

School-to-Nature



Aster

Wild Aster is a wildflower that grows in the open, sunny areas and woods edges at all of our Conservancy properties. It is very common along the roadsides in Caledonia as well.

It blooms very late in summer and through early autumn, and has beautiful flowers, so it is very welcome at the time the summer flowers are drying up and going to seed.

Asters belong to the same plant family as sunflowers and some other daisy-type flowers. Asters are the September “birth flower.” The word ASTER literally means STAR.

Wild Aster flowers bloom in clumps, and each flower is only about as big as your pinky fingernail. Flowers may be pale lavender, dark bright purple, white, and pink. Aster plants range in size from 6 inches to 36 inches tall.

Teas made from certain varieties of Aster have been said to help with migraines, colds, sciatica, and muscle spasms, probably because the leaves contain a high level of Calcium. Aster leaves were burned in olden days to ward off evil spirits!

