



# THE POCAHONTAS CHAPTER OF THE VIRGINIA NATIVE PLANT SOCIETY

September 2021



## NOTE:

**Pocahontas Chapter VNPS programs will be shared via Zoom until further notice. We will not be meeting at Lewis Ginter  
Our next meeting will be on Thursday September 2, 2021 starting at 6:45 PM  
Information on how to connect to Zoom is on the bottom of this page**

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Our speaker, Laura Baum will discuss not as widely-known or talked-about native medicinal plants. She will also share details about her recent ethnobotanical walk done with the Chickahominy- Eastern Division

Laura is the founder of Laura's Botanicals, a social start-up that has built the area's first herbalism network (Richmond Herbalism Guild) and offers services to help grow wellness businesses online. She is also a clinical herbalist and loves native plants, discussions on land-story and traditional healing methods. Her website is : <https://laurasbotanicals.com/features>.

This free Zoom meeting is open to the public. The meet and greet starts at 6:45 pm followed by the presentation at 7 p.m. A short business meeting will follow the presentation.

**The September meeting will be via Zoom on September 2 at 6:45 PM.**

**To join the meeting go to [zoom.com](https://zoom.com) and join the meeting by clicking on "JOIN A MEETING" then entering the Meeting ID then following the directions.**

**For the September Meeting the Zoom Meeting ID is 879 4964 8634 and the Passcode: 678173**

If you need to download the zoom app, go to [zoom.com](https://zoom.com) and click on "RESOURCES", then "Download Zoom Client". If you have problems or questions concerning the Zoom connection, please contact Ashley Moulton or Richard Moss at the e-mail or phone numbers given on page 2.

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**Field Trip:** We are planning a field trip to R. Garland Dodd Park on September 18, 2021. Contact Richard Moss at [richard@mossrd.org](mailto:richard@mossrd.org) or 804 748-2940 for details. More information later.

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## Presidents Message

Hello everyone. It's composite season! And I don't use exclamation marks lightly. Goldenrods, asters, and eupatoriums oh my. This is the time of year when I may enjoy botanizing along a roadside or in a right-of-way as much as a natural area. The numerous genera and species in the composite family, the Asteraceae, can provide joy and identification challenge—like a botanical crossword or sudoku puzzle. I mean, it's got everything from sunflowers to artichoke heart to ragweeds. The Flora of Virginia says it's the largest family of vascular plants, at around 23,000 species. Late summer and fall are when this family really shines in much of the U.S.

Another exciting thing about fall is the beginning of the Pocahontas monthly meeting season. So, what will this look like? This is a question I've gotten from many people. The answer right now is I don't know. This is a main topic for discussion at the upcoming chapter board meeting (following our September 2 meeting with speaker Laura Baum). This meeting will be over Zoom. At our last board meeting in April, we were optimistic about the fall season, but we erred on the side of caution and figured our first fall meeting should be virtual. Currently, things are still weird in the world. I







recently started wearing a mask again in public. I don't like it. It gives me horrible "mask beard," but I want to be responsible. That said, . . . we still plan to have fieldtrips. We will plan a trip for the Saturday during the September 17 and 18 state VNPS meeting (virtual too), and maybe more. We will also discuss fieldtrips at the upcoming chapter board meeting. We will inform the chapter once we know the format of this season's



meetings, and field trip announcements will go out as they're planned. Feel free to participate in the board meeting and let us know how you feel. Also, please let us know if you'd like to volunteer to lead a field trip or have ideas of places to visit. Thanks to Joey Thompson for leading a July trip and to Richard Moss for leading the one before that.

The chapter board has been working behind the scenes to keep things moving. We've (VP Jason really) been booking speakers, we'll have a display at the state fair, and non-profit red tape is constantly trimmed. We plan to have monthly meetings September through April, as usual, and monthly field trips through the end of the growing season. Meanwhile, find an Asteraceae and dig some involucre bracts or capillary bristles.

Matt Brooks

Photos Top to Bottom: Goldenrod (*Solidago Sp.*), Tickseed sunflowers (*Bidens aristosa*), Mistflower (*Conoclinium coelestinum*) from R. Garland Dodd park in Chesterfield County.

Photos Richard Moss 2019-2020.

**May 1, Chapter Picnic & field Trip at Deep Run Park in Henrico County.** After having a picnic lunch we explored the park and found several interesting plants including: 1. Smooth arrowwood (*Viburnum dentatum*), 2.

False solomons seal (*Maianthemum racemosum*), 3. Pink Azalea (*Rhododendron periclymenoides*), 4. Fringe tree (*Chionanthus virginicus*).

#### The Pocahontas Chapter of the Virginia Native Plant Society

serves the counties of Amelia, Charles City, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, King William, New Kent, Powhatan, Prince George and the cities of Ashland, Hopewell, Colonial Heights, Petersburg, and Richmond. It meets the first Thursday of September through April at 7:00 PM in the Education and Library Complex of the Lewis Ginter Botanical Garden, unless otherwise stated.

#### Chapter Officers

**President.....Matt Brooks**  
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**Vice President.....Jason C. Aldrich**  
.....jvaecoserv@gmail.com

**Secretary.....Ashley Moulton**  
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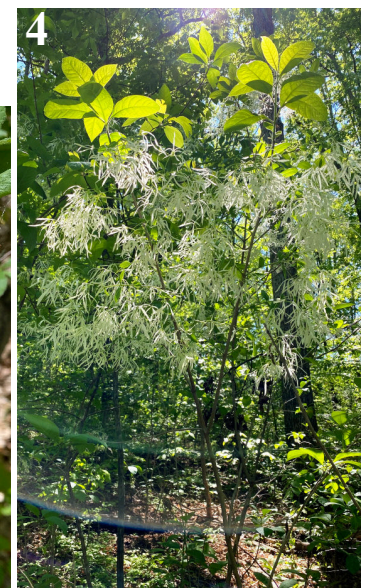
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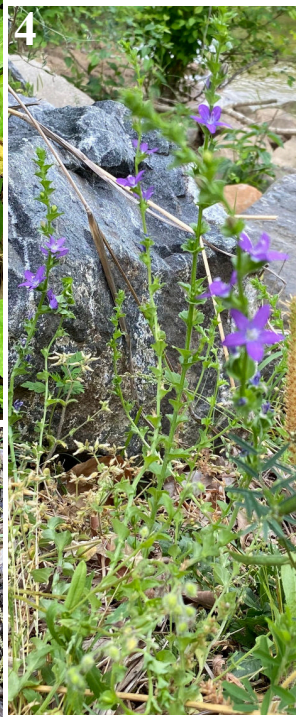
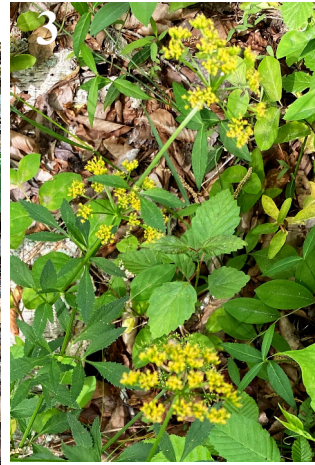
**Website**  
vnps.org



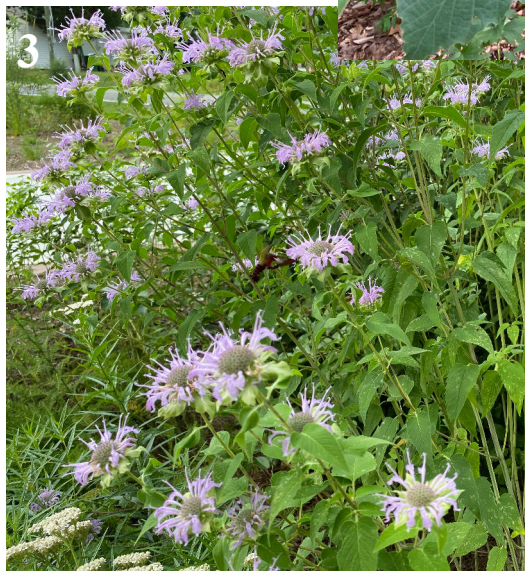


**May 22, John J. Radcliffe Conservation Area. Leader: Richard Moss.**

We missed the Spring ephemerals and the trout lilies, but there was a lot to see. 1. Blue eyed grass (*Sisyrinchium angustifolium*), 2. Wild ginger (*Asarum canadense*), 3. Golden Alexanders (*Zizia aurea*), 4. Venus's looking glass (*Triodanis perfoliata*), 5. Not sure what this is but it looks like some kind of violet with odd flowers/seeds, 6. May apple (*Podophyllum peltatum*) with fruit.

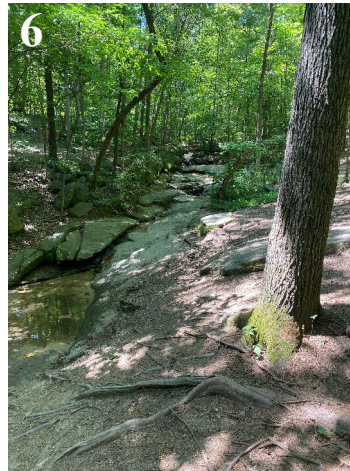


**Barbara Hodges Garden tour near Ashland, VA on July 3, 2021.** Barbara has an impressive display of native plants in her front and back yard. 1. Witch hazel (*Hamamelis virginiana*) with "witches hats" on the leaves. Witche's hats are galls formed by an aphid which serve to protect the aphids. 2. Cup plant (*Silphium perfoliatum*), 3. Bee balm (*Minarda* Sp.), 4. Yarrow (*Achillea millefolium*)





Joey Thompson lead a field trip to Lewis G. Larus Park in Richmond on July 17th.



1. Some old dried Indian pipes (*Monotropa uniflora*), 2. Butterflies at a seep, 3. This moth on a tree trunk was almost invisible, 4. New York Ironweed (*Veronia glauca?*) along a powerline, 5. Seedbox (*Ludwigia alternifolia*), 6. Along the trail. This is an interesting park and we should visit it again.

Richard Moss - In my Yard and along the road near the house.

1. One of the other Virginia native dogwoods, stiff dogwood (*Cornus foemina*) in bloom. It has bright blue berries. 2. A mushroom trying to look like a composite. I think the heavy rain the night before altered its appearance. 3. Spotted wintergreen (*Chimaphila maculata*), 4. Wild Sweet Potato (*Ipomoea pandurata*), 5. Butterfly Pea (*Clitoria mariana*).

