



# WILD NEWS

## Prince William Wildflower Society

The Bi-monthly Newsletter of the Prince William Wildflower Society, A Chapter of the Virginia Native Plant Society

2019 - 04

JULY - AUGUST 2019

**Thursday, July 11 Membership Meeting,  
7:30 p.m. Bethel Evangelical Lutheran Church,  
8712 Plantation Lane, Manassas, VA.**

**William Carromero will speak on  
"The Flight of the Monarch"**



Monarch butterflies are one of the most recognizable and charismatic insects in North America. Ranging across Canada, Mexico, and the United States, monarchs are especially noted for the long-distance, seasonal migrations they undertake each year from overwintering areas in the coastal California and Oyamel fir forests of central Mexico to their northernmost range in southern Canada. During his presentation, he will discuss the monarch migration, the population decline, the threats the monarch butterfly faces, and ways we can help conserve this iconic pollinator.

Speaker bio: Dr. William Carromero is the National Botanist for the USDA Forest Service. Dr. Carromero started his career with the Forest Service in 2004 as the District Botanist at the Ocala National Forest in

Florida. From 2010-2015, he became the Forest Ecologist at the Ozark-St. Francis National Forests where he led the Ozark Highlands Ecosystem Collaborative Restoration project. The project was awarded a Chief's Honor Award in Sustaining National Forests and Grasslands in 2014. Dr. Carromero also coordinated the Joint Chief's Initiative for the Western Arkansas Woodland Restoration Project. His work at the Forest Service national headquarters includes support and implementation of native plant material policy for revegetation and restoration work to improve ecosystem diversity and support pollinators.

### FROM THE PRESIDENT — Nancy Vehrs

Summer is here and it's time to relax a bit and move a little more slowly after the frenzy of spring. Wildflower meadows are blooming and our forests are canopies of cooling green leaves. Slather on some sunscreen and insect repellent and go for a walk in the early morning. Listen to the birds greet the day and examine our native plants for the insect life they support. It's a remarkable world out there.

In early June I had the pleasure of finally visiting the vaunted Bruce Peninsula between Lake Huron and the Georgian Bay in Ontario, Canada. I had heard about this magical place for years as Nicky Staunton referred to it as "The Bruce."



*Pictured: Yellow Lady's Slippers, Bruce Peninsula, Nancy Vehrs*

(From the President, continued from page one)

The VNPS took annual pilgrimages there in the 90s and early 00s, but my job precluded my participation. Unfortunately, these trips stopped as the leaders aged or passed away. Botanist and former VNPS president Sally Anderson decided to take on the challenge of resurrecting a field trip there and I was game to go. "The Bruce" is famous for its orchids, and we saw a number of them. By the end of our



week there, yellow lady's slippers blooms were widespread and a sight to behold. As my Facebook friends can attest, I posted daily photos of our sightings. Our group found the exquisite Calypso Orchid on a delightful trip to Flowerpot Island and a number of the diminutive Ram's Head Lady's Slippers at Singing Sands at Bruce Peninsula National Park. We also found globally rare species such as the Lakeside Daisy and Dwarf Lake Iris. "Lake" in their names refers to their being in the Great Lakes region. A member of our group has written an account of our trip that you will find in the upcoming edition of *Sempervirens*, our state newsletter.

Thanks to Plant Sale Chair Nancy Arrington and a village of volunteers, our annual native plant sale was a tremendous success this year. Excellent weather helped as well. Recognition of our volunteers can be found elsewhere in this issue, but I want to express my personal appreciation as well. Thank you all!

A small cadre of volunteers works to keep the weeds in check at the pollinator planting at the I-95 northbound car rest area at Dale City. Though the work is tough for a group of women of a certain age,

the flowers are inspirational. On June 13 Common Milkweed, Giant Coneflower, Joe-Pye Weed, and Culver's Root were spectacular. Two landscapers from Mow Cow Lawn and Landscape, through the generous support of co-owner Cindy Smith, assisted our group of six PWWS/VNPS volunteers that day. We have had two sessions so far, and I thank Margaret Fisher, Brigitte Hartke, Andrea Kinder, Sharon McCracken, Marlies Smith, and Karen Waltman for their participation. Watch for news of the next weeding party and plant to join us!

I am in the process of organizing an August trip to Mount Cuba Center in Delaware and Longwood Gardens in nearby Pennsylvania. Mt. Cuba, with its gorgeous native plant gardens and horticulture research center, has a mission "to inspire an appreciation for the beauty and value of native plants and a commitment to support the habitats that sustain them." Longwood Gardens is a renowned public garden that has an incredible wildflower meadow. Both have roots with the DuPont family. Please email me at [nvehrs1@yahoo.com](mailto:nvehrs1@yahoo.com) if you are interested in an overnight weekday trip to visit these gardens.

Harry and I will be away in Massachusetts for our July meeting. Vice President William Carromero will present an excellent program on monarch butterflies and we are sorry to miss it.

~ Nancy



All photos on this page by Nancy Vehrs. Left column, Nancy at Flowerpot Island. Above left, Calypso Orchid, above right, Ram's Head Lady's Slipper

**Prince William Wildflower  
Membership Meeting Minutes  
Thursday, May 2, 2019, 7:30 p.m.  
Bethel Lutheran Church**

President Nancy Vehrs called the meeting to order at 7:37 p.m.

**Announcements:**

Nancy Arrington, plant sale chair, asked that volunteers for set-up at the May 11 plant sale arrive at Bethel Lutheran Church by 7 a.m. For those who need them, Nancy V has pots and labels on her back yard deck. (8318 Highland St., Manassas, 20110).

Nancy V announced a 2 p.m. tour on May 15 to be held at The Quarry Gardens at Schuyler, in Nelson County. Let her know if you want to join the tour. Libby Pemberton, Beverly Houston and Brenda Hallam were thanked for bringing refreshments. Brigitte Hartke, *Wild News* editor, thanked Nancy V for putting together the May/June newsletter. Brigitte's husband had passed away, and Brigitte was spending time with her family.

Valerie Kenyon Gaffney, treasurer, reported that PWWS had \$653.85 in checking, and \$11,922.93 in savings.

Marion Lobstein, botany chair, said the walk for May 3 will be canceled because of predicted rain. July 11 will be our next membership meeting. Our normal first-Thursday meeting date would be July 4, but we will avoid meeting on that holiday.

Nancy V thanked the "J" team, Janice Beaverson, Jeanne Endrikat, and Janet Wheatcraft for opening their gardens for the April 20 PWWS Garden Tour.

**Program:**

Nancy V introduced Nancy Berlin for a presentation entitled "Container Gardening with Natives." [We have a lot of Nancys in PWWS.] Nancy B is the Natural Resources Specialist and Master Gardener Coordinator for Virginia Cooperative Extension-Prince William County.

For a pleasing design in a container, Nancy B suggested adding native plants that include a thriller, a spiller, and a filler. Her handout listed examples of combinations for different levels of sun and different seasons. For example, for Shade-spring/summer, use *Sedum ternatum*, *Packera aurea*, *Phlox divaricata*.

Types of containers and soils were discussed, and tips, such as No Rocks at the Bottom of the Containers were shared. In terms of "ecological themes", a hummingbird container might contain various red flowers: Columbine (*Aquilegia canadensis*), red Bee Balm (*Monarda didyma*), and Cardinal Flower (*Lobelia cardinalis*).

If you would like a copy of the handout, please email Prince William County Extension Office at [mastergardener@pwcgov.org](mailto:mastergardener@pwcgov.org) or call 703-792-7747. For the first door prize, Nancy B provided the plants and arranged a container garden for the lucky recipient-Carol Thompson. Thank you Nancy B for this informative presentation; any one with any size home can enjoy container gardening with natives!

**Door prizes:**

Other door prizes included a scarf, a rock paperweight engraved with the VNPS logo (from Val Neitzey), and two potted native plants.

Meeting adjourned at 8:50 p.m.

**In Attendance:** Elaine Haug, Val Neitzey, Carol Thompson, Muriel Devine, David Singman, Harriet Carter, Jannell Bryant, Jeanne Endrikat, Marion Lobstein, Brenda Hallam, Beverly Houston, Libby Pemberton, Nancy Arrington, Tom Attanaro, Janice Beaverson, Margaret Fisher, Ann Cain, Tom Andrew, Joyce Andrew, Ellen Miles, Brigitte Hartke, Karen Waltman, Nancy Vehrs, Harry Glasgow, Andrea Kinder, Valerie Kenyon Gaffney, Julie Sarr, and speaker Nancy Berlin.

Karen Waltman, Secretary

**Prince William Wildflower Society**

*Wild News* is the bi-monthly newsletter of the Prince William Wildflower Society, P.O. Box 83, Manassas, Virginia 20108. View *Wild News* in color at: [vnps.org/princewilliamwildflowersociety/](http://vnps.org/princewilliamwildflowersociety/) Nancy Vehrs, President; Brigitte Hartke, Editor. Please submit article submissions to [BrigitteHartke@gmail.com](mailto:BrigitteHartke@gmail.com). Original Material in *Wild News* may be reprinted if credit is given to PWWS, to *Wild News* and to the author of the material, if named.

Next submission deadline:  
Monday, August 12, 2019

# Calendar of Events

## July

**Saturday morning, July 13, 9-12** — A class is offered at the Teaching Garden at the Benedictine Monastery 9535 Linton Hall Rd., Bristol, VA **Wildlife Gardening with the Humane Gardener** – **Speaker Nancy Lawson** is the author of *The Humane Gardener: Nurturing a Backyard Habitat for Wildlife*. A columnist for *All Animals* magazine, she founded **Humane Gardener**, an outreach initiative dedicated to animal-friendly landscaping methods. Her book and garden have been featured in *The New York Times*, *The Washington Post*, *O: The Oprah Magazine*, and other media outlets. Take note: you must sign up for the *Saturday in the Garden* classes offered, but they are FREE:  
<http://www.pwcgov.org/government/dept/vce/Pages/Saturday-in-the-Garden.aspx>

**Also on that same morning, July 13:**

**Barcroft Magnolia Bog with local botanist Rod Simmons and Greg Zell, 9 - 12 noon, 4200 S. Four Mile Run Drive, Arlington.** Join Rod and Greg as they look for signs of the globally rare bog ecosystem that once existed here on the southern end of Barcroft Park. More information on this project can be found here: <https://armn.org/2016/09/22/barcroft-magnolia-bog-restoration-project-receives-2016-achievement-award/>

**Saturday afternoon, July 13, 1-3 pm**  
**Butterfly ID workshop**  
**Prince William Conservation Alliance, Merrimac Farm WMA, 15014 Deepwood Lane, Nokesville**  
Brush up on your Butterfly ID skills in a workshop led by Larry Meade. Reservations required: [alliance@pwconserve.org](mailto:alliance@pwconserve.org), 703-499-4954, and on the following Saturday, 20 July:  
... and

**Saturday morning, July 20, 2019 — Annual Butterfly Count, Manassas Circle.** RSVP required to [alliance@pwconserve.org](mailto:alliance@pwconserve.org). You'll receive the meeting location for your survey team when you RSVP.

**Sunday, July 30, 8 - 11 am**

**Last Sunday Bird and Nature Walks at Merrimac Farm, 8 am**

Join us as we look for birds and interesting plants as we travel through the uplands to the edge of the floodplain, covering a variety of habitats, including open fields and woodland edges. Everyone welcome. Dress for the weather, bring binoculars and cameras. More info and RSVP (appreciated though not required): PWCA, 703-499-4954 or [alliance@pwconserve.org](mailto:alliance@pwconserve.org). View the bird list for Merrimac Farm [HERE](#)

## August

**Additional Events:** For additional events not scheduled at this time, please visit our Facebook Page: <https://www.facebook.com/Prince-William-Wildflower-Society-a-Virginia-Native-Plant-Society-Chapter-142292732540373/>

SAVE the DATES!

**Thursday, September 5 Meeting, 7:30,**  
Bethel Lutheran  
Church, 8712  
Plantation Lane,  
Manassas, VA., Alonso  
Abugattas, Capital  
Naturalist, Wildflower  
Folklore and  
Ethnobotany



**Friday-Sunday, September 27-29,** Virginia  
Native Plant Society Annual Meeting,  
Front Royal, Virginia



## *Monotropa uniflora* Indian Pipe: a beautiful and unusual "thief"

By: Marion Lobstein, PWWS  
Botany Chair

*Monotropa uniflora*, commonly called Indian pipe or Ghost Plant, is a perennial member of the Ericaceae (Heath family). This most unusual appearing plant that is a waxy and icy-white to light pink to even red in color looks more like a fungus than a flowering plant. This species blooms as individual stems each with one flower or in clusters of individual plants and appear pushing up through leaf litter in June until early autumn. The habitat of Indian pipe is in rich damp woods to sandy woods in the coastal plain. In the Digital Atlas of the Virginia Flora and the range maps in the Flora of Virginia Mobile App, Indian pipes have been documented in all but two western counties of Virginia. Its worldwide range is throughout much of the continental United States north into Canada and Alaska and even in Asia. Linnaeus assigned this binomium *Monotropa uniflora* to this species in 1753. The genus name *Monotropa* is derived from two Greek words, "monos" for one and "tropos" for turn, referring to the single flower on each stem turning up in the fruiting stage and the species epithet *uniflora* from Latin "uni-" for one and Latin "flora" for flower, referring to a single flower on each stem. The common name Indian pipe refers to the appearance of the flowers to ceremonial pipes smoked in some Indian tribes. Other common names are corpse plant and ice plant, referring to the tendency of the delicate tissue to turn black once it is handled as well as the cold clammy feel of the plant. The common name ghost plant refers to the ghost-like appearance of these usually white waxy plants often found in deep forest shade.



Each Indian pipe plant has a slender waxy stem that may be up to 4-10 inches tall with numerous small scale-like leaves. The individual flower of each Indian pipe is up to an inch long with 2 or 4 small sepals that are shed soon after the flower opens, 4-5 petals that form an elongated bell shape, 8-10 stamens, and a pistil with a disk-like stigma. The flowers are odorless but pollination is typically by insects such as bumblebees. After the release of pollen, the position of the flower turns upright and that is the position in which the fruit is displayed. The fruit that develops from each fertilized flower is a capsule up to 1/2 inch long with 8-10 slits with fungus from which nutrients will be derived.

No part of the Indian pipe plant contains chlorophyll and consequently no photosynthesis occurs. Instead this species along with other Ericaceae relatives in Virginia such as pinesap (*Hypopitys monotropa*, originally assigned the binomium *Monotropa hypopithys* by Linnaeus) and sweet pinesap (*Monotropsis odonata*) are described as holomycotrophic or mycotrophic. Once these species were considered saprophytes ("sapro" is Greek for death and "phyte" meaning plant) obtaining nutrients from rich humus or decaying organic matter in topsoil.

Holomycotrophs are obtaining all of their nutrients by parasitizing the fungi associated with roots of forest trees. The fungus that is parasitized by these plants is in a mutualistic symbiotic relationship with the tree roots in which the tree roots receive nutrients such as nitrogen and phosphorus from the fungus, and in return the fungus receives energy-rich sugars (carbohydrates) from the tree. These holomycotrophs "steal" the energy-rich carbohydrates and other nutrients from the fungus without any benefit for the fungus. Other plants such as beechdrops (*Epifagus virginiana*) and cancerroot or squawroot (*Conopholis americana*) (both in the *Orobanchaceae* or Broomrape family) are holoparasites or true parasites living off the roots of other living plants.

*Article by Marion Lobstein, continued from last page:*

The medicinal uses of Indian pipes by American Indian tribes as well as in folk or herbal medicine are numerous. These medicinal uses (mainly of the rhizome) ranged from treating sore throats, bronchitis, coughs, colds, whooping cough, malaria, yellow fever, smallpox, measles, chorea, headaches, fatigue, hysteria, hives, itching, kidney problems, arthritis, rheumatism, snakebite (as a poultice), high blood pressure, and female problems such as menstrual cramps and the pain of childbirth. Extracts from this plant are thought to have anti-inflammatory properties (salicylates, the active

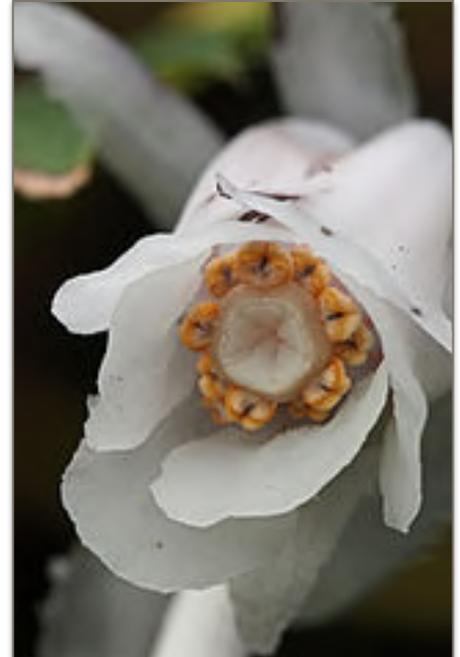
ingredient of aspirin, is found in the plant), antispasmodic, sedative (even slightly narcotic), diuretic, and expectorant properties. It was not only important in American Indian medicine but also was listed in the U.S. Pharmacopeia from 1820-1936 and in the National Formulary from 1936-1950. Indian pipes are considered edible by some people but supposedly with a bland taste similar to asparagus as well as possible toxicity.

This summer into early autumn, enjoy the surreal beauty of Indian pipes. Look, photograph, but do not disturb or pick these unusual plants. All parts of the plants will turn black, and the name corpse plant will be more appropriate.



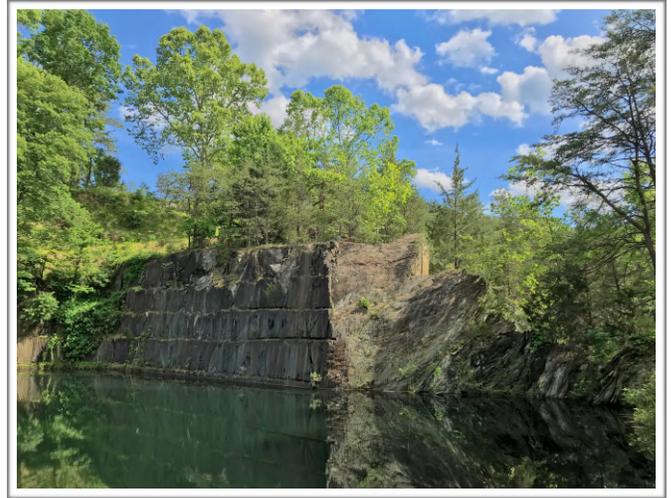
*Above photo: Indian Pipe, Lake Accotink, by Brigitte Hartke.*

*Right: close up of Indian Pipe flower, credit Wikimedia*



# The Quarry Gardens at Schuyler

In mid-May, Nancy Vehrs and a group of PWWS members and friends made a return trip to the Quarry Gardens at Schuyler, Nelson County, Virginia. A 2 1/2 hour drive from Manassas, the Quarry Gardens' 40 acres are nestled into a 600-acre property owned by a delightful couple — Armand and Bernice Thieblot. The Gardens, brainchild of the Thieblots, feature two miles of walking trail, more than 30 galleries of native plant communities and a Visitors Center that includes exhibits on native plants, local ecosystems as well as some history of the soapstone industry in Schuyler. Soapstone exists in only a few places in the world, among them Alaska, Brazil, Finland — and Central Virginia.



After the video introduction, we wandered from formal entry gardens where sun-loving native plants bloomed, to the South Quarry Gardens and the beautiful overlook of the deep water that now fills the abandoned quarry. Native plants, ferns, large displays of mosses and lichens made for a cool, green and interesting walk under a tree canopy that provided welcome shade and cover.

Since our visit last fall, the Thieblots have added a state-of-the-art personal trail sound system complete with earphones allowing us to string out along the trails and keep our own pace without missing any narrative; we found this amenity very helpful as we wandered the paths, often in single file, and stopped to take photos. Bernice told us that the trail sound system, introduced late last season, has been a hit. There is no admission charge for individual tours, although a donation of \$10 per person is suggested. The Gardens are open to visitors from April to November.



*Photo, left to right: Tom Andrew, Nancy Vehrs, Brigitte Hartke, Bev Horton, Peggy Martin, Joyce Andrew, Andrea Kinder (back), Amy Wilson, Harriet Carter (back), Henry Wilson, Valerie Gaffney. Photo by Bernice Thieblot.*

In 2014, after 23 years of casual site clean-up of the property, the Thieblots embarked on a three-year plan to create a public garden that would contain the most inclusive plant communities possible with the result that the Gardens' 40 acres contains the largest documented number of Virginia native plants of any botanical garden in the Commonwealth. Link: [A consolidated list of the plants and animals found at the Quarry](#)

We began our visit at the Visitors Center where we watched a short video explaining the history and development of the property, from working quarry in the 50s to the 70s, to its development into the gardens we see today.



# PRINCE WILLIAM WILDFLOWER SOCIETY

A Chapter of the Virginia Native Plant Society  
P.O. Box 83, Manassas, Virginia 20108-0083



Next Meeting: Thursday, July 11, 2019, 7:30 pm  
William Carronero: "The Flight of the Monarch"

Bethel Lutheran Church, Plantation Lane, Manassas, Virginia 20110

## Thanks to Plant Sale Volunteers

Another successful plant sale! Our total income was \$5220, which included \$4660 for plants. According to Treasurer Valerie Kenyon Gaffney we had membership income of \$420, book sales of \$118 and \$22 in donations. We sold over 900 plants, and the largest sale was \$165 to a non-member.

We have a dedicated group of volunteers who contribute to the plant sale every year. They include members who pot their own plants and those who dig and pot plants from other members' gardens. These members and others show up bright and early on sale day to unload and arrange plants, label and price plants, set up the tents, help customers with their selections, serve as cashiers, and tidy up after the sale.

Thanks so much to this year's volunteers: Joyce Andrew, Janice Beaverson, Dee Brown, Tiana Camfiord, Marie Davis, Barbara Deegan, Jeanne Endrikat, Valerie Gaffney, Harry Glasgow, Deanna High, Sandy Jeter, Andrea Kinder, Diane Liga, Glen Macdonald, Janet Martinet, Brian McDougal and his son Owen, Lois Montgomery, Valerie Neitzey, Martha Slover, Charles Smith, Linda Stoltz, Carol Thompson, Nancy Vehrs, and Janet Wheatcraft. Please let me know if I missed anyone.

Special thanks to Nancy Vehrs for ordering plugs from North Creek Nursery and potting them for the sale, to Deanna High for adding to our photo collection, and to Barbara Deegan for two lovely miniature gardens that sold for very good prices.

As always, a big thank you to our loyal customers who come to purchase plants year after year. What do they do with all those King Ferns?! You would think everybody has a beautiful fern garden by now, but they come back every year and make a mad dash for the ferns. Pollinator plants sell well, and we plan to have more of those next year.

Nancy Arrington  
Plant Sale Chairman