

The Leaflet

A Walk at Clifton Farms—Carla Overbeck

AUTUMN 2012

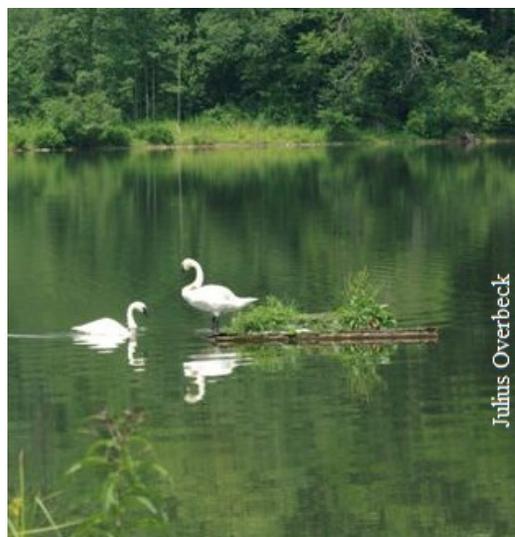
On July 8th eleven participants joined Dr. Tom Wood, director of Environmental Studies on the Piedmont (known as Clifton Farm) and our own David Roos for a short talk, a walk, and an ice cream social at the farm in Warren County.

Tom showed slides of different farm areas, including infrared camera shots of nocturnal animal visitors, and David and Tom discussed the importance of restoring and protecting wetlands and other habitats for pollinators, birds, and other wildlife.

David and Tom led the participants on a walk through the woods surrounding the ponds to the apiaries and to two recently burned fields. Some surprises included the large population of Dogbane (*Apocynum*) in a newly burned field, the electrified fence surrounding one of the apiaries to keep black bears out, and the sighting of a wild turkey in another burned field. Two resident trumpeter swans graced one pond, while hordes of butterflies visited the Tiger Lilies (*Lilium lancifolium*) alongside the drive up to the farmhouse. We also saw Wild Bergamot in bloom (*Monarda fistulosa*), Shining Sumac (*Rhus copallina*), Smooth Alder (*Alnus serrulata*), Trumpet Creeper (*Campsis radicans*), and Coralberry (*Symphoricarpos orbiculatus*).



After the walk the group repaired to the late 19th century farmhouse that serves as a residence for summer interns as well as office space for the staff. Participants enjoyed ice cream and milkshakes Tom made with Clifton farm honey, and other refreshments. A great ending to a great walk on a very hot day!





The Virginia Native Plant Society (VNPS), founded as the Virginia Wildflower Society in 1982, is a non-profit organization of people who share an interest in Virginia's wild plants and habitats and a concern for their protection.

The Piedmont Chapter is a geographically defined subgroup of VNPS in the northern point of Virginia east of the Blue Ridge Mountains. It includes Loudoun, Fauquier, Culpeper, Rappahannock, Warren, Clarke, and Frederick counties.

The Leaflet is published quarterly by the Piedmont Chapter of VNPS. Permission is granted to reproduce material with credit to the source.

The Leaflet can be seen online in color (and with additional pictures) at vnps.org/wp/piedmont.

The Chapter's email address is piedmontvnps@gmail.com.

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The Leaflet

Bull Run Mountains Trip Record—Blanca Vandervoort

DATE: 6-10-2012 (Second Sunday Walk)

PLACE: BULL RUN MOUNTAINS, a State Natural Area Preserve

LEADER: Michael Kieffer, Executive Director, Bull Run Mountains Conservancy

Meeting place: 17405 Beverley Mill Drive, Broad Run, VA 20137,

Fauquier/Prince William Counties, 703-753-2631 (BRMC)

DRIVING DIRECTIONS may be obtained at www.brmconservancy.org or email info@brmconservancy.org

WALKING DIRECTIONS: See FERN HOLLOW TRAIL on BRMC map

Distance and time walked: +/- 1 mile, approx. 2 hours

Difficulty and trail condition: narrow, easy path to walk on along a stream.

Directions, blazes, and fieldmarks: permanent trail markers at each trail intersection. Trails are open from dawn to dusk. Must sign Release and Waiver of Liability form found at trailhead kiosk, and read the Use Guidelines.

SPECIAL PLANT SPECIES on FERN HOLLOW TRAIL

Maidenhair Fern (*Adiantum Pedatum*)

New York Fern (*Thelypteris noveboracensis*)

Cinnamon Fern (*Osmunda cinnamomea*)

Silver False Spleenwort (*Deparia acrostichoides*)

Lady Fern (*Athyrium Filix-femina*)

Sensitive Fern (*Onoclea sensibilis*)

Christmas Fern (*Polystichum acrostichoides*)

Rattlesnake Fern (*Botrychium virginianum*)

Interrupted Fern (*Osmunda Claytoniana*)

Clubmoss (*Lycopodium* spp.) with sporangia

Fringed Loosestrife (*Lysimachia ciliata*)

Jewelweed (*Impatiens capensis*)

Downy Skullcap (*Scutellaria incana*)

Beech Fern (*Phegopteris hexagonoptera*)

Moss (*Polytrichum* spp.)

OTHER FEATURES: Basic Mesic Forest; Oak Hickory Forest. Along the trail is a Deer Exclosure to monitor vegetation changes.

AMENITIES (food, gas, bathroom nearby?) Bathroom at Mountain House (BRMC Headquarters)

EVALUATION Great natural experience with Michael Kieffer who involved every participant in learning about what the mountain has to offer. There were 6 participants.



Moss sporangia

Blanca Vandervoort



Downy Skullcap
Scutellaria incana

Richard Stromberg



**VIRGINIA NATIVE PLANT SOCIETY
PIEDMONT CHAPTER ANNUAL MEETING
SUNDAY, OCTOBER 21, 2012, NOON**

Sky Meadows State Park Shelter/Pavilion (bring State Park Pass or pay \$4 per vehicle parking fee)

Sky Meadows is on Virginia 710 (Edmonds Lane) west of U.S. 17, less than two miles south of U.S. Route 50 & seven miles north of I-66, Exit 23. The pavilion is the first right turn after the entrance booth. Go until you see the shelter on your left.

AGENDA

- Pot Luck Luncheon
- Business Meeting
- Election of Officers
- Honors
- Presentation: Our keynote speaker is Ann Harman, author of *Major Flowers Important to Honey Bees in the Northeast and mid-Atlantic States*. Her topic will be “All Bees vs. All Plants”.

The Board of the Piedmont Chapter of the Virginia Native Plant Society presents the following candidates for election to serve the Chapter in 2012-2013. Expiration of terms is shown in parentheses. One asterisk means first two-year term, two asterisks mean second term. According to our By-Laws, Board members and Officers may be elected to two consecutive 2-year terms, but then are ineligible for reelection for one full year to assure opportunity for others to participate and contribute new ideas. This year Carrie Blair, Sally Anderson, and Robin Williams must rotate off the Board. They plan to continue to be active and to offer support to the new board in a non-voting capacity. We hope to have a few more nominees by the time we meet in October and invite members to come forward and add their name to the list. If the president’s position continues vacant, chairmanship of the board meetings will rotate among past and present board members until someone comes forward. We are confident there is someone on the horizon. Nominations are welcome from the floor.

Officers:

President: VACANT
Vice President: Brenda Crawford (2014)**
Secretary: Blanca Vandervoort (2013)**
Treasurer: Carla Overbeck (2013)**

Directors:

Continuing: Mary Keith Ruffner (2013)**
David Roos (2013)*
New: Richard Stromberg (2014)*
Kristin Zimet (2014)*
Chris Lewis (2014)*

2012 Piedmont Chapter Ballot

For the proposed Officers and Directors
I am in favor ___ not in favor ___

For the proposed Officers and Directors
I am in favor ___ not in favor ___

Signature _____

Signature _____

**IF YOU ARE UNABLE TO ATTEND THE CHAPTER ANNUAL MEETING ON
OCTOBER 21, PLEASE COMPLETE THIS BALLOT AND MAIL BY OCTOBER 16 TO
Piedmont Chapter Virginia Native Plant Society, P.O. Box 336, The Plains, VA
20198**



Sunday	Sep 9	1pm	Second Sunday Walk
Rappahannock County. Join Bruce Jones and explore a multi-acre garden of native Virginia plants and warm season grass fields at the private, Bruce Jones Nature Preserve. Learn about the impact of fire and Bruce's experiences trying to restore pasture to meadow. Limited to 20 people. To sign up and RSVP please contact Cathy Mayes at piedmontvnps@gmail.com .			
Sat-Sun	Oct 13-14	9am-4:30pm	Arborfest at Blandy
Fauquier County. We encourage you to visit the VNPS booth during this annual event. Knowledgeable volunteers will offer expert advice on how to select and grow native plants in your special location. There will be handouts with useful information for you to pick up. For more information about Arborfest visit http://blandy.virginia.edu .			
Sunday	Oct 14	11am	Second Sunday Walk
Fauquier County. This walk is co-sponsored by VNPS Piedmont Chapter and State Arboretum of Virginia. Join VNPS President Sally Anderson for a leisurely, informal tour of meadow and wetland to enjoy and identify native plants and grasses. Meet at the amphitheater. During Blandy's Arborfest there will be a \$10 per car admission. To request more information, email piedmontvnps@gmail.com .			
Sunday	Oct 21	Noon	Piedmont Chapter Annual Meeting
Loudoun County. See page 3 above.			
Sunday	Nov 11	1pm	Second Sunday Walk
Being planned.			

Arborfest—Brenda Crawford

ArborFest is Blandy's goodbye summer, hello autumn (planting season) time. Perennials are best planted in the fall to have time to establish root systems and not worry about flowers and seeds. ArborFest at Blandy has a long list of providers of plants—and of food and drink, gardening tools and collectibles. It is a great way to spend a nice, late summer day, and your gardens will love it!

Virginia Native Plant Society always has a booth at ArborFest (and Garden Fair in May), and we meet many gardeners and other plant lovers there. We have a small bookstore with carefully selected books and pamphlets helpful to the native gardener.

Volunteers are needed to help work at our booth. There are two shifts each day, the Morning (8:30 to 12:30) and Afternoon (12:30 to 4:30) on Saturday and Sunday. There is always an experienced VNPS member in attendance to help in answering questions.

If you have questions about Blandy or ArborFest and especially about helping out at the VNPS booth, please get in touch. We could use the help. Parking for ArborFest workers is free. Parking passes will be issued. Anyone interested in joining us at the VNPS booth at ArborFest, please call Brenda at (540) 825-9442 or email brendacrawford90@gmail.com.

Oregon Wildflowers—Richard Stromberg

I went to Eugene, Oregon in June to watch the Track and Field Olympic Trials. We had two days with no track events and my roommate and I wanted to hike. He discovered that a city bus to the east went all the way to the McKenzie River Ranger Station of Willamette National Forest. The McKenzie River Trail was damp/sodden and dark because of huge evergreens, mostly Hemlock and Firs. Lichen and mosses covered branches. Every sighting of the river showed white water as it cascaded down from the mountains. (We did not have enough time or energy to get to the steep part of the trail where the big waterfalls are.)

One of the first flowers we saw was Striped Coralroot (*Corallorhiza striata*)—orchids are always exciting. Later I realized that some of the small, purplish flower stalks were a Pyrola (*Pyrola asarifolia*), and then I saw a Spotted Coralroot (*Corallorhiza maculata*), which I knew from back home. (continued on page 5)



Oregon Wildflowers (continued)

We left plenty of time to catch the bus back to town. While we waited I asked a ranger if they had any list or pictures of the local flora. I have often found that they often have a list or even a binder with pictures. They did not, but one ranger said she knew a lot of the flowers. As usual, my camera was my field notebook, so she started looking at my pictures and telling me what they were. When we hit one she did not know, she got out a book, and we continued on. Of course, I wound up buying the book: Plants of the Pacific Northwest Coast. The book and my camera kept me entertained on the flight home.

The next day we took a bus to the end of the line south of town and got on trails to take us up to 2,055 feet–high Spencer Butte. The woodland trails were similar to the previous day, but near the top we came onto a sunny, steep, rocky meadow with completely different flora. When I finished photographing one flower, I'd turn and see another. At the top we had a 360° view: the city to the north and the hills we had walked the previous day to the east with snow-capped mountains behind them.

Some flowers I saw in Oregon also grow in our area, e.g., False Solomon's Seal (*Maianthemum racemosum*), Indian Pipe (*Monotropa uniflora*), Goats Beard (*Aruncus dioicus*), Nipplewort (*Lapsana communis*). Twin Flower (*Linnaea borealis*), which I had only seen before at Ice Mountain in West Virginia, carpeted the forest floor. Other species were similar to ones that grow here:

Western Species	Similar Eastern Species	Differences
Western Red Columbine (<i>Aquilegia formosa</i>)	Wild Columbine (<i>Aquilegia canadensis</i>)	The Western Red Columbine flower is shorter/stubbier
Columbia Lily (<i>Lilium Columbianum</i>)	Turk's-cap Lily (<i>Lilium superbum</i>)	Columbia Lily flower is much smaller
Pacific Rhododendron (<i>Rhododendron macrophyllum</i>)	Great Laurel (<i>Rhododendron maximum</i>)	Great Laurel leaves are longer; the plant is bigger
Pacific Bleeding Heart (<i>Dicentra formosa</i>)	Wild Bleeding Heart (<i>Dicentra eximia</i>)	<i>Dicentra eximia</i> flower is longer and narrower
Columbian Windflower (<i>Anemone deltoidea</i>)	Wood & Mountain Anemone (<i>A. quinquefolia</i> & <i>lancifolia</i>)	Columbian has 3 almost sessile leaflets on the stem vs. 3 or more whorled, compound, petioled leaves
Thimbleberry (<i>Rubus parviflorus</i>)	Purpleflowering Raspberry (<i>Rubus odoratus</i>)	Thimbleberry has a white flower; Purpleflowering Raspberry, purple
Salal (<i>Gaultheria shallon</i>)	Eastern Teaberry (<i>Gaultheria procumbens</i>)	Salal is an up-to-5 meter shrub; Teaberry is only a couple inches tall
Threeleaf Foamflower (<i>Tiarella trifoliata</i> var. <i>uniflora</i>)	Heartleaf Foamflower (<i>Tiarella cordifolia</i>)	Flowers are sparser on the western species
Tall Bugbane (<i>Actaea elata</i>)	Black Cohosh (<i>Actaea racemosa</i>)	Tall Bugbane leaves not as divided.
Siberian Spring Beauty (<i>Claytonia sibirica</i>)	Spring Beauty (<i>Claytonia virginica</i>)	<i>C. sibirica</i> has egg-shaped stem leaves.
Fivestamen Miterwort (<i>Mitella pentandra</i>)	Twoleaf Miterwort (<i>Mitella diphylla</i>)	Fivestamen has green flowers, no stem leaves; Twoleaf, white flowers & two opposite leaves on stem

Some species I saw are native only in the west: Cascade Lily (*Lilium washingtonianum*), Inside-out Flower (*Vancouveria hexandra*), Checkerbloom (*Sidalcea* spp.), and three similar genera in the Lily family: *Brodiaea*, *Tritelia*, and *Dichelostemma*. I saw Red Baneberry (*Actaea rubra*), which appears in the east but only north of Virginia.

I was excited to find all these flowers. Oh! The eight days of track and field competition were exciting too.



Harvest Brodiaea
(*Brodiaea elegans*)



Western Red Columbine
(Aquilegia formosa)

Richard Stromberg



Wild Columbine
(Aquilegia canadensis)

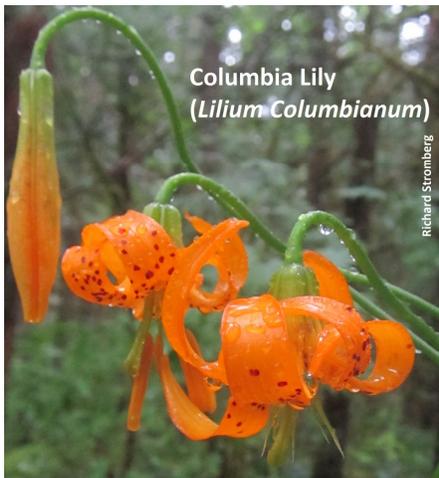
Richard Stromberg



Inside-out Flower

Vancouveria hexandra

Richard Stromberg



Columbia Lily
(Lilium Columbianum)

Richard Stromberg



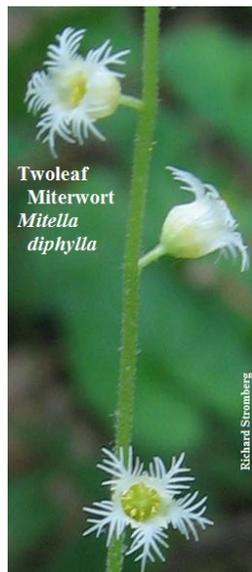
Turk's-cap Lily
(Lilium superbum)

Richard Stromberg



Fivestamen
miterwort
Mitella pentandra

Richard Stromberg



Twoleaf
Miterwort
Mitella diphylla

Richard Stromberg



Striped
Coralroot

Corallorhiza striata

Richard Stromberg



Spotted
Coralroot
Corallorhiza maculata

Richard Stromberg