

The



Leaflet

Bear Wallow Redux—Richard Stromberg

AUTUMN 2015

The second Sunday walk in March, 2012, looked for first signs of spring on Bear Wallow Trail in Fort Valley in George Washington National Forest, west of Front Royal. Spring flowering was early that year, so we were happy with what we saw. One of the attendees showed us where Yellow Fringed Orchids (*Platanthera ciliaris*) grow, just off the trail. In fact, the spot he showed us is a little gem, a small peat bog contrasting with the dry, rocky Massanutten terrain around it.

Piedmont Chapter scheduled the July, 2013, second Sunday walk to go back the Bear Wallow to look for the orchids. We found them in bud, just starting to show color, and lots of other interesting plants (written up in the Fall, 2013, *Leaflet*). Three weeks later I went back and found a dozen Yellow Fringed Orchids in full bloom. I noticed many large, deeply lobed, single leaves that sprung from the ground through the Peat Moss and asked in *The Leaflet* if anyone could tell me what it is. The only response was from Rachel Sullivan. I wrote about the back and forth I had with her in the Autumn, 2014, *Leaflet*. We pinned it down as Tasselrue (*Trautvetteria carolinense*). I went to the bog in June, 2014, and found the Tasselrue blooming abundantly.

So the Chapter scheduled the June, 2015, Second Sunday Walk for Bear Wallow again. Tasselrue was blooming, but only three of them. Yellow Fringed Orchids were up and budding. We found some plants we had not seen in previous trips: two Skullcaps (*Scutellaria*), Hairy (*S. elliptica*) gone to seed and Hyssop (*S. integrifolia*) blooming; Green-and-gold (*Chrysogonum virginianum*); Venus' Looking-glass (*Triodanis perfoliata*); Striped Wintergreen (*Chimaphila maculata*); Indian Cucumber-root (*Medeola virginiana*); Downy Yellow False Foxglove (*Aureolaria virginica*); and Rattlesnake Weed (*Hieracium venosum*).



**Hyssop
Skullcap
*Scutellaria
integrifolia***

Richard Stromberg



**Green-and-Gold
*Chrysogonum
virginianum***

Richard Stromberg



**Venus' Looking-glass
*Triodanis perfoliata***

Richard Stromberg

The Virginia Native Plant Society (VNPS), founded as the Virginia Wildflower Society in 1982, is a non-profit organization of people who share an interest in Virginia's wild plants and habitats and a concern for their protection.

The Piedmont Chapter is a geographically defined subgroup of VNPS in the northern point of Virginia east of the Blue Ridge Mountains. It includes Loudoun, Fauquier, Culpeper, Rappahannock, Warren, Clarke, and Frederick counties.

The Leaflet is published quarterly by the Piedmont Chapter of VNPS. Permission is granted to reproduce material with credit to the source.

The Leaflet can be seen online in color at www.vnps.org/piedmont

The Chapter's email address is piedmontvnps@gmail.com

OFFICERS

Sally Anderson, *President*
rccsca@comcast.net
Robin Williams, *Vice Pres.*
robinspony2@gmail.com
Mary Keith Ruffner, *Secretary*
cootehillfarm@aol.com
Cathy Mayes, *Treasurer*
mayesCD@aol.com

DIRECTORS

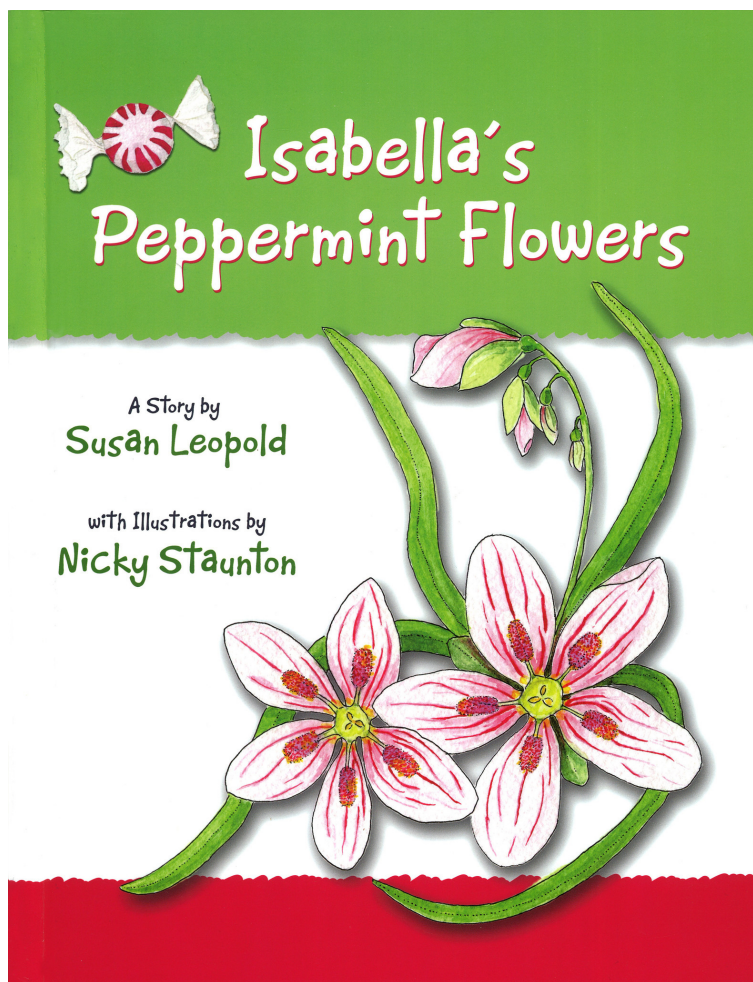
Carrie Blair
horseblanketcb@yahoo.com
Cindy Blugerman
ecokid.wv@gmail.com
Lil Ledford
ljledford@gmail.com
David Roos
davidmroos@aol.com
Jocelyn Sladen
jocelyn616@gmail.com
Emily Southgate
ewbsouthgate@gmail.com
Richard Stromberg
risy@embarqmail.com
Blanca Vandervoort
blanca@nelsoncable.com
Kristin Zimet
kristinzimet@yahoo.com



The Leaflet

Isabella's Peppermint Flowers—Lil Ledford

On a dog day of summer, as the mercury climbs and the seasons wheel towards autumn, a new book, Isabella's Peppermint Flowers, offers a welcome opportunity to travel to the opposite side of the year, when the spring ephemerals are living proof that the world is waking from winter. Author Susan Leopold's prose is dense with information, yet flows beautifully through the history and science of botany. Nicki Staunton's elegant watercolor scenes, diagrams, and collages reinforce and extend the text, contributing to the depth of the tale. This is an excellent book for older children, or adults wishing to revisit childhood explorations and discovery, and is especially good to share with a new generation of young naturalists.



The Piedmont Chapter of VNPS is soliciting donations of this book to elementary schools and libraries in the seven counties in our chapter area. Copies purchased through us will be sent to you with a matching bookplate to deliver to the institution you have selected. Please contact Cathy Mayes at mayescd@aol.com for a list of places still needing a book.



Plants And Pollinators August Walk at Clifton Farm–Jocelyn Sladen

Tiger Swallowtails waltzed over fields of native grasses and still-in-bloom Wild Bergamot (*Monarda fistulosa*) and a Hackberry Emperor butterfly made itself at home on Cathy Mayes' hat. But the day was about more than butterflies.

The Chapter's August 9 Second Sunday walk at Clifton Farm, led by biologist Nate Erwin, introduced an energized crowd of 27 participants to an expanded world of interactions between our wild plants and pollinating insects. Participants met at Clifton Farm, which is the Fauquier Farm field station for the research and educational non-profit Environmental Studies on the Piedmont. ES has been building biodiverse habitat on this former farm since the 1990s.

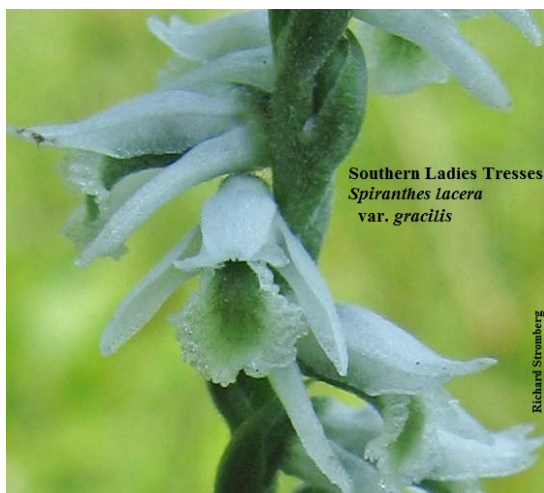


Under a perfect blue sky, we walked around a lake where Trumpeter Swans sounded their greetings – or protests perhaps – and into restored fields above it. First, though, we navigated a thicket with lots of Paw Paw (*Asimina triloba*), host plant for Zebra Swallowtails, Cardinal flower (*Lobelia cardinalis*), pollinated by hummingbirds, and False Nettle (*Boehmeria cylindrica*), host plant for the Red Admiral butterfly.

Nate, for many years head of the Insect Zoo at the Smithsonian's Museum of Natural History, drew us expertly into the realm of pollinating insects with its dizzying assortment of bees, flies and beetles, usually introducing them by families, rather than leaving us drowned in the complexities of species. So many small active creatures! We used reversed binoculars to marvel at the details of long-horned bees, the brilliant colors and intricate patterns of Northern Golden Bumblebees and so many insects we generally overlook. We were reminded about the importance of many flies as pollinators, including Syrphid flies, also appropriately called Flower flies, which may out-pollinate native bee populations in many ecosystems. We observed not only interactions between plants and pollinators but also between pollinators and their enemies, like praying mantises and crab spiders. Butterflies, of course, were stars. Monarchs showed up, along with varied Swallowtails and Skippers, Great Spangled Fritillaries, Pearly Crescentspots, Buckeyes and a friendly American Snout.

Our group benefitted from another expert, Sheryl Pollock, who wielded her net with breathtaking skill, swooping it down, over an up, trapping many insects to offer a closer look.

We would not be who we are without searching out the native plants. Along the trail we spotted Southern



Ladies Tresses (*Spiranthes lacera* var. *gracilis*). Familiar natives like Ironweed (*Vernonia noveboracensis*) and Brown-eyed Susan (*Rudbeckia triloba*) and three Milkweeds (*Asclepias syriaca*, *A. incarnata* and *A. viridiflora*) drew their share of insect life. Selected old fields have been reseeded with native grasses and wildflowers appropriate to the region as well as a few pollinator-friendly 'add-on's like Purple Coneflower (*Echinacea purpurea*) and Maximilian's Sunflower (*Helianthus maximilliani*). Abundant Sumac, both Smooth (*Rhus glabra*) and Shining (*R. copallinum*) were forming deep red seed heads. Native grasses included Little Bluestem (*Schizacrium scoparium*), Indian Grass (*Sorghastrum nutans*), Switch Grass (*Panicum virgatum*), and Purpletop (*Tridens flavus*). [More of Sheryl Pollock's

pictures are available at <https://www.flickr.com/photos/39432681@N05/sets/72157657165426365>.]



Appalachian Trail Conservancy Biennial Conference—Sally Anderson & Richard Stromberg

Last winter a request went around for help in leading hikes for the July 17-23, 2015, Appalachian Trail Conservancy Conference, a biennial event that was centered in Winchester at Shenandoah University and attended by over 900 people. The conference theme was Hiking Through History. Many tours to historic sites were offered as were classes and training sessions and over eighty hikes some of them several times during the week, so many hike leaders were needed. Many hikes had a historical basis, but many of them focused on nature. Other hikes were offered to give participants a chance to complete sections of the Appalachian Trail—often longer hikes of up to fifteen miles.



Joe-pye-weed
Eutrochium fistulosum

Sally Anderson

towering Joe-pye-weeds (*Eutrochium fistulosum*).

Sally usually visits Cedar Creek Battlefield in May, but summer had its attractions, like the Nodding Onion (*Allium cernuum*) along the trail and Purple Cliff-brake fern (*Pellaea atropurpurea*) on the bluffs. For a plant lover an exciting find was Virginia snakeroot (*Endodeca septentaria*), a small cousin of the Pipevine (*Isotrema macrophyllum*) and an alternate host for the Pipevine Swallowtail butterfly. Sally got a good response to demonstrating Tick Trefoil (*Hylodesmum* spp.) triangular fruit, known as “sticktights”, showing how hikers help move plants along the trails. The hikers loved the views of Cedar Creek from the shady bluffs.

Piedmont Chapter Board member and newsletter editor Richard Stromberg is also an active member of the Conference host, the Potomac Appalachian Trail Club (PATC). He led four hikes with wife Sybille as the sweep.

The first was a three mile loop at Bear Wallow (see page 1 for the VNPS walk there) from Fort Valley in George Washington National Forest with 18 people. Richard identified over fifty plant species. We saw about as many fungus species and were happy to be able to identify half of them. We noted the unusual arrangement of the petals of St. Andrew’s Cross (*Hypericum hypericoides*) and the change of underlying rock and soil as we moved up hill into Ericaceous plants like Mountain Laurel (*Kalmia latifolia*) and Blueberries (*Vaccinium pallidum*) and Huckle-berries (*Gaylussacia baccata*). Berries were ripe so a lot were eaten, checking to see if we could detect seeds to identify them as huckleberries and checking back to see that the huckleberries came from plants with

Piedmont Chapter President Sally Anderson led two different nature-oriented hikes at historic sites: to a favorite spot in the woods of Cedar Creek Battlefield (listed as Panther Cave to avoid confusion with other hikes) and to Blandy Farm. The weather turned really hot the week of the hikes, but she still had nice sized groups of people from all over the eastern US.

The Blandy Farm meadows are in fine form at that time of year. Although we darted from one shade patch to the next, hikers enjoyed seeing buttonbush (*Cephalanthus occidentalis*) attracting butterflies and bumblebees and



Virginia
snakeroot
*Endodeca
septentaria*

Sally Anderson



St. Andrew's Cross
*Hypericum
hypericoides*

Richard Stromberg



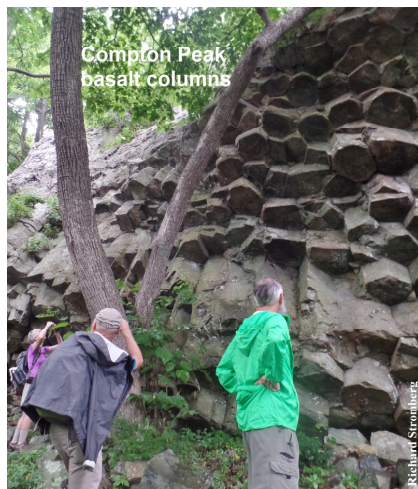
brown twigs as opposed to the green stems of blueberries. We saw a white-umbelled plant we weren't sure of. It keyed out to Hairy Angelica (*Angelica venenosa*). The highlight near the end was going into the bog and finding a Yellow Fringed Orchid (*Platanthera ciliaris*) fully open. The fungi were very colorful, from the pure white of some deadly *Amanitas*, to the orange of four different species of Chanterelle, to the red and yellow of Two-color Bolete (*Boletus bicolor*) and pale yellow of Yellow Unicorn Entoloma (*Entoloma murrayi*).

The second hike started a mile from Bear Wallow and went out and back to Signal Knob and its spectacular 270 degree view of the Shenandoah Valley and mountains beyond. Along the way we had a view of Buzzard Rock on the other side of Fort Valley with Front Royal and the Blue Ridge beyond and another of miles of Fort Valley. Downy Rattlesnake Plantain orchid (*Goodyera pubescens*) was in full bloom in several places. A tiny toad moved so we could see him as he blended into a tree trunk and an Eastern Fence Lizard posed on a rock as we reached Signal Knob and had lunch.



Hairy Angelica
Angelica venenosa

Richard Stromberg



Compton Peak
basalt columns

Richard Stromberg

The third hike was in Shenandoah National Park. The eight hikers gathered at the Dickey Ridge Visitor Center and shuttled to Jenkins Gap to hike north on the Appalachian Trail (AT) and finish on the Dickey Ridge Trail back to the Visitor Center. At the Visitor Center both a yellow and dark form of Tiger Swallowtail butterfly (*Pterourus glaucus*) were working on a Common Milkweed (*Asclepias syriaca*) while a Snowberry Clearwing hummingbird moth (*Hemaris diffinis*) was flitting around Wild Bergamot (*Monarda fistulosa*). We made short side trips to see the astounding basalt columns below Compton Peak and to have lunch at the top of Lands Run Falls.

Richard's last hike was also in the National Park, an eight mile loop along the Appalachian Trail to Laurel Prong Trail to

President Hoover's Rapidan Camp and then up Mill Prong Trail to the starting point, crossing Mill Prong just below Black Rock Falls. As we climbed up Hazeltop Mountain on the AT, some Turks-cap Lilies (*Lilium superbum*) were still in bloom. At the top we saw the Angelica that Richard is familiar with, Mountain Angelica (*Angelica triquinata*) and had a great view to the west. Just before we reached the Camp, we went up a side trail to see a huge Tulip Poplar. We couldn't get close because it is guarded like sleeping beauty's castle with briars and also with poison ivy. We ate lunch at President Hoover's vacation "Brown House" while a ranger told us about Hoover and the camp and then gave us a tour of the interior. Starting up Mill Prong we passed a mass of Downy Rattlesnake-plantain orchids (*Goodyera pubescens*), ten of them blooming. Later we passed leaves of Large Round-leaved Orchid (*Platanthera orbiculata*) and, at the last crossing of the Prong, White Monkshood (*Aconitum reclinatum*).



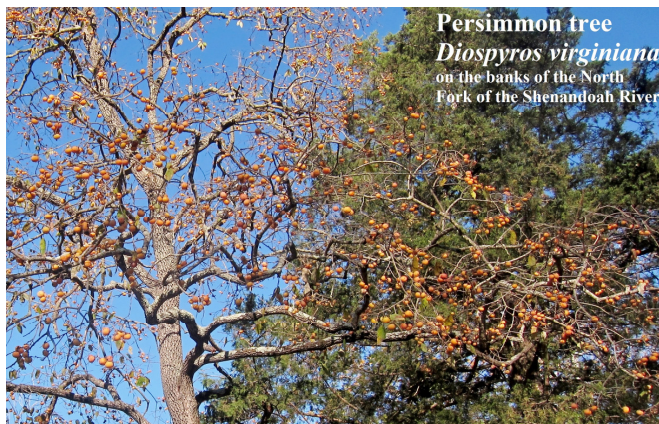
Mountain Angelica
Angelica triquinata

Richard Stromberg



CALENDAR

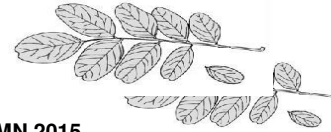
Sunday	Sep. 6	9am	Blue Ridge Center for Environmental Stewardship Walk
<p>Loudoun County. Join Emily Southgate, Robin Williams and Joe Coleman of the Loudoun Wildlife Conservancy and the Piedmont Chapter of the Virginia Native Plant Society for a bird, butterfly, and wildflower walk. Several of the fields and the power line, (also known as Butterfly Alley) are managed so native plants and grasses and everything that depends on them can thrive. We should see numerous butterflies and other pollinators using the summer wildflowers as well as early migrating birds, who depend on the insects and the seeds of these wildflowers and native grasses. The Blue Ridge Center is located on Harpers Ferry Road and borders the Appalachian Trail a couple of miles south of the confluence of the Potomac and Shenandoah Rivers and has some of the richest diversity in the county. Registration: http://www.loudounwildlife.org/SignUp.htm. Contact: info@loudounwildlife.org.</p>			
Sunday	Sep. 20	1pm	Piedmont Prairie Sunday Walk
<p>Culpeper County. The twenty foot grassland along Raccoon Ford Road has not been overtaken by woody plants because it is periodically mowed offering a unique habitat in northern Virginia. For more information, email piedmontvnps@gmail.com.</p>			
Sunday	Oct. 4	noon	Chapter Annual Meeting & Wetland Studies and Solutions Walk
<p>In 2005, Wetland Studies and Solutions, Inc. (WSSI) built Virginia's first building certified Gold under the Leadership in Energy and Environmental Design (LEED) rating system. WSSI's site uses a fully-integrated Low Impact Development (LID) design to reduce storm water volumes and peak flow rates through detention, retention, and evapotranspiration. In contrast, a "traditional" site would utilize curb and gutter practices to remove storm water as quickly as possible with no provision for reducing the volume that is discharged. WSSI's LID design employs a myriad of small-scale Integrated Management Practices (IMP's) to closely mimic the hydrology of a forested site. WSSI's site includes a green roof, an indoor cistern (used to flush toilets), an underground outdoor cistern (used for irrigation), a rain garden, four types of pervious parking surfaces, a bioswale, and extensive native landscaping. Details of the Annual Meeting are on page 7.</p>			
Sat-Sun	Oct 10-11	9am-4:30pm	Arborfest at Blandy
<p>We encourage you to visit the VNPS booth during this annual event. Knowledgeable volunteers will offer expert advice on how to select and grow native plants in your special location. There will be handouts with useful information for you to pick up. For more information about Arborfest visit http://blandy.virginia.edu.</p>			
Sunday	Nov. 8	1-3pm	Page County Big Tree Auto Tour
<p>Starting with trees along Skyline Drive around Skyland Resort, we will drive to Luray for more and then continue on to the banks of the South Fork of the Shenandoah River. Trees we will look for include Blue Spruce, Chinkapin Oak and Persimmon. We will triangulate the height of some of these trees. Contact: piedmontvnps@gmail.com.</p>			
Sunday	Dec. 13	1pm	Earth Village Walk
<p>Earth Village Education is a nonprofit organization dedicated to transforming culture and renewing the earth by empowering individuals through hands-on education that promotes nature awareness, environmental stewardship, and community development. It is based on a beautiful patch of farm and forest in Marshall, Virginia. For more information, email piedmontvnps@gmail.com.</p>			



Persimmon tree
Diospyros virginiana
on the banks of the North
Fork of the Shenandoah River



Chinkapin Oak (*Quercus muehlenbergii*) in Luray



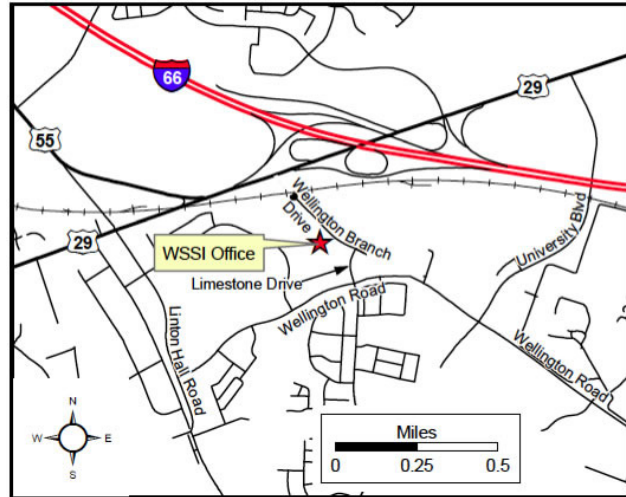
VIRGINIA NATIVE PLANT SOCIETY
PIEDMONT CHAPTER ANNUAL MEETING
SUNDAY, OCTOBER 4, 2015, NOON

Wetlands Studies and Solutions, 5300 Wellington
Branch Drive, Suite 100, Gainesville, VA 20155

AGENDA

- Pot Luck Luncheon
Business Meeting
Walking tour of the building and grounds
of WSSI led by one of their landscape
architects

The Board of the Piedmont Chapter of the Virginia
Native Plant Society presents the following
candidates for election to serve 2015-2016. Board
members and Officers may be elected to two
consecutive 2-year terms, but then are ineligible
for reelection for one full year to assure
opportunity for others to participate and contribute
new ideas. We hope to have a few more nominees by the time we meet in October and invite members to
come forward and add their name to the list. Nominations are welcome from the floor.



Officers:

President: Sally Anderson 2015-17, 2nd term
Vice President: Robin Williams 2015-17, 2nd term
Secretary: Mary Keith Ruffner 2014-16, 1st term
Treasurer: Cathy Mayes 2015-17, 2nd term

Directors:

Continuing: Carrie Blair 2015-17, 2nd term
Cindy Blugerman 2015-17, 2nd term
Emily Southgate 2015-17, 2nd term
Kristin Zimet 2014-16, 2nd term
Lil Ledford 2014-16, 1st term
Jocelyn Sladen 2014-16, 1st term
Richard Stromberg 2014-16, 1st term
Blanca Vandervoort 2014-16, 1st term
New: Brenda Crawford 2015-17, 1st term
Ellie Daley 2015-17, 1st term
Marie Majarov 2015-17, 1st term
Ed Tobias 2015-17, 1st term
Leaving: David Roos 2013-15, 2nd term

2015 Piedmont Chapter Ballot

For the proposed Officers and Directors
I am in favor ___ not in favor ___

Signature _____

For the proposed Officers and Directors
I am in favor ___ not in favor ___

(second person of a family membership)

Signature _____

IF YOU CANNOT ATTEND THE CHAPTER ANNUAL MEETING ON OCTOBER 4,
PLEASE COMPLETE THIS BALLOT AND MAIL BY SEPTEMBER 16 TO Piedmont
Chapter Virginia Native Plant Society, P.O. Box 336, The Plains, VA 20198
or email your vote to piedmontvnps@gmail.com




White Monkshood
Aconitum reclinatum

Richard Stromberg



Yellow Unicorn Entoloma
Entoloma murrayi

Richard Stromberg

The  *Leaflet*

**PIEDMONT CHAPTER
VIRGINIA NATIVE PLANT SOCIETY
P.O. BOX 336
THE PLAINS, VA 20198**



Curlyheads (*Clematis ochroleuca*)