1. **Actaea pachypoda**  
   *White baneberry/ Doll’s eyes*  
   Collect in September. Ivory white berries, each with a black dot; large compound leaves.

2. **Alisma subcordatum**  
   *Water plantain*  
   Collect September-October. Conspicuous seed in small balls at the end of a peduncle.

3. **Allium cernuum**  
   *Nodding onion*  

4. **Allium tricoccum**  
   *Wild leek*  
   Collect in October, in mesic woods. Seed is round, black and shiny.

5. **Amorpha canescens**  
   *Leadplant*  
   Collect mid-August-October. Remove hulls when cleaning, each pod contains 1 round seed.

6. **Andropogon gerardi**  
   *Big bluestem*  
   Collect October-November. Don’t introduce too much seed into early restoration.

7. **Anemone cylindrica**  
   *Thimbleweed*  
   Collect mid-August-October. Seeds ready to harvest if peduncle brown. Leaves w/ 3 distinct lobes.

8. **Arisaema triphyllum**  
   *Jack-in-the-pulpit*  
   Collect mid-August-September. Clean seed within few days of collection while pulp is still soft.

9. **Asclepias incarnata**  
   *Swamp milkweed*  
   Collect September-October. Wait to collect until pods become brown. Do not burn the fluff to clean the seed.

10. **Asclepias syriaca**  
    *Common milkweed*  
    Collect September-October. Large pods with spikes. If pods do not have spikes and plant is shorter then it is *A. sulivantii*.

11. **Asclepias tuberosa**  
    *Butterflyweed*  
    Collect Sept-mid October. Look for hirsute pod and stem. Seed ready when pod and seed are brown. Usually few pods/plant.

12. **Baptisia spp.**  
    *Wild indigo*  
    Collect mid-August-September. Remove seed from pods to prevent weevils from foraging. Scarify seed.
13 *Bouteloua curtipendula*  
Side-oats grama  
Collect mid-Sept.-November. Knee-high grass with the seeds placed to one side. Dry prairies.

14 *Camassia scilloides*  
Wild hyacinth  
Collect mid-June to July. Careful while picking place entire seed head in bag.

15 *Campanula americana*  
American bellflower  
Collect mid-September-October. Look for 5 sepals surrounding the seedpod. Place in bag to dry out.

16 *Cauphyllum thalictroides*  
Blue coshosh  
Collect mid-August – early Nov. Keep seed fresh until sown.

17 *Ceanothus americanus*  
New Jersey tea  
Collect mid Sept.-October. Seeds eject from capsules – bag seed heads. Scarify w/ hot water.

18 *Cephalanthus occidentalis*  
Buttonbush  
Collect September-October.

19 *Cinna arundinacea*  
Stout wood reed grass  
Collect mid-Oct.-November. When ready the panicle is brown, seed comes off easily.

20 *Coreopsis palmata*  
Prairie coreopsis  
Collect early Sept.-November. Look for distinctive 3-lobed leaves, plant up to 2.5 ft tall.

21 *Coreopsis tripense*  
Tall coreopsis  

22 *Corylus americana*  
American hazelnut/filbert  
Collect early September-October. Sow fresh.

23 *Dalea purpurea*  
Purple prairie clover  
Collect early Sept.-November. Scarify seeds. If leaflets > 2mm wide then *D. candida*.

24 *Desmodium spp.*  
Tick trefoils  
Collect September-November. Pick entire loments. ID species based on other characteristics.
25 Echinacea purpurea  
Purple coneflower  
Collect mid-Sept.-November.  
Wear gloves while collecting or cut off seed head.

26 Elymus canadensis  
Canada wild rye  
Collect mid-Sept.-Nov.  
Great in early restorations. Do not confuse with giant foxtail.

27 Elymus virginicus  
Virginia wild rye  
Collect mid-Sept.-October.  
Stems erect, found in more moist habitats. Good in early restoration.

28 Eryngium yuccifolium  
Rattlesnake master  
Collect late August-November.  
Rough seed head, look for yucca-like leaves, cut seed head.

29 Euphorbia corollata  
Flowering spurge  
Collect early Sept. (fruit explodes)  
Lime-green foliated stalk with umbel-like 3-chamber seed head

30 Eutrochium spp.  
Joe Pye wees  
Collect mid Sept.-October  
Check number whorled leaves & stem hairiness for species ID

31 Fragaria virginiana  
Wild strawberry  
Collect June-early July  
Fruit is red when ripe. Often overlooked species in prairies.

32 Gentiana alba  
Cream/yellowish gentian  
Collect mid-Sept-October.  
Flowers less closed than bottle gentian more than prairie gentian.

33 Geranium maculatum  
Wild geranium  
Collect mid to late June.  
Seeds explode – collect when brown and store in closed bag or net flower after fertilized

34 Helianthus annuus  
Sneezeweed  
Collect September-November.  
Globe-like seed heads with fading petals underneath, delicate wings on stem

35 Histrichis paupera  
Bottlebrush grass  
Collect August-October.  
Unmistakable grass of savannas & woodlands. Collect by running your fingers on the culm

36 Juncus torreyi  
Torrey’s rush  
Collect mid-August –October.
**Seed Heads of Common Native Plants of the Tallgrass Prairie**

**Izabella Redlinski - The Field Museum**

**Photos by**: Susan Kirt and Iza Redlinski. **Produced by**: Iza Redlinski

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**37. Lespediza capitata**
*Round-headed bushclover*
Collect August-mid-September.
Pick entire head, beans can be shaken out of ripe seed head.

**38. Liatris aspera**
*Rough blazing star*
Collect October-November.
Pick when pappus is fluffy and brownish at bottom.

**39. Liatris spicata**
*Marsh blazing star*
Collect late Sept-mid October.
*L. pychnostachya* looks very similar except w reflexed bracts.

**40. Lindera benzoin**
*Spicebush*
Collect late Summer.
Soak in water for 24 hours and cold stratify for 120 days.

**41. Lithospermum canescens**
*Hoary puccoon*
Collect mid-to late July. Seed white, marble-like, rolls off easily.

**42. Lobelia cardinalis**
*Cardinal flower*
Collect October-November.
Not all pods develop at once.

**43. Ludwigia alterniflora**
*Seedbox*
Collect end of August-September.

**44. Monarda fistulosa**
*Wild bergamont*
Collect early Sept.-November.
Pick entire head when brown.

**45. Panicum virgatum**
*Switch grass*
Collect September-October.
Can be aggressive, plant minimally in a restoration.

**46. Parthenium integrifolium**
*Wild quinine*
Collect August-November.
Check for seeds, harvest entire seed head, produces little seed.

**47. Penstemon digitalis**
*Foxglove beard tongue*
Collect October-November.
Capsule needs to be crushed to release seed, can use rolling pin.

**48. Physostegia virginiana**
*Obedient plant*
Collect mid-late September.
Cut seed head, place upside down in paper bag.
49 Polygonatum communatum
Solomon’s seal
Collect September-November. If possible do not let berries dry.

50 Pycnanthum virginianum
Virginia mountain mint
Collect early Sept-early Nov. Ready seed is brown with grayish hue.

51 Ratibida pinnata
Yellow cone flower
Collect mid-August-November. Seed head crumbles in fingers when ready, pick entire head.

52 Rhus copallinum
Winged sumac
Collect early to mid-November. Spread before it dries out completely.

53 Rosa blanda
Pasture rose
Collect mid Sept.-October. Scarify seed with sandpaper, might need double dormancy.

54 Rudbeckia subtomentosa
Sweet coneflower
Collect late Sept. - October. Multiple seedheads from 1 stalk, while R. hirta 1 head/stalk.

55 Ruellia humilis
Wild petunia
Collect mid-August-November. Collect seed when capsules still green but seed inside brown.

56 Schizachyrium scoparium
Little bluestem
Collect mid-Sept.-November. Collect the fluff from the grass.

57 Scirpus atrovirens
Dark green bulrush
Collect early August-September. Produces a lot of tiny seed.

58 Scirpus cyperinus
Wool grass
Collect mid to late August. Species can be aggressive.

59 Silphium integrifolium
Rosinweed
Collect September-October. Collect entire seed head.

60 Silphium laciniatum
Compass plant
Collect mid-August- November. Collect entire seed head.
61 Silphium terebinthinaceum
Prairie dock
Collect in September. Look at leaf to identify species.

62 Smilacina racemosa
False Solomon’s Seal
Collect September-October. Conspicuous seed in small balls

63 Smilax spp
Collect Sept.-October. Black & round seed when ripe.

64 Solidago rigida
Stiff goldenrod
Collect in October when pappus turns fluffy.

65 Sorgastrum nutans
Indian grass
Collect late October-November. Seed strips easily with fingers, avoid using a lot in restoration.

66 Spartina pectinata
Prairie cord grass
Collect mid-October-November. Recognizable by very long blades, golden yellow once ready

67 Sporobolus heterolepis
Northern prairie dropseed
Collect mid-September-October. Each floret produces 1 shiny, round seed.

68 Thalictrum dayscarpum
Purple meadow rue
Collect August-September.

69 Tradescantia ohiensis
Ohio spiderwort
Collect June-September. Has long bracts, collect when 2/3 of seeds are yellow or brown.

70 Verbesina alternifolia
Wingstem
Collect September-November. Wings on the stem but unlike sneezeweed, seed is flat.

71 Veronia spp
Ironweed
Collect mid-Sept-November. Use other characteristics to distinguish among species.

72 Zizia aurea
Golden alexander
Collect August-November. Seed easily comes off the umbel, remove entire seed head.

References: North Branch Restoration Project Seed Book from EPA Greenacres https://archive.epa.gov/greenacres/web/html/index-3.html; Williams, Dave. 2016. The Prairie in Seed Identifying Seed-Bearing Prairie Plants in the Upper Midwest. University of Iowa Press; DuPage County Forest Preserves Seed Collectors Database; SusanKirtPhotography.com