Good morning! This is Amy and today I am in Robinson Woods in Cape Elizabeth, ME.

Walking through the woods this time of year is so invigorating to your senses. The songbirds are singing, you can really smell the clean earthy scent of the ground, and bright spring colors are popping out all over the woods.

Lately, each day that I’m on the trails, I am greeted by newly awakened plants and flowers. Today, I want to introduce you to the trout lily and hobblebush.

Native trout lily (or yellow dogtooth violet) only graces us with its presence for a short period in the spring. When blooming, it shows off its beautiful single, 6 petaled, yellow flower. Unfortunately, the flowers haven’t appeared yet, but you can easily recognize this plant by the mottled leaves that look like trout skin. Hence its name.

Viburnum latinoides or hobblebush is a native shrub that grows in cool forests and is a host plant to the caterpillars of the spring azure butterfly. As you can see, its leaves and flowers are just emerging. The mature flowers bloom from May into June and are white to pink. In late summer and fall, hobblebush is a show stopper with its bright red fruits and reddish orange leaves.

It’s called hobblebush because low branches hobble along the ground, take root and send up new plants. What you see as colonies are really one plant.

Thanks for joining me. I hope you have the chance to be out in nature today and invigorate your mind, body, and senses.