

NORTH CAROLINA WILD FLOWER

PRESERVATION SOCIETY, INCORPORATED



NEWSLETTER

MARCH, 1972

NORTH CAROLINA WILD FLOWER

PRESERVATION SOCIETY, INCORPORATED

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PRESIDENT'S MESSAGE

Since becoming President of the NCWFPS, I have been impressed by the dedication, devotion, and determination that each of you, the individual member, has shown in your work toward the preservation of the native flora of North Carolina. You snatch the plants from the bulldozer's path and protect them in your gardens and nurseries. You help establish and maintain native gardens for the education and enjoyment of the general public. You share your plants and seeds with others. You urge the protection of the endangered species. You fight for the precious and unique environment that the native flowers and shrubs need to survive. You give programs to other groups. You advise and share expertise with the less knowledgeable. You make converts to the cause of wildflower preservation. You work, you discuss, you share. You are wonderful. Keep on being wonderful.

See you in April on the Pamlico. Wear your name tags.

Marjorie P. Newell

NOTICE OF SPRING MEETING FOR THE MEMBERSHIP OF
THE NORTH CAROLINA WILD FLOWER PRESERVATION SOCIETY, INC.

The Society will assemble on Sunday, April 16, at the Herbert C. Bonner Scout Reservation. It has been some time since the group has visited the Eastern part of the State (near Chocowinity); hopefully this will be a good time for bloom. We wish for a good day and that we will have a crowd. Spring is so long getting here this year, everyone will be in the mood to be out.

We meet at 12:00 o'clock noon. Bring your lunch.

All pertinent directions may be found in the letter immediately following, kindly sent to us by Mr. O.B. Roberts, particularly for those who will need to spend the night.

A MAP SUPPLIED FROM THE SCOUT OFFICE IS IN THE CENTER OF THIS BOOKLET!

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BOY SCOUTS OF AMERICA

EAST CAROLINA COUNCIL, Inc. (426)

WILSON, N. C. 27893



HARRY R. BILICA, PRESIDENT
O. B. ROBERTS, SCOUT EXECUTIVE

Dear Mrs. Hubbard:

I am glad that the North Carolina Wild Flower Preservation Society has agreed to hold a meeting at the Herbert C. Bonner Scout Reservation on April 16th.

contd.

Letter, contd.

Tables will be available if you desire to hold your picnic lunch outdoors. A building will be available if you want to hold the lunch inside. The building has rest rooms for men and women, large fans, ice, and a stove in case you want to make coffee or warm your food.

I recommend the following motels in the Washington (N.C.) area:

Holiday Inn, Carolina Ave., Washington
Quality Motel, Highway 17N, Washington, 4 blocks
North of downtown Washington
The Lemon Tree Inn, Chocowinity, Intersection of
highways 264 and 17
Holiday Inn, Memorial Drive, Highway 11, Greenville
Olde London Drive, S. Memorial Dr., Highway 11
Greenville
Quality Court, S. Memorial Dr., Highway 11, Greenville

There are several good places to eat in the Washington area. All of the motels listed above have dining facilities. I also recommend the following for good food:

Page House, Highway 17N, Washington
Aunt Sarah's Pancake House, Chocowinity, (In
connection with Lemon Tree Inn)
Three Steers, S. Memorial Drive, Greenville
(in connection with Olde London Inn)
Parker's Barbecue, S. Memorial Drive, Greenville
same menu as Parker's in Wilson

Enclosed you will find a map giving directions from Chocowinity to the Reservation. If there is anything that we can do to help your group in connection with their meeting at the Bonner Scout Reservation, please let me know.

Sincerely,
O.B. Roberts

Dr. Ritchie Bell has begun a study of nature species in the Bonner Scout Reservation. The initial section of his nature guide contains listings of trees, shrubs, vines and ferns found here. Future listings of wild flowers, grasses, birds and other animals are planned. There is a marked trail in the Bob Wolff Nature Area. There will be a guide.

Lack of space prevents our being inclusive, but a few of the plants we may look forward to viewing are:

Bald Cypress, *Taxodium Distichum*(L.) Richard
Black Gum, *Nyssa sylvatica* Marsh.
Black Willow, *Salix nigra* Marshall
Fringe Tree, *Chionanthus virginicus* L.
Horse Sugar, *Symplocos tinctoria* L.
Ironwood, *Carpinus caroliniana* Aiton
Longleaf Pine, *Pinus rubra* L.
Mulberry, *Morus rubra* L.
River Birch, *Betula nigra* L.
Shadbush; Serviceberry. *Amelanchier canadensis*
(L) Medicus
Umbrella Tree, *Magnolia tripetala* L.
American Storax, *Styrax americana* Lam.
Bayberry; Wax Myrtle, *Myrica cerifera* L.
Chinquapin, *Castanea pumila* Miller
Dwarf Azalea, *Rhododendron atlanticum* (Ashe)
Rehder
Loblolly Bay, *Gordonia lasianthus* (L) Ellis
Tag Alder, *Alnus serrulate* (Aiton) Willd.
Trailing Arbutus, *Epigaea repens* L.
Ti Ti, *Cyrilla racemiflora* L.
Yaupon, *Ilex vomitoria* Ait.
Climbing Hydrangea, *Decumaria barbara* L.
Yellow Jessamine, *Gelsemium sempervirens* (L)
Aiton

Minutes of Fall Meeting, October 27, 1971

The NCWFPS met at Hanging Rock Park on Sunday, Oct. 27; it was a cool day and fires in the shelter were welcome. After Dr. Marjorie Newell, President, called the meeting to order, minutes were read and approved; current balance of \$553.47 was reported by the treasurer, Miss Bessie Pope.

This meeting celebrates the 20th birthday of the Society. To mark the occasion, a birthdaycake was cut by Mrs. J.A. Warren, who told about the growth and meaning of the organization. Mr. Lionel Melvin read a letter from Mrs. Herbert P. Smith, founding mother, telling of her pleasure in knowing everyone during these twenty years and in seeing how the Society grew into the strong organization it is now.

Mr. Melvin presented the slate of officers for the coming election in the Spring. They are:

President:	Mr. Tom Shinn, Leicester, N.C.
V-pres:	Mrs. Charles Hubbard, Durham
Corres.-Sect:	Mrs. Warren Ferguson, Cameron
Treasurer:	Miss Bessie Pope, High Point
Secretary:	Mrs. R.F. Donnan, Chapel Hill

Mrs. Robert Connor, High Point, invited members to attend the meeting of the N.C. Conservation Council at Camp Penn in Reidsville the first week-end in December; the new tax-exempt Conservation Foundation has been formed to encourage gifts of land and money.

Dr. Newell thanked the editors of the Newsletter for their fine first edition.

Several brought seeds to distribute: Dr. Hechenbleikner with sweet shrub, Dr. Totten, red buck-eye, Miss Elizabeth Lawrence shared yellowwood plants, and the Shinn's various wild flowers.

Mr. Tom Shinn announced the Rock Garden Society would not meet in Asheville, but in a more central area. He added appreciation to the Newsletter for including Mr. Bill Hunt's propagation pamphlet. Mrs. Donnan showed the pictorial calendar of Eno River; calendar is now for sale.

Dr. Newell introduced Dr. Hollis Rogers, Professor at UNC-G who is associated with State Parks. He reminded the group that he, Dr. B.W.Wells and Dr. Bloomquist were at the founding meeting of this Society and welcomed the group to Hanging Rock. The Park is an erosion-formed monadnock in the upper Piedmont; attention was called to the small, purple sweet pinesap, *monotropsis odorata*, which were to be found at this time.

Members were divided into groups of varying time lengths for the walks, led by Dr. and Mrs. Rogers and their daughter, Sharon. Included in the sites was a mica schist outcrop; a fine example of climbing fern, the Hartford or possum foot, was seen near the bathhouse. Several Earth Stars were seen as well as Indian cucumber root, Lady's-slippers, Fraser magnolia, ferns and other shrubs and trees. It had been a good meeting.

Respectfully submitted,
Mrs. R.F.Donnan, Secty.

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Minutes of the EXECUTIVE BOARD, Sunday March 12

The Executive Board of the NCWFPS, Inc., met at the home of Dr. Marjorie Newell in Winston-Salem, Sunday, March 12, 1972, on a lovely day; Dr. Newell served a delicious lunch.

Minutes of the August Board Meeting were corrected to include the presentation of The Natural Gardens of North Carolina B.W.Wells, to Methodist College, Fayetteville in honor of Mrs. Gordon Butler.

The treasurer reported a current balance of \$538.47. Mr. Melvin reported that Mrs. Warren Ferguson had declined the job as recording sect. due to ill health; she invited the Society to meet in Southern Pines on the estate given by the wife of James Boyd.

* Miss Nancy Julian, Winston-Salem
has been nominated

Mrs. J.A.Warren moved that a gift of \$100.00 be made to the Medicinal Garden; motion carried, to be recommended to Society at Spring meeting.

Mrs. Walter Braxton reported more books on hand to be used as memorials. Mrs. Gregory Lewis suggested that Trees of the Southeastern States, Coker and Totten, be given in memory of Mr. Melvin's mother; this will be sent to the Bladen County chapter of the DAR in Elizabethtown, N.C.. Mrs. Melvin had the distinction of being an original Daughter.

Dr. Newell read a letter from Dr. G.R.Noggle, chairman of the Botany Dept at UNC State at Raleigh. A new museum and garden are being developed in Laurinburg, featuring Indians, the garden featuring native plants used by them.

Mrs. R.F.Donnan recommended to the Board that the NCWFPS join the Botanical Garden in Chapel Hill. This motion carried.

Mrs. Charles Hubbard moved that the Society accept the invitation of Mr. O.B.Roberts, Scout Executive, to meet at Camp Bonner for the Spring meeting; Mrs. J.A. Warren seconded this and it was passed.

Newsletter editors requested that all reports and materials to be included by the officers be in within the following week to allow members sufficient notice of the Spring meeting, especially since Newsletter is ready with the exception of these reports.

Respectfully submitted,

19 present

Mrs. R.F.Donnan

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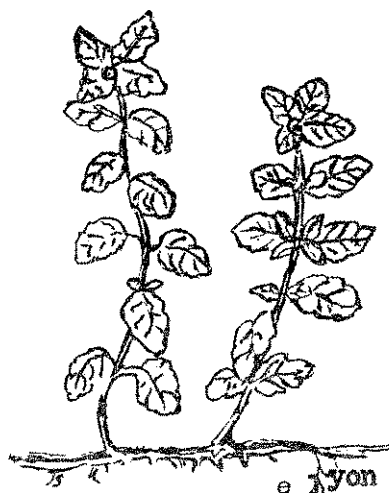
Miss Bessie Pope, Treasurer, is bringing membership list up to date and feels that all who have neglected to pay dues for two years should be dropped from the list.

\$2.00 Due in May

PENNY ROYAL

Elizabeth Lawrence

There are two kinds of pennyroyal: the American, *Hedeoma pulegioides*, and the English, *Mentha pulegium*. The specific name comes from the Latin *pulegium* (flea-bane) which means that it will do away with vermin. In our mountains henhouses, the sleeping places of the hounds, and the walls and floors of the cabins are washed with a strong solution of pennyroyal and homemade soap.



It was once called *Pulegiecem regium* (I don't know why) and therefore royal, and also pudding-grass from its use to flavor a " hakt meat or Haggas-pudding". Parkinson says it is good and wholesome for the lungs, to expell cold and thin plegme, and afterward to warm and dry it up; and it is also of the " like propertie as Mintes to comfort the stomach, and stay vomiting. It is also used in womens baths and washing, and in mens also to comfort the sinews".

As far back as the days of Apuleius it was known as a remedy fro seasickness, and on a long voyage to put in the drinking water. " If you have one when you are at sea", Gerard says, " Penny Royall in great quantity, and cast it into the corrupt water, it helpeth it much, neither will it hurt them that drinks thereof". It "groweth naturally wild in moist and overflown places, such as the Common neere London called Miles end, about the holes and ponds thereof in sundry places, from hence women bring plenty to sell in London markets... A Garland of Pennie Royall made and worne about the head is of great force a-

herbs

gainst the swimming in the head, and the pain and giddiness thereof⁹.

Italians find it useful for and against sorcery, and hang it on fig bushes to keep the fruit from falling before it is ripe. Husbands and wives drink pennyroyal tea and live in harmony.

And it has its place in the language of flowers:

Peniriall is to print your love
So deep within my heart,
That when you look this nosegay on
My pain you may impart.

In Sicily children put sprigs of pennyroyal under the creche, and there, just at midnight, it bursts into bloom:

In Sicily, as I was told,
The children take Pennyroyal,
The same that lurks on hill and wold
In Cotsall soil.

The Pennyroyal of grace divine
In little cradles they do weave -
Little cradles therewith they line
On Christmas Eve.

And there, as midnight bells awake
The Day of Birth, as they do tell,
All into bud the blossoms break
With sweetest smell.

(Quoted by Mrs. Grives from Punch)

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Correction:

After the last Newsletter appeared Mr. Melvin wrote: "One item in your article needs correction. The name *serpentaria* is not indicated as ever having been a specific name for *Cimicifuga racemosa* by Gray,

herbs

Small, or Radford-Ahles-Bell. It was an old name for Aristolochia, and is still used as a specific name for Aristolochia serpentaria". I can't think why I got confused -- or rather I can. The snake-roots are woven into my dreams -- now under one name, now under another.

I was also mixed on dispensary, a place where medicines are prepared and dispensed, and dispensatory, a book containing a systematic description of drugs used in medicine. But they seem to be interchangeable.

Elizabeth Lawrence

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THE WALLACE BROTHERS HERB HOUSE

Dr. Mary Eliason

Wallace Brothers Herb House, Statesville, N.C., Iredell County, is a good memory to have. It deserves a place in the Country Doctor's Garden.

The Wallace Brothers carried on one of the largest herb businesses in the world. There the people of Western North Carolina sold a valuable cash crop in herbs.

Best of all, the children of the town brought their herbs in to sell. We could not go far afield; but what we did collect and sell made us conscious of the ecology of our back yards and gave us a sense of the economical value of plants.

The herb house was a land mark which stood on the corner of Walnut and Meeting streets. It was an immense sturdy pine building, weathered to a dark silvery gray. The interior was big and airy and filled with piles of dry and drying herbs.

herbs

A heavy plank porch was on the south side. Here in the bright sunshine the bags and bales of herbs came in, and went out all over the world. Here we sold our herbs.

Jimson weed was an acceptable herb. Around our vacant barn and on the edges of the garden that plant grew plentifully. We clipped and dried the leaves and sold them joyfully. As new leaves crept out on the shorn stalks, we clipped again, wishing that nature moved faster.

Peach seeds were our regular cash crop, summer after summer. We counted them seed by seed into pounds until the urge to sell was irresistible. Mothers in those days canned all summer. Peach seeds to sell belonged to children just as licking the cake pan belonged to children.

Nightshade, a specimen of one plant grew in our back yard. We were warned against it.

Pokeberry grew on our lot too and I think we considered it an herb. We did not have enough to sell and made a rich juice to accompany mud pies.



herbs

We were warned against putting any part of the plant in our mouths.

Pennyroyal grew around the barn where we lived in Cool Springs in a pungent tough stand. We were sure that we would have been welcome customers if we could have trudged to the herb house with it as our harvest.

Ginseng: The word was fabulous. It was the pet of gold at the feet of the rainbow in our herb world. We listened to our cousin from Sparta tell how it was dug and brought in and sold by the mountain people. None of it must have reached the Wallace Herb House. I longed to live where it grew. My cousin described the plant. To this day I have never seen a ginseng plant.

In later years, our neighborhood gardens had tansy, lavender, sweet basil, mints of all kinds, and fennel for fun and flavoring. Behind them lay what I had learned by being a customer at the great old herb house.

The business of buying and selling medicinal herbs and doubtless the flavorings ones too contributed something else to the world. Doris Betts in The Astronomer and Other Stories has a story about the herb house. As children, she and her companions peeped into the dim interior and imagined they saw spies. I wrote a story called Sunflower House. It had planks that ran up and down and dark ivy around its base. Both buildings were romantic to children. What a pity the herb house was torn down.

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Plants needed for the Medicinal Garden at Bailey:

Cestmary	Sweet Woodruff	Rhubarb
Foxglove	Thyme, any variety	Rue
Gorge	Iris Florentine	Arnica
Asparagus	Old-fashioned peony	

Linda Lamm, Chairman of planting

herbs

Notes on the Garden:

That the NCWFPS can be proud of the joint effort in creating the Medicinal Herb Garden at the Country Doctor Museum in Bailey, there is no question.

Your ability to be counted upon by lending your knowledge, your enthusiasm, and your generosity in sharing plants are heartening. Our most fortunate experience was in having as an interested member a noted landscape architect. Miss Elizabeth Lawrence, who drew the plans, guided the effort all the while, and has given many fine plants; the then-President, Dr. Herbert Hechenbleikner preceeded at once to set the movement in motion and spent many hours searching for funds.

19 of you have given plants; 9, mostly in the Wilson area, have labored for days in the actual building and planting of the garden, assisted by physicians, families and friends; members have given artifacts, the mill wheel, the Indian mortars, and have made private contributions.

The encouraging gift of \$500.00 from Owens, Minor and Bedeker, pharmaceutical company, was increased by \$400.00 from the two medical clinics of Wilson, by another \$400.00 from interested friends. The old handmade brick, the fine brickwork, the fences are evidences of work done carefully. Further landscaping is to be done, and constant planting. Visitors to the garden are interested in the sheet prepared by Linda Lamm, explaining and identifying the herbs. Quite a few groups have also made trips to the garden.

We feel that we have made a good start and are warmed by the interest of the members.

Mercer Hubbard

CONSERVATION AND CULTIVATION OF WILD FLOWERS
IN NORTH CAROLINA

by

WILLIAM LANIER HUNT

The time has come when we must learn to cultivate wild flowers and bring them into botanical gardens and protected areas. Up until now, our motto has been "Preserve the Wild Flowers". It is no longer possible, however, to "preserve" them in the wilds because their natural habitats are being destroyed under our very eyes. In our lifetime, there will be few of these natural areas left. The only remaining ones will be those that have been snatched from the human bulldozer by conservation groups.

Cultivation is conservation now. We must learn how to grow our wild plants, and we must teach the public. Members of the Society know that most wild plants are easy to satisfy in gardens and that special conditions can be provided for the difficult ones. The public is asking for information, however, and the Society can perform a most valuable service by supplying this material.

Of first importance is the growing of native plants from seed. Hundreds and thousands of plants can be grown from a few handful of fresh seeds. The easier species can be sown on beds of woods soil and the more difficult ones handled in the manner described by Mr. Shinn in the NEWSLETTER and reprinted in GARDEN TRAILS (N.C.Botanical Garden).

It is important to grow wild flowers from seeds for another reason. Many of our Southern

conservation

species are marvelously various. The phloxes, for example, produce many different color variations. Nature is producing, each year, a great crop of seeds from which we may have all kinds of splendid variants. To fail to plant some of this crop is to miss a cornucopia of riches. When these superior plants have been discovered amongst batches of seedlings, the interesting and better types can then be reproduced by cuttings and division.

In Europe, where the plants from our area are so greatly appreciated, nurseries have produced many beautiful cultivars and given them names. We are lucky to be able to buy these plants from American nurseries dealing novelties. However, we should be developing our own selections and naming them.

Still another reason for growing native plants from seeds is to make it unnecessary to collect them from the woods. We look forward to the time when nurserymen will be able by scientific means to produce plants more cheaply than they can do from collected material.

The public is hungry for information on growing wild flowers. The little pamphlet, "How to make a Wild Flower Garden" by this writer has been in great demand by all those who have seen it and has been reproduced over and over again. This pamphlet and Mr. Shinn's excellent article on growing plants from seeds which was printed in the NEWSLETTER and then in GARDEN TRAILS (N.C. Botanical Garden) can be reproduced as two short publications. Then, the bibliography in the Hunt pamphlet provides much excellent material which most libraries can obtain.

Now that it has been re-issued by the UNC Press, Dr. Wells' THE NATURAL GARDENS OF NORTH CAROLINA should be the vade mecum for wild flower lovers. Dr. Wells' article in the NEWSLETTER for October, 1971, might be made available to state libraries, too.

THE WOOD LILY (L. PHILADELPHICUM LINN.)

Wild Red Lily
by
Addie Williams Totten
(Mrs. H.R.)

This request was made by Mrs. Charles Hubbard for the Newsletter for the N.C. Wild Flower Preservation Society, Jan. 1972

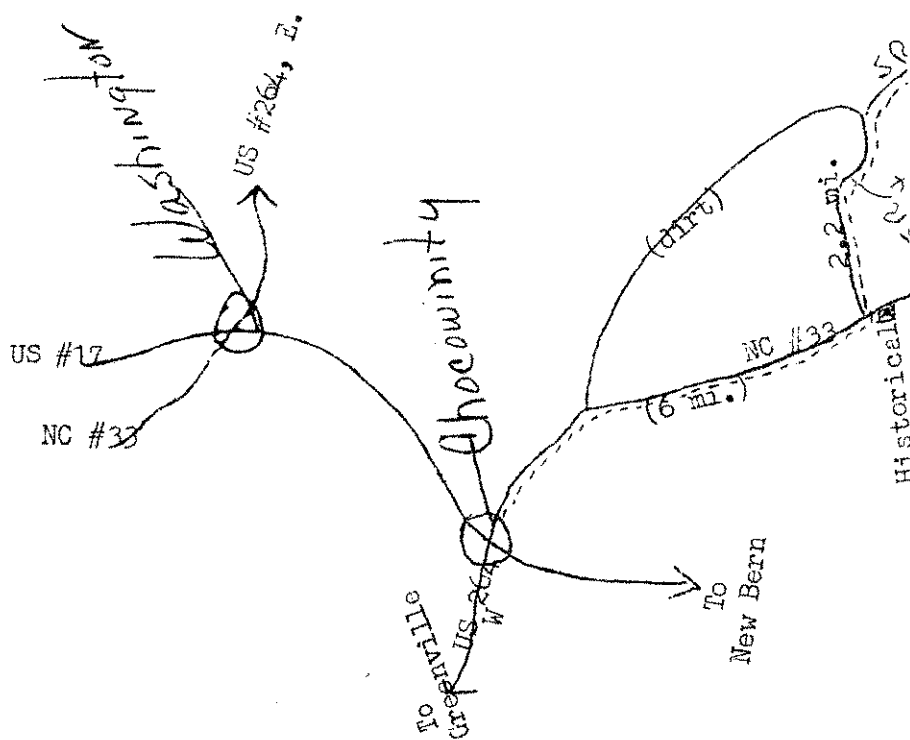
Of the many accounts I have read concerning the Native Wood Lily -none has satisfied me as the account found in Vol. 11, Bailey's, page 1876 4-8. Before I continue I want to urge the members of the Society to make frequent usage of the three volumes of Liberty Hyde Bailey's Cyclopedia of Horticulture. Any city library will have it. USE IT!

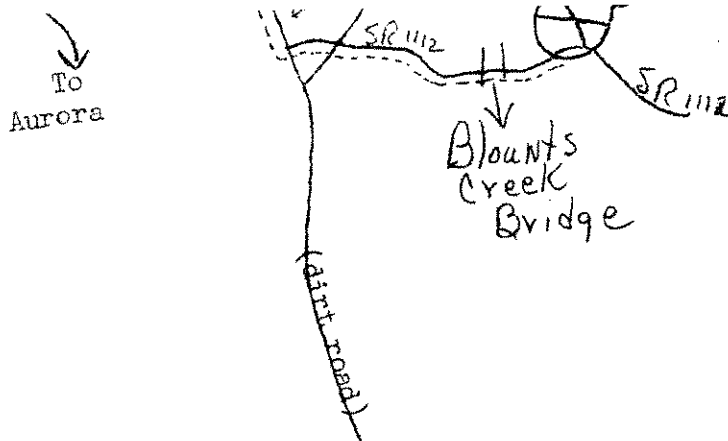
I like for you to search the woods for Wood Lily*, a slender, smooth stalk 1-3 feet high, often growing singly - - Its leaf growth is characterized by a whorl of leaves (2-4 ins. in length, $\frac{1}{4}$ - $\frac{1}{2}$ ins. broad) from 3 to 8 in number. Up near the bloom will be a few small single leaves. Because this is the part of the lily you can see above the ground look carefully for these marks of identification. Bulb will be round or nearly so, 1 to 1 $\frac{1}{2}$ inches in diameter, made up of white or pale yellow, small, thick scales, sometimes jointed. the scales are arranged in staggered rows so the points appear to make the whole bulb look like a small pineapple, or reminds one of the way the scales are on a pine cone. Be very careful not to break nor bruise these tender, young scales when you collect the bulbs. Be sure to wrap them in soft tissue paper. So, if you are collecting in blossom time as far West in Canada as Sask. -Maine to Miami, North Carolina mountains and Missouri. The flowers bloom singly on a stem with petals upright slightly curving out at the tip ends - these petals

N

camp Bonner

SR 1118





HOW TO GET TO CAMP BONNER FROM CHOCOWINITY --

Take Highway #33 east toward Aurora, 6 miles. Turn left on a hard surfaced road at the "Fort Hill" Historical Marker and a Bonner Scout Reservation sign on the right. Go 2.2 miles to a dead end. Turn right and go 4 miles to Blounts Creek Bridge. The entrance to the camp is 1.6 miles east of Blounts Creek Bridge. Signs will be placed along the way. (Follow dotted line.)

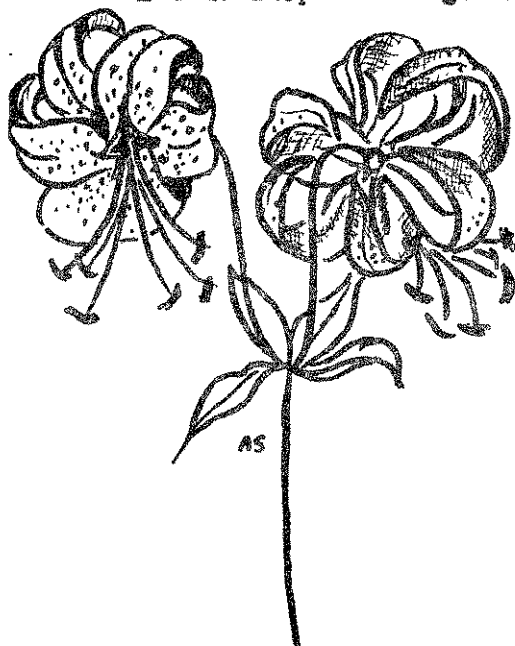
conservation

1-5 inches long - - 3 to 4 inches in diameter;
smooth inside; bright orange-red, tinged yellow in
center, deeply spotted with purple; anthers will be
deep red.

Bailey: " A beautiful, native lily, but indiffer-
ent to cultivation".

Mr. W.L.Hunt of the N.C.Arberetum at Chapel
Hill requests people to try to grow more native
Lilies. He says they are fast becoming extinct.
This can be our part in saving them. The Garden
Dictionary, by Norman Taylor, says, " The Wood Lily
requires partially shaded situations. It is on the
whole difficult in the garden". When planting lily
bulbs the best time of the year is when the foliage
has died down. They should be put in the ground 3
times as deep as the height of the bulb, e.g. if the
bulb is 2 inches high, its base should be 6 inches
below the surface of the soil. Make a cushion of
sand, or $\frac{1}{2}$ sand and $\frac{1}{2}$ garden peat moss to place the
bulb on. This insures drainage and an essential pro-
tection from harmful bacteria and possibly field
mice. Do not let the plant dry out after it sprouts.

Let us adopt " The growing of the WOOD LILY" AS
OUR PROJECT FOR
1972 (MCWFPS)



I enclose the

address of the
"Gardens of the
Blue Ridge".
Ashford, McDowell
County, N.C. 28603

We think it is the
most reliable
source to secure the
Wood Lily Bulbs

ORCHID HUNTING IN NORTH CAROLINA (WITH A CAMERA)

George C. Pyne, Jr.
Durham, N.C.

Accompanying Drawings by the Author

For the lovers of wildflowers the most exciting way to spend spring and summer week ends is "Orchid Hunting" in North Carolina. Radford, Ahles, and Bell in the Manual of the Vascular Flora of the Carolinas list 24 species in the Orchidaceae family. This listing covers members of the family from the small Green Adder's Mouth (*Malaxis unifolia*), to the rare and beautiful bog-rose (*Arethusa bulbosa*). The seeking out and photographing of our orchids can be a project just as time-consuming and of as great magnitude as interest and time permit.

The trips my wife and I have taken have carried from Carteret County in the east to Avery County in the western part of our state. In both of these counties, as well as in Durham and Orange Counties, we found the Yellow Fringed-Orchid (*Habenaria ciliaris*). In addition we found the White Fringed-Orchid (*H. blephariglotis*) in Carteret County and the Small Purple-Fringed-Orchid (*H. psycodes*) on the Blue Ridge Parkway near the turnoff to Mt. Mitchell. In early August the Yellow Fringed-Orchid blooms in quantity along the road from the Parkway to Wiseman's View. It blooms with the Michaux Lily and gives a show not to be forgotten.

An early week end in June took us to the savannahs of Brunswick County. "Unbelievable" is the only word to describe this memorable trip. In these savannahs we found the Rose Pogonia (*P. ophioglossoides*),

conservation

the Rosebud Orchid (*Cleistes divaricata*), the Calopogons, and *Spiranthes* blooming with the Venus Fly Trap and four varieties of the *Sarrecoenia*. To enjoy fully the wealth of flowers in the savannahs one should allot enough time.

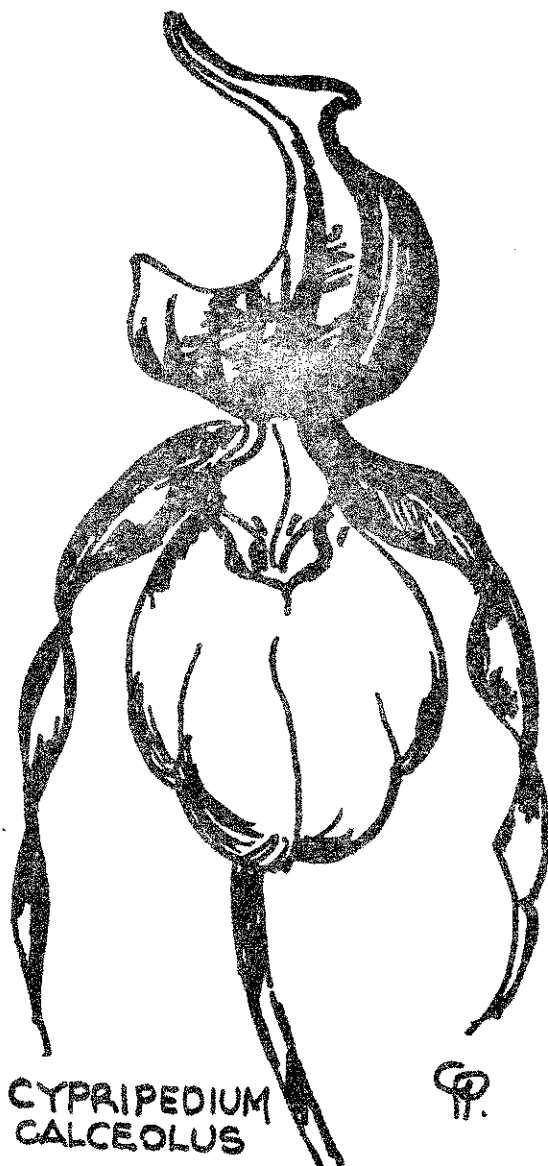
The *Cypripedium regina* is the only member of this family that is difficult to locate. It is found only in several of our western counties. *C. acule* is distributed chiefly throughout the mountains and northern coastal plain, and is infrequent in the piedmont. The spring wildflower hikes on the Eno River include visits to areas where *C. calcaolus* blooms and make a rewarding outing for the photographer of wildflowers. *C. Acaule* is found in Umstead Park, and with the help of the Park Ranger the photographer can be directed to this subject.

Orchis spectabilis is found in our mountains and northern piedmont. Handsome specimen plants grew along the pathway to the Falls off the parkway at Crabtree Meadows and offer an excellent opportunity to the photographer along with many other outstanding flowers.



CLEISTES
DIVARICATA

CP



CYPRIPEDIUM
CALCEOLUS

Saturday and Sunday
afternoons have afforded
us the opportunity
to walk in the North
Carolina Botanical
Garden in Chapel Hill
or along the Eno River
to find and photo-
graph the following:

Twayblade Orchid
(*Liparis lilifolia*)

Adam-and-Eve Orchid
(*Aplectrum hyemale*)

Crane-fly Orchid
(*Tipularia discolor*)

and

Rattlesnake Plantain
(*Goodyera pubescens*)

conservation

CULTURE OF NATIVE ORCHIDS

Members of the Society interested in the culture of orchids may find a storehouse of information by Dr. Edgar Wherry in Don Correll's wonderful book, Native Orchids of America, 1950, Chronica Botanica Co, Waltham, Mass. The charming illustrations in black and white are by Blanche Ames Ames and Gordon Winston Dillon. Linda Lamm saw this volume in my library and went wild over it. Maybe she will exhibit hers at one of the meetings. Although it is now a "rare" book, it can be obtained by waiting a while for a dealer to find it for you.

Dr. Wherry's notes are mostly from his field notes, and, like some of his field notes on the habitat of violets, are most helpful in citing native plants.

William Lanier Hunt

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Note from Lionel Melvin concerning the medicinal use of the Balm of Gilead:

"Here is a little note on the medicinal use of the buds of the Balm of Gilead as given to me by a Mr. Coble who is a resident of my community and was born near Alamance Church in Guilford County, N.C..

He said that his father made salve by frying the buds and separating the leaf buds from the balm. This he said cured a skin disease on his mother's hand, which he said was peculiar to women but couldn't remember what the name was. However he thinks it started with the letter "g" and was not tedder or infants disease of the scalp (not infantigo). Mr. Coble further added that a father in Georgia wrote to his father about getting some of this salve to treat a skin disease (not infantigo) which plagued his child, whereupon the Georgia parent drove to North Carolina taking back some of CobleSr.'s "Balm" of "Gilled" which cured the child. Ask Dr. Graham about use of the balm.

CAN WE SAVE THE GREAT DISMAL SWAMP?

BY Pattie Lambert

The water of life is ebbing from the greatest ecological wonder of America's mid-Atlantic coast. Still beautiful, still mysterious, still seductive, the Great Dismal Swamp is a dying world.

If "progress" continues at its current rate, the nature lover has only a short time left to experience the spell of this unique area. The Great Dismal Swamp lies half in North Carolina, half in Virginia. In the year 1800, the swamp covered some 22,000 square miles. Today it covers 750 square miles. Lake Drummond, in the midst of the swamp, was once five miles across and fifteen feet in depth. Today the lake is three and one-half miles across and, at most, five feet deep.

A trip into the swamp begins at a point on US Highway 17, three miles north of the North Carolina-Virginia line. The north-south Inland Waterway parallels the highway here; and at this point the Feeder Canal, flowing eastward from Lake Drummond, joins the Inland Waterway. Here beside the highway is the home of Captain Robert Rowland, who makes a career of ferrying visitors into the heart of the Great Dismal Swamp.

Newcomers quickly succumb to the wild charms of the high-banked three-mile-long Feeder Canal. Sparkling sherry-like water forms a perfect mirror for the lush tangle of vines and tree limbs which dip to touch the surface. Captain Rowland's boat proceeds past romantic vistas of wild grapes and flowers, butterflies and darting birds.

In spots where the bare bank is visible, giant fossil sea shells are seen in a layer four feet above the water.

The air is dust-free and sweet. Up from the water

conservation

er and down the bank swirls a mingling of nostalgic essences: Muscadine, Honeysuckle, sassafras tea, cherry bark, root beer, autumn leaves...

The water smells so sweet and good because if is. Captain Rowland explains that there is very little bacterial decay in the Great Swamp. Unlike conventional swamps, the water here is acid enough from the leaching of juniper and cypress that bacteria are discouraged. Commodore Perry took casks of this water on his 19th-century "Open Door" voyage to Japan.

Again unlike other swamps, stagnant water does not collect here. The Great Dismal Swamp is on land higher than that to the north, east or south. Water rises and collects in the swamp and seeps out through the headwaters of seven rivers.

At the end of the Feeder Canal Captain Rowland steers a painstaking course between snags and cypress knees. The boat suddenly passes the last tangle of tree and vine, and there is Lake Drummond. In the middle of the lake Captain Rowland shuts off the motor, and the total silence is almost unbearable.

The water here, scooped up in a plastic bag, has a pink-beige tint. The taste brings back those nuances of rootbeer and sassafras tea. The texture seems delicate.

Motor still silent, the young captain talks of fat catfish and of raccoons "big as a young dog". Deer hunting is good, he says, but he stays in his boat until frost sends the snakes into hibernation. He offers visitors a walk on the lake shore, but "watch out for quicksand".

The small area of sandy shore is pocked with strange depressions and incised with the tracks and trails of animal life. Flowers to look for include yellow jasmine, the atamasco lily, whorled loosestrife, wand loosestrife, bloodroot, bluebell, black snakeroot, boneset, white snakeroot, yarrow, swamp buttercup,

conservation

hepatica, spiderwort and bee balm. The swamp is full of color from early spring until winter, says Captain Rowland.

The swamp is on the north-south iso-thermal line. It contains many plants and animals which are not found farther north, and many which are not found farther south.

Mankind's attack on the Great Dismal Swamp is clearly visible. Roads approaching the swamp, especially from the North Carolina side, run between fields where piles of stumps and tree limbs are burning. The fields are edged with deep drainage ditches. The swamp is being nibbled away, stripped of timber, and dried-out for agriculture. Perhaps the most dreaded destructive force is fire. The Great Dismal Swamp is one of the few places on the North American Continent where peat is being formed. If this giant peat bog becomes too dry, fire could ruin it quickly.

If the frontier ethic continues to prevail, the Great Dismal Swamp will soon disappear. The loser will be the nature lover, the fisherman, the boatman and the hunter.

A trip into the Great Dismal Swamp is an ideal and convenient wilderness experience for people who are not able to fly to Canada or Alaska or hire a safari. No one should be denied the truly wonderful and healing nature of a wilderness setting.

Most of the land area of the Dismal Swamp is owned by various farmers and lumber companies. Saving this phenomenon of nature from the march of "progress" will be an arduous and expensive task.

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A water tour of the Swamp is a memorable family experience and an ideal challenge for camera fans. Fare is \$10.00 per couple, plus \$2.00 for each additional person up to 6. Trip from 2-3 hours depending upon water level and weather. Contact: Captain Robert Rowland, 4103 George Washington Hy, S., Chesapeake, Va. 23322. Tel. 421-2759.

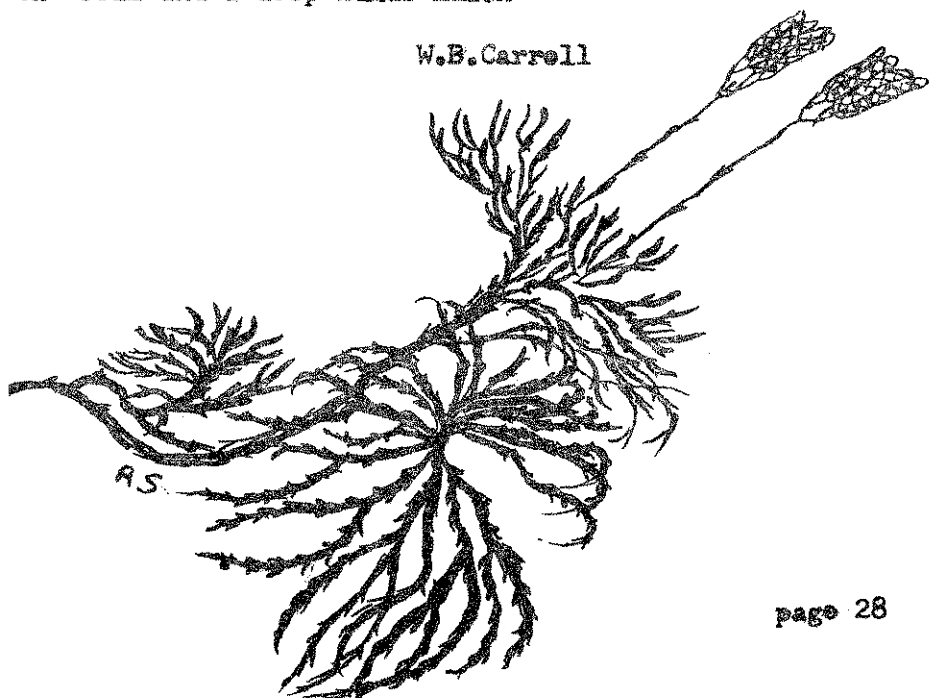
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Transplanting the Trailing Cedar (*Lycopodium complanatum*)

Regarding your inquiry concerning transplanting Trailing Cedar, I am not certain my method is 100% sure, but I have transplanted on several occasions very successfully.

As you know, Trailing Cedar spreads by way of underground runners and by seed. My method is to locate a new plant that has come from seed. Preferably one that has just the first whorl of leaves, certainly not more than two. Then proceed to dig and transplant like any other wild plant. If you are moving some distance see that the soil is as near the same type as possible. This is an acid loving plant. I have found it growing in bogs as well as on dry hillsides. Be sure to have plenty of humus in the soil and a deep humus mulch

W.B. Carrell



conservation

BEAUTIFICATION AND ECOLOGY

BT Nell Lewis

It is ironic that man, either collectively or as an individual, refuses to face a problem until overcoming the issue becomes a monstrous, expensive undertaking. And then, having selected a major point of concern, the entire country seeks involvement, either through genuine alarm or for monetary reasons.

Beautification and ecology - - - the relation of living things to their environment and to each other - - are the current, popular causes. One would think that the air, land and water became polluted overnight, and ugliness was something new; but quiet, knowledgeable people have been warning of it for years.

Gardeners, throughout the ages, have been "doing their thing" for the pure joy of growing beautiful plants and enjoying fresh, delectable vegetables. And now, reputable seed companies, through advertisement in their Spring catalogues, are encouraging everyone to "plant to beautify and purify", as though this, too, were a new angle!

Plants and animals are totally dependent on each other but it didn't happen yesterday. Man breathes in oxygen and expels carbon dioxide through his lungs, while plants breathe in large quantities of carbon dioxide through their leaves and give off oxygen. The destruction of one means the destruction of both.

We, who have been doing our share to beautify and purify our environment whether we were acutely aware if its significance or not, will continue to do so without the encouragement of advertising. And we can only hope that the billions of dollars being spent to educate the unconcerned population in this matter were not allocated too late,

conservation

A MEDLEY OF GROWING PLANTS OF SOUTHERN ALAMANCE COUNTY

by Viola Andrew Braxton

Linda Lamm was most kind at Hanging Rock Park, in the fall of 1971 to ask that I write on my favorite flower for our Newsletter. After much thought I decided to write about a number of favorites that were a part of my childhood.

Sunday afternoons, after attending Sunday School at Spring Friends Meeting and once a month sermons, were a time for recreation, if we had company usually a ball game ensued, among our own family, it was hide and seek or often tennis. But in the Spring we loved to ramble the hillsides and the valleys to see the lovely nodding trillium that grew among many large rocks at the head of a small stream that meandered down to Cane Creek. Atop the hill were the blue Iris, only then we called them blue flags. The Bird Foot Violets had a special place of their own on a steep hillside that faced to the south. Among a Red Cedar stand was Creeping Cedar galere and everywhere grew the bluests or Quaker Ladies.

Clustered around another spring was a growth of Beech trees that were most intriguing where people had carved their initials, sometimes a heart with an arrow and dates in the eighteen hundreds. Christmas Ferns were along the stream and the Ebony Spleenwort on higher ground where Dogwoods were lush and Wild Plums stood like brides in exotic fragrance and beauty. Among this wealth of growth was an occasional Scaley Bark Tree that we always visited in the fall for nuts. Black Walnuts were to be had for picking up, drying and hulling. Hickory nuts were plentiful, and the larger, better ones, it was a race to see who would get them us or the squirrels. Usually the squirrels got their share but my father and brothers kept the squirrels under some control by bringing us fresh meat.

conservation

Across the stream, from our home, was a steep hill covered with huge Oak Trees, wearing bouquets of Mistletoe, and many outcroppings of large boulders on which grew mosses in varying degrees and kinds. Under one huge Oak, with long outstretched arms, was a lush green unusually large carpet of moss which was my delight. I would dream of having my own home and carpets with thick pile like the moss. There grew the Ginger, that the blooms, in early spring, were little pigs to us.

Then in a Pine forest to the northeast of our home was an outcropping of rock known to us as the Indian Rocks. Every so often we would get the urge to ramble upstream to the rocks watching for minnows, crawfish, snakes, quail, hawks, once we saw an opossum carrying her young on her back, rabbits and turtles. Occasionally we would come across a nice sized turtle and would take it home to eat. At the Indian Rocks our imagination would run riot and we would see Indians dancing around the fire with their food cooking between two special rocks. My brother, years later, was walking along this same route with his five year old daughter when she wandered away from him and soon excitedly called, "Daddy, Daddy come quice I think I've found a dragon". Ever since a lizard has been a dragon.

Wild sweet strawberries grew near the Indian Rocks, as well as blackberries, raspberries, and elderberries and in the marsh of the stream was calamus-root that made a tasty treat. Along the stream were Tag Alder and Willows. Usually our dogs and my cat went with us on our pilgrimages around the farm. When my cat would get tired she would come and stretch out at my feet and I would carry her until she was rested. As I write this I am sharing my chair with one of our three Siamose cats. Farm work was ever with us but we had fun too.

The largest Buckeye, that I know of, is growing at the east end of my father's home. In the spring when it was covered with racemes of white blossoms, on which the bees held sway, it was a tower of magnificent personification. I always thought of the blooms

conservation

as huge tapered candles perfectly placed over the tree just waiting to be lit. Then there was this tremendous holly that was a mass of white blooms in the spring, and which bees worked faithfully, which never had any berries, the other much smaller trees were red with berries. There were sweet shrub, bleeding hearts, sweet violets, roses, bulbs galore, hyacinths, apple and peach trees, also pears and many other plants. English Boxwood lined the walk, its slow growth and roundish form has been enjoyed for many generations. Some two-hundred are growing at our "Wakanee" that I have rooted from huge plants growing at my grandfather's home, long before I was born, and in turn was my parent's home. Boxwood give depth and weight in the landscape with less work than most plants and are beautiful all year.

I do not seem to have a favorite flower, but I do like evergreens and flowers with white blossoms are most appealing. But, I love life, people, books, poetry, music, gardening, antiques, bridge and a number of things in this wonderful universe. As far back as I can remember I have had a cat. Mark Twain wrote this short dissertation that has tickled my fancy and I wish to share it with each of you.

" Immodest Animal" by Mark Twain.

Man was made at the end of the week's work, when God was tired.

Man has been called the laughing animal...but the monkey laughs, and he has been called the animal that weeps- but several of the others do that. Man is merely and exclusively the Immodest Animal, for he is the only one with a soiled mind, the only one under the dominion of a false shame...

If you pick up a starving dog and make him prosperous, he will not bite you. This is the principle difference between a dog and a man.

Of all God's creatures there is only one that cannot be made the slave of the lash. That one is the cat. If man could be crossed with the cat it would improve man, but it would deteriorate the cat.

January 21, Greensboro

conservation

Miscellaneous from Gordon Butler, Fayetteville

As Jesse Helms would sometimes say, "This is from the miscellaneous files".

Come Spring, this will be my fiftieth year having having to do with the propagation, growing, planting and handling the live plants found growing abundantly here in our good earth. There are several hundred thousand species and varieties of plants to be found growing. The conditions of these plants are multiplied many times by climate, soils, exposure, location and temperature. I do not claim to more knowledge than merely scratching the surface about these plant materials, but a little of it has soaked in during these many years.

Here are a few of the practices that I have learned through experience: the first thought that comes to mind is the way in which plants are handled when they are taken up and moved from one place to another. A plant is usually no better than its root system; that part is the life giving part of the plant and when the roots are allowed to dry out when moved, or they may be diseased or cut off too short, they have less chance to recover. Another practice that is often done is to transplant too deeply. I have seen balled plants sitting on top of the ground through the summer months and they lived and grew. Another good practice in dealing with balled and burlapped plants is to keep the ball of earth around the plant roots perfectly solid while handling. If this is not done you may as well dig with a broader root system and dig with bare root.

Another practice that I have done and observed through the years: this practice, of course, deals mostly with trees and shrubs, and more especially large plants. When transplanting to hard soils, particularly to such soils as gumbo and hard clay, plants should be set as high as possible and on solid ground

conservation

rather than the placing of high-humus, leafmold or peat moss directly underneath the plant. This plan causes to settle down and the plant will then be too deep. In gumbo and heavy clay soils, the same soil should be packed back around the plant as tightly as possible, then fed from the top. In such planting conditions it would be well to place the top of the ball at least three inches above the surrounding soil. Of course, the above conditions are carried out on account of bad drainage. In sandy and well drained soils, it is still good practice to set the plant high. When these conditions are apparent, some plantsmen fill the bottom of the hole with rocks to insure good drainage, but I doubt this is the most effective.

Now, lets go back to the second paragraph and talk a little about the moving of wild plants from the forest. In the first place, these plants should be taken up in small sizes, especially when they are bare rooted as in most cases. They should be immediately wet and put into a plastic bag with some moisture. Sometimes they will keep several days in this condition. When planting, they should be taken immediately from the bag, planted and watered. Some trimming should be done but not entirely cut back as in the case of evergreens. Another thought that comes to mind, never take up all the very rare plants found in a certain location. Always leave some for conservation of the wild species!

Now, in this place, I would hope to say something grand and glorious about the sincere efforts of the North Carolina Wild Flower Preservation Society in its members to promote and conserve our most precious heritage that is bestowed on us in the good earth. If it were not for this plant material growing abundantly all over the earth, we as human beings and animals, would not be living. Plants, as you all well know, were the first living things.

conservation

In addition to mentioning the conditions of handling and culture of plants, we must not forget the great impact of the aesthetic value of live plants. The beauty of flowers; the significance of dealing with the plant world. So many people are completely overwhelmed by the beauty of a flowering tree, or the loveliness of an arrangement of flowers in the house and beds of the garden.

Now, I hope that this little piece will be of some encouragement to members of the Society and and that it will be an inspiration to others who may be interested in the same thing. I have been telling others as I came in contact with them; that we have the finest group of people in the state. This, I hope, will inspire many others to be conservative minded and therefore help to make this world a better place to live in.

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Excerpt from Mrs. Warren Ferguson, Cameron, through
Mr. Malvin

" to my great regret I have missed the last two meetings of our MCWPPS due to serious illness. My good friends Sue Phillips of Cameron and Lockie Parker of Southern Pines and I think we have the ideal spot to offer our Society for the May meeting if it has not been decided on already.

Southern Pines is an ideal spot. We have the gift to the public of the Campbell House where we could meet first for business meeting and later picnic in what is called the Train House on the grounds. Everything under shelter in case of bad weather. But the most interesting place to go following lunch is the vast acreage given to the public with a beautiful building and many well-marked nature trails and a competent guide to conduct groups. We are so proud of it that we want everybody to see it..... "

The large nature preserve was given by Katherine Boyd, wife of the author, James Boyd.

Please keep this in mind among your thoughts of future meetings.

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