



# Coastal Plain Talk

Newsletter of the South Hampton Roads Chapter

Summer 2022

## President's Column

Welcome back everyone after our summer break! We will have a busy 2022-2023. For the third time, our spring plant sale--our biggest event--will be held at Lynnhaven House on Wishart Road in Virginia Beach. Save the date for Saturday, April 1, 2023! This great location does allow some set-up the day before. Our Chapter could really use a Vice President. Our election is coming up in October and it would be great if someone could "step up to the plate" to manage the speakers. Right now, Education/Conservation Chair Suzan Erickson is doing a great job lining up speakers, but having a Vice President could allow her to branch out more into education and conservation.

—Patricia Quinn, SHR VNPS President



*Bee Balm (Monarda spp.) (Credit: Toni Viudez)*

## Native Plant Sale 2022



Our primary Plant Sale for the year was held at the Lynnhaven House on Wishart Road in Virginia Beach on Saturday, April 2, 2022.

A great number of people visited and purchased a great variety of native plants in our area.

Perennials flowers, shrubs, trees and grasses were available for those who were interested. Below we include a short list of some of the plants available for the public.



Great variety of native plants (flowers, shrubs, trees and grasses) at the Lynhanven House in Virginia Beach. (Credit: Toni Viudez)

#### VNPS PLANT SALE 2022

LATIN NAME	COMMON NAME
<b>VINES</b>	
Gelsemium sempervirens	Car. Jessamine 'Margarita'
tags G. sempervirens	Carolina Jessamine
Lonicera sempervirens	Coral Honeysuckle 'Major Wheeler'
Lonicera sempervirens	Coral Honeysuckle 'Major Wheeler'
tags L. sempervirens	Coral Honeysuckle 'Major Wheeler'
Passiflora incarnata	Passion Vine (Maypop)
Wisteria frutescens	Wisteria 'Amethyst Falls'
<b>PERENNIALS</b>	
Amsonia hubrechtii	Blue Star
Aquilegia canadensis	Columbine species
tags A. canadensis	Columbine species
Asclepias incarnata	Swamp Milkweed
Aster divaricatus	White Wood Aster
Aster dumosus	Aster 'Woods Purple'
Aster novi angliae	Aster 'Purple Dome'
Aster oblongifolius	Aster 'Raydon's Favorite'
Boltonia asteroides	Snowbank
Coreopsis verticillata	Tickseed 'Moonbeam'
Delphinium tricornis	Dwarf Larkspur
Dicentra cucullaria	Dutchman's Breeches
Dicentra eximia	Native Bleeding Heart
Dodecatheon meadia	Shooting Star
Erigeron pulchellus var "Lhva Cpt"	Robin's Plantain "Lynnhaven Carpet"
Erigeron pulchellus var "Lhva Cpt"	Robin's Plantain "Lynnhaven Carpet"
Eupatorium maculatum 'Gateway'	Joe Pye Weed 'Gateway'
Eryngium planum	Blue Hobbit
Geranium maculatum	Wild Geranium
Helenium autumnale	Sneezeweed
Helianthus augustifolia	Perennial Sunflower
Helianthus salifolius	Per. Sunflower 'Low Down'
Hibiscus coccineus	Texas Star/Scarlet Mallow
Iris cristata	
tags I. cristata	
Kosteletzkya virginica	Seashore Mallow/Va Marsh Mlw
Lobelia cardinalis	Cardinal Flower species
Lobelia siphilitica	Great Blue Lobelia

Mertensia virginica	Virginia Bluebells
Phlox divaricata	May Breeze
tags P. divaricata	May Breeze
Polemonium reptans	Jacob's Ladder
tags P. reptans	Jacob's Ladder
Pycnanthemum muticum	Mountain Mint
tags P. muticum	Mountain Mint
Pycnanthemum pilosum	Hairy Mountain Mint
Rudbeckia fulgida var fulgida	Black-Eyed Susan
tags R. fulgida	Black-Eyed Susan
Rudbeckia maxima	Large/Great/Cabbage Leaf
tags R. maxima	Coneflower
Sanguinaria canadensis	Lg/Grt/Cbg Leaf Coneflower
Solidago rugosa	Bloodroot
tags S. rugosa	Goldenrod 'Fireworks'
Solidago shortii	Goldenrod 'Fireworks'
tags S. shortii	Goldenrod 'Solar Cascade'
Stylophorum diphyllum	Goldenrod 'Solar Cascade'
Tiareella cordifolia	Wood Poppy, Celandine Poppy
tags T. cordifolia	Alleghany Foam Flower
Tiareella cordifolia	Alleghany Foam Flower
Veronacastrium virginicum	Alleghany Foam Flower
Viola pedata	Culver's Root
Zizia aureus	Bird Foot Violet
	Golden Alexander
<b>ORNAMENTAL GRASSES</b>	
Muhlenbergia capillaris	Pink Muhly Grass
Sisyrinchium augustifolium	Blue-Eyed Grass 'Lucerne'
<b>SHRUBS</b>	
Castanea pumila	Dwarf Chestnut
Cephalanthus occidentalis	Button Bush
Chionanthus virginicus	Fringetree
Rhododendron atlanticum	Coastal Azalea



Native plant lovers lining up at the entrance of Lynhanven House in Virginia Beach before the doors opening. (Credit: Toni Viudez)





*Indigo bush (Amorpha fruticosa) in Isle of Wight County, Virginia.  
(Credit: Toni Viudez)*

## Our Coastal Plain Places: First Landing Park, Virginia Beach



*First Landing Park in Virginia Beach (Credit: Virginia Beach Visitor Center)*

First Landing State Park is a 2,888-acre park that fronts the Chesapeake Bay and features 1.25 miles

of beach and more than 19 miles of interpretive hiking trails through protected salt marsh habitat, freshwater ponds, beach, dunes, forest, tidal marsh and cypress swamp. A registered Natural Landmark, First Landing is the most visited state park in Virginia and contains one of the most endangered habitat types in the world, the maritime forest community.



*First Landing Park in Virginia Beach (Credit: virginia.org)*

First Landing State Park offers opportunities to explore a unique habitat featuring lagoons, large cypress trees and rare plants. More than 19 miles of hiking trails wind through the natural area, guided kayak ecological tours allow exploration of the marshes and bays, and the visitor center exhibits explain much about this coastal environment. The park offers many various self-guided and guided programs that cover crabbing, junior rangers, beach walks, nature hikes and structured environmental education programs. Large clubs, school groups, and community organizations can request specific historical, cultural and environmental programming related to their educational goals.

For more information:

First Landing State Park

2500 Shore Dr., Virginia Beach, VA 23451; Phone: 757-412-230

<https://www.dcr.virginia.gov/state-parks/first-landing>

**November 2021: “The Ecology of the Oak Mistletoe, *Phoradendron leucarpum*, in Eastern Virginia & North Carolina” by Nicholas P. Flanders, PhD**

On Thursday, November 18th at the Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk, VA 23518 at 6:30 p.m. we had invited for our monthly speaker, Nick P. Flanders began birding in high school in Newport News, VA, during which time members of the Hampton Roads Bird Club and Cape Henry Audubon Society introduced him to many beautiful and biodiverse areas in Hampton Roads and beyond.

Nick’s natural history interests broadened while pursuing undergraduate studies at Old Dominion University and taking field botany courses with Dr. Lytton Musselman. He completed his BS at Old Dominion University and holds an MS in Fisheries, Wildlife, and Conservation Biology from North Carolina State University.

He is presently a PhD candidate at Old Dominion University where he has been researching the role of birds in the biology of the Eastern mistletoe (*Phoradendron leucarpum*). In 2017 he received the award for best graduate student presentation in ecology at the annual meeting of the Botanical Society of America for his work on mistletoe. Nick is a Board Member of Cape Henry Audubon Society. He is a co-compiler along with Elisa Flanders in the annual Christmas Bird Counts: this year for the December 31, 2021 Little Creek CBC. Nick has also worked extensively at the Blackwater Preserve in Isle of Wight Co., VA and is co-author on a paper in press on spatial and morphological relationships of Longleaf pine at the Preserve." He presented his research work titled: The Ecology of the Oak Mistletoe, *Phoradendron leucarpum*, in Eastern Virginia & North Carolina.

Nick gave an introduction on what got him interested in wildlife and ecology. Mistletoe parasitizes via its root system. It is described as an obligate aerial hemiparasite in the plant Order

Santalales, a functional group like the mangroves. *P. leucarpum* parasitizes varieties of angiosperm tree species that are primarily deciduous. It’s an evergreen shrub that is dioecious and seed dispersal occurs via birds. (In the northern part of North America, there is a species of mistletoe that parasitizes pines, but it uses explosive seed dispersal.)

Mistletoe has many interactions with birds worldwide. The obligate aerial hemiparasites evolved independently several times as demonstrated by genetics studies. The tropical types often have showy flowers. In New South Wales in Australia large scale mistletoe removal resulted in 20.9% drop in bird variety richness. In the southwest of North America, the Phainopepla bird *Phainopepla nitens* has a mutualism type relationship with mistletoe depending on it for food while the mistletoe depends on Phainopepla for seed dispersal. In the northwest United States, the Western Bluebird depends on mistletoe for its breeding success. In general, mistletoe depends on bird species for seed dispersal. The mistletoe distribution of Puerto Rico matches bird dispersal patterns.

Mistletoe fruits are an important food source for wintering avian frugivores, particularly, the Cedar Waxwing *Bombycilla cedrorum* and the Eastern Bluebird *Sialia sialis*. It is also the sole host for the Great Purple Hairstreak *Atlides halesus butterfly*. Dispersal and relationships are studied in this dissertation in the eastern Virginia and North Carolina areas.

The first hypothesis was to determine: habitats with more available host trees leading to a higher mistletoe occurrence rate. Is the dispersal due to forestry practices or natural competition? What is the dispersal in forested wetland vs forested uplands?

The second hypothesis was dispersal limitations due to avian frugivore habitat selections. Cedar Waxwings are important for generating and maintaining fruiting shrubs and trees. There are 8 species of *Smilax* (Greenbriar) in this area: 3 preferring wetlands, 4 generalists and 1 upland. Other species providing fruit in winter are



Eastern Red Cedar *Juniperus virginiana*, American Holly *Ilex opaca* and the non-native Japanese Honeysuckle *Lonicera japonica*.

The next hypothesis dealt with light availability, better light being more available in swamps. Also, does flooding make trees more susceptible to mistletoe infestation?

To investigate, 25-meter radius plots randomly distributed were set up during 5 winters [2015-16 through 2019-20]. There were 599 infested trees of 30 host species, including 1 liana and 1 shrub. The tree with the most infested branches was a Swamp Black Gum *Nyassa biflora*.

Besides the aforementioned birds, the American Robin *Turdus migratorius* is also a mistletoe frugivore. Trap cameras revealed other mistletoe fruit eaters such as raccoon *Procyon lotor*, Eastern gray squirrel *Sciurus carolinensis*, White Tailed deer *Odocoileus virginianus*, *Rattus rattus*? Gray Catbird *Dumetella carolinensis*, Muskrat *Ondatra zibethicus zibethicus*, and Black Bear *Ursus americanus americanus*.

Habitat quality ie. light availability turned out to be the determining factor in mistletoe distribution.

This was from comparing 4 groups (stationed at AREC): no covering, translucent covering, shade cloth covering and black covering.

Genetics determined that the mistletoe on *Nyassa* was different from all the other distributions--a topic for further research.

Keep an eye out for birds feeding on mistletoe this winter!



*Nick P. Flanders, who is pursuing undergraduate studies at Old Dominion University, spoke about his research about Oak Mistletoe*

## **January 2022: History of Virginia Native Plant Society by Steve Stasulis, VNPS South Hampton Roads Past President.**

Virginia Native Plant Society was established in 1982 by Mary Painter who owned a nursery in Hume, VA. Patterned after the California Native Plant Society, Conservation Places Originally named ??? is became the Virginia Native Plant Society in 1989 with the motto, "Conserving wildflower and wild places." Amateurs and professionals alike were welcome. Present day office is located in Boyce, VA at the Commonwealth Arboretum. Only one paid ½ time office manager handles state membership, correspondence, bookkeeping, quarterly bulletin, publications, workshops, annual meetings, field trips and insurance; Ms. Karen York.



*Birds have a great role to spread Mistletoe seeds*

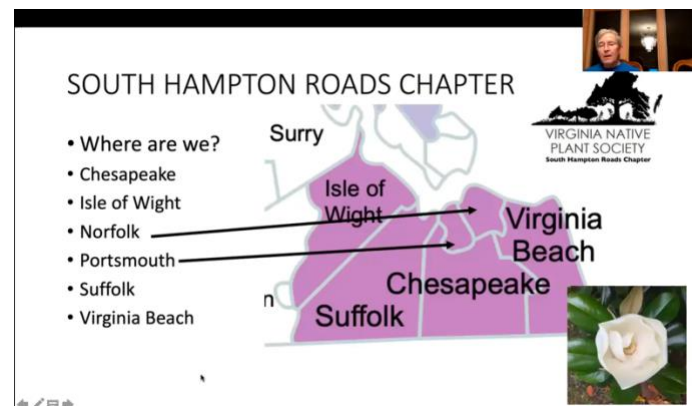


*Steve Stasulis, former VNPS-SHRC president, spoke about the Virginia Native Plant Society history.*

Today there are 11 chapters (Blue Ridge, Jefferson, John Clayton, New River, Prince William, South Hampton Roads, Upper James River, Northern Neck, Pocahontas, Piedmont, Potomac) across the state with over 2000 members. Membership donation is split 65% to the state organization and 35% to chapters. Pre-Covid, there were annual meetings in September (except for Hampton Roads, we moved the meeting to non-hurricane season), with host duties rotated to each chapter around the state and educational field trips to other places (Texas, Canada, Kansas, Illinois, etc). The Society is supported by membership fees, donations, Spring Workshop fees. Spring Workshop is an annual meeting that was held at the University of Richmond, but now in Charlottesville for use of larger facilities. Usually, four speakers will instruct on a theme/topic for the workshop.

At the state level, there are Special Chair Offices: Botany, Conservation, Education, Fund Raising, Horticulture, Membership, Publications, Registry (where landowners commit to leaving undeveloped areas in their borders). These are the members of the board who decide upon the “Wildflower of the Year”

Horticulture has been pressing for nurseries in Virginia to stop selling non-native invasive plants.



*The South Hampton Roads Chapter includes Chesapeake, Isle of Wight, Norfolk, Portsmouth and Virginia Beach*

The South Hampton Roads (SHR) Chapter includes Chesapeake, Isle of Wight, Norfolk, Portsmouth, Suffolk, Virginia Beach. Meetings usually take place at Norfolk Botanical Garden on the 4<sup>th</sup> Thursday evening of the month. Cash flow inbound comes from 35% of membership dues, donations, plant sale profits. Expenses: mailings, speakers, plant purchases, splits with internal vendors, printing costs, Zoom costs, internet fees, software, VNPS-SHR signs, donations to other organizations (\$1600 donated in 2021 to several organizations including Elizabeth River Project, Lynnhaven River NOW and Chesapeake Bay Foundation). Plant sale is quite affordable, as 1-gallon plants are still priced around \$7 and plugs \$3, which has been the same for about the last 15 years.

## **February 2002: “Virginia Coastal Plain Native Plants for Pollinators”, by Nicole Knudson**

*Nicole Knudson* is the owner and operator of [Lady Fern’s Native Plants](#) on North Colley Avenue in Norfolk. She holds a bachelor’s degree in biology and has been a university and community college student many times since earning her degree. Nicole is a long-time Hampton Roads native with 15 years of experience in horticulture and as a Master



Gardener. She worked for DCR-Natural Heritage assisting the Field Botanist to inventory rare native plants across Virginia. Several of her photos of natives are featured on the Flora of Virginia app and the Digital Atlas of the Virginia Flora. In 2019, Nicole obtained property on the Eastern Shore in Machipongo to grow and propagate native plants and in 2020 began sales at her retail garden center, Lady Fern on Colley Avenue in Norfolk.



*Nicole Knudson at his nursery (Credit: Virginia Pilot)*

### **March 2022: Field trip to Wildwood Farm by Vickie Shufer (owner and botany chair at the VNPS-SHRC).**

Vickie Shufer began informational tour of her property, Wildwood Farm.

Her property has been a farm since 1800's, and is in a "non-development" legal status. It is open land, adjacent to a freshwater marsh and forest. She explained that she keeps a hybrid of plant species, a lot of natives, but also medicinal/herbal/edible non-natives, attempting to keep a 70% native to 30% non-native balance.



*Vickie Shufer introduction to Yaupon Holly. She made tea for the group. (Credit: Suzanne Erickson)*

### **April 2022: "What is the Lynnhaven River Now?" by Terri Gorman**

Our speaker, Terri Gorman, is the Pearl Homes and Pearl Neighborhoods Coordinator and works with residents and communities in Virginia Beach on implementing earth-friendly practices in and outside their homes. During her presentation, she gave a brief history of the project. Their work began in 2002 and was focused on the Lynnhaven River watershed area of Virginia Beach. Their initial goal was to improve water quality to meet the rigorous standard for shellfish harvest by 2007. And we reached that goal! In 2002, only 1% of the river met that standard and watermen were unable to harvest oysters in the Lynnhaven. By 2007, 29% of the river was open and commercial oyster farming had returned.



The Pearl School program, their first pearl program, began in 2007. They made the program available in all of the watersheds in Virginia Beach. Currently, they are working throughout the city, not only on education and outreach, but also restoration and advocacy efforts. They work actively with many partners to help citizens learn now we can contribute to conserving our valuable natural resources. LRNow has six key programs that help us reach our goal of healthy and clean waterways: Pearl Homes and Neighborhoods, Pearl Schools, Pearl Faith Communities, Restoration Programs and Advocacy.

### May 2022: “Norfolk Botanical Garden: A Natural Beauty” by Theresa Augustin

Our speaker was Theresa Augustin, who has been heavily involved in the effort to have native plants in the NBG gardens. She was formerly curator for the Native Plant garden at NBG and has advanced to more important positions at the Garden. Theresa will give a brief history of the garden.



*Virginia native plant garden at the Norfolk Botanical Garden (Credit: NBG.org)*



*Theresa Augustin during her presentation about the Norfolk Botanical Garden (Credit: Suzanne Erickson)*

## Wanted

We are always looking for knowledgeable, engaging speakers. Do you have contacts or suggestions? We also need a volunteer to be Vice President to finish out the current term. Part of their charge is finding and organizing speakers for our meetings. Email us to [vnps.shrc@gmail.com](mailto:vnps.shrc@gmail.com)

## Events

Upcoming meetings:

### Annual Meeting: *Virginia is for Conservation Lovers*

Thursday, September 22nd, 2022 at 6:30 pm  
[South Hampton Roads - September meeting](#)

Presentation by Patricia O'Connor who is the Landscape Committee Chairman for the Las Gaviotas Homeowners Association. She received a sign from our chapter to inform persons passing through the entrance to her complex which



is heavily planted with native trees and shrubs. We will be meeting in the Garden Auditorium at NBG.

Thursday, October 27th, 2022 at 6:30 pm

[South Hampton Roads - October meeting](#)

Thursday, November 17th, 2022 6:30 pm

[South Hampton Roads - November meeting](#)

## About us

The South Hampton Roads chapter serves *Isle of Wight County* (including the *Town of Smithfield* and the community of *Zuni*) and the cities of *Chesapeake, Norfolk, Portsmouth, Suffolk, and Virginia Beach*.

Conserving Wild Flowers and Wild Places.

Please join us! **We meet on the fourth Thursday of the months of September through May at the [Norfolk Botanical Garden, 6700 Azalea Garden Road, Norfolk, VA 23518](#) at 6:30 p.m. We do not meet during the vacation months of June through August.**

Learn which native plants would be best for your landscaped beds, naturalized areas and wetland buffers. Find out how large the plants get the color of the leaves and the seasons of interest. Find out which plants will host certain insects and small animals so you can provide a diversity of wildlife habitats. Most native plants are very low maintenance to the gardener. Many plants just need their winter coats removed in early spring. "*If it's brown, cut it down; if it's green, let it be seen*" is an easy way to remember. If you do not know where to start, come to one of our meetings or email us your question or your concern. Our members are glad to assist you in your plant questions. Happy gardening!



*American Beautyberry (Callicarpa Americana)* (Credit: Toni Viudez)

## 40th Anniversary Annual Meeting 2022

### Natural Bridge Hotel & Conference Center

15 Appledore Ln - Natural Bridge

[Events](#)

#### Date/Time

Saturday, September 17, 2022

9:00 am - 5:00 pm

#### Location

[Natural Bridge Hotel & Conference Center](#)

#### Categories

- [Annual Meeting](#)

- [Field Trips](#)
- [Programs](#)
- [State Events](#)

Please join us at our **40th Anniversary Annual Meeting** at a one-day outdoor event at Natural Bridge in central Virginia!

[Register Now](#)

## Business Meeting & Elections

We will gather between 9 and 10am on the grounds of the [Natural Bridge Hotel & Conference Center](#). Breakfast snacks and a box lunch will be provided, and an indoor space will be available in case of inclement weather. We will hold a Business Meeting and conduct an election of board members.

[View the Slate of Nominees for election to the Board of Directors.](#)

Speaker: Devin Floyd



Devin Floyd, Center for Urban Habitats

After the Business Meeting, **Devin Floyd**, Executive Director of the [Center for Urban Habitats](#), will present his research on Native Grasslands in the Piedmont, covering a nine-county area in the center of Virginia. Piedmont habitats are our least studied and preserved landscapes in Virginia. Devin's work includes intensive plant survey and analysis and the documentation of some pockets of high diversity. His research has also documented pollinator associations, and will lead to better informed grassland restorations. He received [VNPS Research Grant awards](#) in 2021 and 2022 to study the Piedmont native grasslands.

## Field Trips

After the Business Meeting and speaker presentation, we will lead afternoon [field trips at Natural Bridge and at nearby locations](#). After registering, each attendee will be sent an email link to sign up for one of the group field trips since participants are limited.

[View Field Trip information and details.](#)

## Accommodations

There will be no evening banquet dinner, but members and registrants can enjoy dinner with friends at the hotel restaurant or at nearby dining spots.

For those who wish to stay over, we have a block of rooms reserved for Friday and Saturday nights at the hotel. You may cancel up to 24 hours before 4 pm check in, so if you think you might want a room please make a reservation, rather than hope that a room will be available on a fall weekend.

Details of the rooms:

- Main Hotel – Standard Double (2 beds) – \$139.00
- Veranda (a wing of the main hotel) – Double – \$129.00



- Cottage (smaller multiple room units at a separate, but close by, location) – \$109.00
- Two accessible king rooms are available for \$139.00

To reserve a room, please email the hotel sales manager: [kburd-adams@naturalbridgeva.com](mailto:kburd-adams@naturalbridgeva.com).

Provide your name, number of occupants in room, arrival and departure dates, phone number, bed type preference and whether you wish to stay at the main hotel, the Veranda or the Cottages. Once the reservation is confirmed, you may call the hotel directly and speak with a front desk representative to provide your credit card information.

Other lodging options such as local motels and camping may be available. Lexington is nearby.

[Register Now](#)

## Remembering Brenda Huff

We are very sad to report that Brenda Huff, 73, Chesapeake, VA passed away on September 10. Brenda was President of the South Hampton Roads Chapter in the early 2000s. She had also been active in Butterfly and Master Gardeners.

## Contact us

### Send Us Postal Mail

VNPS South Hampton Roads Chapter  
PO Box 3026  
Virginia Beach, VA 23454

### Email Our Chapter

[vnps.shrc@gmail.com](mailto:vnps.shrc@gmail.com)

### Phone

Please leave a message at (757) 486-5485.

[Follow us on Facebook](#)

[Follow us on Instagram](#)