

Blue Ridge Wildflower Society

A CHAPTER OF THE
VIRGINIA NATIVE PLANT SOCIETY

Volume 38, No. 3

Fall Newsletter

September 2017

Welcome New Members!

Karen Carter of Midlothian, VA
Marilyn Lerch, Roanoke
Sandie Meyers, Salem
Deb Norman, Berryville, VA
Molly Wilson, Roanoke
Barbara & Gary Duerk, Roanoke
Matt and Polly Haag, Buchanan



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Next newsletter deadline:
January 1, 2018

President's Pick!



Goldenrod *Solidago*

Southwest Roanoke County photo by **Carol Whiteside**

Please refer to the President's Message on page 3 and Goldenrod article on page 4

Please submit your photos to Editor, Carol Whiteside. Thank you!

Blue Ridge Wildflower Society Meeting

Monday, September 25, 7:00pm

*Roanoke Council of Garden Clubs,
3640 Colonial Avenue, Roanoke, VA*

"25 Ornamental Natives that are better than Bradford Pear"

Carl Absher was born and raised in the North Fork Valley near McDonalds Mill. After graduating from Virginia Tech with a Forestry Degree he had a 40-year career in Arboriculture. Carl became one of the first people in the nation to achieve the Board Certified Master Arborist designation from the International Society of Arboriculture. He retired from the business in 2010 and returned to the valley where he is a part-time arboricultural consultant. Most of his time is spent gardening, fishing, hunting, and on volunteer activities, particularly working with the American Chestnut Foundation where he is a Board member for the Virginia Chapter.

Many thanks to **Connie Crites** for organizing the meeting refreshments!

Virginia Native Plant Society

Website: www.vnps.org

The Virginia Native Plant Society (VNPS), founded in 1982 as the Virginia Wildflower Preservation Society, is a nonprofit organization of individuals who share an interest in Virginia's native plants and habitats. The Society and its chapters seek to further the appreciation and conservation of this priceless heritage.

Our Mission: The Virginia Native Plant Society is dedicated to the protection and preservation of the native plants of Virginia and their habitats, in order to sustain for generations to come the integrity of the Commonwealth's rich natural heritage of eco-systems and biodiversity for purposes of enjoyment, enlightenment, sustainable use, and our own very survival. To this end, we advocate and follow practices that will conserve our natural endowment, and we discourage and combat practices that will endanger or destroy it. We are committed to do all we can to slow the accelerating conversion of natural landscape to built and planted landscape and to reduce its damage to natural ecosystems.

Our Purpose and Services:

State Level:

- Working for measures to protect endangered plant species, and preserve habitats and plant communities of special interest
- Learning and teaching about native plants and their special needs
- Encouraging the appropriate use of nursery or home propagated native plants in public landscapes and private gardens
- Assisting in writing and updating Flora of Virginia
- Providing money for graduate botanical research
- Working with nurseries to protect native species
- Offering a spring workshop on timely botanical subjects
- Offering field trips state wide and some in surrounding states
- Conducting the annual meeting with speakers and field trips provided

Local level, Blue Ridge Chapter:

- To present meetings in spring and fall that offer informative programs concerning a variety of areas and plants they support
- To lead free field trips to a wide variety of local habitats spring through fall
- To conduct an annual native plant sale in May at VA Western Arboretum
- To provide outreach to public groups in the way of speakers and guided walks
- To donate money to local conservation

Blue Ridge Wildflower Society Chapter

Counties of: Appomattox, Bedford, Botetourt, Campbell, Craig, Franklin, Henry, Patrick, and Roanoke

Cities of: Roanoke, Salem, and Lynchburg

There are no chapter meetings or newsletters in June, July and August

Blue Ridge Wildflower Society

1934 Deyerle Rd.SW, Roanoke, VA 24018



2017 Officers

President

Ellen Holtman..... (540) 389-1514
eholtman@comcast.net

Vice President

Cathy Lauver..... (540) 685-4173
cjl1954@cox.net

Secretary

Ellen Scott..... (540) 344-4423
hoos1902@aol.com

Treasurer

Stew Hubbell..... (540) 774-8676
stew22xtra@cox.net

Past President

Lou Greiner..... (540) 774-3975
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Committee Chairmen

Field Trips, Programs

Butch Kelly..... (540) 384-7429
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Garden Coordinator

Linda Harrison..... (540) 343-2783
lindaharrison29@hotmail.com

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Membership

Terry Lauver..... (540) 685-4173
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Newsletter

Carol Whiteside..... (540) 774-2143
whitesidemules@yahoo.com

Refreshments

Connie Crites..... (540) 774-4518
cardinalisr@cox.net

CONTACT US!

The BRWS Newsletter is published three times annually: spring, summer and fall. Photos and articles are gladly accepted for publication as room allows, and may be sent electronically, by mail, or delivered in person with a prompt return.

Thank you!

Carol Whiteside

6487 Shingle Ridge Road • Roanoke, VA 24018
whitesidemules@yahoo.com 540.774.2143

Next newsletter deadline:

January 1, 2018

MESSAGE FROM YOUR PRESIDENT

Ellen Holtman



Hello, my friends!

Our picnic on the 12th was great fun. There were 48 birders and flower hounds there to partake of a delicious spread, and it was good to see some folks that we don't see often enough.

I hope the hot weather hasn't kept you inside too much! Either way, we have some trips planned to take advantage of the cooler weather and to catch the late season plants. Notice that our trip to South County Library is on a Thursday, something a little bit different for us. I hope to see many of you there and also on Bent Mountain in September. These trips will be held before our first meeting of the new season.

I was asked to choose a flower for the cover of the newsletter, and I immediately thought of goldenrod. It's seasonal, beautiful, interesting, and misunderstood! There are about 100



Photo by Butch Kelly

native species of goldenrod, and it is available in whatever size or shape you need for your garden! Many people mistakenly blame this plant for their allergy symptoms, but these golden yellow flowers have heavy pollen that cannot be windblown. Instead it attracts bees, butterflies and other pollinators! Often the stems of Canada goldenrod (or graceful goldenrod), *Solidago canadensis*, have round swellings called galls that house the larvae of the small clumsy goldenrod gall fly, *Eurosta*

solidaginis. Old galls have holes where larvae emerged in spring, and you might see some new galls during August and September. In fact, if you find one you may see many galls close together, because this fly is not a good flyer and usually walks! See illustration on page 4.

OUTREACH OPPORTUNITIES. I have heard about a couple of activities that might interest our members. The best outdoor films from the **Banff Film Festival** will be shown at the Jefferson Center on September 26, the evening after our meeting, and there is an expo before the show 4:30-6:30 where local outdoor groups have displays. I'm told there is an entirely different group of people who go there, including a lot of young people, so we might want to take our show on the road that day. Anybody interested?

The club will be setting up a wildflower display for Boy Scout leaders at their **University of Scouting** on November 4. The meeting at Salem's Andrew Lewis Middle School provides leaders with ideas for meeting activities and outings. We need to staff our table 8-4, so it would be nice to have volunteers to take shifts of an hour or two. Please let me know if you are interested in helping.

It will be nice to welcome fall together again!

See you soon,



Ellen

President's Pick!

GOLDENROD *SOLIDAGO*



Goldenrod is a perennial plant that is well-known for its healing properties. This wild edible is a plant that reproduces through its roots, bulbs, stems and by its seed. Goldenrod does not cause seasonal allergies as many tend to believe. No one is, no one can be, allergic to Goldenrod pollen. Why? For starters, it has virtually none and it is pollinated by insects. Only wind-pollinated plants such as Ragweed (which blooms at the same time as Goldenrod) can cause allergic reactions. Currently, there are actually 140 varieties of Goldenrod; therefore it has a unique adeptness in crossbreeding with other plants. All varieties of Goldenrod all are equally nutritious and boast many health benefits. Goldenrod can be used fresh or as a dried herb to make tea (although it is bitter), or as a fluid extract, tincture, or in capsules. Nebraska declared a type of Goldenrod (*Solidago gigantea*) the state flower in 1895.

Distinguishing Features: Long wood like stems with spiky tooth like parts which are widely-spaced, yellow flowers that grow in thick clusters. Most Goldenrod plants average 40 inches in height.

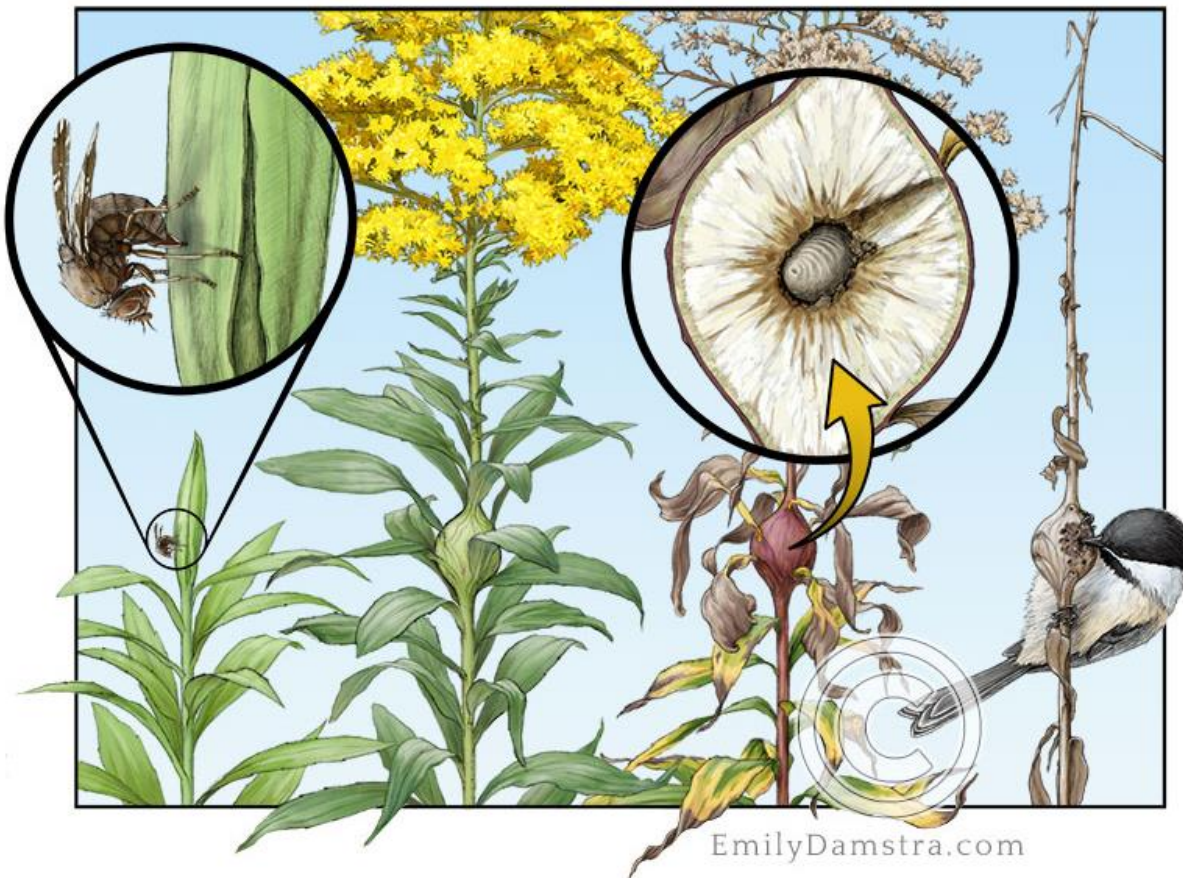
Flowers: Goldenrod flowers grow as an inflorescence in a broad or occasionally narrow pyramidal panicle. They can be anywhere from 2" to 16" high and nearly as wide. There are several to many horizontal branches, the upper sides of which carry numerous, densely-crowded small heads of golden yellow flowers. Each individual flower head measures about 1/8" long and wide. Goldenrod flowers from mid-July to September.

Leaves: There can be wide variations in characteristics, but generally, goldenrod leaves are about 10 cm long and 2 cm wide, tapering to a point at the tip and narrowing at the base, with no leaf stem

and small teeth around the edges. Three veins run parallel from near the base of the leaf. The underside of the leaf is hairy, especially along the veins and the upper side has a rough texture.

Habitat: There is no shortage of Goldenrod in September and October. This yellow plant can be found in moist locations, forests, fields, roadsides, compost piles, cultivated fields, and orchards throughout Canada, the U.S., and across the world.

Edible parts: All aerial parts of the plant can be used. The flowers are edible and make attractive garnishes on salads. Flowers and leaves (fresh or dried) are used to make tea. Leaves can be cooked like spinach or added to soups, stews or casseroles. Leaves can be blanched and frozen for later use in soups, stews, or stir fry throughout the winter or spring.



Canada goldenrod *Solidago canadensis*, have round swellings called galls that house the larvae of the goldenrod gall fly.

Permission received from Emily Damstra for the use of her art.

2017 Calendar of Events



Thursday, September 7, 9:00 am Field Trip: "Wildflowers and Sedges at the South County Library"

Follow the boardwalk in leisure walking through this beautiful habitat. Binoculars may be helpful to see hummingbirds foraging.

Meet: 9:00 am, South Roanoke County Library

Leader: Toni Pepin 989-5023

Saturday, September 9, 10:00 am Field Trip: "Fall Wildflowers on Bent Mountain"

We will walk around the Community Center and along the boardwalk visiting various habitats in search of fall wildflowers. This community is traditionally behind the lower valley, so we're hoping to find treasures. There will be easy walking and we may carpool to nearby habitats and gardens.

Meet: 10:00 am Bent Mountain Community Center, 10148 Tinsley Lane, Bent Mountain, VA 24059

Leaders: Connie Crites 774-4518 and Carol Whiteside 774-2143 or whitesidemules@yahoo.com

Monday, September 25, 7:00 pm Chapter Meeting: "25 Ornamental Natives that are better than Bradford Pear"

Carl Absher was born and raised in the North Fork Valley near McDonalds Mill. After graduating from Virginia Tech with a Forestry Degree he had a 40-year career in Arboriculture. He became one of the first people in the nation to achieve the Board Certified Master Arborist designation from the International Society of Arboriculture. He retired from the business in 2010 and returned to the valley where he is a part-time arboricultural consultant. He spends most of his time gardening, fishing, hunting, and on volunteer activities, particularly working with the American Chestnut Foundation where he is a Board member for the Virginia Chapter.

Meet: 7:00 pm, Roanoke Council of Garden Clubs, 3640 Colonial Avenue, Roanoke

Contact: Ellen Holtman, 389-1514

Sunday, October 8, 2:00 pm Field Trip: "Mushrooms Abound"

Skip Taliaferro considers himself an "amateur mycologist" — which means he likes roaming the woods in search of wild mushrooms. He is so well-known; he has taught classes about mushrooms across the state for a decade. He is obviously passionate and knowledgeable about the subject, and has in fact traveled around the world to learn about and collect mushrooms. He loves mushrooms...especially if they can be fried up in butter! Details will depend on the weather that week. We will announce our destination and meeting spot closer to the date of the trip.

Meet: 2:00 pm, Location TBA

Leader: Earl (Skip) Taliaferro

Contact: Ellen Holtman, 389-1514

Monday, October 23, 7:00 pm Chapter Meeting: "Smooth Coneflower: A rare species in our midst"

Dr. Rachel Collins is a community ecologist broadly interested in the control of biodiversity in forest communities. I have a BS in Fisheries and Wildlife Management from North Carolina State University, a MS in Zoology from Miami University, and a Ph.D. in the Ecology and Evolution Program within the Biology Department at the University of Pittsburgh. I did a Post Doc at University of Wisconsin, Madison and three one-year faculty positions before arriving at Roanoke College in 2007 where I am now an Associate Professor of Biology. I recently completed a project with colleagues examining the historical attributes of American chestnut trees. My current research projects include 1) examining the interactions between invasive plants and over abundant deer on forest understories; 2) characterizing the dominance of non-native earthworm communities, and 3) today's topic, investigating smooth coneflower population dynamics.

Meet: 7:00 pm, Roanoke Council of Garden Clubs, 3640 Colonial Avenue, Roanoke

Contact: Ellen Holtman, 389-1514

Monday, November 23, 7:00 pm Chapter Meeting: "What does an Arborist see?"

Adam Braaten will share some of the common tree health problems in the Roanoke Valley and how they can be treated. He will also share some recommendations on which trees to avoid and which trees to choose, when landscaping. Adam is a ISA Board-Certified Master Arborist. He graduated from the University of Massachusetts with a bachelor's degree in Urban Forestry. Adam has worked with Bartlett Tree Experts for the last 15 years, diagnosing and treating residential tree and shrub problems. He lives in Roanoke with his wife and eight children.

Meet: 7:00 pm, Roanoke Council of Garden Clubs, 3640 Colonial Avenue, Roanoke

Contact: Ellen Holtman, 389-1514

Our monthly chapter meeting will be canceled if Roanoke County Schools close for inclement weather.

For safety and environmental reasons, please leave all pets at home during field trips.

There will be no chapter meetings or newsletters during June, July and August, see you in September!

Paper Blooms Project
Open House Workshop

Sunday, September 3, 2017, 2-4 p.m.

Olin Hall Galleries

240 High Street

Roanoke College

Salem, VA

24153



Purple Cone Flower
Echinacea purpurea

- All materials will be provided but suggest that individuals bring along a trusty pair of scissors.
- Due to the great response and numbers of individuals coming to these workshops, some items require sharing in groups (glue and floral tape) If you have any of these materials, please feel free to bring in your own to work with.
- Demonstration starts at 2:00

Paper Blooms Fall 2017

Sunday Workshops 2-4pm

September 3

October 1

November 5

Wednesday Workshops 1-4pm

September 13, 20, 27

October 4

November 1, 8, 15, 29

Mrs. Taliaferro Logan

Gallery Director

Fine Arts

P: 540-375-2332

mlogan@roanoke.edu

www.roanoke.edu/olingallery

Meet A Member

Linda Harrison

I was born in Lynchburg, Virginia, the oldest of four children and came to Roanoke when I was six years old. I've always appreciated the outside; every summer I was either a camper or counselor, and my parents and grandparents had small farms. I love being outdoors to enjoy flowers, birds, hiking and traveling.

Currently, I am a special education teacher, semi-retired, and devote lots of time to volunteer work. I love international travel and watching sports.

For several years now I have been involved with the BRWS through my love of wildflowers, just couldn't find many on my own! My favorite club activities are the field trips and helping with the plant sale, maintaining the wildflower garden at the Council of Garden Clubs, and the butterfly display.

Arcadia is among my favorite places to enjoy wildflowers, they are a "fragile," unexpected treasure in the woods. My hope is that we will continue to spread the love and concern for wildflowers to more people!



Request for **Cardboard Toilet Paper Rolls and Paper Towel Rolls**

Our friends at the Roanoke Valley Bird Club will be participating in the Go Outside Festival October 13-15, 2017. They'll be offering several activities at their booth including having children construct play binoculars out of cardboard rolls. Please start saving your cardboard toilet paper rolls and paper towel rolls, and bring them to the September 25th meeting to help them out! They need LOTS!

Any questions please contact Maxine Fraade at 989-3961.

Thank You!





Blue Ridge Wildflower Society

1934 Deyerle Road, SW
Roanoke, Virginia 24018

Membership ☐ **New** ☐ **Renewal**

Name(s) _____
Address _____
City, State, Zip _____
Phone _____
E-mail _____

Membership dues:

- ☐ Individual \$30 ☐ Family \$40 ☐ Student \$15
☐ Life \$500 ☐ Patron \$50 ☐ Sustaining \$100
☐ Associate \$40. Organization _____

(Also, please name your delegate above.)

- ☐ Additional, nonvoting chapter memberships, \$5 each.
Chapter _____

Please enroll me as:

- ☐ Member of **Blue Ridge Wildflower Society** Chapter
☐ Member at Large (no local chapter affiliation)
☐ Gift Membership. Please send a card in my name: _____

I wish to make an additional contribution to:

- ☐ Chapter. Amount _____
☐ State office of VNPS. Amount _____

Credit card payments:

- ☐ MasterCard ☐ Visa ☐ Discover

Card # _____

Expiration Date _____

Amount: _____

Date: _____

Signature _____

- ☐ Do not list me in the chapter directory.

VNPS does not exchange member information with other organizations.

Please make your check out to VNPS and mail it to:

Memberships
Virginia Native Plant Society
400 Blandy Farm Lane, Unit #2
Boyce, VA 22620

For Office use only

Check No. _____

Date rec'd _____

Amount rec'd _____