

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

C. reginae reproduces sexually, dependent on the intricate relationship between naive syphid 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 http://en.wikipedia.org/wiki/Cypripedium_reginae)

June 2012

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 MN.
- 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.

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

Spunk Days Lady Slipper Nature Ride

(Third weekend in June each year)

*"Beautiful native orchids
right here in Lake
Wobegon Trail Country!"*



Sponsored by
Lake Wobegon Trail Association
and Spunktacular Days of Avon

Ride Director:
Cliff Borgerding
33504 Shorewood Dr
Avon MN 56310

Cell: 320-293-9364
Cliff@lwtrails.com

Find more information/Register online
at www.lakewobegontrails.com/events

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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 as you see on the left in this picture. They are just 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) for us to enjoy as bike, walk or roller blade along the trail. They help remind us of delicate balance between nature and our lives and how we can influence the outcome of so many things by our actions and reactions.



we



The purpose of this ride to help educate the public about these flowers, To teach everyone to enjoy them responsibly without risking their destruction by destroying their delicate

natural habitat which is essential to their continued survival and expansion on the LWT.

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
- **MN Department of Natural Resources**
http://www.dnr.state.mn.us/snapshots/plants/s_howladysslipper.html
- **US Forest Service**
http://www.fs.fed.us/wildflowers/beauty/cypripedium/cypripedium_reginae.shtml
- **You Tube video Lady Slippers blooming**
http://www.youtube.com/watch?v=7a9_DBiEpsw&feature=youtu.be
- **Lady Slippers Scenic Byway**
http://www.ladyslipperscenicbyway.org/index.php?pg=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** (for wildflowers in general) <http://www.prairieresto.com/>

[Learn all about Lake Wobegon Trail's Showy Pink and White Lady Slippers](#)

Where to find them:

The Pink and White Showy Lady Slippers can be found in several places along the trail. They are located between mile markers 93 and 94.



The first group of flowers are located on the south or left side of the trail as you are heading west toward Albany. They are about a quarter mile east of the 93.5 mile marker.

There is a large clump (about three feet in diameter) of Lady Slippers about ten feet off the trail at this point. This is the largest concentration of the flowers.

As you continue west you will see another clump on the left/south side of the trail. This group is about a quarter mile past the 93.5 mile marker. Again this is a fairly large cluster of the flowers that has come into bloom in just past couple of years.



At this point you will begin to see flowers on the north side of the trail as well as you continue going west. The flowers are scattered in amongst the aspen

trees and the shrubs and grasses along the trail for about 200 feet.

The last location is just past the bridge at Schwinghamer Lake, past mile marker 94 and just before the Girl Scout Shelter. Again they are located on the left or south side of the trail just past the brown dial information post. The flowers are on the south side of the ditch. This is a much smaller cluster of flowers.

(Lady Slipper Photos Cliff Borgerding Avon MN)

[Please enjoy and help us preserve and protect these beautiful flowers!](#)