

Wisdom Prairie Late Summer Wildflower Walk

Enjoy walking this trail, out and back 0.8 miles total, through a lush and vibrant restored prairie from Hilltop to Rocky Top. Use this simple guide to identify some of the summer's best showy native flowers. Take your time, let your mind relax and enjoy the sights, smells and sounds of nature.



Mission

Caring for the earth is part of our mission, rooted in Benedictine values of stability and respect for all of creation. The sisters at Holy Wisdom Monastery have a long history of environmental stewardship and invite others to help with this work.

Caring for the earth

In 1953, the Benedictine sisters set down roots on a hill overlooking Lake Mendota and the skyline of Madison, Wisconsin. The original 40 acres consisted of farmland cleared in the early 1900s. Today, Holy Wisdom Monastery includes 130 acres with a 10,000-year-old glacial lake, one of the 'greenest' LEED-certified buildings in the country, wooded nature trails, restored prairie, gardens, orchards and the beginning of an oak savanna.

The Friends of Wisdom Prairie started in 2014 to help maintain and restore the land at Holy Wisdom Monastery through donations, volunteer activities and environmental education. In July 2017, the sisters received the international Assisi Award from the Society for Conservation Biology for the environmental efforts spanning more than 60 years at Holy Wisdom Monastery.

*Created by Sylvia Marek and Peter Marshall
Photos by Glenn Chambliss, Peter Marshall and
John Hilty - 06/20*



Holy Wisdom Monastery

*Weaving prayer, hospitality, justice and
care for the earth into a shared way of life*

4200 County Road M, Middleton, WI 53562
HolyWisdomMonastery.org • 608-836-1631





Gayfeather
Liatris pycnostachya

Blooms July - August



Tall coreopsis
Coreopsis tripteris

Blooms July - Sept



Prairie dock
Silphium terebinthinaceum

Blooms Early July - Sept



Cup plant
Silphium perfoliatum

Blooms July - Sept



Compass plant
Silphium laciniatum

Blooms July - Oct



Ironweed
Vernonia fasciculata

Blooms Mid July - Sept



Biennial guara
Guara biennis

Blooms Mid July - Sept



Blazing star
Liatris ligulistilis

Blooms Mid July - Sept



Canada tick-trefoil
Desmodium canadense

Blooms Mid July - Sept

**Flowering times
can vary from
year to year due
to multiple
environmental
conditions**



Sweet black-eyed Susan
Rudbeckia subtomentosa

Blooms Late July - Early Sept



Stiff or showy sunflower
Helianthus pauciflorus

Blooms Late July - Mid Sept

**A prairie is a
community of
flowers, grasses
and sedges, with
few trees
or shrubs.**



Mountain mint
Pycnanthemum virginianum

Blooms Late July - Mid Sept



Sawtooth sunflower
Helianthus grosseserratus

Blooms Late July - Early Oct



Grassleaf goldenrod
Euthamia graminifolia

Blooms Late July - Oct



Showy goldenrod
Solidago speciosa

Blooms Late July - Oct



Smooth blue aster
Symphyotrichum laeve

Blooms Late July - Late Oct



Stiff goldenrod
Solidago rigida

Blooms Early Aug - Sept



Stiff gentian
Gentiana quinquefolia

Blooms Early Aug - Sept



Creamy gentian
Gentiana alba

Blooms Early Aug - Sept



Old field goldenrod
Solidago nemoralis

Blooms Aug - Sept

**Deep root
systems of
prairie plants
protect topsoil
and
prevent erosion.**



Bottle gentian
Gentiana andrewsii

Blooms Aug - Mid Oct



Brown-eyed Susan
Rudbeckia triloba

Blooms Aug - Mid Oct



Sky-blue or azure aster
Symphyotrichum oolentangiense

Blooms Mid Aug - Oct



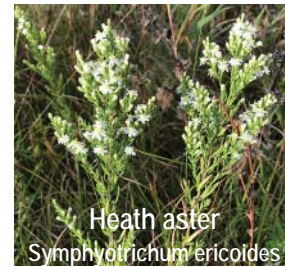
New England aster
Symphyotrichum novae-angliae

Blooms Late Aug - Early Oct



Frost aster
Symphyotrichum pilosum

Blooms Late Aug - Oct



Heath aster
Symphyotrichum ericoides

Blooms Late Aug - Oct



Silky aster
Symphyotrichum sericeum

Blooms Sept - Oct