

# Lady Slippers



The Showy Lady's-slipper (*Cypripedium reginae*), also known as the Pink-and-white Lady's-slipper or the Queen's Lady's-slipper, is a rare terrestrial temperate lady's-slipper orchid native to northern North America.

Despite producing a large amount of seeds per seed pod, it reproduces largely by vegetative reproduction. Although never common, this rare plant has vanished from much of its historical range due to habitat loss.

## Habitat

*Cypripedium reginae* grows in calcareous wet lands, open wooded swamps, with tamarack and black spruce. Contrary to many garden tips, *C. reginae* thrives in neutral to basic soils and prefers growing in fens. Despite growing in mildly acidic environments, its roots can penetrate the mossy layers down to more neutral water sources. It forms clumps by branching of the underground rhizomes. It forms aerial roots in the swampy bog conditions. It is eaten by white-tailed deer.

*Cypripedium reginae* can be found in Canada from Saskatchewan east to Atlantic Canada, and the eastern United States from Minnesota east and south to Arkansas and Tennessee.

## Reproduction

*Cypripedium reginae* reproduces sexually, dependent on the intricate relationship between naïve syrphid flies, beetles and Megachile bees, where the pollinator will pass under the pollen-bearing anthers prior to the female pistil while exiting, only to discover that there was little to no reward for entering the pouch. It flowers in early to midsummer, usually with 1 to 2 flowers per stalk, less commonly 3 or 4.

Information excerpted with some modifications from Wikipedia.



Spectacular Showy Pink and White Lady Slipper  
Photo Dennis O'Hara Northern Images Photography Duluth, MN

## Did you know?

-  The Showy Pink and White Lady Slipper is the Minnesota State Flower since 1902 and protected by law since 1925.
-  The Showy Pink and White Lady Slipper is one of 49 orchids native to Minnesota.
-  The Showy Pink and White Lady Slipper is one of six Lady's Slipper flowers found in Minnesota.
-  It takes up to 15 years for the first blossom to appear on the Lady Slipper flower!
-  The Lady Slipper flowers are also known as moccasin flowers because the blossoms resemble a Native American Indian moccasin.
-  The Lake Wobegon Trail is one of very few Minnesota trails with Showy Pink and White Lady Slippers right next to the trail and easy to find.
-  Along the Lake Wobegon Trail, the prime time for viewing their bloom is June 10 though 25th.

Learn all about Lake Wobegon Trail's  
Showy Pink & White

# LADY SLIPPER



Beautiful native orchids right here in

## Lake Wobegon Trail Country!



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These flowers are absolutely beautiful to behold! They are exquisite. The coloring is spectacular! The blossoms are so finely detailed it's hard to believe nature can create something so delicate and yet so vibrant!

It doesn't matter if it's the first time or the 1,000th time you're seeing them they always are so stunning to see.

Whether you see a cluster, a single blossom in bloom or one that is still closed, they are magical flowers to see in nature in all their grandeur.

We are so fortunate to have these wonderful gifts of nature on the Lake Wobegon Trail (LWT) to enjoy as we bike, walk or roller blade along the trail. They remind us of the delicate balance between nature and our lives, and how we can influence the outcome of so many things by our actions and reactions.

We hope to educate the public to experience this natural beauty in a responsible manner. The Lady Slipper's continued survival and expansion on the LWT depends on their delicate natural habitat.

## How to protect these Jewels of the Lake Wobegon Trail... it's very simple:

-  DO NOT pick them or try to transplant them. It's illegal!
-  DO NOT stand close to them to view or take a picture. You'll compact the soil and kill the plants! They need moist, marshy, airy soils.
-  DO use the zoom on your camera to get that close up shot!
-  DO tell your friends about the plants and the importance of protecting them.
-  HELP US PROTECT this treasure we have on the Lake Wobegon Trail!
-  EDUCATE YOURSELF on the nature and habitat of these wonderful plants.

### INFORMATION RESOURCES:

#### Wikipedia:

[http://en.wikipedia.org/wiki/Cypripedium\\_reginae](http://en.wikipedia.org/wiki/Cypripedium_reginae)

#### MN Department of Natural Resources:

<http://www.dnr.state.mn.us/snaps/shot/plants/showyladyslipper.html>

#### US Forest Service:

[http://www.fs.fed.us/wildflowers/beauty/cypripedium/cypripedium\\_reginae.shtml](http://www.fs.fed.us/wildflowers/beauty/cypripedium/cypripedium_reginae.shtml)

#### You Tube video Lady Slippers blooming:

[http://www.youtube.com/watch?v=7d0\\_DfEpsw&feature=youtu.be](http://www.youtube.com/watch?v=7d0_DfEpsw&feature=youtu.be)

#### Lady Slippers Scenic Byway:

[http://www.ladyslipperscenicbyway.org/index.php?page=things\\_to\\_do](http://www.ladyslipperscenicbyway.org/index.php?page=things_to_do)

### Sources for plants for your personal garden:

#### Petersen's Wild Flowers:

<http://petersenwildflowers.com/ladyslipperinfo.htm>

#### Lady Slipper Farm:

<http://www.ladyslipperfarm.com/>

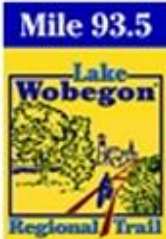
#### Prairie Restorations Inc (wildflowers in general):

<http://www.prairieresto.com/>

Photographs by Barry Weber - [BarryWeber.com](http://BarryWeber.com)

## Location of Lady Slippers:

The Pink and White Showy Lady Slippers are located between mile markers 93 and 94 off the Lake Wobegon Trail.



The largest concentration of the flowers are located on the south side of the trail at 93.25 (1/4 mile east of 93.5 Marker). This large clump of Lady Slippers about ten feet off the trail is about three feet in diameter.

A second grouping is on the south side of the trail at 93.75 (1/4 mile west of 93.5). This large cluster of the flowers has recently come into bloom over the past couple years. GPS: 45.625122, -94.520295

Further west, Lady Slippers are scattered along the north side of the trail scattered among aspen trees and the shrubs along the trail for 200 feet.



Another smaller grouping is just west of the Schwingamer Lake bridge, between mile marker 94 and the Girl Scout Shelter. The Lady Slippers are on the south side of the trail in a ditch, just west of the brown dial plant information post. 45.625588, -94.527861



Please enjoy and help us preserve and protect these beautiful flowers!

Our goal is to keep them here for many generations to come!