

Scientific Name: Teucrium canadense L. var. occidentale (A. Gray) McClintock & Epling

Bibliographic Reference: McClintock & Epling, 1946. Britt. 5: 499.

Common Name: American wood sage

Family (Common Name): Lamiaceae or Labiatae (Mint Family)

Synonyms: T. occidentale A. Gray; T. canadense ssp. occidentale W.A. Weber

Idaho Native Plant Society Category: State Priority 1

Natural Heritage Program Rank: S2

Distribution: Ada, Canyon, Idaho, Owyhee and Washington counties, Idaho; widespread in the U.S. and adj.

Canada; less common in the w states, in Utah (Cache and Utah counties); Mexico.

Habitat: Streambanks and moist bottom-lands, 800-1200 m elevation.

Phenology: June through August.

**Look-alikes:** Some may confuse American wood sage with members of the genus *Stachys*, but it is easily distinguished from it by the terminal bracteate spikes or racemes (sometimes flowers are solitary in the axils of the upper leaves), calyx teeth lacking spinulose tips, exserted stamens, ovary merely lobed (not cleft to the base), and the laterally attached nutlets.



Habitat of Teucrium canadense var. occidentale



Species Distribution