

# Blue Ridge Wildflower Society

A CHAPTER OF THE  
VIRGINIA NATIVE PLANT SOCIETY

Volume 39, No. 2

Fall Newsletter

September 2018

## Welcome New Members!

Frances Newcomb, Vinton  
Phil Adams, Salem  
Monica Eaton, Lexington  
Sue Winter, Vinton  
Alice Feret, Blacksburg  
Jen Baker, Oriental, NC  
Gerianne Basden, Springfield  
Madlyn Bynum, Sperryville  
Mark Fields, Alexandria  
Jessica Greenwood, Richmond  
Faizan Mujeebuddin, Sterling  
Rebecca Robinson, Suffolk  
Cindy Sexton, King George  
Janie Wallace, Roanoke  
William & Cathy Waltham, Marshall  
Kelly Wilson, Falls Church  
Kathleen Wood, Catawba



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Next newsletter deadline:  
**January 15, 2019**

## President's Pick!



## Cardinal Flower (*Lobelia cardinalis*)

Please see the President's Message on page 3 and article on page 4

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

## BRWS MEETINGS

No chapter meetings in December, January, June, July and August

Meetings will be canceled if Roanoke County Schools close for inclement weather

**Roanoke Council of Garden Clubs, 3640 Colonial Avenue, Roanoke, VA  
7:00pm, Fourth Monday of the Month (unless noted)**

Sept.24 **"Dendrology of Virginia's Forests"** by **John Seiler**. This talk will provide an overview of the factors controlling tree distribution and productivity in Virginia's forests, some of the most diverse in the world. Some of the "most amazing" things about tree biology will be discussed ranging from carbon and water uptake to tree "communication."

Oct.22 **"Super Tough Wildflowers"** by **Ian Caton of Wood Thrush Native Plant Nursery**. This lecture is designed as an introduction to wildflowers that have proven, through experience, to be particularly reliable and tough under the most adverse conditions.

Nov.26 **"The Blue Ridge Parkway Botanical Treasure and Avian Hideaway"** by **Butch Kelly**. An ecological trip through several habitats found along the parkway.

Many thanks to **Connie Crites** for organizing the meeting refreshments and to those who contribute!



## Virginia Native Plant Society

Website: [www.vnps.org](http://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

**No chapter meetings in December, January, June, July and August**

## Blue Ridge Wildflower Society

1934 Deyerle Rd.SW, Roanoke, VA 24018



### 2018 Officers

#### President

**Ellen Holtman**..... (540) 389-1514  
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#### Vice President

**Cathy Lauver**..... (540) 685-4173  
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#### Refreshments

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## 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**

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**Next newsletter deadline:  
January 15, 2019**



# Message from your President

Ellen Holtman

Hello Flower Friends!

I hope you and your plants have survived and thrived in the heat and the storms of this summer. It is a tough job to keep the tall plants upright and to wage war with the weeds! I'm still using the old strategy of sitting on the ground with a trowel, though now I often need some help getting up. I met a Floyd farmer last month who uses a flamethrower on his weeds, and he says it's very satisfying. He also has a low flat trailer he uses to pull young interns around the garden. They lie in a row with heads behind the tractor and reach out to pull weeds!



The board has met, and Butch has planned lots of good times with beautiful flowers. I hope you will be excited to come to the three fall meetings for great talks and fellowship. Please bring a friend or two-- the more the merrier. We always have snacks and time to chat after the program

I get emails when a new post features a new native plant. The series is called VIRGINIA WILDFLOWERS: A NATURAL HISTORY GALLERY OF FLOWERS AND MUSHROOMS. If you don't subscribe to this blog, you might want to do so. Go to <https://virginiawildflowers.org> Gloria posts once or twice a month about the beautiful flowers she sees in her wanderings. She includes photos and sometimes her art, as well as lots of information about the featured species. You can always go back and see the other plants, fungi, club mosses, etc., she has studied.

By the way, can anybody tell me where to find Seedbox (*Ludwigia alternifolia*)? I've attached **photos shown as flower and in seed**.

Mark your calendars now for our annual Wildflower Sale to be held on May 11, 2019! We would love to have a volunteer to coordinate the sale with several others responsible for various tasks. It's time to set up a plan with each supplier-- some will probably sell us the large mature plants, and others will be sending us "plugs," the tiny ones we'll repot and babysit until May. I'm sure you'd like to work on some part of the project. We'll need people to collect boxes, to help with publicity, and of course to attend our potting parties!



My plant pick this fall is Cardinal flower (*Lobelia cardinalis*). It's a treat finding the vivid red spikes by a creek or in a low place - a bright red surprise standing tall in a sea of green! I love it because it's pollinated by butterflies, and I love it because it reminds me of our friend Rich Crites who loved it too. I bought a plant at our sale in May and now I have a beautiful healthy rosette of leaves in my garden. I know my hummingbirds will mob the bloom when it makes its appearance sooner or later. For now they are loving my coral honeysuckle (*Lonicera sempervirens* 'Major Wheeler') and ignoring my feeders!

I hope to see you at our first meeting of the fall on September 24 at 7:00 PM. Is there a friend or colleague who might enjoy coming with you? We always welcome new people and hope they'll want to become members.





# Meet A Member

*Ellen Scott*

*BRWS Secretary*

**I** am originally from Roanoke and graduated from Jefferson High School. I met Dan Scott, club member, during our college years. I graduated from Longwood College (University) the year he graduated from University of Virginia, and we married that summer. Our son, an attorney, lives in Roanoke. Our daughter, Director of Case Management at Montgomery Regional Hospital, lives in Radford.

I retired as an elementary school teacher with the last thirteen years spent as a preschool special education teacher in Roanoke County. Dan and I have been in the BRWS for eleven years. We were invited to join by Butch and Betty Kelly the year all three of us retired together! I enjoy the chapter meetings, especially with the variety of speakers and their expertise, as well as that of our club members.

I love wildflowers as one more beautiful blessing of nature. I love the beauty and variety of all flowers - wildflowers, perennials and annuals, but I have to particularly admire the wildflowers. Though totally untended by humans, they present a show every year! My favorite places to see them: Green Hill Park, Virginia Western Community College Arboretum and the Blue Ridge Parkway.

My husband and I have greatly enjoyed flower gardening for years. He mostly plants "in the ground," while I mostly do container gardening. Little by little we've learned to add wildflowers to the mix, depending on where we've lived and the space available. Other hobbies I enjoy include music, reading, traveling, bird watching and volunteering at the Ronald McDonald House. This leads to my ending thought of my most exiting bird watching event that occurred the winter before last when there were SIXTEEN bluebirds at the feeder on my deck!

## President's Pick!

### **Cardinal Flower (*Lobelia cardinalis*)**

Historically, the plant gets its name from the color of the vestments of Catholic cardinals. Cardinal flower grows in sun to part-shade. It prefers wet places, like streambanks and soggy ditches along the sides of roads. Hummingbirds are attracted to the bright red color of these flowers and consequently are important pollinators. The flowers are also visited by butterflies, especially swallowtails. As a medicinal plant, teas were made from the roots and leaves, and then used to treat respiratory and intestinal disorders. As a wildlife food, mammals generally avoid eating cardinal flower because it produces a milky, white latex that is toxic.

*~Virginia Wildflowers by Gloria*



Carol Whiteside

# 2018 Calendar of Events



**Monday, September 24, 7:00 pm Chapter Meeting: "Dendrology of Virginia's Forests" by John Seiler.** The forests of Virginia are some of the most diverse in the world. This talk will provide an overview of the factors controlling tree distribution and productivity in Virginia's forests. Some of the "most amazing" things about tree biology will be discussed ranging from carbon and water uptake to tree "communication". John Seiler has been a member of the faculty in the Department of Forest Resources and Environmental Conservation at Virginia Tech since 1985. He earned his B.S. degrees (Forestry, and Environmental Resource Mgt.) and M.S. degree (Forest Biology) from Penn State University and his Ph.D. (Tree Ecophysiology) from Virginia Tech. Along with his students and colleagues, he has been studying trees for nearly 40 years. Their research has investigated everything from acid rain to drought as they impact the productivity of forests and this work is summarized in over 110 referred research articles. In 2010, he was named a University Alumni Distinguished Professor in recognition of his teaching and research. John is known around the U.S. as "Dr. Dendro" where he personally answers hundreds of tree related questions submitted by the public though the number one downloaded tree identification app (vTree) on the market...and the app is free! He has led a team that has developed numerous award winning multimedia tutorials for tree identification which has placed Virginia Tech as the number one web site for tree identification.

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

**Contact:** Ellen Holtman, 389-1514

**Monday, October 22, 7:00 pm Chapter Meeting: "Super Tough Wildflowers" by Ian Caton of Wood Thrush Native Plant Nursery.** As a Landscape Designer and home gardener Ian has often had ambitious plans for the creation of amazing diverse gardens with visions of trilliums, phlox, lady slippers and other plants wild and rare. Then reality sets in with the first shovel of hard clay. Then extreme drought, pesky wood goats (deer) and other adversities took over. Eventually he learned how to garden in a way that works with difficult soils, harsh climates and other pests. This lecture is designed as an introduction to wildflowers that have proven, through experience, to be particularly reliable and tough under the most adverse conditions: drought, flooding, extreme heat, hard-pan soils, deer, invasive species invasion, and damage from over-enthusiastic pets, children and spouses. All will be discussed and the best plants will be found. **More info on page 7.**

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

**Contact:** Ellen Holtman, 389-1514

**Monday, November 26, 7:00 pm Chapter Meeting: "The Blue Ridge Parkway Botanical Treasure and Avian Hideaway" by Butch Kelly.** An ecological trip thru several habitats found along the parkway. In it Butch covers riparian areas, meadows, forest edge and forest canopy. What plants are important and why? How do the plants and birds affect one another?

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

**Contact:** Ellen Holtman, 389-1514

**Saturday, May 11, 9:00 am – noon, BRWS Annual Plant Sale Virginia Western Community College Arboretum**

The BRWS Plant Sale will be at the parking lot next to the Virginia Western Community College Arboretum greenhouse. We expect to have at least 50 species of native plants for sale. Some of the more popular varieties will be five species of native ferns, Solomon's Seal and Plume, bleeding heart, Virginia bluebell, cardinal flowers, fire pink, and milkweed, to name a few. All plants will be in pots ready to take home and plant. There will be people on hand to advise where the plants will do best. If members have plants to sell, please have them potted, labeled and priced, plan to arrive around 8:00 am. All help is welcome. Volunteer for an hour or help for the whole sale.

**Meet:** 9:00 am - noon, Virginia Western Community College Arboretum, Roanoke

**Leader:** 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 December, January, June, July and August.

# PLACES TO GO TO SEE FALL FLOWERS

*Butch Kelly*

*Carol Whiteside photos*

*Since we have a shortage of folks to lead field trips this fall (we are always looking for volunteers), here is a list of places to go for a day's outing to enjoy our late summer and early autumn flora.*

## **Paint Bank, VA**

Paint Bank is located in Craig County. Take Route 311 to Paint Bank and turn left onto Rt. 600. Watch the ditches and meadows as you travel past the buffalo farm. There are scattered pull offs as you drive. This is a beautiful drive in the valley between Potts and Peter's mountains. Drive about 14 miles to Cherokee Flats (picnic tables) and then turn around. Swinging Bridge is an interesting place with pretty good food. This is one of the most diverse areas for floral viewing.

Here are a few of the species you may see:

sundrops, ironweed, goldenrod, jewel weed, **cardinal flower**, hoary mountain mint, blue lobelia, clematis, swamp milkweed, monkey flower, New York fern and jack o lantern mushroom



## **Bent Mountain and Blue Ridge Parkway South**

Take U.S. 221 south from Cave Spring Corners to the Bent Mt. post office. Just past the post office take a right and drive to the old Bent Mountain School. Park at the school and walk back along the road you came in on. Walk to the sharp curve and return to the school. There are lots of flowers on both sides of the road. Once back to the school walk behind the school and follow the short board walk to see a variety of wetland plants.

Return to U.S. 221 and turn right. Follow U.S. 221 for a couple of miles and turn left onto the Blue Ridge Parkway. Once you get to the parkway turn right (south). The best stops are milepost's 154.4 Smartview Picnic Area and 162.4 Rake's Mill Pond. Keep a careful eye on the road sides as you travel. There are lots of little spots to stop.

Here is a list of some species to enjoy:

sneezeweed, blue lobelia, cardinal flower, iron weed, white snake root, New England Aster, woodland aster, British soldiers (unique lichen), obedient plant, coreopsis, Joe Pye weed, lady fern and tall cone flower



## **Roanoke County South County Library**

The South County Library is located across from Penn Forest Elementary at 6303 Merriman Rd in the Cave Spring area. The site includes a board walk that transects a beautiful wetland. This a nice site with little travel involved. This site can be visited in an evening.

Some plants to be observed are:

evening primrose, cardinal flower, **New York ironweed**, goldenrod, blue lobelia, boneset, jewelweed, swamp milkweed, sneezeweed and cattails

## **Fenwick Mines in Jefferson National Forest**

The Fenwick mine area offers easy walking on a board walk through a wetland and a pleasant waterfall. There is a picnic ground and a woodland trail as well. This area is located in Craig County.

You can enjoy the following plants:

goldenrod, evening primrose, iron weed, **Joe Pye weed**, monkey flower, bullrush, mullein, chicory, blue lobelia, cardinal flower, VA meadow beauty and royal fern



# IAN CATON ~ WOOD THRUSH NATIVE PLANT NURSERY

BRWS October 22 Speaker

1097 Beaver Creek Rd. NW, Floyd, VA. 24091

215-272-1843 - woodthrushnatives.com - woodthrushnatives@gmail.com

Ian Caton has been the owner/operator of Wood Thrush Native Plant Nursery (Formerly Enchanters Garden) since March of 2013 when he took it over from the previous owner (Peter Heus) who had been operating the nursery since the early-mid '90s.

Wood Thrush Native Plants is a nursery specializing in native plants of the Appalachian region including West Virginia, Virginia, Pennsylvania, Tennessee and North Carolina. A focus of the nursery is the introduction of new and rare native plants which are little known or underappreciated in the nursery trade.

Previously Ian Caton had been an employee of Larry Weaner Landscape Associates (A Landscape firm specializing in the use and promotion of native plants in landscaping) since 2001. He graduated from Delaware Valley College with a B.S. in Ornamental Horticulture and Environmental Design. He has an extensive knowledge of native plants, natural communities, and their incorporation into the human environment. This experience was gained primarily through his long running relationship with Bowman's Hill Wildflower Preserve as well as long experience designing and installing native landscapes. He has also had the opportunity to work with local governments on the development of landscape plans for public spaces.

Past speaking engagements have included Bowman's Hill Wildflower Preserve, New York Botanical Gardens, Brooklyn Botanic Gardens, Brookside Gardens Green Matters Symposium, The Connecticut Mad Gardeners, The Master Gardeners of Camden County, The Irvine Nature Center's Native Plant Seminar and the New Directions in the American Landscape Conferences put on by Connecticut College and The University of Pennsylvania.

## DR. LINCOLN BROWER

*Spent six decades studying the remarkable migratory life cycle of the monarch butterfly and urging action to protect it*



Carol Whiteside

Condolences to the Brower family and the thousands of students, colleagues and friends of monarch expert and advocate Dr. Lincoln Brower, who passed away on July 17, 2018, at his home in Roseland, Virginia. He was 86.

If you are familiar at all with monarch butterflies, you are certainly familiar with some of his many contributions to the knowledge of monarchs. Dr. Brower was a leader, often a singular voice on behalf of the monarch migration. It was through his advocacy and work with the Mexican government that the Monarch Butterfly Biosphere Reserve (MBBR) was established to protect the overwintering monarch population in Mexico.

Dr. Brower was a featured speaker at the 2016 Virginia Federation of Garden Club Convention in Lynchburg. His dedication and expertise will be missed. We should continue to plant milkweed for the Monarchs in his honor.

**~Blue Ridge Council of Garden Clubs**



**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 \_\_\_\_\_