

Northern Neck Chapter, Virginia Native Plant Society "Conserving Wild Flowers and Wild Places"

NN Native Plant News

Fall 2012, Volume 9, No. 3

NATIVE PLANT SALE

Saturday September 8 9:00 a.m. - Noon

> Kosteleskya virginica, seashore mallow Joan Hattersley (artwork)

Message from the President

Summing Up Two Years. I never thought two years would go by as quickly as it has. There have been many lessons learned and I thank our board and committee members not only for their support, but also for their help in leading our chapter to where it is now and for helping me grow as a leader.

This is not a good-bye letter, but a letter to thank everyone who has given their time to support our chapter from bringing food to meetings, to cleaning up afterwards, to leading walks, to offering to carpool, to helping with the plant sales, to helping with our events, to being on the board, to being on a committee or chairing a committee. I hope that our next President is as blessed with all the support I have had.

We have many things to be thankful for, but one that I am very proud of is that this year our chapter sent a child from the Boys and Girls Club to Nature Camp. He will be speaking to us either in Sept. or Oct. at our general meeting to let us know his perspective and what he learned.

Several of our members were instrumental in establishing a native plant garden at the Boys and Girls Club in Kilmarnock this year. The children are responsible for watering, weeding and did the planting under the supervision of Tanya Bohlke, Nancy Garvey and Jeffery Wainscott. These three were awarded volunteers of the month by the club.



I feel we are progressing well with our community outreach as we continue to attend many events offering information to help those interested in learning more about native plants and the positive value of them. This past year we have held information days at both Lancaster and Northumberland Libraries for the public.

The biggest lesson I've learned is in knowing that we are only as good as the sum of our parts. I thank each and everyone of you who volunteered for a position either on the board or a committee, even if for a few months. I ask that our members who are able to contribute time, energy, ideas or expertise step up to the plate and volunteer for positions that will be vacated so that we can continue our work within our community. Upcoming elections for the board will be held at our October 18th meeting; please mark your calendar and plan on attending.

Carol Hammer

In Memoriam The Passing of a Friend



The loss of Amy Wilson on July 5th was felt with deep regret by the many people who were lucky to have known her. She is remembered as a co-founder of the Northern Neck Chapter of the Virginia Native Plant Society, along with Ann Messick. Both Amy and Ann were great friends and worked hard to get our chapter up and running.

As an accomplished seamstress, Amy, with help from Reta Stover, created our banner for the society showcasing the Kentucky Yellow Lady's-Slipper (*Cypripedium kentuckiense*), which became the logo for our chapter. In Virginia, there is only one known place to find these beauties, and so it was with Amy and Ann as rare and one of a kind women. We were fortunate to receive the benefits they bestowed upon us.

As time moved on, Amy enjoyed greeting our members at the meetings with her constant companion and best friend Peter, her dog. Together they attended meetings until her health curtailed her activities.

Amy volunteered for many local organizations that kept her on the go. She was a past President of the Chesapeake Bay Garden Club. With her needles flying, knitting or doing needlepoint for special projects, she participated in a fiber guild for many years. The new Northumberland library was just getting started and was happy to have Amy's help with their fund drives, book reviews and the "Friends of the Library" as a new group. A book club and her church kept her and Peter very busy. I used to say she put her car on autopilot and they both took off for their interests of the day.

Amy traveled extensively in this country working for the Girl Scouts of America for many years before settling down in Ophelia, VA. We are blessed she stayed in the Northern Neck giving us of herself. It was an honor to be in her presence. She is greatly missed.

Lastly, Amy was always delighted to hear stories about my dog, Banjo's antics.

By Jane Peterson

Walks and Talks in the Northern Neck

The Small Whorled Pogonia: A Rare Orchid Discovered at Hickory Hollow



On a walk in Hickory Hollow this May, I was showing a group of people some of our native orchids. We found a few plants which I first thought were whorled pogonia, *Isotria verticillata*. There had been a recent discovery of a significant group of whorled pogonia at Chilton Woods.

However, a week later, a couple of orchid specialists excitedly revealed these new plants to be the small whorled pogonia, Isotria medeoloides. I had always hoped to see this unusual plant someday but knowing its rarity didn't think I would. This find adds to the orchid species count for Hickory Hollow and so far ten species have been found in this unique property. According to property steward Rebecca Wilson, Hickory Hollow is the only Natural Area Preserve in Virginia where this plant has been found.

It is also a first for the Northern Neck, the nearest populations are in Gloucester and Caroline counties. At the U. S. Marine Corps Base in Quantico one of North America's largest populations of Isotria medeoloides is found. Military exercises and timbering operations are planned so as not to threaten the population and Base Natural Resource specialists monitor the plants annually.

Isotria medeoloides is a small, perennial orchid of deciduous forests with a grayish-green, smooth stem up to a foot tall. At the top it bears a whorl of 5-6 light-green, elliptical, pointed leaves. One or two yellow-green flowers may appear in April. I hope to see this flower for the first time next spring. This leaf whorl gives the plant its name. There is only one other orchid in this genus, its close relative Isotria verticillata, which looks similar, but has a purplish stem and the stem bearing the ovary is longer than the ovary.

The species name, "medeoloides," refers to the resemblance between seedlings of the orchid and the Indian cucumber, Medeola virginiana. Both are found in this area of Hickory Hollow. The lily Medeola has very different flowers and a wiry, slender stem, in contrast to the small whorled pogonia, which has a stout, hollow stem.



In a bulletin from the Center for Plant Conservation, the small whorled pogonia was cited as "the rarest orchid east of the Mississippi." This orchid is listed as endangered in 14 of the 18 states and provinces in which it still occurs; it is thought to have gone extinct in 5 other states. There are approximately 104 populations known (NatureServe 2001), which are mainly on the eastern seaboard with outlying populations in Ontario and Michigan. Total number of plants in North America, based on average population size, it is likely to total under 5,000 plants. Some sites have only one or two plants.

Nowhere is it common. Most known populations contain fewer than 25 plants, and are quite vulnerable to local extinction. The primary threat to its existence is destruction of its woodland habitat for development or forestry. Without the quick action by concerned citizens, Northern Neck Audubon Society, and the Department of Conservation and Recreation in 1999, Hickory Hollow and its natural treasures would have met the same fate; Lancaster county was planning to develop an Industrial Park on the site.

Text and Photos: Ellis Squires

Chilton Woods State Forest

Photos: Earline Walker

Adam & Eve orchid Aplectrum hyemale



violet woodsorrel Oxalis violacea



whorled pogonia Isotria verticillata

April 23



Orchis spectabilis



whorled pogonia



Carol Hammer







Adam & Eve orchid Aplectrum hyemale

Westmoreland State Park Trail Walk and Endurance Training



On Thursday July 19 Department of Conservation and Recreation District Resource Specialist Paul Billings led what organizer, Carol Hammer of the Northern Neck chapter of the Virginia Native Plant Society (NNVNPS), had advertised as an informative "walk in the park" (emphasis added) along revised trails at Westmoreland State Park in Montross. Assembled for this adventure was what could be called a multi-organizational, inter-generational and international group of stalwarts totaling, by your scribes count, 29. (There were 9 NNVNPS members, 6 NNMN, 4 Friends of Westmoreland State Park, and 3 adult and 5 teen/preteen visitors from England. There may have been some double counting in these numbers as the scribe learned to count from a Chicago election official.)

After carpooling to the back of Camp Ground C, the group set out on what Paul said was a little over a mile hike on the new trails. At 10:00 it was a mild 90° and the humidity was 59%, but we were going to be in the shade and there was a light breeze. What could spoil this day?

The park suffered massive damage during last fall's hurricane Irene; so much damage that the park was closed for months. In some areas professional loggers were called in to remove downed trees, other areas were cleared by park staff and staff members from other parks in the state. The scope of the damage was evident from the number of downed trees that can still be seen along the trails. The trails that we hiked on Thursday were the Turkey Neck and Beaver Dam Trails. Turkey Neck has only been reopened recently. Paul, and other park staff, determined that rather than clear all of the trees that were down on the trail, they could improve the hikers' experience by rerouting the trail to more scenic areas. The original trail had followed old logging roads and had not been designed with hikers in mind. With the help of a national hiking group, Paul and other members of the staff designed the revised trails and cleared them using chain saws and hand tools. The resulting trail was a beautiful walk downhill with forest views transitioning to views of Big Meadow Run and Yellow Swamp.



This late in the season and after the scorching weather we have had this month, there wasn't a great expectation of a lot of wild flowers to see. It didn't take long, however to find an interesting plant. Marie, Judy, Paula and Nick were summoned to provide identification. There was much discussion; Newcomb's was broken out and a consensus was formed. This was repeated many times along the trail. Our guests from England added interest to the discussions by comparing the plants we have here to the ones in the UK. Throughout the hike Paul kept up a steady discourse on the variety of trees in the park and provided more history of the park, including it having been built by the CCCs. The event was a pleasurable experience, for most, but not all.



I started this with a little silliness in the head count—the actual number of participants was 18—but now I would like to get serious, after all, this is a cautionary tale. Although most of the group experienced no problem with the heat, a couple of folks did. These were people who felt they were in good condition. What contributed to their problems? The walk may have been closer to a mile-and-a-half. We started on a gentle downhill from about 150 foot elevation down to about the 20 foot level followed by a relatively steep climb back up, and 90° and 59% humidity may not have been as hot as the past few weeks but it was still hot. Just a few notes on heat issues: on the trail, make an honest personal evaluation of your physical condition; hydrate, hydrate; rest before you have to; know the symptoms of heat illnesses both in yourself and others around you and the steps to deal with it. This isn't Marine boot camp. Enjoying nature is supposed to be fun.

Text and Photos: John Narney

VA Master Naturalists Invite You



Tradescantia virginiana, Spiderwort

The Northern Neck Chapter of the Virginia Master Naturalists invites you to enjoy a photographic view of Northern Neck native flora and fauna. Every Friday and Saturday, through September 15th, the photos may be viewed next to the Kinsale Museum during the Museum's regular hours: 10:00 a.m. until 5:00 p.m.

Pam and John Narney, as well as Carol Hammer, have photos in the exhibit. Carol was awarded a blue ribbon for her photo of *Tradescantia virginiana*, spiderwort in the flora category and a blue ribbon for her photo of a luna moth. Her photos will be on display in the Virginia Museum of Natural History during the Virginia Master Naturalist Statewide Volunteer Conference and Training, September 7-9, 2012. A team of professionals will judge the entries, and the winners will be announced during the Conference.

Text and Photos: Carol Hammer

NNVNPS Out Working

The Boys and Girls Club of the Northern Neck

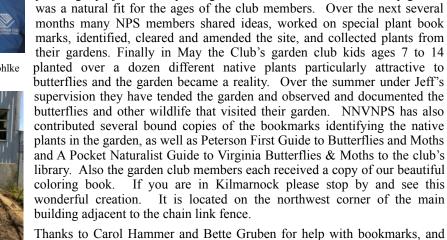
Butterfly Gardening

butterfly garden on their site in Kilmarnock. The garden is the result of the collaboration of the club's youth garden club members and the NNVNPS.

member, initiated the idea when he shared that the club had members who were interested in gardening and would probably enjoy our coloring books. Working with Wardell Long, Unit Director of the Boys and Girls Club who



Jeff Wainscott/Tanya Bohlke

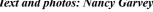


Jeff clearing the garden

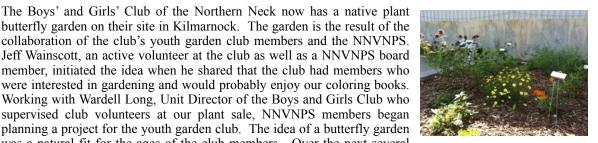




Nick Ferriter, Jeff Wainscott and Paula Boundy for plant donations. Nancy



Old Courthouse Garden in Heathsville









After



Before



Text and photos: Nancy Garvey





June 23 Outing



Photos: Earline Walker





Did You Know?

ENDANGERED ORCHIDS

Why Planting New Forests Isn't Enough

Orchids can be notoriously picky plants – a fact which makes conserving the endangered ones a difficult job for ecologists. In a paper published this month in the journal *Molecular Ecology*, SERC ecologists revealed that an orchid's survival hinges on two factors: a forest's age and its fungi.

Roughly 10 percent of all plant species are orchids, making them the largest plant family on Earth. But habitat loss has rendered many threatened or endangered. This is partly due to their intimate relationship with the soil. Orchids depend entirely on microscopic fungi in the early stages of their lives. Without the nutrients orchids get digesting these host fungi, their seeds often won't germinate and baby orchids won't grow. And not every fungus works for every orchid. If there's a mismatch, the fungus is effectively useless. But while researchers have known about the orchid-fungus relationship for years, very little is known about what the fungi need to survive. And it turns out the fungi can be just as picky as the orchids.





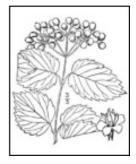
Led by Melissa McCormick, SERC ecologists looked at three orchid species, all endangered in one or more U.S. states. After planting orchid seeds in dozens of experimental plots, they added the specific host fungi needed by each orchid to half the plots. Then they followed the fate of the orchids and fungi in six study sites: three in younger forests (50 to 70 years old) and three in older forests (120 to 150 years old). The entire study took four years, and they received help from Purdue University and the University of Alaska Fairbanks. After the four years were over, the researchers discovered that it wasn't enough for a forest to have the right fungi. It needed to have enough of the right fungi. Orchid seeds germinated only where the fungi they needed were abundant—not merely present. In the case of one species, *Liparis liliifolia* (lily-leaved twayblade), seeds

germinated only in plots where the team had physically added fungi to the soil. This suggests that this particular orchid actually could survive in many different places, but the fungi they need don't exist in most areas of the forest.

Meanwhile, the fungi displayed a strong preference for older forests. Soil samples taken from older forest plots had host fungi that were five to 12 times more abundant compared to younger forests, even where the research team hadn't added them. They were more diverse as well. More mature plots averaged 3.6 different *Tulasnella* fungi species per soil sample (a group of fungi especially friendly to these orchids), while the younger ones averaged only 1.3. The host fungi had one more penchant: rotting wood. But this wasn't that surprising to McCormick's team, since those fungi are primarily decomposers. All this implies that to save endangered orchids, it's not a simple matter of planting new forests to replace the ones that were destroyed. If the forests aren't old enough or don't have enough of the right fungi, lost orchids may take decades to return, if they return at all.

Posted by Kristen Minogue, Smithsonion Environmental Research Center, http://sercblog.si.edu/?p=1770

Southern Arrowwood Viburnum



Southern arrowwood viburnum (*Viburnum dentatum*) gets its common name, according to common lore, from the idea that at one time the branches of this shrub were used to make arrows...who would have believed? It is a believable idea because the form of new growth branches is relatively straight. Once the shrub is mature, this trait is diminished and the shrub assumes a vase to rounded form overall. The leaves are toothed or dentate--hence the Latin species name-giving a rough texture in the landscape. This deciduous shrub achieves its mature size of 6-10' x 6-10' as a hedge, but a single plant in optimum conditions may reach to 15', within a five year time frame.

Arrowwood likes a sunny exposure, has medium water needs, and grows in acidic, regular or clay soil with adequate drainage. It will tolerate an association with black walnut (*Juglans nigra*). White flowers in umbrel clusters all over the plant occur in mid to late spring and attract butterflies and native bees. These and other pollinators contribute to the lovely dark grey-blue berries that ripen in summer, mid July in 2012, just as bluebirds are in the second fledging. My bushes were absolutely alive with bluebirds this year! For fall, the foliage is richly colored. There is a cultivar available in the nursery trade 'Blue Muffin' that may be somewhat smaller than the species described herein. Both grow well in the home landscape and the species is found in all provinces in Virginia but especially the coastal plain and piedmont. **Note: There will be some of these for sale at the plant sale this year.**

Source of drawing: http://plants.usda.gov; Britton, N.L., and A. Brown. 1913. An illustrated flora of the northern United States, Canada and the British Possessions. 3 vols. Charles Scribner's Sons, New York. Vol. 3: 271. Courtesy of Kentucky.native.plant.gov Plant Society.

Submitted by Paula Boundy

Drought Impact on Virginia's Native Plants

Prolonged periods of drought do have an impact on native plants, but they tend to be better adapted to this climate and can tolerate its extremes. Planted in appropriate habitats, many natives will thrive in our gardens without much supplemental watering. However, even the most drought tolerant plants need to get their roots established before they can stand on their own. For best results, plant in the fall when the temperatures have dropped and the ground has more moisture in it. That way your plants will be well established before hot and dry conditions return.

For further information on choosing plants and other considerations go to http://jccwmg.org/drought-tolerant.htm.

By: Janis Miller, Virginia Living Museum

Check Out These Websites

- www.newenglandwild.org/gobotany New England Wild Flower Society for identification and learning about 1,200 of the more common New England plants. There is also a great tutorial on video at www.newenglandwild.org/learn/go-botany/tutorialfor-go-botany.html/
- www.dcr.virginia.gov/natural_heritage/np.cfm
 Virginia Department of Conservation and Recreation
 (DCR's) Virginia Native Plant Finder

A Day on the Dragon with the Queen



Teta Kain

Every year our chapter tries to offer what I feel is one of the most interesting outings, a kayak trip on Dragon Run with Teta Kain. Because she has spent many years promoting conservation of this area of beauty, she has earned the title, Queen of the Dragon. Since these excursions can only occur when the water is high enough for passage, Teta is pretty much limited to a month or so in the spring depending on the rain accumulation and or drought. This year we secured a Saturday to offer our out of town members a chance to see this pristine meandering bird sanctuary lined with bald cyprus trees, coastal sweet pepperbushes, and aquatic plants. Also this year, Pam D'Angelo-Hagy recorded the trip with audio and photos for a future radio broadcast on a Richmond station.

Before setting off Teta explained the purpose of all her trips and her efforts to save the Dragon. She doesn't charge for these trips but donations are most welcome and the monies go toward purchasing additional land, payment for taxes on land already purchased and whatever other costs are needed to preserve this unique environment.

The Dragon is different each time one goes as the level of water changes, the flora change depending on what time in April one goes, and of course it all continues to grow more and more so that eventually the narrow paths in some areas become impassable. You can count on seeing bald cyprus trees (Taxodium distichum) and their knees, green arrow arum (Peltandra virginica), yellow pond-lily (Nuphar lutea), resurrection fern (Polypodium polypodioides), coastal sweet pepperbush (Clethra alnifolia), and many other native plants. The Dragon also has its own sound--that of various bird songs. For bird watchers, this is an absolute delight. So if you get the chance, bring your binoculars and listen. The prothonotary warbler (Protonotaria citrea) is one you will certainly hear and probably see as the Dragon has many nesting boxes provided by the Master Naturalists. There is an eagle's nest and this year we saw the adult female striking a pose next to her nest as a guardian not to mess with.

Teta is a wealth of information and, with her love of the Dragon, you can ask her any question and she will have an interesting answer. Her love extends to all creatures as she is especially fond of spiders. In fact, our chapter had her speak to us recently giving her most interesting spider talk. It isn't hard to see why Teta and the folks who make up FODR (Friends of Dragon Run) love to paddle here. It is one of the few places in our area where we feel like we have gone back in time with only the sounds of nature and none of mankind (other than our paddles as they cut the water and our words, which when on the Dragon are very few).

Thank you Queen Teta for your efforts, and thanks to FODR as well, so that others can enjoy this unique piece of Virginia.

Text and Photos: Carol Hammer

Officers Vice PresidentTed Munns 453-3621 tedmunns@kaballero.com RecordingAnne Stanley 462-0591 astanley@kaballero.com Corresponding....Marie Minor 925-5950 mminor685@gmail.com TreasurerPaula Boundy 435-368 paula.boundy@va.metrocast.net **Committee Chairs** Conservation......Paula Boundy Education.....Tanya Bohlke 435-8824 tmbohlke@yahoo.com, HorticultureGary Chafin Hospitality.....Pam Collins, Jane Peterson MembershipJohn Krainock 472-3051 jkrainock@usa.net Newsletter......Katherine Paris 472-3523 bayfishers3@aol.com Nominating.......Jane Peterson, Nick Ferriter, Tanya Bohlke Programs: SpeakersCarol Hammer OutingsOPEN: Someone, please volunteer! SpecialEarline Walker 529-9362 Earlinedickinson@aol.comNick Ferriter 462-6242 Ferriter@aol.com Publicity Judy Lang 453-6605 jlang@riposi.netSusan Christopher (Church liason) Ways & MeansJudy Lang **Other Board Members** Ex-President......Marie Minor Members at Large...Jeff Wainscott bramwood@kaballero.com Bette Gruben bettegruben@gmail.com

Membership Fees

Individual: \$30 Family: \$40

Secondary: \$5 (goes to another chapter)

Send your check to:

VNPS Membership Chair Blandy Experimental Farm 400 Blandy Lane, Unit 2 Boyce, VA 22602

In the lower left hand corner of your check add:

"Membership, Northern Neck Chapter"

All memberships are good for one year from the month you join. The state office of VNPS will send you a renewal reminder.

All but \$5.00 of any membership is tax deductible.

Please Help Us Keep in Touch with You!

Whenever your email address, phone number or postal address changes, please contact:

John Krainock at jkrainock@usa.net or (804) 472-3051

Whenever you can, please carpool to our meetings, field outings and other activities.

Friend Us on Facebook!

Northern Neck Chapter Virginia Native Plant Society

NN Chapter of the VNPS Outings and Meetings Calendar: Chapter Meetings & Saturday Outings are open to the public

Sep. 8, Sat.	9:00 a.m to Noon . <i>Plant Sale</i> , Wicomico Parish (Episcopal) Church.
Sep. 14-16,	Yearly VNPS Conference, Richmond, VA.
Fri Sun.	
Sep. 20, Thur.	Noon. Gardening for the Birds, Paula Boundy (leader), Wicomico
	Parish (Episcopal) Church. Bring bag lunch. (Board meeting starts at
	10:00).
Sep. 29, Sat.	3:00-6:00 p.m. Boots, Bids and BBQ, annual North Neck Land
	Conservancy Boots and Barbecue community event on six acre parcel
	adjacent to the Mary Ball Washington Museum, Lancaster County
	(rain date is Sun. Sept. 30).
Oct. 4, Thur.	9:00 a.m. Remarkable Tree Walk, Gloucester Area. Charlie & Hilda
	Wilson and Carol Hammer (leaders). Carpool from Wicomico Parish
	(Episcopal) Church with other addt'l stops (further instructions will be
	e-mailed to carpool).
Oct. 13, Sat.	10:00 a.m. Baylor Nature Trail Walk, Kilmarnock, Paula Boundy
	(leader). Directions will be e-mailed out at a later date.
Oct. 14, Sun.	Rappahanock River Valley National Wildlife Refuge Open House,
	Hutchinson Tract, Essex, VA (time TBD).
Oct. 18, Thur.	Noon. General Meeting, Election of Officers and annual activities
	slideshow, Wicomico Parish (Episcopal) Church. Lunch will be
	provided. (Board meeting starts at 10:00).
Nov. 15, Thur.	Noon. Plant Diversity and Forest Management, Mike Aherron
	(speaker), Wicomico Parish (Episcopal) Church. Bring bag lunch.
	(Board meeting starts at 10:00).

Expect more! Additional outings will be announced to our members via email.

Driving directions will be emailed to members in the week before each outing. *To learn more, contact:Carol Hammer, 453-5500 or caroljhammer@aol.com*

Marie Minor's Botanical Surveys Chilton Woods

All VNPS members are welcome to walk with Marie as she botanizes the Doghouse Trail Ditch Flora. Bring water, bug spray when needed; if you wish, binoculars, camera and field guides.

Dates: 1st and 3rd Wed. of each month: Sept. 5 & 19 - 9:00 a.m. Oct. 3 & 17 - 10:00 a.m.

All rain dates will be on the following Wednesdays.

For information on where to meet or check on rain dates, contact Marie at:

(804) 925-5950

Chilton Woods Work Days

Dates: Last Wed. of each month--10:00 a.m.

Sept. 26, Oct. 31, & Nov. 28

For information on where to meet, please contact Earline Walker at:

(804) 529-9362

Newsletter: three issues annually.
Send ideas, articles, photos, etc.,
by January 15th to <u>bayfishers3@aol.com</u>



Northern Neck Chapter Virginia Native Plant Society P.O. Box 339 Ophelia, VA 22530

Note expiration date if received by mail.

Please renew as needed if record is correct, or contact us if incorrect...