

SPRING

QUARTERLY NEWSLETTER

POTOWMACK NEWS

Potowmack Chapter of the Virginia Native Plant Society

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ARLINGTON WOODS THROUGH THE AGES

BY ROD SIMMONS

Hidden largely from view in a deep ravine and spring-fed stream valley behind Arlington House is the 12-acre Arlington Woods. This rare parcel is the last surviving remnant of an old-age forest that once covered the uplands and hillsides of the 1,100-acre site inherited by George Washington Parke Custis, the adopted grandson of George Washington, in 1802.

One of the most striking natural features of [this] property was the 600-acre virgin oak forest that nearly surrounded Arlington House. The 19th century historian Benson Lossing described the picturesque landscape: "Behind the mansion is a dark old forest, with patriarchal trees bearing many centennial honors and covering 600 acres of hill and dale" (NPS). This forest was revered both for its wildness and natural beauty as well as an "imposing backdrop" to the mansion - and was not cut by either Custis or Lee (Hanna 2001).

Sloping down to the Potomac River from the front of the house was a vast park-like expanse (see above) "dotted with groves of oak, chestnut, and [Eastern Red Cedar]" (Hanna 2001). Admiring this view on a visit to Arlington in 1824, Marquis de Lafayette remarked to Mrs. Custis, "Cherish these forest trees around your mansion...recollect how much easier it is to cut a tree than to make one grow" (NPS). Far below the mansion near the shore of the river was the famous Arlington Spring, which "flowed up from a rocky outcropping near an enormous oak tree" (Hanna 2001).

Upcoming Events

April

Dyke Marsh Restoration

Thursday, Apr. 10, 7:30—9:00 pm

Naturalist Louis Halle called Dyke Marsh "The nearest thing to primeval wilderness in the immediate vicinity of the city." It is one of the most biologically diverse habitats in the Washington, D.C. region. But 1 to 2 acres of marsh wetlands disappear each year, with fewer than 60 acres remaining. The National Park Service is proposing a restoration plan to stabilize and restore the marsh.

Glenda Booth, Friends of Dyke Marsh President and VNPS member, will describe Dyke Marsh, its significance, the NPS restoration goals and the importance of wetlands and wetlands restoration.

May

Grasses and Sedges to Enhance Your Native Plants

Thursday, May 8, 7:30—9:00 pm

Janet Scott Davis of Hill House Farm will share her ideas on how to use native grasses and sedges to enhance the beauty of your native plant landscapes.

*All events are free and
open to the public.*

Meet at Green Spring Gardens

(CONTINUED ON PAGE 2)

ARLINGTON WOODS (CONTINUED)

Today, Arlington Woods, Arlington House, and surrounding grounds are part of the 27-acre Robert E. Lee Memorial, which is owned and managed by the National Park Service (NPS). The property is situated atop the highest hill of the old Custis estate in Arlington County, Virginia overlooking the nation's capital. It is surrounded on the north, east, and south by Arlington National Cemetery (ANC) and on the west by Fort Myer - all of which are under the jurisdiction of the Department of the Army. Many fine original trees and groves still frame the rolling landscape of the cemetery grounds, making it the largest single collection of champion and notable trees in Arlington (pers. comm., Greg Zell). A count of radial growth rings of several species of fallen trees in the Arlington Woods section revealed ages upwards of 230 years (NPS).



Photo credit: R.H. Simmons

A round-table partnership of sorts arose between NPS Site Manager Kendell Thompson and colleagues, Talmadge Williams with the Arlington Black Heritage Museum and Arlington branch of the NAACP, local history societies, and Rod Simmons representing VNPS. The consensus that natural history values of the remnant old-age forest be emphasized above Colonial, African American, Civil War, and even American Indian cultural and land-use histories of the site is reflected in the Arlington Woods Historical Marker erected by NPS. The 12-acre NPS parcel was also designated at this time as a VNPS Registry Site, commemorating the property for its rarity as a documented, old-growth forest remnant in close proximity to the nation's capital.

Front Page: View of Washington from Arlington by John Ross Key (1837-1920)
Image courtesy The Johnson Collection.

Up until 1995, when jurisdiction of 12 acres was transferred from NPS to the Department of Defense (DOD) for cemetery expansion (Millennium Project), the Arlington Woods parcel was 24 acres: the older-aged, 12-acre section owned by NPS that is closest to the mansion and the valuable but somewhat younger, 12-acre adjacent parcel to the southwest.

Alerted in the early 2000s by *The Washington Post* reporting of DOD plans to clear old-growth trees in what was later to be known as Arlington Woods, locals with the Virginia Native Plant Society (VNPS) and D.C. Chapter of the Maryland Native Plant Society visited the site and assisted with natural resource assessments.

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ARLINGTON WOODS (CONTINUED)

The vegetation, geology, and topography of Arlington Woods are typical of lands situated just east of the fall line (zone) at the western edge of the coastal plain near Washington, D.C. This region is historically known for its great floristic diversity, including many disjunct species, and a variety of geologic conditions.

The geologic setting of the site is well described by geologist Tony Fleming, who conducted a survey of the ravine and environs for Arlington County in 2006: “The Potomac Group [Formation] underlies all but the very highest parts of the slopes at this site, and appears to be ~75 feet thick. It is covered by colluvium at many places. Typically, the upper slopes consist of narrow to broad benches separated by small scarps and moderate slopes, whereas the lowest slopes are steep and straight, reflecting the different mechanical properties of the upper fine-grained unit versus the lower sandy one. Although the benches are ultimately held up by the silty clays, they are commonly capped by extensive colluvial fans. Deeply weathered bedrock of the Sykesville Formation crops out at two places in the lower part of the main ravine. The bedrock is weathered into saprolite, which preserves the structure and texture of the original rock clearly, but is soft enough to be hand excavated. The interface between the top of the weathered bedrock and the Potomac Group is commonly marked by abundant groundwater discharge, typically as diffuse seepage along the banks of the ravine.”

Much of Arlington Woods is represented by two distinct forest community types, as well as small sections of a related third type. As part of the U.S. National Vegetation Classification – National Capital Region project to broaden our understanding of local vegetation types, quantitative compositional and environmental data were collected at three 400 m² forested plots at Arlington Woods: two by Rod Simmons in 2004 and one by Rod Simmons and VANHP ecologist Kristin Taverna in 2005.



Geologist Tony Fleming examining Potomac Formation soils exposed at the base of a tree blow down at Monticello Park, City of Alexandria, Virginia. Photo by R.H. Simmons



Central Appalachian / Inner Piedmont Low-Elevation Chestnut Oak Forest at Rock Creek Park, Washington, D.C. Photo by Steve Young.

On the steep, gravelly, north-facing slope behind the mansion and above the ravine are approximately two acres or so of Central Appalachian / Inner Piedmont Low-Elevation Chestnut Oak Forest: *Quercus montana* - (*Quercus coccinea*, *Quercus rubra*) / *Kalmia latifolia* / *Vaccinium pallidum* Forest (USNVC: [CEGL006299](#)), predominately composed of old and large Chestnut Oak (*Quercus montana*) and colonies of Mountain Laurel (*Kalmia latifolia*). This is the dominant vegetation type of all the gravelly, acidic uplands, terraces, and steep, north-facing slopes surrounding the nation's capital.

Running along the southwest-facing upper slopes of the ravine and occupying ancient colluvial slope benches of weathered Potomac Formation clay are narrow remnants of narrow remnants of Piedmont Acidic Oak - Hickory Forest:

ARLINGTON WOODS (CONTINUED)

Quercus alba - *Quercus rubra* - *Carya alba* / *Cornus florida* / *Vaccinium stamineum* / *Desmodium nudiflorum* Forest (USNVC: [CEGL008475](#)). This upland type was much more widespread throughout the old Custis estate in the past, but has largely been cleared over the years for gravesites.

Typical examples of this community are often much more species rich than Oak-Heath Forest, with a diversity of upland oaks and hickories (*Carya* spp.) in the canopy, a fairly diverse understory, and a host of woodland sedges, grasses, and wildflowers in the herb layer (forest floor). It typically occurs as a gradient between Oak-Heath Forest and Mesic Mixed Hardwood Forest, usually on dry to mesic, acidic, southwest facing slopes with high solar exposure (Simmons 2013).

White Oak (*Quercus alba*), Northern Red Oak (*Quercus rubra*), Pignut Hickory (*Carya glabra*), Mockernut Hickory (*Carya alba*), and Sweet Pignut (*Carya ovalis*) are the dominant canopy and subcanopy species here, with White Oak and hickories reaching great size and age. The understory and shrub layers are diverse, with Flowering Dogwood (*Cornus florida*), Fringe Tree (*Chionanthus virginicus*), and Pinxterbloom Azalea (*Rhododendron periclymenoides*) prominent.

Much of the vegetation of the lower slopes, colluvial fans, and stream banks throughout the ravine is Northern Coastal Plain / Piedmont Mesic Mixed Hardwood Forest: *Fagus grandifolia* - *Quercus* (*alba*, *rubra*) - *Liriodendron tulipifera* / (*Ilex opaca* var. *opaca*) / *Polystichum acrostichoides* Forest (USNVC: [CEGL006075](#)). This regionally common forest type occurs on well-drained, relatively infertile, mesic soils and is the classic vegetation type of forested stream banks. Dominant species here include Tulip Tree (*Liriodendron tulipifera*), American Beech (*Fagus grandifolia*), White Oak, Northern Red Oak, Chestnut Oak, Maple-leaf Viburnum (*Viburnum acerifolium*), and Mayapple (*Podophyllum peltatum*). Many very old and large trees also occur here, especially Northern Red Oak and White Oak (Figs. 4 and 5).

The ancient groves and botanical splendor of Arlington Woods have long attracted visitors. Mrs. Calvert, a relative of the Custises, had visited Arlington as a child and remembered the ravine, saying, "It grew deeper and deeper until we seemed lost to the outside world...here we have trees draped with their wild vines, sun flecked shade, ferns, moss, and wild bloom" (NPS). Decades later in 1870, an unknown visitor wrote, "Down in the woods, I found the anemone, the dog-tooth violet, the lady's-slipper,



Lou Aronica and Marianne Mooney in the early 2000s with old-age Northern Red Oak (*Quercus rubra*) growing on the south bank of the cold spring that separates NPS lands from the Millennium Project site at Arlington Woods. At the time, the tree was estimated to be 140 years of age. Photo by R.H. Simmons.

the fringed polygala, the hepatica...nature was repeating herself with immortal precision and beauty" (Hanna 2001).

The earliest and most comprehensive floristic survey of the site was conducted for NPS by Cris Fleming in 1996. While none of the aforementioned plants of the previous century were seen, one hundred and eighty vascular plants were noted, including several uncommon to rare species in the D.C area (Fleming 1996). These plants - Black Cohosh (*Actaea racemosa*), Spikenard (*Aralia racemosa*), Sweet-scented Joe-pye-weed (*Eutrochium purpureum* var. *purpureum*), Trumpet Honeysuckle (*Lonicera sempervirens*), Red Mulberry (*Morus rubra*), Clustered Snakeroot (*Sanicula odorata*), and Early Meadow-rue (*Thalictrum dioicum*) - are rare to absent on the coastal plain and are reflective of old-age forest communities near the fall line where the Potomac Formation is deeply dissected and springy, mesic soils are exposed. Similar assemblages of flora occur nearby in identical soils and situations at Glen Carlyn Park and Barcroft Park in Arlington County; Ivy Hill Cemetery and Monticello Park in the City of Alexandria; and various Fort Circle Parks in eastern Washington, D.C.

After little substantive change in Arlington Woods over the centuries, despite years of occupation during a major war and the wholesale conversion of surrounding lands to gravesites, it will be interesting to see what remains of the property in the years following the Arlington National Cemetery Millennium Project. Apart from the irreplaceable loss of mature, native forest and significant fragmentation of the NPS property, perhaps the most egregious aspect of the project will be the utter destruction and replacement of the ancient, V-shaped stream valley and perennial stream that spans the northwest edge of the site. Unfortunately, such vogue stream bank "restoration" practices today - rendered irresistible by lucrative funding and almost guaranteed approval at the public administration level - demonstrate little understanding and appreciation of hydrologic processes, geologic conditions, and our precious natural heritage.

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BOTANIC NAMES: THEY'RE ALL GREEK TO ME

By Margaret Chatham

Well, not *all*, but while we often speak of botanic names as “Latin names,” they are derived from many sources, and Greek is well-represented. So for example twinleaf is *Jeffersonia diphylla* for Jefferson’s plant with two (di) leaves (phylla) – Latin would have been something like “bifolia.” Or Mayapple is *Podophyllum peltatum* for foot (podos) leaf (phyllon) shaped like a small shield (pelte). Latin uses the same pelta for shield, but the genus name in Latin would have come out closer to “pefolium.”

Yellowroot is *Xanthorhiza simplicissima* (simplicissima is Latin for simplest, meaning unbranched: I always wondered what was so simple about this very frilly-leaved plant). Latin for “yellow” is lutea, as in *Passiflora lutea*, passionflower with yellow blossoms, and Latin for “root” is “radic-” as in radish, eradicate or *Toxicodendron radicans*: poison tree (from Greek by way of Latin) with rootlets: poison ivy.

Of course, the Greek alphabet doesn’t correspond perfectly with the Latin-based alphabet we use. So that same “yellow” that was “xantho” in yellowroot is rendered “zantho” in prickly ash’s botanic name of *Zanthoxylum americanum*: yellow-wood from America.

And think back to the Greek letter “chi” when pronouncing *Chionanthus virginica*, fringetree: snow (chion) flower (anthos) from Virginia, or *Chrysopsis mariana*, Maryland golden-aster: gold (chrys) appearing (opsis) from Maryland. Sometimes that confusing “h” disappears, and you get names like “Calycanthus” meaning cup (calyx: think chalice) flower. Rearrange some of these pieces, and you see that “Chrysanthemum” comes from Greek for golden flower and “Helianthus” is indeed sunflower. “Hydrophyllum” is waterleaf, while “Rhododendron” means rose-tree, and “Liriodendron” means tulip (or lily) tree.

No. Learning to translate Greek-derived botanic names won’t get you very far if you visit Greece, but perhaps you can feel a little more comfortable with some of those dreaded “Latin names”.

Word of the Month: Marcescent

withering but hanging on, like the leaves of some oak or beech trees especially young ones, or the sepals or petals of some flowers.

IN MEMORIAM – ANN CSONKA (1936–2014)

It is with sadness we note the passing of Ann Csonka, a long-time member of The Virginia Native Plant Society. Ann had a lifelong love for nature and a commitment to protecting our natural world. She and her husband John moved to Herndon in the 70’s and were active in community outreach and education. Rod Simmons recalls “Ann (and husband John) were a big part of VNPS’s and the Potowmack Chapter’s operations and outreach regarding western Fairfax and Prince William counties in the 1980s and 90s. We simply wouldn’t have Runnymede Park and anything else natural in Herndon if it wasn’t for their round-the-clock efforts.” Cris Fleming remembers “I only met Ann Csonka once when she and her husband asked me to look at the proposed Runnymede Park, but I never forgot her. They served me lunch at their charming home in old town Herndon and then took me over to the site. Ann proceeded to point out all the wonderful meadow grasses for me to identify, to add to their ammunition for establishing the area for parkland. Ann was a force of nature herself, so strongly committed to protecting and preserving the natural environment and living her own life in harmony with the natural world.”

Our thoughts go out to John and her family.



SPRING CHAPTER WALKS

April 6, 2014 1:00 pm to 4:00 pm Fraser Preserve, Great Falls, VA

Early Spring at Fraser Preserve with Margaret Chatham. What a winter! Come warm up with an energetic walk with Margaret Chatham and see what spring wildflowers we can find at Fraser Preserve, a Nature Conservancy property at the north end of Springvale Road in Great Falls. Spring beauties, pawpaw, spicebush and Virginia bluebells are guaranteed, and we'll also look for yellow corydalis, purple cress, bloodroot, and whatever else may show up. The walk will be about 3 miles, including 3 moderate climbs. There are no facilities open to us at Fraser. RSVP required: <https://vnps20140406.eventbrite.com>

April 12, 2014 9:00 am to 1:00 pm George Washington Memorial Parkway, McLean, VA

Spring in the Potomac Gorge with Cris Fleming, at Turkey Run Park. Join chapter Botany Chair Cris Fleming for a walk through one of our area's best spring wildflower displays. Famous for the spectacular show of Virginia bluebells along the Potomac River, Turkey Run Park also harbors other early spring flowers such as dwarf ginseng, swamp buttercup, wild geranium, sessile trillium, perfoliate bellwort and many others. Participants need to be able to walk the zig-zag trail down the steep hillside and to cross the creek on rocks (there will be helping hands). Space is limited. RSVP required: <https://vnps20140412.eventbrite.com>

April 27, 2014 10:00 am to 3:00 pm Thompson Wildlife Management Area, Linden, VA

Trillium Trek at Thompson WMA with Alonso Abugattas. Travel to Linden, VA to see one of the largest (millions!) Great White Trillium displays in the world! This area is resplendent with many (often rare) wildflowers and trees, including native orchids and a variety of wildlife to observe. On the somewhat rocky two-mile trail we'll discuss plant folklore, natural history, identification and ethnobotany. Alonso Abugattas is a well-known local naturalist and storyteller. A former officer, including president, with the Potowmack Chapter of the Virginia Native Plant Society, Alonso is a master naturalist and master gardener and serves as an instructor for both. He is also a co-founder of the Washington Area Butterfly Club and is currently the Natural Resources Manager for Arlington County Parks, VA. Space is limited. RSVP required: <https://vnps20140427.eventbrite.com>

INVASIVE PLANT REMOVAL DAY – SATURDAY, MAY 3, 2014

Invasive Plant Removal Day started as a statewide event in Virginia aimed at engaging volunteers in managing invasive plants in natural areas across the Commonwealth. This year marks the 6th anniversary of this initiative, which has expand across the Mid-Atlantic region to include seven states last year. Groups such as Master Naturalist chapters and neighborhood organizations plan, organize, and run invasive plant removal events in their local communities. The events within two-weeks before or after the event date are posted on the website. Volunteers are invited to find an event near them and contact the event's organizer to register.

The Virginia Native Plant Society is one of the original sponsors of this event and should take pride in our involvement in promoting this effort. We have demonstrated a strong commitment to educating the public about the challenge of invasive plants and in leading invasive removal workdays. This year we need to make sure that effort continues to grow.

Visit the website at: www.invasiveplantremovalday.org to register your event or to find an event in your community at which to participate. Also consider contacting one of our great agency partners below to offer your assistance in leading or helping out. Let's beat last years' numbers. We can make a difference. See you in the field!



Arlington County RiP Program	sarcher@arlingtonva.us	703-228-1862
Falls Church Habitat Restoration Team	melanite@verizon.net	703-538-6961
Fairfax County IMA Program	erin.stocksclaeder@fairfaxcounty.gov	703-324-8681
Reston Association Habitat Heroes Program	ha@reston.org	703-435-7986



SPRING IS ARRIVING TAKE A WALK AND SEE

Even in our long cold season, American hazelnuts (*Corylus americana*) already have started to loosen up their long male catkins in preparation for releasing pollen. Now watch for the appearance of the tiny, bright red female flowers. Or look for leatherwood (*Dirca palustris*) as its buds swell into yellow flowers.



ALL CHAPTER PROGRAMS AND WALKS ARE FREE AND OPEN TO THE PUBLIC.

PLEASE CHECK OUR FACEBOOK PAGE AND YAHOO LIST SERVE
FOR THE MOST UP-TO-DATE INFORMATION ABOUT ALL PROGRAMS.

POTOWMACK NEWS

Virginia Native Plant Society

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