeping Thyme

Photos by Martin Thomas

A small sprawling plant, with slender spreading stems and diffuse branches. Leaves are only 1cm long; some plants bear even smaller leaves in the axils. Entire, they are ovate to oblong. Purple flowers are arranged in a terminal spike, sometimes distant. Ours is ssp. *arcticus* (Durand) Jalas.

Flowers during July and August.

Grows on well-drained sandy soils.



Common in Cumberland County and scattered through the northern counties. Uncommon elsewhere.

Introduced; Greenland; NS, QC to ON, variously south to MS and GA; BC south to UT.