

# The Leaflet

Not Quite Canada Lilies at Thompson WMA—Karen Hendershot

AUTUMN 2019



What do you do if the guest of honor fails to show up for an event? You enjoy the other guests and carry on! That's what we did on June 16, when Sally Anderson led us down the Trillium Trail at the Thompson Wildlife Management Area in search of blooming Canada Lilies (*Lilium canadense*). But we were too early. Ten days later, however, I went back to find the lilies in their glory.

Even on June 16, the trail was alive with interest. We were greeted by nodding buds of Poke or Tall Milkweed (*Asclepias exaltata*) and the tiny white flowers of Honewort (*Cryptotaenia canadensis*). Common Black Cohosh (*Actaea racemosa*) was getting ready to bloom. Yellow Jewelweed

(*Impatiens pallida*) was abundant, preferring the upland dry terrain to the damper regions where its orange cousin (*I. capensis*) is happy. We saw both freckled flowers and dangling fruit, shown here hanging beneath the flower. The behavior of the fruit gives Jewelweed another name: Touch-Me-Not, for it springs open to the touch. Sally showed us the tiny seeds, which Linda Murphy confirmed taste like walnuts.



Beneath the deep green foliage of Canada Moonseed (*Menispermum canadense*) were tiny pale-yellow flowers. Virginia Waterleaf (*Hydrophyllum virginianum*) was mostly fruiting but a few had white flowers intact with their long stamens and stiles reaching well beyond the corolla. Lopseed (*Phryma leptostachya*) was just in bud and Sally explained that the flower turns up, then out, then down when in seed, hence the name. Along the trail, dense patches of two similar large-leaved plants not yet blooming: Sweet-scented Joe-pye-weed (*Eutrochium purpureum*) and Horsebalm (*Collinsonia canadensis*). Smell the leaf, advised Sally, for the Horsebalm has a lemon scent. It also has opposite leaves, not whorled like the Joe-pye-weed. Another question was how to identify the Fleabane (*Erigeron*) at the entrance. It was Philadelphia Fleabane (*E. philadelphicus*), distinguished by leaves that clasp the stem.

Many of the early spring flowers had matured into fruit. Wild Yam (*Dioscorea villosa*)



hung on a tree like so many Chinese lanterns. The Common Blue Violets (*Viola sororia*) had grown tall and some of their round fruits had popped open to reveal three chambers of white seeds. Kristin Zimet thought that the fruit of the Large-flowered Trillium (*Trillium grandiflorum*) looked like a fat, butter-cream frosting star. The fruit of Wild Geranium (*Geranium maculatum*) are long and sharp, the source of its other common name,



Cranesbill. Single-seeded segments break away from but remain attached to the beak. We also saw the single, round fruits of Mayapples (*Podophyllum peltatum*), the bronze fruited panicles of Eastern Solomon's-plume (*Maianthemum racemosum*), and the long fruits of Sweet Cicely (*Osmorhiza claytonii*), which will turn to dark stickers to hitchhike on clothing and animal fur. Yes, we missed the Canada Lilies but there was still plenty to entertain us at the Thompson WMA.





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 sub-group 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.

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**The Leaflet can be seen online in color at**

**[www.vnps.org/piedmont](http://www.vnps.org/piedmont)**

The Chapter's email address is [piedmontvnps@gmail.com](mailto:piedmontvnps@gmail.com)

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## Why Plant Natives—Karen Hendershot

On June 23, Piedmont Chapter Vice President Diane Krumme gave a wonderful slide presentation at the Marshall Library on the case for using native plants in landscaping. The event attracted sixteen people whom we don't normally see at our other events, providing them with a blueprint for how to incorporate native plants in their home gardens. Diane explained that plants, insects, and other wildlife had co-evolved over thousands of years to support each other. She showed the results of her own experience transforming a 10-acre cow pasture into a haven for wildlife. Among the plants that she has successfully used are Golden-alexanders (*Zizia sp.*), American Wisteria (*Wisteria frutescens*), White Wood Aster (*Eurybia divaricata*), and Blue and Yellow Wild Indigo (*Baptisia australis* and *B. tinctoria*). She noted that Green-and-gold (*Chrysogonum virginianum*) works well as a ground-cover and Virginia Creeper (*Parthenocissus quinquefolia*) looks lovely on a fence, turning a nice red in the fall.



Karen Hendershot

Diane said that a good benchmark is to aim for a landscape of 70 percent



Karen Hendershot

natives. She also provided as set of handouts covering:

1) native plant resources (sources of information, as well as plants), 2) some of her favorite plants, and 3) alien invasive species.

The talk was followed by a field trip to the gardens

surrounding Marshall's Old School House #18. The Master Gardeners of Fauquier and Rappahannock Counties have been tending this area and we were guided by Alice Shelman, one of their members. We hope for future collaborations with the Master Gardeners.





## Shenandoah National Park Fire Regeneration Walk—Emily Southgate

Ten people braved the July heat to observe forest changes in the three years since the huge fire in the Southern Section of Shenandoah National Park in April, 2016. We had done this walk in July, 2016, so were looking for changes since then. We started at Brown Mountain Overlook. The photo shows the overall recovery of the vegetation. The fire burned the entire area in this view.

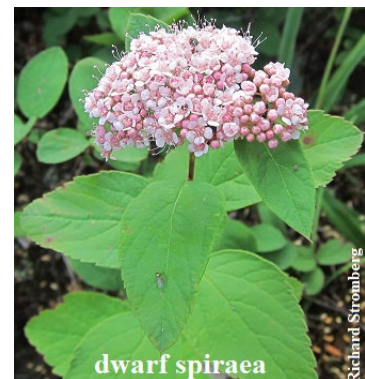


We learned many things about fire impacts on forests from Ron Hughes, VNPS Piedmont Chapter board member, who works with fire management for the Virginia Department of Game and Inland Fisheries:

- Table Mountain pine (*Pinus pungens*) has serotinous cones, that is, they are closed and coated with wax that does not melt until a fire heats them. They then release their seeds, which flourish in the mineral soil left by the fire burning off surface litter.
- Fires burn up ridges, sometimes from both sides. As they burn uphill, they are very hot and often completely kill trees, but at the ridge top they diminish and may even leave white pine (*Pinus strobus*), which is very sensitive to fire, undamaged.
- Although the fire at the park covered 10,000 acres (5 % of the park area), the impact was patchy, depending on slope and fuel loading.
- Most oaks (*Quercus* spp.) and pines (*Pinus* spp.) have thick bark that insulates them from fire damage unless the fire is very hot. We saw large oaks and pines that had survived the fire and were thriving. (see the first photo).
- Mountain laurel (*Kalmia latifolia*) has waxes in its leaves which burn very hot. The aboveground parts of the plant are killed by fire, but they then sprout vigorously from the base, as do other shrubby plants like sassafras (*Sassafras albidum*) (also highly resinous) and witchhazel (*Hamamelis virginiana*).

Some of us were concerned about the tree-of-heaven (*Ailanthus altissima*) seedlings that were thick on the ground 3 years ago. We were relieved not to see any evidence of these on this walk. Instead, the forest floor was thick with mostly native plants. Shrubs included minniebush (*Menziesia pilosa*), huckleberry (*Gaylussacia baccata*), lowbush blueberry (*Vaccinium pallidum*) (with a few berries that were quickly eaten by those in front), dwarf spiraea (*Spiraea corymbosa*) and non-native wineberries (*Rubus phoenocalisius*). Special wildflowers

(continued on page 4)







## Shenandoah National Park Fire Regeneration Walk (continued)

included smooth yellow false foxglove (*Aureolaria flava*) with a decussate arrangement (leaves are opposite, and each pair is at right angles to the one below it), broadleaf aster (*Aster macrophyllus*) and whorled coreopsis (*Coreopsis verticillata*).

As we struggled up the last bit of the walk in bright sunlight through scrubby woods on the steep, shallow soil, two of us noticed a very unusual flower. As we were the stragglers, we got Sally Anderson to come back down the trail to see it. She identified it as featherbells (*Stenanthium vimineum*), a very graceful plant in the lily family with drooping panicles of delicate white flowers. It is endangered in several states, including Maryland.



The conclusion we reached after this walk is that fire is apparently a factor that is no stranger to this vegetation. The major genera such as oak, pine, and sassafras flourish in the presence fire. Many wildflowers appear well adapted to fire as well. Even red maple (*Acer rubrum*) was sprouting. We could not conclude from this brief visit or this one fire that this is a fire-dependent ecosystem, but we could conclude that it is well fire-adapted.







### Do we have another Asian invasive?—Cathy Mayes

About 14 years ago, naturalists in New York reported a new wildflower – new to the United States. It is called Incised Fumewort (*Corydalis incisa*). It is native to Japan, Korea, Taiwan, and China. The plant has some invasive tendencies, and has since been found growing in most states on the Eastern seaboard. In Virginia it has been found at 5 sites in Fairfax, Albemarle, and Rockbridge counties in 2017. As a VNPS member, we are enlisting you to keep a lookout for this *Corydalis* and report findings to Virginia Department of Conservation and Recreation at <http://www.invasivespeciesva.org/report-sightings>.

**Description** *Corydalis incisa*, as the name suggests, has deeply incised leaves which are stalked and twice pinnately compound with acutely serrate leaflets. The small flowers are rose-purple on compact racemes 3-12 cm tall.

**Habit** *Corydalis incisa* is an annual or biennial herbaceous species found mostly in forest riparian areas. It seems to thrive in fine alluvial sediments, where it forms dense stands, crowding out more desirable riparian understory plants. But it can also do well in sunny places, again usually near water.

**Life Cycle** *Corydalis incisa* has a split life cycle. Seeds germinate in the spring forming a rosette and senescens with other spring ephemerals. Mid-August it reemerges as a rosette and flowers. The summer rosettes persist into the winter then the plant dies. It spreads thousands of seeds by explosively ejecting them from the fruit, as far as 3 meters away. Like many other ephemerals, the seed contains an elaiosome, which attracts dispersing ants. But it is also likely to be dispersed by water.

**Control** Currently there is no published information available on how the species can be effectively managed. The New York City Parks Department recently completed a pilot eradication project just north of the New York Botanical Garden. Results from this study will be used to inform future eradication protocols. Officials with Fairfax County removed plants that appeared at the Confederate Fortifications Historic Site. A few homeowners have been struggling to get rid of plants that have become established in their yards through hand-pulling and use of a flame-torch. A landowner in Madison has also tried to stop the spread on her property by hand pulling, but she has not succeeded in halting its spread.



Sources: Wikipedia; New York Botanical Garden <http://nybg.org>; USDA Plants Database; USDA APHIS



<b>Friday-Sunday Sep 27-29</b>	<b>WNPS Annual Meeting</b>
<b>Warren County.</b> The Piedmont Chapter will be hosting the 2019 State Annual Meeting at the Holiday Inn Blue Ridge Shadows, five miles north of Front Royal on Route 522. Dr. T'ai Roulston, Curator of the State Arboretum of Virginia, will be the opening-night speaker and Dr. Woody Bousquet, Professor of Environmental Studies And Biology at Shenandoah University, will be keynote speaker on Saturday.	
<b>Sunday Oct 13 noon</b>	<b>Piedmont Chapter Annual Meeting</b>
<b>Fauquier County.</b> See below for details.	
<b>Sunday Nov 10 1pm</b>	<b>Great North Mountain Second Sunday Walk</b>
<b>Frederick County.</b> Sally Anderson will lead a walk along the Tuscarora Trail from VA 55. For more information email <a href="mailto:piedmontvnps@gmail.com">piedmontvnps@gmail.com</a> .	
<b>Sunday Dec 8 1pm</b>	<b>Morven Park Second Sunday Walk</b>
<b>Loudoun County.</b> Walk at Morven Park, Leesburg, led by Phil Daley. For more information, email <a href="mailto:piedmontvnps@gmail.com">piedmontvnps@gmail.com</a> .	

**VIRGINIA NATIVE PLANT SOCIETY  
PIEDMONT CHAPTER ANNUAL MEETING  
SUNDAY, OCTOBER 13, 2019, NOON  
The Clifton Institute, Airlie**

AGENDA

- Pot Luck Luncheon
- Business Meeting
- Walking Tour

The Board of the Piedmont Chapter of the Virginia Native Plant Society presents the following candidates for election to serve 2019-2020. 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. 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. Nominations are welcome from the floor.

Officers:

President: TBD

Vice President: TBD

Secretary: Sally Anderson, 2018-2020 1<sup>st</sup> term

Treasurer: Cathy Mayes, 2018-2020 1<sup>st</sup> term

Directors (terms begin and end in October):

Continuing: Ellie Daley 2019-21, 2<sup>nd</sup> term

Karen Fall 2019-21, 2<sup>nd</sup> term

Kristin Zimet 2019-21, 2<sup>nd</sup> term

Bryan Payne, 2018-2020 1<sup>st</sup> term

Mary Keith Ruffner, 2018-2020 1<sup>st</sup> term

Robin Williams, 2018-2020 1<sup>st</sup> term

Diane Krumme 2019-2021, 2<sup>nd</sup> term

Emily Southgate, 2018-2020 1<sup>st</sup> term

Returning: Jocelyn Sladen, 2019-2021 1<sup>st</sup> term

Richard Stromberg, 2019-2021 1<sup>st</sup> term

Blanca Vandervoort, 2019-2021 1<sup>st</sup> term

New: Phoebe Muenger, 2019-2021 1<sup>st</sup> term

Leaving: Brenda Crawford, Ron Hughes

2019 Piedmont Chapter Ballot

For the proposed Officers and Directors

I am in favor \_\_\_\_\_ not in favor \_\_\_\_\_

Signature \_\_\_\_\_

For the proposed Officers and Directors

I am in favor \_\_\_\_\_ not in favor \_\_\_\_\_

(second person of a family membership)

Signature \_\_\_\_\_

**IF YOU CANNOT ATTEND THE CHAPTER ANNUAL MEETING ON OCTOBER 13, PLEASE COMPLETE THIS BALLOT AND MAIL BY SEPTEMBER 20 TO Piedmont Chapter Virginia Native Plant Society, P.O. Box 336, The Plains, VA 20198 or email your vote to [piedmontvnps@gmail.com](mailto:piedmontvnps@gmail.com).**





## Piedmont Mafic Prairie Walk—Robin Williams

Seventeen people attended the Second Sunday plant walk at the Culpeper Piedmont mafic prairie on August 11. The event was led by Sally Anderson of the Piedmont VNPS. It was generously hosted by Gale and Eloina Gibson who provided parking, shade, cool water and some light refreshment,. On such a hot and dry day, this was greatly appreciated by all the tired plant viewers.

Sally Anderson pointed out numerous species of native plants and answered many questions. She pointed out many new native species and a few exotic invasive plant species. Twenty additions were made to the plant list for the border and woodland areas of this site. Some of the

new additions are Southern Slender Ladies' Tresses (*Spiranthes lacera* var. *gracillis*), Curlyheads (*Clematis ochroleuca*), Wild Senna (*Senna marilandica*), Cardinal Flower (*Lobelia cardinalis*) and Winterberry (*Ilex verticillata*).



Cardinal Flower

Richard Stromberg

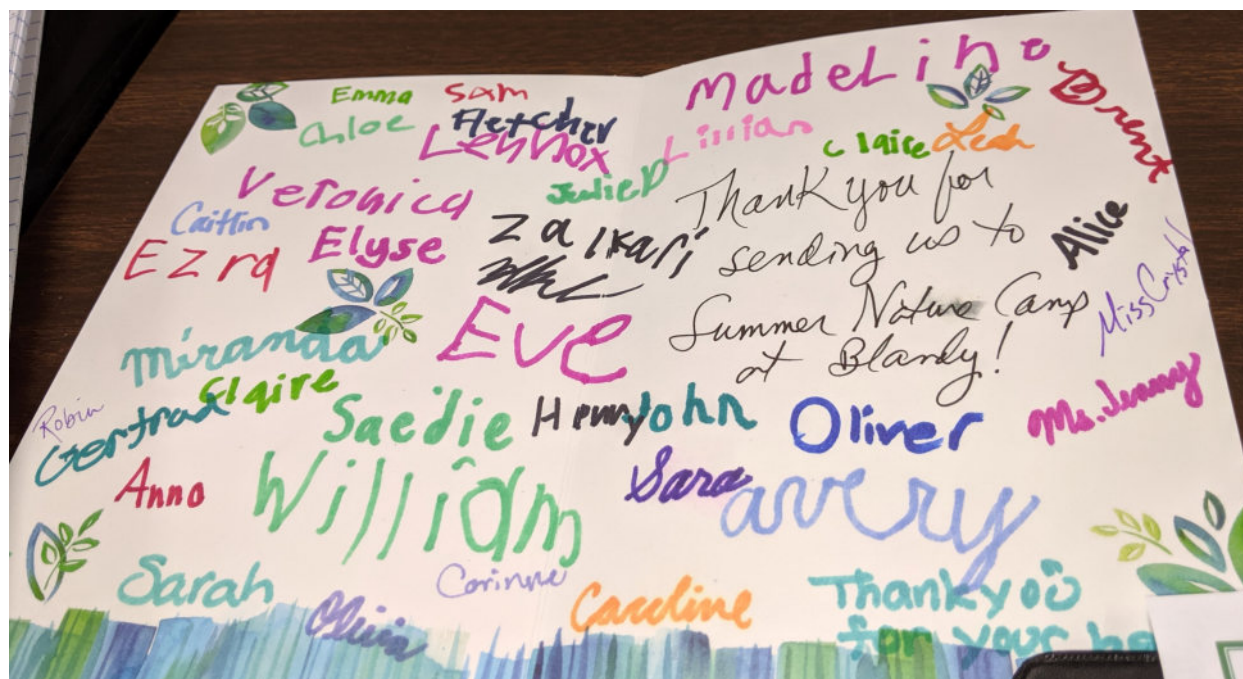


Southern Slender Ladies' Tresses

Richard Stromberg

Quite a few native butterflies flitted about in the hot and dry midday. Both the uncommonly seen Sleepy Orange and the Cloudless Sulphurs were there because their native host plants, Wild Senna, and Partridge Pea (*Chamaecrista fasciculata*), were present as well as numerous native nectar sources. There were a number of Common Buckeyes whose obligatory hosts are the native plantains and figworts.

## Thank you note for the Piedmont Chapter's contribution to the Blandy Summer Camp



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VIRGINIA NATIVE PLANT SOCIETY  
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Curlyheads (*Clematis ochroleuca*)

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AUTUMN 2019



Richard Stromberg

Solomon's-plume