

## Lythrum alatum Winged Loosestrife

Lythrum alatum (Winged Loosestrife) is a delicate-flowered plant great for wetlands, ponds, rain gardens and stream sides. This native wetland herbaceous perennial can grow up to 3' tall. This fine-textured plant is upright with branches that come off a winged central stem. Small leaves are opposite and stalk-less with short stalk flowers emerging from a leaf axil. Delicate 6-petaled flowers are pink and lavender. Blooming happens from early summer to early fall, typically lasting for 2 months. Flowers attract an array of pollinators, including butterflies. In the fall, the branching stems and minute leaves turn a yellowish-green. This water-loving plant can happily grow in standing water, yet still tolerates occasional dry periods. It prefers full sun but can tolerate partial shade and is sensitive to intense summer heat. Lythrum alatum has rhizomatous roots and wind-dispersed seeds, which can be distributed a considerable distance. Though related, this native wetland species is not to be confused with the widely invasive and destructive Purple Loosestrife (Lythrum salicaria).

**Botanical Name:** Lythrum alatum

**Common Name:** Winged Loosestrife

**Family:** Lythraceae

**Nativity:** Great Lakes Native

**USDA Zone:** 3 to 8

**Light Type:** Full Sun to Part Shade

**Soil Type:** Clay, Loam

**Soil Preferences:** Prefers poorly drained soils. Can handle standing water and tolerates dry periods.

**Soil Moisture:** Medium to Wet

**Typical height (ft):** 2-3'

**Typical width (ft):** 2-3'

**Foliage:** Bright green

**Bloom Time:** June, July, August, September

**Bloom:** Pink, light purple, lavender

**Ecological features:** Attracts butterflies, pollinators, birds; streambank erosion control.

**Tolerance of:** Clay, standing water

**Additional notes:** Yellow-green fall color; great for rain gardens; closely resembles its invasive relative, Lythrum salicaria (Purple Loosestrife)

**Companion plants:** Sedges (Carex spp.), Swamp Milkweed (Asclepias incarnata), Prairie Dropseed (Sporobolus heterolepis), other native loosestrifes such as Prairie Loosestrife (Lysimachia quadriflora) and Swamp Candles (Lysimachia terrestris)

**For more information see:**

<https://www.minnesotawildflowers.info/flower/winged-loosestrife>

[https://www.illinoiswildflowers.info/wetland/plants/wng\\_loosestrife.htm](https://www.illinoiswildflowers.info/wetland/plants/wng_loosestrife.htm)

<https://www.midwestgroundcovers.com/plant/Lythrum-alatum-NGN>

**Images of Lythrum alatum**



Lythrum\_alatum\_(21110510183).jpg

Purple flower



Lythrum\_alatum\_(20363896053).jpg  
Stem with flowers in early summer



Lythrum\_alatum\_(29172641020).jpg  
Stem with flowers in late summer



Lythrum\_alatum\_kz01.jpg  
Fine-textured leaves and a star-like purple flower.

**Image choices for narrative:**

Choice 1:

Lythrum\_alatum\_(20363896053).jpg

Stem with flowers in early summer

Choice 2:

Lythrum alatum kz01.jpg

Fine-textured leaves and a star-like purple flower.