



The Sunflower

Bring me the sunflower to plant in my garden here
Where the salt of the flung spray has parched a space,
And all day long to the blue and mirroring air
Let it turn the ardor of its yellow face.

These dark things to the source of brightness turn,
In a flow of colors into music flowing, spend
Themselves forever. Thus to burn
Is consummation, of all ends the end.

Bring me within your hands that flower which yearns
Up to the ultimate transparent white
Where all of life into its essence burns:
Bring me that flower impassioned of the light.

~Eugenio Montale (trans. Maurice English)

[Images: *Helianthus angustifolius* (Swamp sunflower), Stefan Bloodworth, NPIN Image Id: 18961, accessed at wildflower.org; Meredith Keppel, courtesy of Meredith Keppel; *Notice of some Fungi collected by C. Darwin, Esq., in South America and the Islands of the Pacific*, by the Rev. M. J. Berkeley, accessed at Darwin Online <http://darwin-online.org.uk/content/frameset?itemID=A127&viewtype=image&pageseq=7>; *Thalictrum dioicum* photo, R.W. Smith, NPIN Image Id: 32354, accessed at wildflower.org; *Actaea racemosa* (syn. *Cimicifuga racemosa*, Black cohosh), W.D. and Dolfia Bransford, NPIN Image Id: 9316, accessed at wildflower.org; *Chelone glabra* illustration, by C.J. Trew and G.D. Ehret, in *Plantae selectae*, vol. 9: t. 88 (1772), cont. by Missouri Botanical Garden, St. Louis, accessed at http://plantillustrations.org/illustration.php?id_illustration=58586.]



PRINCE WILLIAM WILDFLOWER SOCIETY

A Chapter of the Virginia Native Plant Society

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

Next Meeting: Monday, July 18, 2016, 7:30 p.m.

Meredith Keppel, "Mushrooms and Other Fungi"

Bethel Evangelical Lutheran Church, 8712 Plantation Lane

Manassas, Virginia 20110



WILD NEWS

Prince William Wildflower Society

A Chapter of the Virginia Native Plant Society

Number 2016-04

July-August 2016

**Prince William Wildflower Society Membership Meeting, Monday, July 18, 2016, 7:30 p.m.,
Bethel Lutheran Church, 8712 Plantation Lane, Manassas, Virginia 20110**



"Mushrooms and Other Fungi," with Meredith Keppel

Our July program speaker, Meredith Keppel, is a rising high school junior from Herndon. Meredith is home-schooled, which gives her the freedom to explore her passions, environmental science and fungi. She volunteers with Goose Creek Association as a stream monitor, the Herndon Environmental Network, and serves as vice president of Habitat for Humanities Youth United. She recently graduated from an all-girls marine science and leadership semester school, Coastal Studies for Girls, in Freeport, Maine. In her free time she can be found hiking, researching the work of her mycological hero, Paul Stamets,

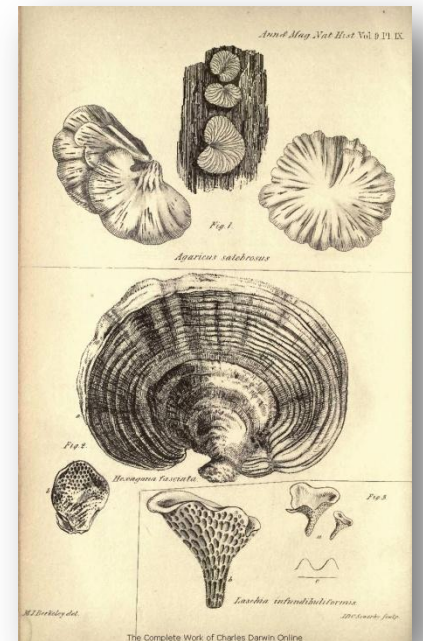
or just reading a good book. She is currently working on several projects, including starting a youth-led social justice group.

Plan to join other PWWS members and guests for this fascinating look at local mushrooms and other fungi. The program is free and open to the public, so bring a friend or two. Refreshments will be served and doorprizes awarded!

PRESIDENT'S CORNER

Summer is here! Time for picnics and barbeques, crickets and lightning bugs, and for wildflower enthusiasts like us, colorful blooms that attract a wide range of pollinators. It's also a time when we need to keep weeds at bay in our native plant gardens. Last fall, the Virginia Department of Transportation led a group of volunteers in planting a large area at the I-95 rest area with native pollinator plants. Now, maintenance is required and volunteers are needed on a recurring basis. Please consider helping with this project to support VDOT's efforts to provide habitat for monarch butterflies and other pollinators. See elsewhere in this issue for dates. The lovely wildlife garden at Merrimac Farm also needs regular volunteers. Check the website of the Prince William Conservation Alliance for dates at www.pwconserve.org.

I was sorry to have missed May's meeting with Pat Reilly on mosses and lichens, but very pleased that so many new members attended. This month's meeting features 16-year-old budding mycologist Meredith Keppel. Harry and I had the pleasure of hearing Meredith address the Northern Virginia Soil and Water Conservation District's Green Breakfast earlier this year. What a passionate, poised, and knowledgeable young woman she is! Since that



time Meredith graduated from an elite program in Maine called Coastal Studies for Girls. Her talk on mushrooms and fungi reveals how they may be the answer to many of the world's environmental problems.

PWWS member Janis Stone, a dedicated volunteer at Bull Run Mountain Natural Area Preserve, has offered to lead two walks this month in the lush forests of BRMNAP. One is on Saturday, July 16 at 9:30 and the other is set for Wednesday, July 20 at 9 a.m. Contact Janis at janis49@earthlink.net for details.

Hometown Habitat, a film that PWWS supported financially, is now available on DVD. I am currently trying to arrange for a local screening. Watch our Facebook page and local print and online newspapers for details. More information about the project is available at www.themeadowproject.com.

See you soon! --Nancy

Prince William Wildflower Society Membership Meeting Minutes Monday, May 16, 2016, 7:30 p.m. Bethel Lutheran Church

President Nancy Vehrs and vice-president Tamie Boone were out of town, and in their absence PWWS treasurer Diane Flaherty welcomed all to the meeting. Guests and those new to a meeting included Marlies Smith, Janine Lawton, Jane Smith, Kathy and Chuck Burch, and William Carromero.

Thank you to the following who provided refreshments: Libby Pemberton, Mary Hollifield, Barbara Deegan, Joyce Andrew, and Brenda Hallam.

Program: Marion Lobstein, PWWS botany chair, introduced Pat Reilly and her program on Mosses and Lichens. About 20 years ago, as the Master Gardener coordinator in Prince William County, Pat studied requirements for having a healthy lawn, but on her own property she found the only thing that would grow was moss. Pat researched the different mosses and experimented with their needs and for the last 10 years has taught classes on mosses and lichens. We were treated to a fresh look at these often undervalued plants.

Did you know..? Mosses like a pH of 5.5, so if you do not want moss growing in an area, you can change the pH of your soil. Or very carefully spray the chemical herbicide glyphosate (Round-Up). As Pat found, however, you can instead appreciate the soft textures, different colors, and other advantages of mosses and include them in your landscaping. We learned mosses prevent soil erosion, add nutrients to the soil, and provide nesting material and habitat. Pat showed pictures of the different mosses demonstrating their beauty; you can add mosses to container gardens if you want to start out small.

Lichens were also discussed, as they are a food source for some animals and a pollution indicator. (The less you have, the more polluted the air is.)

Pat works for Merrifield Garden Center and assists gardeners and landscapers with selecting trees and shrubs; she also educates them on the suitability of mosses in their landscaping. And sometimes nothing else will grow in certain areas anyway. We thank her for a very interesting presentation.

Doorprizes: Jeanne Fowler, Lobelia; Barbara Deegan, DVD, *Spring Wildflowers of the Mid-Atlantic Region*; William Carromero, Foamflower (donated by Stadler Nursery); Suzanne Parker and Janine Lawton, Aromatic sumac (donated by Stadler Nursery); Brenda Hallam, Wintergreen (donated by Stadler Nursery); Judith Bugbee, NOVA Natives t-shirt; Karen Waltman, Friends of the Potomac River Refuges t-shirt; Rick Flaherty, *Wildflowers of North America*; Chuck Burch, *Plant Invaders of the Mid-Atlantic Natural Areas*; Eo Jordan, a jeweler's light (for closer inspection of flowers/plants); and Peggy Martin, *Spring Wildflowers of the Mid-Atlantic Region*.

it has "broader, more lustrous foliage, denser inflorescence, and a more tightly clumping habit," but the hope of feeding a Checkerspot is reason enough to plant white turtlehead—or both.

--Deanna LaValle High (adapted from article first appearing in Wild News (July-August 2012))

[Sources: William Cullina, *Growing and Propagating Wildflowers of the United States and Canada*, New England Wildflower Society, 2000; Henry W. Art, *A Garden of Wildflowers: 101 Native Species and How to Grow Them*, Storey Communications, 1986; Bebe Miles, *Wildflower Perennials for Your Garden*, Hawthorn Books, Inc., 1976. Photos: *Lobelia siphilitica*, Missouri Botanical Garden, accessed at www.missouribotanicalgarden.org; Baltimore Checkerspot, North American Butterfly Association, www.naba.org; 'Black Ace,' Niche Gardens nursery catalogue; *Chelone glabra*, Steve Bauskauf, accessed at discoverlife.org]

And now what everyone has been waiting for: Botanically minded poems (more or less) for mid-summer...

Thalictrum and Cimicifuga

Thalictrum and Cimicifuga,
married for life:

"I love your filigreed
purply curls."

"I love your pompous
white spikes."

Look at them swaying there out in the wind,
bowed by the nastiest weather:

always reverting to genus
and always together.

~Jonathan Galassi (2012)

UNTITLED

I think you all will yield assent,
Whom Nature's laws approve,
That heat's the only element
That makes creation move.
Look at the earth in winter time,
Fields, trees, plants, flowers decayed;
Then view again when spring returns,
Them, rising from the dead.
By this we find that coldness kills;
That heat makes all things rife,
And that the influence of the sun,
Gives all creation life.

~Dr. Samuel Thomson, Philadelphia Botanic Sentinel
and Thomsonian Medical Revolutionist, IV (December 13,
1838), 125.



Everything is blooming most recklessly; if it were
voices instead of colors, there would be an
unbelievable shrieking into the heart of the night.

~Rainer Maria Rilke, Letters of Rainer Maria Rilke

Portami il girasole

Portami il girasole ch'io lo trapianti
nel mio terreno bruciato dal salino,
e mostri tutto il giorno agli azzurri specchianti
del cielo l'ansietà del suo volto giallino.

Tendono alla chiarezza le cose oscure,
si esauriscono i corpi in un fluire
di tinte: queste in musiche. Svanire
è dunque la ventura delle venture.

Portami tu la pianta che conduce
dove sorgono bionde trasparenze
e vapora la vita quale essenza;
portami il girasole impazzito di luce.

~Eugenio Montale, from *Ossi di Seppia*

summer/early fall. Turtlehead goes dormant and disappears in the winter, so be sure to mark where you put them.

Is turtlehead deer-resistant? Well, as usual, there is a wide variance of opinion floating on the surface of the Web on this topic, but turtlehead notably often is cited by experts (Mt. Cuba Center, for ex.) and advertised by nurseries as deer and even rabbit resistant. The latter, however, seems to belie Bebe Miles' charming account of how she learned to "prune" her turtlehead: "A rabbit taught me an interesting lesson: when spring growth has reached about 6 inches, nip off the *Chelone's* tender tips. This produces fine, bushy, branching plants, less tall and much more floriferous." Good advice, no matter who does the nipping.



As Marion Lobstein has noted in her essays (*Wild News* July-August 2012) on the Scrophulariaceae (Snapdragon Family), White Turtlehead, now in the Plantaginaceae (Plantain Family), is one of two host plants for the stunning Baltimore Checkerspot butterfly. I discovered that there is disagreement over the use of pink turtlehead *Chelone lyonii* (cultivar or species) as a possible host plant for Baltimore Checkerspot. Current plant wisdom holds that only *Chelone glabra* is a viable host, but on-line discussions reveal that gardeners and butterfly enthusiasts willing to try both white and pink turtlehead in order to "grow" colonies of Checkerspot caterpillars have met some success with *C. lyonii*.

Propagation and Cultivation

Seed Collection and Treatment: Plant seeds outside in the fall or moist-chill and plant in spring. Seedlings germinate after one year and flower after two. To collect seeds, wait until the flower withers, when it will reveal a green, half-inch fruit containing many small, flattened, winged seeds. The papery capsule turns darker shades of brown when the seeds approach maturity. The seeds are usually ready for harvest at or near the first frost. Air-dry the capsules, separate the seeds and store in sealed, refrigerated containers. Moist-chill stored seeds six weeks (some sources say 4 months) prior to sowing. Turtlehead will self-seed if the soil is moist in the late summer and early fall. (William Cullina notes that turtlehead seeds may need light to germinate. He prefers two-noded stem cuttings taken in late spring, which root fairly reliably, to seed propagation.)



Root divisions and Cuttings: Divide roots in early spring or late fall while the plants are dormant. Space root divisions about 18" apart and 1 inch deep. Stem cuttings may be taken in the summer before flowering. Take a 6-inch cutting and plunge into moist sand until the top withers in the fall. Then transplant newly formed rootstock to its location.

Culture: Turtlehead is not picky with regard to soil, but slightly acid soil is ideal and some sources suggest heavy clay as a good medium. (No shortage of that in our area!) Apply compost and rotted manure around the root zone when planting to help retain moisture and nutrients. Turtleheads are virtually hassle-free and will thrive if kept from drying out. Good companion plants are *Physostegia virginiana* (Obedient plant), and native Lobelias (*L. siphilitica* [pictured left] and *L. cardinalis*). Henry Art also lists Larger Blue Flag (*Iris versicolor*), Closed Gentian (*Gentiana andrewsii*), and Culver's Root (*Veronicastrum virginianum*) as natural companions of Turtlehead. Mt. Cuba Center's list of

garden companions includes Blue Mistflower (*Conoclinium coelestinum*), Black Cohosh (*Actaea racemosa*), and Royal Fern (*Osmunda regalis*). Such a grouping would make a fantastic butterfly, hummingbird, and pollinator magnet! Cullina suggests that pink turtlehead (*C. lyonii*) is preferable as a garden plant to *Chelone glabra*, because

In attendance: Speaker Patricia Reilly, Tom and Joyce Andrew, Janet Wheatcraft, Rose Breece, William Carromero, Karen Waltman, Mary Hollifield, Marlies Smith, Christine Sunda, Marion Lobstein, Carol Thompson, Kathy Burch, Andrea Kinder, Chuck Burch, Mary Sherman, Glen Macdonald, Dee Brown, Judith Bugbee, Louise Edsall, Suzanne Parker, Eo Jordan, Barbara Deegan, Brenda Hallam, Libby Pemberton, Sheryl Pollock, Jeanne Fowler, Janine Lawton, Harry Glasgow, Jeanne Endrikat, Nancy Arrington, Jane Smith, Peggy Martin, Diane and Rick Flaherty. --Karen Waltman, Secretary



Welcome

to PWWS!

Janet Wheatcraft, PWWS membership chair, reports that eight new members joined PWWS in May and June 2016: Catherine and George Ledec, Alexandria; Bryant Jannell, Woodbridge; Anne Godson, Manassas; Betty Aldrich, Reston; Zara Tirrell, Nokesville; Valerie Kenyon Gaffney, Woodbridge; Timothy A. Rook, Sr., Manassas; Jane Oliver Smith, Manassas. Welcome, all!

EVENTS

JULY

Saturday, July 16, 9:30 a.m., Bull Run Mountain Natural Area Preserve Walk with PWWS member Janis Stone. Janis is a dedicated volunteer at Bull Run Mountain Natural Area Preserve, who has offered to lead two walks this month in the lush forests of BRMNAP. Contact Janis at janis49@earthlink.net for details.

Monday, July 18, 7:30 p.m., PWWS membership meeting with Meredith Keppel. See above for more on the presenter and program.

Wednesday, July 20 at 9:00 a.m., Bull Run Mountain Natural Area Preserve Walk with PWWS member Janis Stone. Contact Janis at janis49@earthlink.net for details.

Wednesday, July 27, 8 a.m., Weeding Parties at the Dale City I-95 Northbound Car Rest Area. Refreshments will be served. Contact Nancy Vehrs for more information: nvehrs1@yahoo.com, (703)368-2898. See below for additional weeding party dates.

July 16, 9:00 a.m. to Noon, Saturday in the Garden, "Getting Your Lawn, Landscape and Vegetable Garden Ready for Fall." Fall is the right time for fertilizing and preparing for winter. Be ready for tasks this fall by learning from Master Gardener Volunteers and staff the best practices for your garden, lawn, and landscape. Also enjoy timely tips from the Cook's Garden Team. Each class is held at the Teaching Garden at St. Benedict Monastery, 9535 Linton Hall Road, Bristow, 20136. All programs are free. **Registration is requested** to ensure

adequate handouts and weather cancellations, please call (703) 792-7747 or email master_gardener@pwcgov.org. Please dress for weather.

AUGUST



Wednesday, August 10, 9:00 a.m. to 11:00 a.m. Walk with PWWS Botany Chair Marion Lobstein at Deep Cut, Manassas National Battlefield Park. This walk is sponsored by PWWS and is open and free to the public. Come out and enjoy the colorful variety of beautiful late summer wildflowers. This is an easy walk, but come prepared for warm temperatures and to minimize tick exposure. Please contact Marion to register or for questions regarding the walk: mblobsstein@earthlink.net or call (703) 622-0676.

Saturday, August 13, 10:00 a.m. to Noon, "Twelve Steps to a Greener Lawn." Learn how to make the best use of

valuable resources while learning about research-based management practices for turf fertilization, maintenance practices, and timings that prevent problems and help protect your neighborhood streams, lakes ponds, and ultimately the Chesapeake Bay. Please register at bestlawns@pwcgov.org or (703) 792-4037.

Saturday, August 20, 9:00 a.m. to Noon, Saturday in the Garden, "Cover Crops, Succession Planting, Rotation in the Vegetable Garden." After harvesting vegetables, learn which cover crops or succession/double cropping and rotation techniques work best in your cooks' garden. Director of the Fauquier Education Farm Jim Hankins and the Cook's Garden Team will share their expertise. The Fauquier Education Farm supplies fresh produce to local food pantries. Each class is held at the Teaching Garden at St. Benedict Monastery, 9535 Linton Hall Road, Bristow, 20136. All programs are free. **Registration is requested** to ensure adequate handouts and weather cancellations, please call (703) 792-7747 or email master_gardener@pwcgov.org. Please dress for weather.

Wednesday, August 24, 8 a.m., Weeding Parties at the Dale City I-95 Northbound Car Rest Area. Refreshments will be served. Contact Nancy Vehrs for more information: nvehrs1@yahoo.com, (703)368-2898.

SEPTEMBER

Saturday, September 10, 1:00 p.m. to 3:00 p.m., "Boxwood Primer." Learn about boxwood care and maintenance from Stephen Southall, proprietor of English Boxwoods of Virginia. Class is held at the Benedictine Monastery, 9535 Linton Hall Rd. in the basement meeting room and on the Monastery grounds, weather permitting. Free, but please register at (703) 792-7747 or master_gardener@pwcgov.org. Ask for directions when you register.

Saturday, September 17, 9:00 a.m. to Noon, Saturday in the Garden, "Plant Propagation." Do you wish you had more plants but your budget won't allow you to purchase everything you want? If you are thrifty, have friends that share, and are willing to do minimal work, your wish may come true! Explore various propagation methods including cuttings, division, layering, and sowing seeds. Each class is held at the Teaching Garden at St. Benedict Monastery, 9535 Linton Hall Road, Bristow, 20136. All programs are free. **Registration is requested** to ensure adequate handouts and weather cancellations, please call (703) 792-7747 or email master_gardener@pwcgov.org. Please dress for weather.

Monday, September 19, 7:30 p.m. PWWS 2016 Annual Meeting: "Helping Nature Help Itself: Restoring the Land Using Natural Processes," with Charles Smith. Come to discuss how to restore landscapes from your backyard up to large natural areas using principles of restoration ecology. The program will focus on applying knowledge of how ecosystems work to restore health to the land. Particular attention will be paid to establishing restoration goals, inventorying the area around the restoration site, building on remaining natural areas, and developing a palette of locally native plant species that will support wildlife and provide ecosystem and aesthetic benefits. We also will discuss how to address challenges, including poor soils, deer browse, invasive species, and water flow issues.

Wednesday, September 28, 9 a.m., Weeding Parties at the Dale City I-95 Northbound Car Rest Area Refreshments will be served. Contact Nancy Vehrs for more information: nvehrs1@yahoo.com, (703)368-2898.



PRINCE WILLIAM WILDFLOWER SOCIETY

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

Chartered January 10, 1983

Logo: *Mertensia virginica* (Virginia Bluebells)

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Wild News is published bimonthly; please submit materials for the September-October issue by September 1, 2016 to Deanna High, editor, deannahigh@gmail.com



TURTLES—in the Garden

Chelone glabra (White Turtlehead) and other turtleheads are very easy, garden-worthy, late-blooming plants if you have the right conditions for them. White turtlehead grows 2 to 3 feet tall in partly sunny, moist soil. It has no serious insect or disease problems. There is some susceptibility to mildew, particularly if air circulation is poor or if soil is too dry. A great, late summer bloomer for moist borders, woodland gardens, pond edges, and bog gardens, both white and pink turtlehead attract butterflies and require little to no maintenance. There are cultivars available as well. 'Black Ace' is a popular and widely available *Chelone glabra* cultivar (pictured at left). For dark pink flowers, *Chelone lyonii* and its wittily named cultivar, 'Hot Lips' grow well in our area of Virginia. Moist, rich soil, some sun (more the better, as long as soil is moist), and a good memory are the only requirements to grow turtlehead, and the last is only because I tend to forget about them until they pop open in late