



### Winterberry

(*Ilex verticillata*)

by Alice & Seig Kopinitz

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# Claytonia

John Clayton Chapter of the Virginia Native Plant Society

November-December 2023

[vnps.org/johnclayton](https://vnps.org/johnclayton)

## Native Plant Seeds: Saving and Sowing

***Please join us on Zoom  
Thursday, November  
16th at 7:00 PM .***

Mark your calendar as this is the last speaker for the year and we are delighted to have Mikaela educate us about starting native plants from seed.

In addition to her role at the Extension Service in Talbot County, she has also coordinated the county Master Gardener volunteer program since 2012. Mikaela's areas of expertise are in Native Plants of the Delmarva, Landscape Design, and

Bay-wise Practices. You can also find her co-hosting the *Garden Thyme Podcast* with fellow Master Gardener Coordinators Rachel Rhodes and Emily Zobel.

As an introduction to her talk, Mikaela says "Seeds from native plants have different requirements and growing habits than other commercially sold seeds; successful seed sowing depends on the technique required to break dormancy to reach germination. Winter seed sowing can be a rewarding practice and can be done with limited space and resources."



Mikaela Boley is Principal Agent Associate for the University of Maryland Extension Service in Talbot County for Home Horticulture.

[The Garden Thyme Podcast](#)

[Find us on Facebook](#)

*"Collect your own native seed and sow your own adventure!"*



**Mikaela Boley**

## From The President: VNPS Annual Meeting

Last weekend was a busy one as I attended the State Virginia Native Plant Society Annual Meeting. Various locations of our chapter's area were showcased during the meeting's field trips. The meeting began on Friday at the Edgehill

Community Center with a cash bar followed by a Buffet Dinner. Johnny Townsend, *Flora of Virginia* co-author and Senior Botanist, gave a great talk about recent botanical discoveries at the Natural Heritage Areas. After the dinner,

there was a lottery, and Adrienne Frank won a VNPS cap! On Saturday, we all attended a Continental Breakfast and we fell in love with the incredible Bear Claws. We all forgot our healthy habits in a hurry! *Continued*



VIRGINIA NATIVE  
PLANT SOCIETY

## From The President –Annual Meeting

We then heard a most interesting talk given by *Karen Duhring*, Marine Scientist at the Virginia Institute of Marine Science (VIMS) Her talk was about the problems of protecting our shores from too much salinity. She detailed how a “natural barrier” with native plants can restore the shores. These natural shores can even regrow the shores. It was all new to me. This is why I chose to drive all the way to Tides Inn on Sunday, because they have done an incredible job restoring their little beach.

During the business meeting, *Emilia Godwin*, Publicity Chair from our chapter added another role as she was elected to finish the term of the Fundraising Chair for VNPS.

I wish I could have followed our members to go on every field trip. *Johnny Townsend* and *Kevin Howe* lead a walk through the marvel that is Dragon Run.

*Donna Ware* took a hike into Freedom Park, and *Meegan Wallace* led a walk in Newport News Park.

I went on the walk through Grafton Ponds led by *Gary Flemming*. We saw the ponds that were mostly dry, except for one that was moist at this time of the year. We all found many interesting mushrooms which we all photographed.

However, *Gary Driscoll*\* wins the prize for the most intense photographer!

I photographed a weird, small, lavender, triangular mushroom! We walked through tall grasses and got chiggers for our lack of using bug spray.

We saw the sad remnants of Pondspice Bush (*Litsea aestivalis*) We heard how all of the Button Bush died, which is a mystery as the area should be a perfect ecology for it.

The Tides Inn tour was led by Mark Little, the local horticulturalist and Landscape Manager. The Tides Inn received the Governor’s Environmental Excellence Award for this restoration of the shoreline. Their restoration also included a marvelous walk along it to enjoy the water views.

The stone and wood structures prevent any water to enter the shoreline. What makes these living shorelines so different is the fact that they seek to allow the tide to come in rather than prevent any water to enter the shoreline. In fact, there is a very low fence to protect the soil under the walkway. The tide comes in and waters the tall *Spartina*, and then leaves when the tide is low. The shoreline has two parts: a lower and a higher ground.

In the higher ground, the *Spartina patens* is only watered when there is an exceptionally high tide. This allows for the very high tide to enter and leave. The land that is not a part of the shoreline goes up into higher ground where golden-rods, shrubs and trees that can handle the moist soil are able to grow.

All of this protects buildings from tumbling down. It is very impressive!



Walkway at Tides Inn showing the award winning natural shoreline restoration.



White crown beard (*Verbesina virginica*) Grafton Ponds





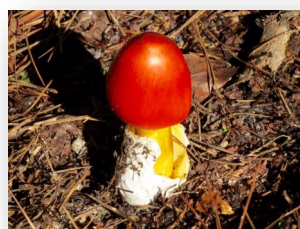
\* Gary hard at work



Top row photos by Lucile,  
Bottom by Adrienne & Gary



Violet



*Aminita jacksonii*



*Russula*

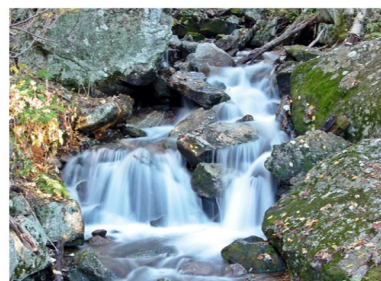
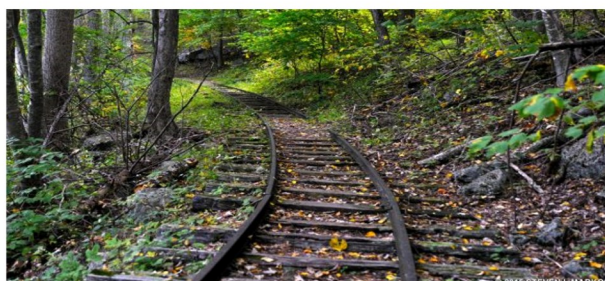


*Inkcap Magpie*



Violet

## A Jewel on the Blue Ridge Parkway By Pat Baldwin



Situated within a large stand of Eastern Hemlock, the Yankee Horse Ridge trailhead is one of my favorite scenic stops along the Blue Ridge Parkway in Virginia. Located approximately at milepost 37, this area is often missed by travelers because it doesn't overlook the Shenandoah Valley so they rarely stop.

The habitat can be described as cool, damp and well shaded with wonderfully rich moist soil supporting a multiplicity of trees and wild flowers. At this location one can find a small

replica of a railroad trestle that was commonly used years ago. Beginning at the trestle is a somewhat steep, circular, path - yet easy to traverse- leading up to the spectacular Wigwam falls..

I enjoy the spring flowers the most. In April and May we have found

Golden Alexanders (*Zizia aurea*)



Sweet White Violets (*Viola blanda*), and the stately Canada Violet (*Viola canadensis*) with its distinguishing purple

color on the opposite side of its petals.

As you ascend the path, there are several patches of Canada Mayflower, (*Maianthemum canadense*) near the stream's edge Jack in the Pulpit (*Arisaema triphyllum*), Indian cucumber-root (*Medeola virginiana*), and

## A Jewel on the Blue Ridge Parkway continued

Large -flowered Bellwort (*Uvularia grandiflora*) are easily found.

Growing near the waterfall, a profusion of Red Erect Trillium (*Trillium erectum*) create a striking picture amongst a large bed of rocks.



These wildflowers can be a photographer's delight when the sun's rays break through the dense foliage lighting up the dark red petals as if on fire—and also highlighting their intricate network of veins.

Passing the waterfall by way of a small bridge over the stream and descending the path, there is an impressive colony of ).



Pink Lady's Slipper  
(*Cypripedium acaule*)

Extending from the trestle, there is another small trail that appears to have been made by people constantly walking over the area. On this trail can be found Blue Cohosh (*Caulophyllum thalictroides*), Virginia Waterleaf (*Hydrophyllum virginianum*) and Dutchman's Breeches (*Dicentra cucullaria*) covering the



ground, reminding me of massive colonies of Mayapple (*Podophyllum*)

A panorama of color and beauty surrounds one at every level.

During July and August, Bunchflower (*Melanthium*), Green or Cut leaf Coneflower (*Rudbeckia laciniata*) Horsebalm, (*Collinsonia*) Clearweed, (*Pilea*) Spikenard (*Aralia racemosa*) Rattlesnake Plantain

(*Goodyera*),



Deptford Pink,  
(*Dianthus armeria*)



Indian Pipes, (*Monotropa*) and a sunflower species also can be encountered.

Unfortunately, the path leading from the trestle becomes literally overgrown with the lush growth of the Stinging Nettles making it virtually impassible.

Although I have discovered rare species, the sounds of running water, singing birds, cool shaded areas, and a large variety of trees and wildflowers make it an excellent location to have a picnic or just simply relax.

*Patricia B. Lewis*



This month we welcome four new members to the John Clayton Chapter:

Pamela Russell of Weems

Adam Ferguson,  
Adrienne Lambers &  
Sarah Warner All of Williamsburg

**NEW!**



Virginia  
**Native Plant**  
Finder

Click the link below:

[https://  
www.dcr.virginia.gov/  
natural-heritage/native  
-plants-finder](https://www.dcr.virginia.gov/natural-heritage/native-plants-finder)



All John Clayton videos are recorded and posted to the link below :

[https://vimeo.com/  
showcase/8054025](https://vimeo.com/showcase/8054025).