



Native Plant News

Newsletter of the North Carolina Native Plant Society

VOLUME 6, NUMBER 3 ELECTRONIC

JUNE—JULY 2008

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Triad Chapter

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ton Chapter

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Kathy Mitchell, NE Coast
Chapter

Susan Ruiz-Evans, NE Coast
Chapter

Pack your bags—picnic, that is. . . .

**We're going to Hagan-Stone Park,
Shelter #2, just south of Greensboro on**

Saturday, June 7th



Dr. Larry Mellichamp will be with us in the morning to discuss "Collecting, Cleaning, and Storing Seeds."

Since seeds will begin developing early in the summer, and provide one of the best ways to increase the number of plants in your garden, this is a timely topic. Larry will help us know when seeds are ripe, which ones are good candidates for collecting, and other helpful information, including starting plants from the seeds you have collected.

Plan to arrive at Hagan Stone Park by 10:00 to meet with Dr. Mellichamp. The picnic will begin about 11:30, with plant auction and sale to follow.

WHAT TO BRING:

- Picnic food to share: salads, veggies, desserts. Fried chicken and BBQ will be provided.
- Lawn chair if you don't want to sit at a picnic table.
- Plants for the auction and sale. Please have them labeled.



NCNPS will provide, in addition to the chicken and BBQ, beverages and ice, paper products, and flatware.

DIRECTIONS:

From east of Greensboro, follow I-40. When I-40 and I-85 split, follow I-85 south. Take exit 126B to merge onto US-421 N. Make a U-turn at Edgemont Rd to go south on 421. Turn right at Hagan-Stone Park Rd/NC-3411. Follow the sign into the park.

From south of Greensboro, follow I-85 North. Take Exit 118. (I-85 and I-73 will split—stay on 85). Take exit 126 and merge onto US-421 S toward Sanford. Turn right at Hagan-Stone Park Rd/NC-3411.

Call for assistance: 336-708-3852.

President's letter

Tom Harville



Over the last few years your Society has made great strides!

We have improved existing programs and initiated new ones. We are much more active with the advent of our chapters. We are giving money to projects that will help our native flora. We are "touching" more and more people by getting out at events.

Perhaps you remember that when I took over as president two years ago I laid out a number of objectives (see the June/July 2006 newsletter):

- At least double our membership. We currently have 307 members across the state. **(We are right at 451 now)**
- Increase the number of chapters to at least 10. We have 4 with another two in the conceptual stage. **(We have 7 now)**
- Add \$20,000 to the Shinn fund so we can give at least 2 \$1000 grants per year. We currently give one \$500 grant. **(We are giving 2 \$1000 grants)**
- Increase the Cullowhee scholarships to 4 per year. We just increased to two scholarships this year because so many of you agreed to take your newsletter via email. **(We are still giving 2 scholarships)**
- Build the BW Wells Stewardship fund so we can give at least \$5,000 a year to projects related to native plants. **(We are only up to \$4000 in the fund)**
- Cultivate our relationships with surrounding native plants societies. **(We held a joint symposium with the SCNPS)**
- Start a Speaker's Bureau. **(It's on the web)**
- Increase our efforts to raise awareness of the endangered and rare plants in North Carolina and increase our efforts to raise awareness of problems created by invasive plants. **(We are participating in more tours, garden events and giving talks)**

But!

Do you see what's missing here? I put these goals down, they are not our goals. So here's what I request.

Will you tell me what you would like to see your Society doing? Think state-wide and locally. Jot them down and send them to me. I will present them to the board and chapter chairs and then we will figure out just how great we can be.

See you in the woods!

Tom
tom@ncwildflower.org
104 Birklands Drive
Cary, NC 27518



Tom and Friends

Left to right: Emily Allen, Mark Rose, James Padgett, Tom.

NCNPS News

Help Needed



The newly updated NCNPS website (see www.ncwildflower.org) is in need of a webmaster. The job requires an understanding of web-sites and a willingness to update the site as needed—usually weekly. If you have the skills and some time that you would like to give to NCNPS, contact Tom Harville at

tom@ncwildflower.org.



Elementary School Receives N.C. Garden Honor

CARY, N.C. -

Penny Road Elementary School is the thirteenth site to be honor as a certified North Carolina Native Plant Garden.

Tom Harville, NC Native Plant Society president, presented Penny Road Elementary School's principal, Mark Barbar, with the certificate.

"We are honored to receive this prestigious certification from NC Native Plant Society! We are so thankful for the opportunity to have a native plant garden program to add to our Science curriculum here at Penny Road Elementary" said Barber.

The NC Native Plant Garden installation began in Fall 2007 and was completed in early Spring 2008 by the Penny Road Elementary School students under the leadership of Ann and John Sykes, PTA Building and Grounds Co-Chairs.

"The students have been very active in learning about NC Native Plants and have enjoyed maintaining the gardens" said Sykes.

The NC Native Plant Certification Program, developed and administered by NC Native Plant Society has only awarded 15 certifications since the program started in 2004.



"By certifying Penny Road Elementary School's NC Native Plant Garden, we can ensure that our children and grandchildren are participating in a project that sparks a lifelong interest in NC Native Plants" says Tom Harville. "The students will appreciate this beautiful state even more by having a hands-on, real world experience with native plants. We are proud to be apart of this program at Penny Road".

The North Carolina Native Plant Society was formed in 1951 by a group of individuals appreciative of native plants throughout the state and region. The purpose of the Society is to promote enjoyment and conservation of native plants and their habitats through education, protection, propagation and advocacy.

For more information about programs in which your community, schools, and citizens can participate, contact NC Wildflower at: North Carolina Native Plant Society, C/O North Carolina Botanical Garden, CB 3375, Totten Center, Chapel Hill, NC 27599-3375 or visit www.ncwildflower.org.

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http://wake.mync.com/site/wake/news/story/1999/elementary_school_receives_nc_garden_honor

More NCNPS News



Amount earned at the plant auction, ably conducted by Mark Rose and Larry Mellichamp, during the Toe River trip in May:

\$667.00



The NCNPS Board of Directors, at its May meeting, adopted a formal position on the **Collection of Native Plants for use in Restoration, Horticulture, Medicinal Preparations and Scientific Research**. Those guidelines can be found on the website:

www.ncwildflower.org

In addition, the Board adopted a document titled Guidelines for Walks. This document covers obtaining permission to enter lands for hikes, recommendations for scouting trails, proper ways to view bogs and other sensitive areas, plant collection, pets, and respecting the land. These guidelines are also available on the web.

If you do not have access to the web, contact the editor for copies of these documents:

kathyschlosser@triad.rr.com

New Advertising Rates

Beginning June 1, 2008, advertising rates in the NCNPS newsletter will change. Those businesses that have already submitted fees will continue at the old rate until their current contract expires.

The new rate is:

\$100.00 for which you receive a business card size ad in each of the five newsletters and one in the annual journal *WildFlower*.

By advertising through NCNPS, you reach a targeted, interested audience. Each issue is mailed to approximately 450 members, libraries, native plant societies, and related organizations. Most are mailed within North Carolina, and approximately 30 go across the country.

Advertise with us and share your message with your best customers—and help support native plant conservation and education activities.

Thank you!!



A Note From Tom

As your Board of Directors continues the planning process for next year, we need to hear from you.

Send in your comments on what you would like to see NCNPS offer in the way of field trips, workshops, lectures or seminars, local activities, and statewide meetings. Your comments can apply to either the statewide organization, your local chapter or both.

It isn't often you get asked for an opinion—so take advantage of the opportunity.

Send your thoughts to tom@ncwildflower.org or to 104 Birklands Drive, Cary, NC 27511 by August 1, 2008.



NCNPS Awards Program



Do you know someone who has given enormously of their time and talents to the N.C. Native Plant Society and/or the larger community? Someone who has demonstrated, in public or private ways, their commitment both to the organization and to our natural environment?

If so, we have a new program to recognize those jewels in our crown. Beginning in June 2009, we will be making the following awards at our Annual Meeting and Picnic:

Award Categories: Part I Recipients of these awards must be NCNPS members.

Presidents Award for Service to The Society

To recognize the superior efforts of an individual to further the mission and purpose of The Society.

H. Roland Totten Award for Environmental Education

To recognize an individual for superior efforts in the area of education related to native plants. Educational efforts may be in the areas of public education (teaching), programs presented to the general public, writing, or research.

B. W. Wells Award for Excellence in Botany or Horticulture

To recognize an individual for work in the field of botany or horticulture, whether that work be at the professional or amateur level.

C. Ritchie Bell Award for Natural Resource Conservation Advocacy

To recognize the efforts of an individual to raise public awareness of environmental issues, to advocate for the environment, and to encourage The Society to keep environmental issues as a major component of its activities.

Award Categories: Part II These awards may be nominated by any member of The Society, accompanied by photographs and any other documentation felt appropriate. The nominees do not need to be NCNPS members. Members of the Award committee should visit the nominated sites, if possible, before deliberation and selection of the winners.

NCNPS Public Garden Award

To recognize a public garden within North Carolina that makes exemplary use of native plant material and encourages such use in home landscapes.

NCNPS Landscape Design Award

To recognize a business or institution in North Carolina that makes exemplary use of native plant material in the landscape.

NCNPS Private Garden Award

To recognize the efforts of an individual to create an outstanding garden using North Carolina native plants.

We will be asking you, the NCNPS members, to send in nominations for these awards. A nomination should be for a specific category, and should consist of a letter outlining the accomplishments of the nominee. Up to three support letters from others (NCNPS members or the general public) who are familiar with the nominee may also accompany the nomination letter. Photos are also accepted as appropriate.

If you would like more information, contact
kathyschlosser@triad.rr.com
336-855-8022

Nominations should be mailed by January 1st to:

**Lynda Waldrep
7230 Strawberry Road
Summerfield, NC 27358**

Triad Chapter



May 3rd found members of the Triad Chapter nosing about the wild-flower garden of Nell Lewis (on the right in the photo to the left). Nell has been a member of NCNPS for many years, and was a pioneer with incorporating native plants into urban gardens. She wrote a regular column in the local newspaper for many years, covering general gardening topics and native plants.

The top three photos were contributed by Trena McNabb:

- Nell Lewis (right) and Emily Allen
- Nell and Mark Rose
- Members of the Chapter following the trail through Nell's garden and those along the bottom were sent in by Kathy Hafer:
- Members along the trail
- *Trillium*
- *Tradescantia virginiana*



The Triad Chapter will take a hiatus from programs over the summer, but will continue on walks around the Piedmont. For details on dates and locations, contact

kathys@ncwildflower.org



SE Coast Chapter

The Southeast Coast Chapter had a successful plant give away at the Wilmington area Earth Day celebration held the afternoon of April 26th. We distributed over 260 *Hibiscus coccinea*, swamp hibiscus or Texas Star are common names, in 4 inch pots.

These plants were donated by a local native plant nursery, "My Garden" plants company, owned by Duane Truscott.

We talked up our Society and gave away a lot of membership applications, so we are hoping for a big return on our efforts.

Your Southeast Coast Chapter.



**Contribute articles,
photos, questions,
comments!**

Native Plant News

Deadline for next issue:

August 1, 2008

Send information to:

Katherine Schlosser, editor
1402 Bearhollow Rd., Greensboro,
NC 27410

kathys@ncwildflower.org

Charlotte Chapter

Charlotte Chapter goes to Red Lair Farms

It was a crisp windy day that hinted of rain when members of the Charlotte NCNPS met at Red Lair Farm in Gaston County to hike the beautiful property and see the glorious plants. NCNPS board member Jean Woods led the April 13th trip and was careful to point out many of the breathtaking sights, like the many patches of mayapple or the lovely Catesby's trillium found along the way. Another board member, Larry Mellichamp, director of the UNCC Botanical Gardens also chimed in. When a yellow swallow-tail fluttered by it was Larry who pointed out that the lovely creature had just laid a tiny egg.

Normally I like to spend I lazy Sunday afternoons tending to my garden, or being educated about native plants in one of our Charlotte Chapter meetings. Going on this hike, however, refreshed for me the reason why discovery walks such as the Red Lair trip are so valuable. There is nothing like viewing native plants in their natural habitat. Not only are they beautiful in their "original

homes", but seeing how a native iris pops up near a natural stream, helps inform the home gardener about the proper place for such a plant in the somewhat artificial territory of the home garden.

Many thanks to Jean Woods for organizing the trip and to Lisa Tompkins for the photos.

-Angela Haigler, Chapter Chair



Trillium catesbaei. Photo by Lisa Tompkins



Podophyllum peltatum, mayapple.
Photo by Lisa Tompkins

Haw River State Park & the Triad Chapter NCNPS

There is a new state park in Guilford County—the Haw River State Park, destined to become the first residential environmental education center. Authorized by the General Assembly in 2003, the Park is in the early stages of development. The first major acquisition for the park was the Summit Center, a Retreat and Conference Center originally owned by the Episcopal Diocese. This facility provides conference facilities which can be rented for group activities.



Still to come are native azaleas, star chickweed (not the noxious lawn weed), amsonia, columbine, wild geranium, jack-in-the-pulpit, trumpet creeper and dwarf crested iris. Summer and fall will bring their own specialties, including sunflowers, asters, goldenrod, coneflowers, joe-pye weed and ironweed. There has not been a complete inventory of all the native plants within the park, but the list will be long, diverse and include a couple of rare species.

As land acquisition continues and Haw River State Park grows and develops the park will be able to provide additional resource protection of the Haw River Corridor and recreational opportunities for park visitors. Plans include picnicking, camping, and hiking opportunities. The Haw River Corridor is also a proposed route for the Mountains to Sea Trail.

McBean sees this as a perfect opportunity to extend her educational mission. Rescued plants will go into their new beds according to a plan that may include themes such as dye plants, pollinator plants, medicinal plants, fragrant plants — all native to the Piedmont.

Residents of Guilford and Rockingham counties can be proud of the oasis of natural beauty preserved here. The efforts of thousands of residents, guided by the Friends of the Haw River State Park, added almost 700 acres to the initial 335-acre park. Now the park will continue to grow with land purchases to the north and east. Plans are to have a park in the range of 2,000 to 3,000 acres, enough to provide a peaceful place to hike, camp, canoe, fish and just generally escape an increasingly over-developed, over-paved county.

Other beds might exhibit plants common to Piedmont meadows, hillsides, streamside or shady nooks. There may be a butterfly garden, shrub and vine garden and a wildlife garden. There is even a small herb garden used by the chefs at The Summit.

Proud of the improvements recently completed at two cottages, with more underway, Park Superintendent Susan McBean has turned her sights to the gardens surrounding the buildings.

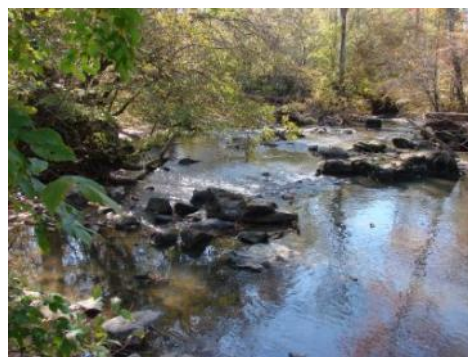
What McBean needs now is a cadre of volunteers willing to spend one or two days a month helping to care for the plantings. Staff and volunteers will provide training, so don't be intimidated if you feel insecure about native plant knowledge.

Installed and maintained by the previous owners, the gardens are long overdue for renovation. While surveying the land for placement of trails and camping areas, McBean has spotted wildflowers that can be rescued and re-planted in other areas of the park, including the beds surrounding the buildings.

If you live nearby, enjoy getting your hands in the dirt, breathing in some fresh, clean air, and spending time with a few like-minded folks, this is your opportunity. Contact McBean at susan.mcbean@ncmail.net or 342-6163 and ask that your name be added to the Native Plant Gardens Volunteer list.

Since the Haw River State Park encompasses hardwood and pine forests, wetland communities, meadows, upland seeps and cliffs, McBean's choices for plantings are broad. Currently blooming in the area are trillium, bloodroot, hepatica, spicebush, spring beauty, trout lilies, Carolina jessamine and more.

Join members of the Triad Chapter as we reach out to our newest state park.



A Study of Abundance: Mulberries



Clock tower

On a recent visit to Chinqua-Penn Plantation [the Reidsville home built in the 1920's by Thomas Jefferson Penn (1875-1946) and his wife, Beatrice Schoellkopf Penn (1881-1965)], a mature mulberry was so loaded with fruit that branches were drooping to the ground under their weight. I don't know whether it was just good timing, or if the berries were in such abundance that the birds were surfeited and just could take no more. Regardless, the plump berries, up to an inch long and turning from red to a

purplish black, were irresistible and I indulged in a couple for myself. So busy was I in selecting just the perfect berry from the bounty that I failed to notice the details I would need to decide later just which mulberry this is.

There are two species found in our part of the country: our native red mulberry, *Morus rubra*, and the introduced white mulberry, *Morus alba*. They are quite similar and not always easy to distinguish without careful attention.

Morus rubra, red mulberry

Native to the lower 48 states, and well represented in North Carolina, red mulberries are rapidly-growing trees of valleys, flood plains, and low moist hillsides. It can reach up to 70' in height, with branches spreading to form a dense, rounded crown.



Red mulberries reported in counties shaded in green.

It has been suggested that the name, *Morus*, is from the Latin word *mora* (delay), based on the habit of the tree to withhold budding until temperatures have warmed. At that time, the tree nearly bursts forth in bud and leaf.

The dark purple fruits (which are actually drupes), look somewhat like elongated blackberries and grow in clusters. Sweet and flavorful, they have been used as a food for eons, eaten fresh by the handful, baked into pies and puddings, and made into jams, preserves, liqueurs and more.

Eating unripe fruits can produce nausea and, if eaten in large quantities, hallucinations. Who would want to eat that many unripe fruits is beyond my comprehension!



The fruits are a major food source for deer, quail, grouse, pheasant, turkey, mockingbirds, bluejays and a multitude of other fruit

eating birds and mammals.

The tree is also a larval host for mourning cloak butterflies.

Native Americans used the plant medicinally as a worming agent, as a remedy for dysentery, incontinence and anemia.

The wood has been used for fence posts, furniture, interior finish, and some sports and agricultural implements.

Red mulberries are endangered or threatened in Connecticut, Massachusetts, Michigan, and Vermont.



Native range of *Morus rubra*.

Mulberries continued...

Morus alba, white mulberry

In Colonial Days, after it was realized that the native mulberries were useless as hosts for the silkworm, *Morus alba* or white mulberries were imported. Efforts were made to establish a silkworm industry, but they never succeeded. Nevertheless, the white mulberries found the soil and climate to their liking and stayed—and spread.



Counties reporting *Morus alba* populations shaded in green, though observed in other counties as well.

It is a small (30-50 ft. tall) deciduous tree and has invaded disturbed areas throughout the United States. The fruits, somewhat more acidic than our native trees, turn from green to white, then red to purplish-black. It poses an ecological threat by displacing native species, possibly hybridizing with and transmitting a root disease to the native red mulberry.

Mulberries frequently appear in home landscapes, via birds, and can be difficult to distinguish:

The alternate leaves are polymorphic (variably shaped) and shiny with blunt teeth and heart-shaped bases. The bark is orange to brown in color and irregularly fissured. Young bark, the bark along the roots, and the inner bark along the trunk are often bright orange in color. White

mulberry is very similar to the native red mulberry but can be distinguished by the flower color (whitish flowers for white mulberry) and the leaves. White mulberry leaves have glossy surfaces whereas red mulberry leaves do not. White mulberry is found throughout the United States, where it invades old fields, urban lots, roadsides, forest edges, and any other disturbed areas.

Red mulberry

Kitty Korhouk, Wisc. Dept. Nat. Resources



Red mulberry leaf forms.



(C) 2002, Gary Fewless

White mulberry leaf forms. Univ. of Wisc.



White mulberry

Chris Evans, River to River CWMA, Bugwood.org

UGA1380442

NCNPS Photo Album: Toe River Trip, May 2008



Pat Ross proudly displays her Native Habitat maker Friday afternoon at her Treetop Gardens in Little Switzerland.



A visit with Alvera Henley Fraueheim on Friday afternoon.



Lynda and George Waldrep, our trip planners and hosts, review plans for the day.

Trillium rugellii



Uvularia grandiflora



Saxifraga micranthidifolia,
Mountain or brook lettuce

NCNPS Photo Album: Toe River Trip, May 2008



Waterfalls at Toe River



Earl fixes coffee before hikers take off up the hills and along the river.



Breaking up into groups...



Hillsides sparkled with fringed phacelia, *Phacelia fimbriata*



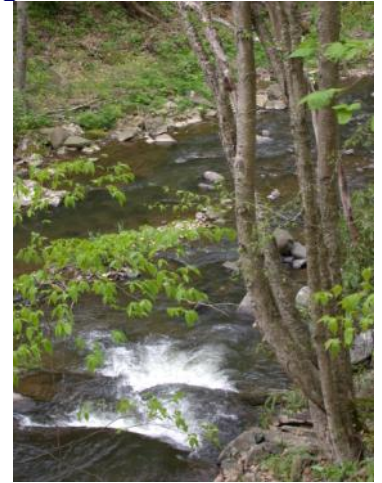
NCNPS Photo Album: Toe River Trip, May 2008



Miss Emily finds her chariot



Charles Racine looks for plants in the seepages



The Toe River



Dr. Stewart Skeate presents Saturday evening program



Rob Fletcher, Gardens of the Blue Ridge, talks with us on Friday evening



Which lichen???



Larry Mellichamp convinces members to open their wallets at the plant auction.

Partial Plant List, Toe River Trip, May 2008

In poplar, locust, maple, buckeye forest

<i>Phacelia fimbriata</i>	fringed phacelia	B
<i>Aesculus octandra</i>	yellow buckeye	B
<i>Stellaria pubera</i>	giant, or star, chickweed	B
<i>Thalictrum dioicum</i>	early meadow rue	S
<i>Hydrangea arborescens</i>	wild hydrangea	
<i>Dentaria laciniata</i>	cutleaf toothwort	
		leaves
		lotted in
		winter
<i>Hydrophyllum virginianum</i>	waterleaf	
<i>Arabis laevigata</i>	smooth water cress	B
<i>Ranunculus recurvatus</i> *	hooked buttercup	B
<i>Dryopteris intermedia</i>	wood fern	
<i>Dryopteris marginalis</i>	marginal shield fern	
<i>Polygonatum biflorum</i>	Solomon's seal	B
<i>Viburnum dentatum</i>	arrowwood	B
<i>Caulophyllum thalictroides</i>	blue cohosh	S
<i>Uvularia grandiflora</i>	merrybells	B
<i>Disporum lanuginosum</i>	yellow mandarin	B
<i>Actaea racemosa</i>	black cohosh	
<i>Geranium maculatum</i>	wild geranium	B
		B blk &
<i>Arisaema triphyllum</i>	Jack-in-the-pulpit	grn
<i>Smilacina racemosa</i>	Solomon's plume	B
<i>Tradescantia virginiana</i>	spiderwort	B
<i>Sedum ternatum</i>	Woodland stonecrop	B
<i>Allium tricoccum</i>	ramps	bud
<i>Angelica triquinata</i>	angelica	
<i>Osmorhiza longistylis</i>	sweet cicely	B
<i>Lilium superbum</i>	Turk's cap lily	
<i>Thaspium trifoliatum</i>	smooth meadow parsnip	B
<i>Trillium sulcatum</i>	southern red trillium	B
<i>Aster divaricatus</i>	white wood aster	
<i>Viola sororia</i>	common violet	B
<i>Magnolia fraseri</i>	mountain magnolia	B
<i>Vicia carolinana</i>	vetch	B
<i>Galearis spectabilis</i>	showy orchis	
<i>Anemone quinquefolia</i>	wood anemone	B

Continued on next page

Partial Plant List, continued

<i>Podophyllum peltatum</i>	mayapple	bud
<i>Senecio aureus</i>	golden ragwort	
<i>Lamium purpureum</i>	purple dead nettle	B
<i>Saxifraga micranthidifolia</i>	mountain lettuce	B
<i>Trillium rugelii</i>		B
Beech, Oak, etc. forest		
<i>Xanthorhiza simplissima</i>	yellowroot	B
<i>Heuchera americana</i>	alumroot	
<i>Viola sp.</i>	yellow violet	B
<i>Polystichum acrostichoides</i>	Christmas fern	
<i>Prenanthes spp.</i>		
<i>Botrychium virginianum</i>	rattlesnake fern	
<i>Aristolochia macrophylla</i>	Dutchman's pipe	
<i>Hesperis matronalis</i> *	dame's rocket	
<i>Impatiens pallida</i>	pale jewelweed	
<i>Erigeron philadelphicus</i>	daisy fleabane	B
<i>Acer pensylvanicum</i>	striped maple	B
<i>Dioscorea villosa</i>	climbing yam	
<i>Houstonia spp.</i>	blueets	
<i>Phlox stolonifera</i>	creeping phlox	
<i>Cornus amomum</i>	dogwood	
<i>Hamamelis virginiana</i>	witch-hazel	

* = non native

B= in bloom

S= seed

Off the Shelf...books worth a read

Native Trees of the Southeast: An Identification Guide

By Katherine Kirkman, Claud L. Brown, and Donald J. Leopold

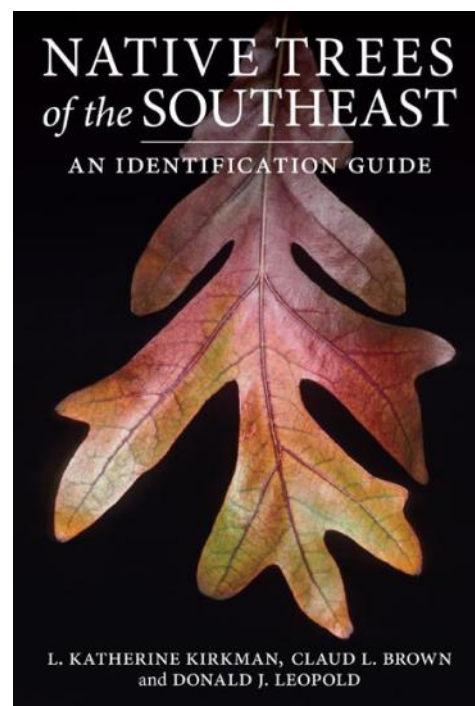
Timberpress, 2008. Format: Flexibind. 372 pp., 493 color photos, 98 b/w photos, 16 line drawings, 226 maps

ISBN-13:9780881928280. ISBN-10:0881928283. \$34.95

The diversity of woody plants in the Southeast is unparalleled in North America. *Native Trees of the Southeast* is a practical, compact field guide for the identification of the more than 225 trees native to the region, from the Carolinas and eastern Tennessee south through Georgia into northern Florida and west through Alabama, Mississippi, Louisiana, and Arkansas into eastern Texas. For confident identification, nearly 600 photographs, close to 500 of them in color, illustrate leaves, flowers and fruits or cones, bark, and twigs with buds. Full descriptions are accompanied by keys for plants in both summer and winter condition, as well as over 200 range maps. Crucial differences between plants that may be mistaken for each other are discussed.

L. Katherine Kirkman earned a Ph.D. in plant ecology and M.S. in plant taxonomy from the University of Georgia Botany Department. She is an Associate Scientist at the J. W. Jones Ecological Research Center, Newton, Georgia. She holds adjunct faculty appointments at the University of Georgia Institute of Ecology, Auburn University Department of Biology and the School of Forestry and Wildlife, and the University of Florida Department of Wildlife Ecology and Conservation.

Claud L. Brown is Alumni Foundation Professor of Forest Resources, Emeritus, at the University of Georgia. He is the author of over 125 scientific publications, including several monographs and portions of advanced texts in forest biology.



Donald J. Leopold has been studying native plants for nearly 30 years. He earned his Ph.D. in forest ecology from Purdue University in 1984, his master's in forest ecology from the University of Kentucky in 1981, and a B.S. Other books by Donald Leopold: *Native Plants of the Northeast: A Guide for Gardening & Conservation* (hardcover).

Recommendation from Misty....

My apologies for the shameless self-promotion, but I thought you might be interested in this new CD published by the Missouri Botanical Garden:

Woody plants of the southeastern U.S.: A field course on CD. Missouri Botanical Garden Press, St. Louis. [ISBN 978-1-930723-62-7] by Kirchoff, B., S. Baskauf, A. Krings, B. Purcell, and J. Cox. 2008. \$27.00

Woody Plants of the Southeastern United States, A Field Botany Course (WPSEUS) on CD Rom is a computer based visual training program designed to rapidly and efficiently help users become experts in plant identification.

Unlike novices, experts are able to quickly recognize patterns. This allows chess masters to recognize meaningful chess configurations, and field botanists to identify plants at a glance. WPSEUS helps users achieve this mastery in a fraction of the time that is normally required. It does this by adapting active learning techniques from the cognitive psychology literature.

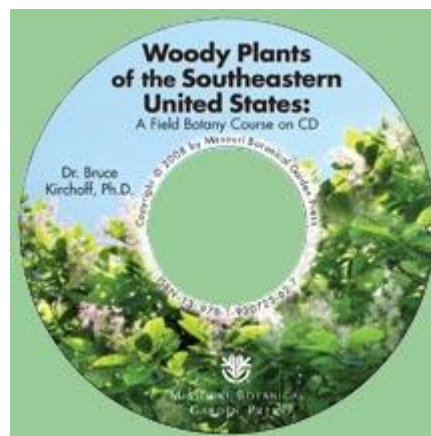
WPSEUS uses active learning to promote holistic processing, the visual processing mode used by experts. Active learning has been shown to engage the brain areas associated with visual expertise, while passive learning does not. The training techniques are based on two key competencies of experts. Experts are able to recognize patterns, and have the ability to segment their perceptual fields in order to pick out relevant details.

Acquiring these competencies is part of what it means to learn to see.

WPSEUS is the only program that trains users in these competencies from its first use. It functions like a field course in plant identification."

<http://www.mbgpress.info/index.php?task=id&id=08025>

Alexander Krings, Ph.D.
Extension Assistant Professor & Director of the Herbarium
Department of Plant Biology
North Carolina State University
Raleigh, NC 27695-7612



Recycling Dilemma: clean the PB jar?

Here in Phoenix, we recycle paper, glass, some plastics, etc. Since we're in a desert, we're also very water conscious. My question is, am I wasting water by trying to get the peanut butter jar or jam jar clean enough to be recycled? asks Garrett Smith of Phoenix.



Patrick Gonzalez a scientist with The Nature Conservancy's Climate Change Program and an avid recycler, answers:

Your first step is to check with your local recycling program and find out if they require items to be washed.

Some recycling programs do not ask you to wash containers, so you can conserve water and energy by depositing your containers unwashed. These programs likely send their glass and plastic to facilities that rinse the containers before processing. Recycling plants cannot fabricate high-quality products from glass or plastic material that contain too much food or other organic matter.

But many cities — including my current home of Washington, D.C. — do ask residents to wash containers before placing them out for collection. They ask people to wash for two reasons. First, to avoid sanitation problems with rats and other vermin. Second, some recycling facilities do not rinse glass and plastic before processing.

You can efficiently wash your containers by adding a small amount of water and shaking the container to rinse the interior. This will use less water than rinsing the container under a running faucet. You can even easily wash that peanut butter jar: Place some water and a bit of dish soap in the jar, close it with the lid, shake it, then let the jar sit overnight. Most of the peanut butter will eventually dissolve. Your small acts of recycling will save energy, reduce greenhouse gas emissions and help conserve nature.

Editorial

I read with interest in the April-May issue of the NCNPS newsletter about the *Aralia spinosa*. Altho it shares the name "Hercules' Club" with *Zanthoxylum clava-herculis*, it does not contain the properties to relieve toothache pain that the *Zanthoxylum* does. Reference is made to this in the link below as well as other sources: http://en.wikipedia.org/wiki/Aralia_spinosa

It is interesting that the two plants share a common name, but are, in fact, quite different. I am not faulting the author of the article, but rather wanted to point out that the *Zanthoxylum clava-herculis* is the one that relieves the pain of toothache and hence has also been called the "toothache tree". At least this is what I have understood.

Sincerely,

Mary Kay Coyle (Coastal Chapter)

Dear Mary:

Excellent observation. You are right about the confusion created by common names, which helps to explain the value of using the botanical nomenclature we love and hate at the same time.

The article in the last newsletter, from *A Natural History of Trees of Eastern and Central North America*, Donald Culross Peattie (1948), specifically addresses *Aralia spinosa*. A little further research indicates that :

- pulverized roots and bark of *Zanthoxylum clava-herculis* were historically reported for use to treat toothache, but the acrid bark was reported as unpleasant as the malady.
- a tincture of the berries of *Aralia spinosa* was historically reported for use to treat toothache, but the raw berries can be mildly toxic.

Many plants have had multiple uses over the years, and in the case of these two plants, each was used to treat toothache. Personally, I wouldn't use either one of them without first checking with a physician, pharmacist, or preferably, a chemist.

Thanks for bringing the issue to light!

Editor

North Carolina Native Plant Society

Membership Application

☐ New Membership, ☐ Renewal

***** FINAL NOTICE *****

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Send completed form and check to:

NCNPS

Hugh Partridge, Treasurer

736 Linda Court

Cary, NC 27513

Email: _____

- ☐ I do **not** want my contact information printed in the membership directory.
- ☐ I am willing to receive the newsletter via email to conserve resources.
- ☐ I am interested in NCNPS Native Plant Habitat Certification Program.
(Recognizing your use of native plants in your landscape)

Save and help the Society with a 3-year renewal!

- ☐ Family: \$100 for 3 years
- ☐ Individual: \$70 for 3 years

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- | | |
|---|---------------|
| ☐ Limited Income | \$15 per year |
| ☐ Individual | \$25 per year |
| ☐ Family | \$35 per year |
| Sustaining | \$50 per year |
| Life Membership | \$1000 |
| Gift— undesignated | _____ |
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Interest Areas

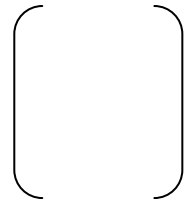
- ☐ Volunteer
- ☐ Meetings
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- ☐ Helping with newsletter
- ☐ Rare Plant Preservation
- ☐ Publicity
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- ☐ Board of Directors
- ☐ Plant Rescue

Membership Year runs from June 1st to May 31st.

New members who join after December 1st of a fiscal year will be considered paid for the following fiscal year.

- ☐ Speakers Bureau

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1402 Bearhollow Road
Greensboro, NC 27410



Final Notice for Membership renewals. See page 18.



Carolyn M. Henion
WATERCOLORS

P.O. Box 1973
Lexington, NC 27293
336-971-6464
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