

Wildflower Walk

Location: Green Hill Park, Roaoke/Salem, VA

Trip Leader: Linda Audrey, Ellen Holtman, R. Ross

Date: Monday, April 12 2021

Weather: Sunny

Elevation: _____

No. in Attendance: 25

Blooming	Plants Observed
<input checked="" type="checkbox"/>	1. <u>Box Elder</u>
<input type="checkbox"/>	2. <u>Bedstraw</u>
<input checked="" type="checkbox"/>	3. <u>Canada Violet</u>
<input type="checkbox"/>	4. <u>Buckeye</u>
<input checked="" type="checkbox"/>	5. <u>Cut-leaf toothwort</u>
<input checked="" type="checkbox"/>	6. <u>Large-Flowered Trillium</u>
<input type="checkbox"/>	7. <u>Bloodroot with seedpods</u>
<input checked="" type="checkbox"/>	8. <u>Mayapple</u>
<input checked="" type="checkbox"/>	9. <u>Spring Beauties</u>
<input checked="" type="checkbox"/>	10. <u>Wild Ginger</u>
<input type="checkbox"/>	11. <u>Black Cohosh</u>
<input checked="" type="checkbox"/>	12. <u>Large-Flowered Bellwort</u>
<input type="checkbox"/>	13. <u>Twinleaf</u>
<input checked="" type="checkbox"/>	14. <u>Star Chickweed</u>
<input checked="" type="checkbox"/>	15. <u>Sweet Cicely</u>
<input type="checkbox"/>	16. <u>Multiflora Rose</u>
<input checked="" type="checkbox"/>	17. <u>Rue Anemone</u>
<input type="checkbox"/>	18. <u>Dwarf Larkspur</u>
<input type="checkbox"/>	19. <u>Christmas Fern</u>
<input type="checkbox"/>	20. <u>Meadow Rue</u>
<input type="checkbox"/>	21. <u>Dwarf Iris</u>
<input checked="" type="checkbox"/>	22. <u>Yellow Corydalis</u>
<input type="checkbox"/>	23. <u>Waterleaf</u>
<input type="checkbox"/>	24. <u>Puttyroot Orchid</u>
<input type="checkbox"/>	25. <u>Solomon's seal</u>

Blooming	Plants Observed
<input type="checkbox"/>	26. <u>Horsetails</u>
<input checked="" type="checkbox"/>	27. <u>Virginia Bluebells</u>
<input checked="" type="checkbox"/>	28. <u>Common Blue Phlox</u>
<input checked="" type="checkbox"/>	29. <u>Marsh Marigold</u>
<input checked="" type="checkbox"/>	30. <u>Dandelion</u>
<input checked="" type="checkbox"/>	31. <u>Purple Deadnettle</u>
<input checked="" type="checkbox"/>	32. <u>Gill-over-the-Ground</u>
<input checked="" type="checkbox"/>	33. <u>Bittercress</u>
<input checked="" type="checkbox"/>	34. <u>Kidney-leafed Buttercup</u>
<input type="checkbox"/>	35. <u>Bush Honeysuckle</u>
<input checked="" type="checkbox"/>	36. <u>Spring Vetch</u>
<input checked="" type="checkbox"/>	37. <u>Common Buttercup</u>
<input type="checkbox"/>	38. <u>Wintercress</u>
<input checked="" type="checkbox"/>	39. <u>Slender Speedwell</u>
<input checked="" type="checkbox"/>	40. <u>Shepherd's Purse</u>
<input type="checkbox"/>	41. <u>Poison Ivy</u>
<input type="checkbox"/>	42. <u>Garlic Mustard</u>
<input checked="" type="checkbox"/>	43. <u>White-flowered leaf cup</u>
<input checked="" type="checkbox"/>	44. <u>Lesser celadine</u>
<input checked="" type="checkbox"/>	45. <u>PawPaw trees</u>
<input checked="" type="checkbox"/>	46. <u>Blue Cohosh</u>
<input type="checkbox"/>	47. <u>Jewelweed</u>
<input type="checkbox"/>	48. <u>Dwarf Iris</u>
<input type="checkbox"/>	49. _____
<input type="checkbox"/>	50. _____

WILDFLOWERS—GREEN HILL PARK—SOME TO LOOK FOR.

Compiled by Linda Ardrey and Rebecca Ross

All page references from Peterson Field Guide to Wildflowers (1996). Medicinal uses from James Duke's book Medicinal Plants (1990). Numbers 1-20 are native.

1. Bloodroot-Sanguinaria Canadensis-- Poppy Family (Papaveraceae). Broken stem releases orange juice used by Native Americans for warpaint and decorative skin stains. They also used the root tea for rheumatism, lung ailments and to treat warts. Poison!! Blooms March-June. White flower (page 22)

2. Twinleaf-Jeffersonia diphylla-Barberry Family (Berberidaceae) Named for Thomas Jefferson. Has an almost completely divided leaf on a long stalk. Its 8 petaled white blossom looks a lot like bloodroot. Poison. Native Americans used root tea for kidney stones, urinary infections, a wash for sores and ulcers, cancerous sores. Blooms April-May. (page 22)

3. Spring Beauty-Claytonia virginica--Purslane Family (Portulacaceae). Has white flower with 5 petals with pink veins. Named for John Clayton-early American botanist who supplied info for an 18th century "Flora of Virginia". Blooms March-May (page 32)

4. Cut Leafed Toothwort-Cardamine condatenata-Mustard Family (Brassicaceae). Leaves divided into 3 toothed leaflets. Flowers white with 4 petals. Root peppery-used as a folk remedy for toothaches. Native Americans chewed roots for colds and gargled root tea for sore throats. Blooms April-June (page 84).

5. Rue anemone- Anemonella thalictroides Buttercup Family-(Ranunculaceae). White flower, but its 6-8-10 petals are really sepals. Also known as "windflower". Possibly poison. Native American used root tea for diarrhea. Blooms March-May (page 22))

6.Trout Lily-Erythronium americanum-Lily Family (Liliaceae). Yellow flower with 2 broad mottled basal leaves. Iroquois women ate the raw leaves to prevent conception. A root poultice used to reduce swelling and draw out splinters. Dried leaves and roots used as an emetic. Blooms March-May (page 102)

7. Dutchman's Breeches-Dicentra cucullaria-Fumitory Family (Fumariaceae) and Bleeding Heart Subfamily. Each flower has inflated spurs that suggest tiny pantaloons. Leaves feathery and dissected. Iroquois used leaf ointment to make athlete's legs limber. Poison! Contains an alkaloid used to treat paralysis and tremors. Poison to cattle. Blooms April-May. (page 72)

8. Virginia Bluebells-Mertensia virginia-Borage or Forget-Me-Not-Family-(Boraginaceae) Found in bottomlands along rivers, streams. Trumpet-like flowers are pink in bud and turn blue as they age. Blooms March-May. (page 322)

9. **Mayapple-Podophyllum peltatum-Barberry Family-(Berberidaceae)**. Also known as Mandrake. The 6-9 petaled flower is located below 2 large umbrella like leaves. The flower becomes an edible fruit when yellow, but is poison if green. **Poisonous !!!** Pharmaceutical industry gets podophyllin that is used to treat venereal warts and FDA approves etoposide to treat testicular cancer. Blooms April-June (page 4)

10. **Large Flowered Bellwort-Uvularia grandiflora-Lily Family (Liliaceae)**. Yellow flower with 6 petals and leaves that clasp stem. Flower smooth inside. Blooms April-June. Several kinds of bellworts. (page 102).

11. **Large Flowered Trillium-Trillium grandiflorum-Lily Family (Liliaceae)**. Leaves, petals, and sepals in whorls of 3. White flower turns pink with age. Blooms April-June. Several kinds of trillium. Red Trillium or Wakerobin used by Native Americans to induce childbirth. (page 10, 240)

12. **Sessile Trillium-Trillium sessile Lily Family (Liliaceae)**. Leaves, petals, sepals in whorls of 3. This species has maroon or purplish stalkless flowers with erect petals in the center of the plant. Blooms April-June. (page 240)

13. **Blue Phlox-Phlox divaricata-Phlox Family (Polemoniaceae)** Pale blue violet flowers radiate from the tip of the stem. Petals wedge shaped. Blooms April-June. (page 322)

14. **Jewelweed or Touch-Me-Not-Impatiens pallida-Touch-Me-Not Family (Balsaminaceae)** Yellow flowers. (page 104) Also there is an orange variety-Impatiens capensis (page 208). Ripe seed pods will pop when touched. Can use the sap from stems to treat poison ivy rash. Blooms July-Oct. (page 104, 208)

15. **Wild Ginger-Asarum canadense-Birthwort Family (Aristolochiaceae)**. Leaves heart shaped with hairy stalks. Reddish-brown flower is close to ground between the crotch of 2 leafstalks. Pollinated by beetles, flies. Native Americans used root tea for indigestion, coughs, colds and as a ginger substitute. Contains anti-tumor compound-aristolochic acid. Blooms April-May (page 240, 388)

16. **Solomon's Seal-Polygonatum biflorum-Lily Family (Liliaceae)**. Underground root shows seals. Greenish-yellow flowers dangle in pairs along the stem. Leaves arranged alternately on stem. Native Americans used root tea to treat arthritis, skin irritations, coughs, indigestion. Blooms April-June (page 102, 370)

17. **Sweet Cicely-Osmorhiza claytoni -Parsley Family (Umbelliferae)**. Compound fernlike leaves. Flowers small, white aggregate cluster. Roots have sweet odor of anise or licorice. Native Americans used a root tea from Osmorhiza longistylis for childbirth. DO NOT CONFUSE WITH POISON HEMLOCK-looks similar! Blooms May-June (page 52)

18. Puttyroot Orchid-Aplectrum hyemale-Orchid Family (Orchidaceae). Flowers yellow-green all along tall stalk. Single large leaf develops in summer, lasts over winter and withers before flowering. Native Americans used roots as poultice on boils. Blooms May-June. (page 118, 242)

19. Violets—Genus Viola-Violet Family (Violaceae). There are 73 species. Canada violet and others—page 24. Common Blue-page 318 . Flowers can be white, blue, cream, yellow, etc. Thought by colonists to be a cancer cure. Blooms April-June (page 24, 318)

20. Oxalis or Yellow Wood Sorrel—Oxalis stricta-Wood Sorrel Family (Oxalidaceae) Native species has delicate, heart shaped leaves and yellow flowers. Has oxalic acid in leaves and a sour taste-sometimes called sourgrass. Once chewed for sore throat. Poultice of the leaves used for sores, ulcers. Warning—large doses may cause oxalate poisoning. Blooms May-Oct (page 148)

21. Common Buttercup-Ranunculus acris Buttercup Family-(Ranunculaceae). Yellow flowers, leaves cut into 5 to 7 unstalked segments. Native Americans used leaves as external rubefacient in rheumatism, arthritis. Warning—POISON—can cause burning of mouth, and blistering of skin. Blooms May-Sept. (page 132)

22. Daylilies-Hemerocallis fulva-Lily Family-(Liliaceae). Alien from Asia that has escaped from home gardens. In China root tea used as a diuretic. A folk cancer remedy for breast cancer. Chinese studies indicate root extracts useful against blood flukes. Chinese studies= roots contain colchicine that is used to treat gout. WARNING: Roots and leaf shoots toxic and can cause blindness. Blooms June-July (page 134-James Duke)

23. Henbit-Lamium amplexicaule- Mint Family (Lamiaceae). Square stem. Leaves rounded and scalloped-upper leaves clasp stem. Flowers purplish and erect. Blooms March-Nov. (page 280)

24. Purple Dead Nettle-Lamium purpureum-Mint Family (Lamiaceae). Square stem. Crowded heart-shaped leaves overlap and are purplish. Flowers red or purplish at top of plant. Blooms April-Oct. (page 280)

25. Gill-over-the ground-Glechoma hederacea- Mint Family (Lamiaceae). Square stem. Creeping, ivy like with round or kidney shaped leaves. Flowers violet in whorls of leaf axils. Leaves on stems. Blooms April-July (page 348)

26. Crown Vetch-Securigera varia-Legume Family-(Leguminosae). Has pink and white flowers and creeping stems. Leaves divided into small paired leaflets. Used as a ground cover on banks to prevent erosion. Blooms June-August (page 252)

27. Bedstraw-Genus Galium- 74 species-Bedstraw Family (Rubiaceae). Flowers greenish-white-4 lobes. Used by early colonists to stuff mattresses. Blooms June-Sept. (page 40)
28. Field Pussytoes-Antennaria neglecta-Composite Family-(Compositae). White clusters of flowers on stalk with basal leaves . 32 species in our area. Blooms April-May (page 90)
29. Star Chickweed-Stellaria pubera-Pink Family (Caryophyllaceae) White petals with clefts cut in halfway. Leaves in pairs. Blooms March-May (page 36)
30. Common Speedwell-Veronica officinalis Figwort Family (Scrophulariaceae) Non-native low creeping plant with small violet or blue flowers with 4 petals. Lowest petal is smaller. Native to Europe and Asia. Blooms May-Sept (page 336)
31. Bittercress-Cardamine species-Mustard Family (Brassicaceae) Small white flowers with 4 petals. Leaves mostly basal. Native to Eurasia. Edible foliage has peppery taste and can be used in salads. Blooms April-June. Four Cardamine species shown in Peterson guide (page 84)
32. Dandelion-Taraxacum officinale Composite Family (Compositae) Non-native plants with yellow blooms that develop into fluffy white globular seedballs, useful to early pollinators. Jagged lobed leaves. Blooms used to make wine and leaves used in salads. Blooms March-Sept (page 110, 170)
33. Black Mustard-Brassica nigra-Mustard Family (Brassicaceae) Invasive non-native with white flowers that have 4 petals. Leaves are edible. Produces chemicals that prevent germination of other plants. Blooms June-Oct (page 160)
34. Garlic Mustard- Alliaria officinalis- Mustard Family (Brassicaceae) Invasive non-native with white flowers with 4 petals. Leaves have odor of garlic. Prevents germination of other plants. Blooms April-June (page 86)
35. Dwarf Larkspur-Delphinium tricornis-Buttercup Family (Ranunculaceae). Blue or white spurred flowers blooming in clusters on plants 12-30 inches tall. Compound leaves deeply cleft Blooms April-May (page 318)
36. Poison Ivy-Toxicodendron radicans-Cashew Family (Anacardiaceae) Invasive vine found in wooded or marshy areas. Veins of leaves contain an oil called urushiol that can cause an itchy, blistering rash if it touches your skin
37. Greenbrier-Smilax rotundifolia-Catbrier Family (Smilacaceae) Thorny, invasive vine whose blue-black berries are an important food source for cardinals, white throated sparrows, white-tailed deer, and rabbits in cold weather. Flowers green. Blooms April-June (page 370)

- 38. Boxelder Tree-Acer negundo-Maple Family-(Aceraceae) Species native to North America. Fast growing, with opposite, compound leaves.**
- 39. Horse Chestnut Tree-Aesculus hippocastanum-Soapberry Family (Sapindaceae) Tree native to SE Europe with large upright clusters of white or pink flowers. Fruits contain seeds that resemble chestnuts but have a bitter taste. Blooms in May**
- 40. Multiflora Rose-Rosa multiflora- Rose Family(Rosaceae). Non-native shrub with 5-petaled small fragrant white or pinkish flowers in clusters. Blooms June-Sept. (page 2)**
- 41. Pawpaw Tree-Asimina triloba-Custard-Apple Family (Annonaceae) American pawpaw is a small deciduous tree with purplish-brown, bell-shaped blossoms which produce edible yellowish-green to brown fruit. Blooms in April.**
- 42.Spicebush-Lindera benzoin- Laurel Family (Lauraceae) Shrub with tiny yellow flowers and aromatic bark. Host plant for the caterpillar stage of the Spicebush Swallowtail butterfly. Blooms March-April**
- 43. Tree of Heaven-Ailantus altissima Quassia Family (Simaroubaceae) Invasive alien tree with leaves and flowers that have a bad smell. Prevents germination of other plants. White flowers in clusters. Blooms May-June**
- 44.Bush Honeysuckle-Lonicera tatarica-Honeysuckle Family (Caprifoliaceae) Invasive alien shrub with small fragrant flowers borne in pairs along stem, followed by red or orange berries. Blooms May-June (page 128 in Peterson has 6 species of honeysuckle shown)**
- 45.Horsetails-Equisetum hyemale-Horsetail Family (Equisetaceae) Evergreen, reed-like hollow stalks growing in wet areas. An ancient plant that contains silica(sand). Known as “scouring rushes” and used by the colonists to scour pots and pans. Poisonous to horses and livestock.**
- 46.Christmas Fern-Polystichum acrosticoides- Shield Fern Family (Dryopteridaceae) A perennial, evergreen fern found in moist woodlands. Has compound leaves with a small triangular lobe at the base of each leaflet that makes it look like a Christmas sock.**