



# Wild News

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

Number 2024-05

September - October 2024

**Prince William Wildflower Society  
Membership Meeting  
Bethel Evangelical Lutheran Church  
Manassas**

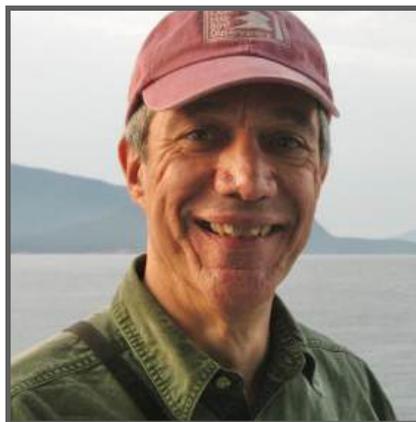
**Monday, September 16, 7:30 pm**

**"The Wildlife Benefits of a Naturally  
'Untidy' Winter Garden"  
with Tom Attanaro**

For three seasons our gardens showcase flowers, birds, butterflies, bees and other animals. In late fall, we're often advised to "clean up" our "dead" gardens for the winter. In this program, we'll discuss what to do and not do to prepare your garden for winter, why winter gardens are vitally important to your garden's health for the rest of the year, and give some design tips on how to incorporate natural elements that (hopefully) won't upset your neighbors or HOAs.

Our own Tom Attanaro will be presenting our September program. Tom is a longtime PWWS member.

Tom is Ambassador for NVBA Wildlife Sanctuary Program (formerly known as Audubon at Home). In addition he has been a Certified Virginia Master Naturalist since 2010.



Tom attended George Washington University Landscape Design Program and is also a former member of the Potomac Appalachian Trail Club. His house was featured on our PWWS Garden Tour in 2022. He has lived in PWC since 1981. He grew up in Cleveland, Ohio.

Tom is a Journalist, Photographer, Documentary and Television News Producer, Writer, Editor in the private sector and government.

He earned his B.A. at Denison University and an M.S. at Northwestern University Medill School of Journalism.



## President's Message

Happy Fall! After a dreadfully hot and dry summer, we welcome the cooler weather of fall. I know that I stayed inside too much and missed many opportunities to see summer blooms. However, we did hold our usual Deep Cut Meadow walk at Manassas Battlefield, led by ecologist Charles Smith in late August. It was disheartening to see that the large meadows, beyond the little area where we walked, had been mowed; one could even say "scalped." Sigh. We've tried to work with the park about the mowing but to no avail. In happier news, the rare American Bluehearts (*Buchnera americana*) bloomed once again in some other meadows in the park, and I was pleased to visit them in near peak form.

We did have a successful walk at Bull Run Mountain Natural Area Preserve in July that was open to all members of VNPS. Amber Miller of the Virginia Outdoors

Foundation was an excellent guide for this field trip that attracted members from five VNPS chapters. We are fortunate to have this natural and cultural gem on the edge of our county. The preserve, located at 17502 Beverley Mill Drive in Broad Run, is open to the public Fridays-Sundays.

I was disappointed that I was unable to schedule a field trip to the Quarry Gardens at Schuyler this year. The change in ownership of the garden from private to nonprofit brought some challenges. I hope to schedule a visit in 2025.

Fall brings in another season of festivals and tabling opportunities for us, and we could use volunteers. We will pair "newbies" with experienced members. The first event is the Fall Festival at Leopold's Preserve on Saturday, September 21, headed by Education Chair Lois Montgomery.

I will be in Harrisonburg for the annual meeting of the VNPS that weekend. If you're not attending the VNPS annual meeting, perhaps you can volunteer with Lois. Other events are scheduled for October and November, and I will ask for volunteers in specific emails. We need you!

Our meeting on Monday, September 16, serves as our annual meeting in accordance with our bylaws. Though we do not elect officers this year, we do need our members to approve our annual budget. Member and Master Naturalist Tom Attanaro has an excellent program lined up. *The Wildlife Benefits of a Naturally "Untidy" Winter Garden* can guide us as we think about putting our gardens to bed later this fall. I look forward to seeing many of you there.

~ Nancy



*Photos: Deep Cut Botany Walk, led by Charles Smith, lower left, with Marion Lobstein, upper left to the right of Nancy Vehrs, providing the botany lists for participants. Page 3, photos of the field trip led by Amber Miller at Bull Run Mountain.*



**Prince William Wildflower Society  
Membership Meeting  
Minutes  
July 15, 2024 at  
Bethel Lutheran Church**



The evening's speaker was Claudia Thompson-Deahl, Invasive plants; and later on Marion Lobstein gave us a short lesson on how to use the Flora of Virginia app.

Before the presentations began we welcomed new visitors Al and Emiko Albarn.

Invasive plants are not native plants. They will take over our native landscapes and crowd out our natives. Some vine-type invasives are so aggressive they climb up our native trees and block out the sunlight, killing our beautiful trees. With invasives taking over, there is less food for our native insects and animals, which can cause extinction of our native species.

Many invasives arrived in the US because of nurseries; others were brought over by being used as packing materials, such as Japanese Stilt grass. They also arrived with immigrants who came to America and brought some of their favorite plants from their homeland to plant in their yards — a piece of home. Lastly, plants we were told could not reproduce found a way. A perfect example of this is the Bradford Pear.

Ways to remove invasives: If you see a few invasives coming up in your yard, a Weed Wrench can be very helpful removing the weed, roots and all. Buckthorn Bags can be found online; place the black bag over a stump or bush and zip tie the bottom close to the ground and the roots will die. Remove the plants before they go to seed. Seeds can attach to pets, other animals, or our clothes, and animals eat the fruits (ex. Wineberry) spreading the invasives around. Lastly, use the hack and squirt method; hack invasive to the base, then spray the open wound with RoundUp.

On display at the meeting were invasive plants and books to ID invasive plants. One was *Plant Invaders of Mid-Atlantic Natural Areas* by the National Park Service & US Fish and Wildlife Service, *Planting for Wildlife in Northern Virginia* by the Loudoun Wildlife Conservancy, and *Mistaken Identity* by [NRCS.USDA.gov](http://NRCS.USDA.gov)

Marion Lobstein talked us through the Flora of Virginia app. You can use Browse, by entering the name of the plant (common or scientific). Or by using the Graphic Key, which answers questions about the plant you are looking at. When you enter the answers, several plants will come up, and you can see which plant looks like the plant you are seeing. A nice thing about the app is, for every plant it will tell you if it is native or non-native!

~ Janine Lawton, Secretary



*Bull Run Mountain field trip views with Amber Miller. The plant to the right is Rattlesnake Plantain, *Goodyera pubescens*.*



## 'Jeana' Summer Phlox, *Phlox paniculata* 'Jeana'

This summer I've had more butterflies than in the past few years in my pollinator garden. The most popular plant has been 'Jeana', a 2-4' tall selection of our native phlox with clusters of small light magenta flowers. It started blooming in mid-July and will continue into September. It has been the Tiger Swallowtail's favorite plant and has also attracted Spicebush Swallowtails, Eastern Tailed Blues, Pearl Crescents, and several skippers including Silver-spotted and Sagem. Other pollinators include bumblebees, small native bees, and hummingbird moths.

Summer phlox (also called Tall or Garden Phlox) has been a mainstay in my pollinator garden since I started gardening some 40 years ago. Despite my best efforts to make it happy – 3-4 hours of sun, good air circulation, thinning large clumps, rich soil, adequate moisture, and good drainage – the leaves of most plants get powdery mildew, which in addition to being unsightly may eventually kill the plants. Over the years I've tried a few "disease resistant" cultivars, but they've been mostly disappointing.

And then along came 'Jeana'. I got my first plant in 2019 and have since added several more. In addition to being a beautiful, fragrant butterfly magnet, 'Jeana' has excellent resistance to powdery mildew. It was discovered growing in a patch of otherwise mildewed phlox along a river near Nashville, Tennessee, and was named for its discoverer, Jeana Prewitt.

It was the best-performing plant in Mt. Cuba's 2015-2017 trial of hundreds of phlox species and cultivars. Although individual flowers are quite small, they attracted more

butterflies than any other phlox in the trial. Additional good performers from Mt. Cuba's trials are 'Glamour Girl', 'Delta Snow', 'Lavelle', 'Robert Poore', 'David', 'Coral Crème Drop' and 'Shortwood'.



The Perennial Plant Association chose 'Jeana' as its 2024 Perennial Plant of the Year. Begun in 1990, this program highlights a perennial chosen for its suitability for a wide range of climatic conditions, low maintenance, disease and pest resistance, and ready availability. Additional natives (some cultivars) that have been honored include *Rudbeckia* 'American Gold Rush' and 'Goldsturm', *Amsonia hubrichtii*, *Baptisia australis*, *Echinacea purpurea*, *Penstemon digitalis*, *Coreopsis verticillata*, *Heuchera mircantha*, *Phlox paniculata* 'David', and *Phlox stolonifera*.

'Jeana' blooms over a long period and combines beautifully with many native pollinator plants that share the same growing conditions. July

and early August companions include flat-topped aster (*Doellingeria umbellata*) with clusters of small white flowers, pink and white coneflowers (*Echinacea* spp.), and blue-flowered downy skullcap (*Scutellaria incana*). Later flowering natives include New York ironweed (*Vernonia noveboracensis*), blue lobelia (*L. siphilitica*), Joe pye weed (*Eupatorium* spp.), goldenrods (*Solidago* spp.), and black-eyed Susans (*Rudbeckia* spp.).

Like other summer blooming perennials, stems of 'Jeana' can be cut back in early June resulting in bushier plants that will bloom later. Deadheading (removing spent blossoms) will encourage reblooming. A yearly application of compost will keep plants growing well, and a mulch of chopped leaves will help retain soil moisture. Clumps can be divided in early spring. I haven't noticed any 'Jeana' seedlings in my garden, but several internet sources say it will come true from seed, and a couple say it won't. Deer love summer phlox, and 'Jeana' is no exception, so be prepared to spray.

Flower color of the native species (*Phlox paniculata*) growing in the wild ranges from light pink to dark magenta, and some flowers will have a lighter or darker "eye." It grows in moist, rich open woods and thickets from New York west to Iowa and Kansas, south to Arkansas, into northern Mississippi and east to Georgia. It's found in all areas of Virginia except for a few scattered counties.

Note: This is a revised version of an article I wrote for Centennial Garden Club in September 2023.

~ Nancy Arrington

## Joe-pye-weeds: Eutrochium Species

By Marion Lobstein, Botany Chair, Prince William  
Wildflower Society and Professor Emeritus,  
Northern Virginia Community College

Reprinted from the September 2014 issue of  
*Wild News*

In late summer and early fall, the handsome mauve purple blooms of Joe-pye-weeds, *Eutrochium* species, add color to our moist meadows, roadsides, and woodlands. There are four species of the genus *Eutrochium* (“eu,” true; and “trochium,” wheel, referring to whorled leaves) found in our general area (with *E. dubium* being documented only in Fairfax County) and a fifth species, *E. steelei*, found in southwestern Virginia. The four more common species are found in eastern Canada and eastern U.S. and some species into the Midwest. Joe-pye-weed species were once part of the much larger genus *Eupatorium* (named for Eupator, an ancient king based on “eupatrides,” Greek for noble father). In the 1980s, Joe-pye-weed was placed in the genus *Eupatoriadelphus* (brother of *Eupatorium*). In 2004, the genus was replaced by *Eutrochium*, a genus first proposed in 1838. Joe-pye-weed species are members of the Asteraceae or composite family. There are four species of Joe-pye-weed found in our area: Three-nerved or coastal, *Eutrochium dubium*; Hollow-stemmed, *E. fistulosum* (hollow); Spotted, *E. maculatum* (spotted); and Sweet scented or purple, *E. purpureum* (purple).

The primary common name for *Eutrochium* species, Joe-pye-weed, is based on the legend of the eponymous Indian healer (Joe Pye), who used the herb to treat typhoid fever in colonial Massachusetts (there are other explanations as well). Other common names include Gravel root (used to dissolve gall stones or “gravel”), Kidney root (treating urinary system problems), Queen of the meadow (height of plants and stately appearance), and Trumpet weed (whorled leaves form trumpet shape).

All Joe-pye-weed species are perennials that stand six feet or taller, with *E. maculatum* and *E. purpureum* taller than the other species. Stems are a good way to differentiate the four common species: *E. fistulosum* stems are hollow, purple, and glaucous (whitish bloom); *E. purpureum* stems are purple at nodes and some purple along stem, partly hollow; *E. maculatum* stems have solid pith and are speckled or solid purple; and *E. dubium* stems are solid or hollow and can vary with purple coloration. Leaves in all species are whorled and serrated; the number of leaves in a whorl varies from several to many depending on the species.

Like New York ironweed (*Vernonia noveboracensis*) (see July-August 2014 issue of *Wild News*), Joe-pye-weeds have only ray florets—but mauve purple instead of dark purple. The florets, less than a half inch long, are perfect (with stamens and pistils) and fertile.



Florets occur in heads in groups of 4 to many florets, with cylindrical involucre of five to six rows of leafy bracts or phyllaries. These heads are arranged in a compound inflorescence known as a corymb. Corymbs are variously shaped from domed to flat and are composed of several to many heads. Primary pollinators include wild bees, honey bees, and butterflies (including swallowtails and monarchs). The fruits, known as cypselae, are prismatic (angular, flat sides), with five ribs, subtended by pappi of numerous barbed bristles. The seeds are wind dispersed. Blooming times are July to October. Most species are found in moist to wet habitats, except for *E. purpureum*, which is found in drier habitats and even forests.

American Indians used Joe-pye-weed to treat many different ailments ranging from dissolving gall stones, treating fevers and urinary tract problems, easing post-partum pain, counteracting nervousness and hysteria to dealing with problems of digestive, respiratory, and muscular and skeletal systems. Joe-pye-weeds were considered a panacea and were highly valued by Indian tribes in areas where species grew. All parts of the plant are edible.

Enjoy the beautiful colors of Joe-pye-weed blooms mixed in with New York Ironweed, goldenrod species, tickseed sunflowers, and asters this time of year. These provide us with a varied palette of colors and vital nectar for pollinators. ~ Marion

## *Marion Lobstein, PWWS Botany Chair, has an article published in the Virginia Journal of Science*

Marion Lobstein, VNPS Life Member, has been an active member of the Virginia Academy of Science VAS since 1977. In 2001 she helped to establish the Foundation of the Flora of Virginia Project and served on the board of direction until 2021. At the 2023 VAS Annual Meeting, the centennial of the establishment of the Academy, Marion delivered a presentation “Some notable women botanists in the VAS: their roles in supporting the development of the modern *Flora of Virginia*”. She was encouraged to expand this presentation into a *Virginia Journal Science* article which now has been published in the Centennial issue of the *Journal*. This article highlights the contributions of Lena Artz, Martha Roane, Dorothy Bliss, Donna Ware, and Andrea Weeks, as well as Marion’s own contributions. In the writeups on Bliss, Ware, and herself, the importance of activities in VNPS of these VNPS members is noted. To view this article entitled “Some Notable Women Botanists in the VAS: Their Roles in Supporting the Development of the Modern *Flora of Virginia*,” visit the following link: <https://digitalcommons.odu.edu/vjs/vol75/iss1/12/>

## *Blooming now at Leopold’s Preserve ~*

On a very recent visit along the trails at Leopold’s Preserve, fields of native flowers typically blooming at this time of year were a fine display of color and form — and activity, with many pollinators to be found searching for nectar. Species of goldenrod, asters and helenium were seen in abundance, as were many of our beautiful native grasses. 16290 Thoroughfare Road, Broad Run. This local preserve is well worth a visit right now. <https://www.leopoldspreserve.com/trail-map>



## UPCOMING EVENTS

### PLEASE NOTE:

For events not scheduled at the time this issue went to press, please continue to visit the PWWS web page: [vnps.org/princewilliamwildflowersociety/](https://vnps.org/princewilliamwildflowersociety/)

## September

**Friday, September 20 to Sunday, September 22, All Day**  
**2024 Virginia Native Plant Society Annual Meeting and Program**  
**Massanetta Springs Conference Center, Harrisonburg, Va.** <https://vnps.org/events/2024-annual-meeting-and-program/>

**Friday, September 20, 6 to 7:30 pm**  
**Party in the Paw Paw Patch, Clifton Institute, 6712 Blantyre Road, Warrenton.** Join us way down yonder for a Pawpaw party! We are excited to host this celebration of our only native tropical fruit tree! We will give a brief talk on the ecology and cultural history of the species before we meander on over to the pawpaw patch to pick fruits to sample. Registration required. Cost: \$15 (Free for kids under 18, \$10 for [Friends of Clifton.](#))  
Age: Adults and children accompanied by an adult.

**Saturday, September 21, 11 am to 3 pm.**  
**Leopold's Preserve Fall Festival, 16290 Thoroughfare Rd. Broad Run.** A family-friendly celebration of conservation and fall beauty. Look for our PWWS tent.

**Saturday, September 21, 10 to 11:30 am**  
**Composites Walk with Nelson DeBarros at South Run District Park, 7550 Reservation Drive, Springfield,** sponsored by Potowmack Chapter. Explore the power line corridor in search of asters, goldenrods and Thoroughworts, others, too. Registration required: <https://vnps.app.neoncrm.com/np/clients/vnps/eventRegistration.jsp?event=1410&>

**Saturday, September 28, 9 am to 2 pm**  
**Northern Alexandria Native Plant Sale,** with twelve vendors hosting. The Church of St. Clement, 1701 North Quaker Lane, Alexandria. 21st anniversary for this sale which started in the Fall 2003. <https://>

[www.facebook.com/NorthernAlexandriaNativePlantSale](https://www.facebook.com/NorthernAlexandriaNativePlantSale)

## October

**Wednesday, October 2, 10 am to 1 pm**  
**Potowmack Chapter Native Plant Sale,** Green Spring Gardens, 4603 Green Spring Road, Alexandria.

**Saturday, October 5, 9 am to 3 pm**  
**Fall Garden Festival & Native Plant Sale,** Christ Church, 7600 Ox Road, Fairfax Station. This announcement brought to you by PWWS member Adrian Willing of Bee American, Plant Native LLC. Featuring several VA native plants nurseries and farm sales; food pantry donation for local homeless shelters. Bring your own wagon! <https://www.facebook.com/share/YbBrrgQ2nv5SmyFP/>

**Sunday, October 20, 1 to 3:30 pm**  
**Nature Journaling at Meadowood Special Recreation Area with Jen Brown.** This event is sponsored by VNPS Potowmack Chapter. Mustang Trailhead - Meadowood Special Rec Area, Horse Trailer Parking area at the intersection of Gunston Rd. and Harly Rd. Walk includes forest edge, open fields and pond habitats — hopefully, good material for Journaling. Register now: <https://vnps.app.neoncrm.com/np/clients/vnps/eventRegistration.jsp?event=1411&>

**Monday, October 21, 1 to 3 pm**  
**Fall Colors at Dyke Marsh with Alan Ford and Margaret Chatham of the Potowmack Chapter.** **Dyke Marsh Wildlife Preserve, address QX82+F8.** Space is limited, and registration is required. To register, please send an email with the subject line "Fall Colors Walk" to [info@fodm.org](mailto:info@fodm.org).

## November

**Monday, November 18, 7:30 pm**  
**PWWS meeting at Bethel Lutheran Church.** **Natalie Izlar, Botany Technician with Virginia Working Landscapes, will be the presenter at our November meeting.** Natalie oversees grassland vegetation surveys, trains and recruits new program volunteers, and promotes native plant conservation through various outreach events and plant consultations. Program to be announced soon.

# Prince William Wildflower Society

A Chapter of the Virginia Native Plant Society

P.O. Box 83, Manassas, Virginia 20108-0083



**Next Meeting: Monday, September 16 at 7:30 pm**

***“The Wildlife Benefits of a Naturally ‘Untidy’ Winter Garden”***

**with Tom Attanaro**

**Bethel Evangelical Lutheran Church, Plantation Lane, Manassas**

## *A Late Summer Visit to Deep Cut Trail, Manassas National Battlefield By Laura McDonald*

On a late August morning, thirteen hearty souls braved the brutal 91 degree heat to spend a few hours botanizing with Charles Smith along Deep Cut trail at Manassas National Battlefield. As attendees arrived, they were welcomed by the Marion Lobstein, PWWS Botany Chair.

She and other VNPS members have performed surveys at the trail since the early 1990s. An impressive list of plants has been compiled from their observations. Deep Cut is listed as a VNPS Registry Site. As Marion greeted the visitors, each received a printed checklist to reference.

Late summer and fall are fantastic times to visit Deep Cut trail.

According to the VNPS website it is an old field and meadow. It contains both dry and wet habitats that increases the diversity of plants. Charles shared a bit of the history of the area and its significance in the Civil War.



Brigitte Hartke, a long time VNPS member, commented, “The walk was wonderful, and as always I learned new things — thank you, Charles, for your enthusiasm and for sharing so much useful

information, and thank you Marion, for the lists you provided.”

While this summer has seen extreme temperatures and drought conditions, we were able to identify six different goldenrod species as well as many native grasses. Charles demonstrated how to properly determine New York Ironweed (*Vernonia noveboracensis*) vs. Upland Ironweed (*Vernonia glauca*). We enjoyed a bit of shade under a stately oak tree for a photo opportunity before making our way back to the parking lot.

<https://npplan.com/parks-by-state/virginia-national-parks/manassas-national-battlefield-park-park-at-a-glance/manassas-national-battlefield-park-hiking-trails/manassas-national-battlefield-park-deep-cut-loop-trail/>