



Weeds!

What are weeds?

Weeds are plants out of place.

Weeds are NOT without value or bad. There are no plants that are inherently a weed.

Which plants are considered weeds can change with information, context, and opinion.

Milkweed used to be known by many as a “weed,” now lots of people plant it on purpose to support Monarch butterflies.



Volunteer or weed trees are tree seedlings that grow without being planted. Based on location and type of tree, you may decide to remove these. Some are connected to a bigger tree and may require repeat removals.

Many plants we call weeds can be helpful:

- Grow quickly, protect, and heal soil that is uncovered from natural or human caused events
 - Slow erosion
 - Provide habitat for insects and animals
 - Absorb carbon dioxide
 - Can become compost for gardening
 - Can be food or medicine
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Some plants/weeds can cause harm:

- toxic
 - killing plants that we need
 - taking too many resources
 - not supporting the local ecosystem
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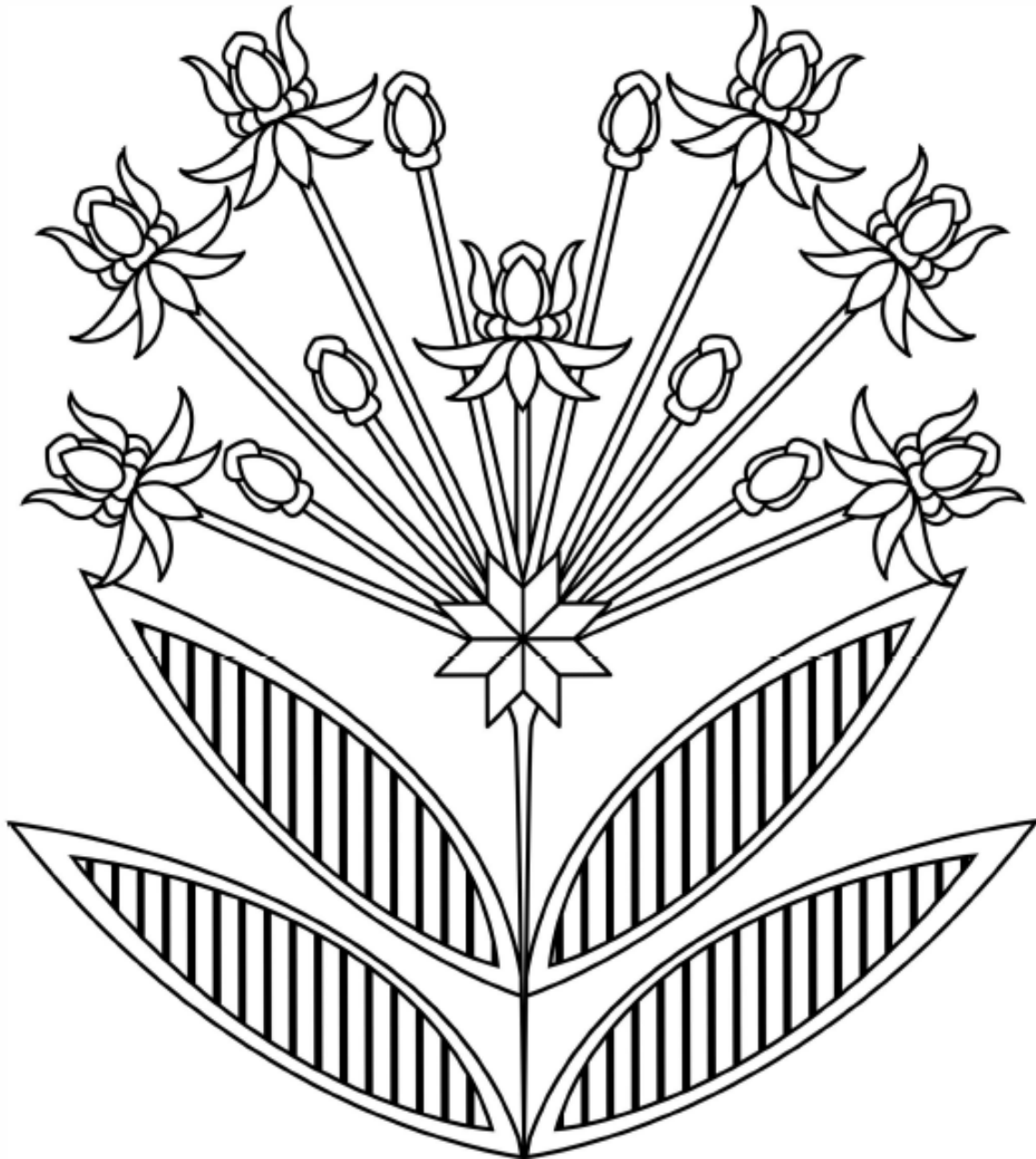
Weeding is important to remove plants that are causing harm and ensures that the plants you want have the space, water, and nutrients to thrive.

**STRONG
BEAUTIFUL ADAPTABLE
PATIENT CREATIVE ASSERTIVE**

Phaṇṇūpada

Common Milkweed (*Asclepias Syriaca*)

Infusion of whole plant is used as calming medicine. Young shoots can be eaten in soups or stews. Flower buds are also edible. The name can translate to "the two little workbags of women" which refers to the milkweed pod.



Uses for Weeds



This knowledge comes from Indigenous peoples, including the Dakota and Anishinaabe peoples on whose ancestral and contemporary homeland we live.

Burdock is a plant that was introduced to this area of the world and can be medicine and food.

Clover improves soil where it grows, can be ground cover, and attracts pollinators.

Dandelions can be food and an herb. They are full of vitamins!

Mullein is a medicine and pollinators gather nectar and pollen from this plant.

Nettles can be eaten, are healing, and have been used to create yarn, rope, and textiles.

Lamb's Quarters leaves and seeds are edible! Once known as one of the most nutritious foods in the world.

Plantain grows well in packed down soils. If your garden has lots of plantain that tells you your soil may be compacted. This plant is a food and herbal remedy.

Learn more:

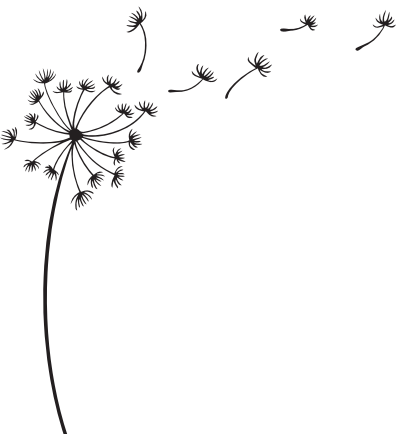
Native Flowers and plant medicine
<https://www.wakantipi.org/resources>

Indigenous Foodways
<https://natifs.org/>

Indigenous foods, medicines and lifeways
<https://dreamofwildhealth.org/>

Plant-based herbal remedies
<https://www.bluehummingbirdwoman.com/>

Indigenous Foodways and medicine
<https://www.wiisinigllc.com>



How to weed

Start by preventing weeds

- Add edging
- Plant densely
- Add 2-4 inches of mulch

1. Know who your weeds are.

Label your plants. Plants can self-seed, even seeds from a neighbor's garden can blow over and grow!

- Use apps like [Google Lens](#), [iNaturalist](#), or [PictureThis](#)
- Buy or borrow a book like "Common Backyard Weeds of the Upper Midwest"
- Refer to the [MN Noxious Weeds](#) guide (online)

2. Don't use chemical weed killers.

These can make people very sick, and can kill plants and pollinators. These also run off in our stormwater, causing further harm.

3. Don't leave the roots behind.

Grab the weed close to the ground and pull straight up. Dirt knives or trowels can be helpful.

4. Weed when plants are small.

Small weeds means small roots.

5. Weed after rain or water before you weed.

Weeds come out easily when the ground is wet.

6. Dispose of your weeds.

Bag your weeds and do an online search for yard waste and the name of your city/county to find out how to dispose. Some weeds can also be composted.

Weeding will be less necessary as your garden grows and thrives! In the first couple years do your best to weed often.



Identifying common weeds



GROUND IVY

Has bright green, round or kidney-shaped leaves with scalloped edges. The leaves are produced opposite each other on square stems.

DANDELION

Dandelions have bright yellow flowers and spiky, hairless, green leaves. If you break the stem a white sap will seep out. They tend to have strong long roots and you will need a tool to remove them.



COMMON RAGWEED

They have a column-like flower that starts green but turns to a yellow-green. The leaves look like a fern. Ragweed plants grow closely together.

COMMON PURSLANE

This plant has flat, green, oval-shaped leaves that look and feel similar to a succulent. The stems are red and have tiny yellow flowers.



CRABGRASS

Coarse, light green clumps of grass. Its stems resemble the legs of a crab. Older leaves turn a darkish red color.

FOX TAIL

A grass with a bushy group of spiked seeds that resemble the tail of a fox. They become hard and needle-like when the grass dries.



Identifying common weeds



THISTLE

Thistle has deep green, narrow leaves that can look like the top of a pineapple. They can have pink to purple flowers that branch out from the stem. **Please weed these if you see them.**

BURDOCK

Burdock has dull green, heart-shaped leaves with ruffled edges. They can have pink to purple flowers growing toward the top of the plant. May need a shovel to remove.



CREEPING BELLFLOWER

Bright green, rough, heart shaped leaves become smaller towards the top of the plant. Bell-shaped blue to purple flowers growing from the top of the stems. **Please weed these if you see them.**

LAMB'S QUARTERS

Lamb's Quarters has wedge-shaped leaves with tiny green flowers that can resemble the wool on a lamb.



LOW GROWING SPURGE

Dark green, oval leaves grow from a red stem and have small white to pink flowers. These spread along the ground and you may see them growing in cracks in the sidewalk or hanging over the edge of a curb.



Identifying Native Minnesotan plants



Native plants take time to grow. They start looking like the images on the left, and with good care they grow into the images on the right!



SIDE-OATS GRAMA

Side-Oats Grama has oat-like seeds that hang along one side. They can have small purple and orange flowers.



PURPLE CONEFLOWER

Purple Coneflower has a large cone-shaped orange to brown center, surrounded by light purple or white petals.



BUTTERFLY WEED

With long, pointed leaves, Butterfly Weed has large clusters of bright orange to yellow petals. Blooming in late spring to early fall.



ASTERS

Asters have large clusters of white, purple, pink, and red, long, thin petals surrounding a yellow center. They bloom from late summer to early fall.



Identifying Native Minnesotan plants



SAGE

Sage blooms in early summer and has square stems with silver-green, oblong-shaped leaves.



PURPLE PRAIRIE CLOVER

Purple prairie clover has a flower head at the end of a wiry stem with a fringe of petals on a cone.



BLAZING STAR

Blazing Star has clumps of feathery purple or white flowers on long stalks that bloom in summer.



SEDGE

There are many types of sedges, some common ones are Curly and Pennsylvania sedges. A sedge stem is triangular and solid. They resemble grasses and often grow in thick clusters.



PRAIRIE SMOKE

Blooms in late spring through early summer and has groups of drooping reddish-pink, maroon or purple flowers. Flowers generally occur in threes.

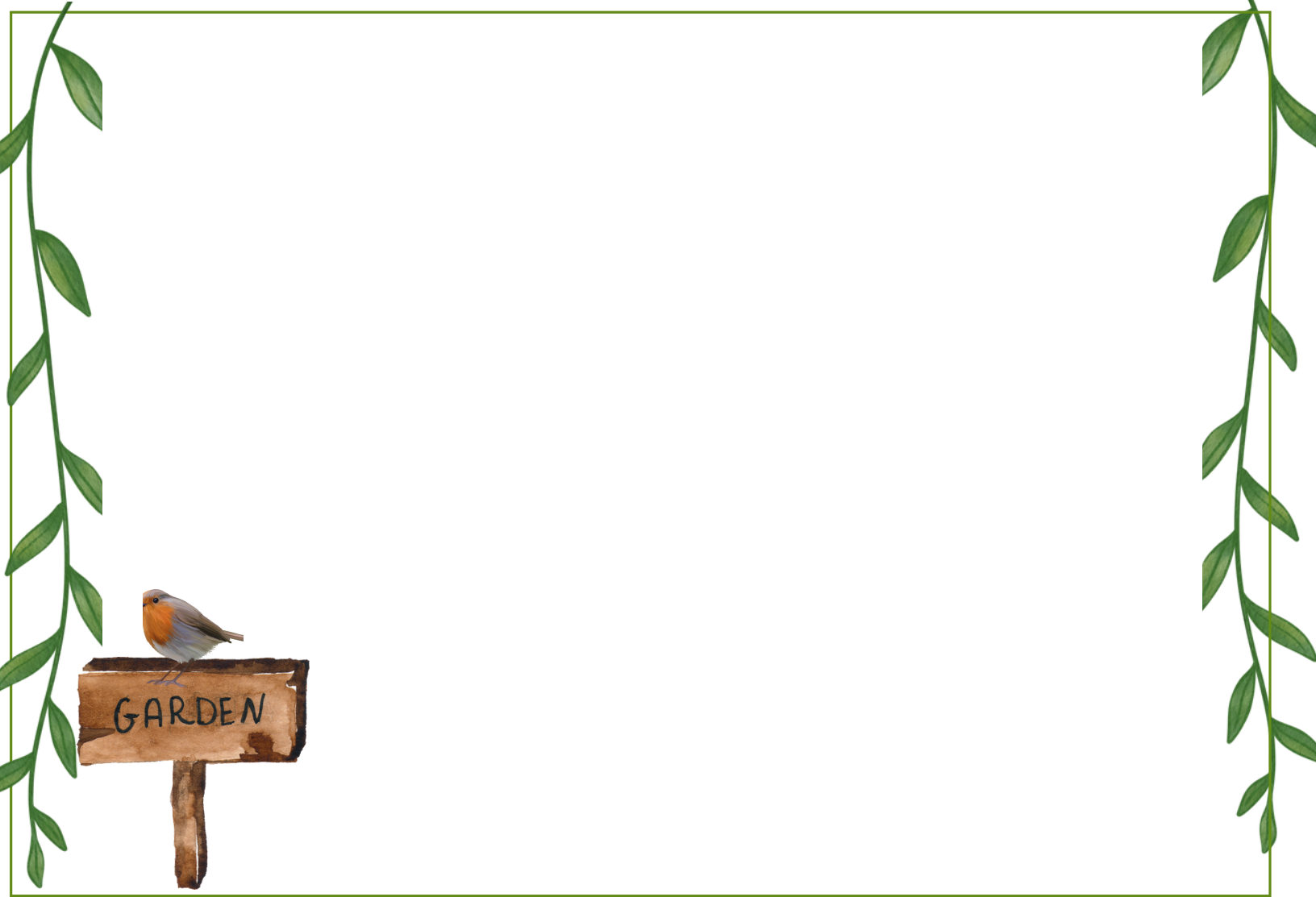


BROWN-EYED SUSAN

Blooms from late July to the first frost. Brown-Eyed Susans have a black to brown cone-shaped center surrounded by bright yellow petals.



Draw your dream garden



NOTES ABOUT YOUR DREAM GARDEN;

