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Solidago canadensis

[Synonyms : *Aster canadensis*, *Doria canadensis*, *Solidago altissima*]

CANADIAN GOLDENROD is a perennial. Native to eastern North America it has very small yellow flowers.

It is also known as Canada goldenrod, *Celik kanadský* (Czech), *Gerbe d'or* (French), Golden plume, Goldenrod, *Guldenroede* (Dutch), *Hachiltowe* (Zuni North American Indian), *Kanadagullris* (Swedish), *Kanadanpiisku* (Finnish), *Kanadensiskt gullris* (Swedish), *Kanadische Goldrute* (German), *Solidago Kanada* (Esperanto), Sweet goldenrod, Tall goldenrod, Yellow-weed, *Zlatobyl' kanadcká* (Slovak), and *Zlatobyl' kanadský* (Czech).

The flowers are slightly smaller than those of early goldenrod (*Solidago gigantea*).

Canadensis means 'of or from Canada or north-eastern North America'.

Some North American Indian tribes such as the Gosiute ate the seeds, while some of the Navajo Indians consumed the roots.

The plant was a good luck charm for some of the Navajo Indian tribe who depended upon it when gambling, and Okanagan-Colville children played with the flower heads.

In veterinary medicine Thompson Indians used the plant to treat their horses.

Canadian goldenrod was a source of medicine for several North American tribes including the Meskwaki. Although it was used to treat wounds by some, the Zuni and the Iroquois tribes relied on an infusion of the crushed flowers for easing pain, and the Zuni also chewed the blossom to relieve a sore throat. Shuswap Indians used it during childbirth, and both the Potawatomi and Okanagan-Colville Indians valued it for treating fever (the latter for both adults and children). Thompson and Okanagan-Colville tribes used it to ease diarrhoea, and the former also prescribed it for treating influenza. Iroquois Indians took it to cause vomiting, and the Thompson tribe bathed their babies in a plant decoction for its sedative effect.

The flower is a state emblem of Kentucky in the United States and was adopted there in 1926.