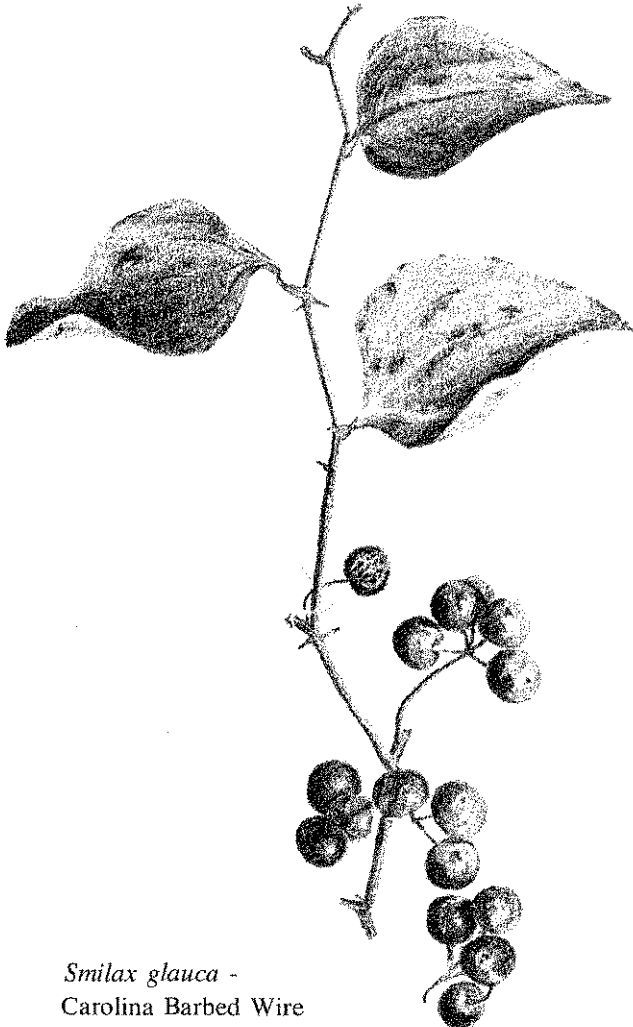


NORTH  
CAROLINA

*wild flower*

PRESERVATION  
SOCIETY, INC.



*Smilax glauca* -  
Carolina Barbed Wire

FALL 1988

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*Cover is by Jim Ward who is curator of the Habitat Gardens and the Plant Families Garden at the North Carolina Botanical Garden in Chapel Hill.*

## PRESIDENT'S MESSAGE

At our fall Board meeting we took several steps toward meeting the responsibilities of leadership in the N.C. Wild Flower Preservation Society. Our first priority was filling the void left when Linda Lamm reluctantly stepped down as Newsletter Editor after years of meritorious service. The Board chose to honor her past service and to keep her actively involved for the future by unanimously electing Linda to the newly created position of Editor Emeritus. Jane Welshmer was selected as the new Editor, and Jeannie Kraus as Associate Editor. Jane's willingness to move from her elected position as Vice President, and Jeannie's enthusiastic support exemplify our commitment to the Newsletter as the glue that holds the Society together.

Nancy Hillmer was elected as the new Vice President and Nancy Julian was re-elected as a Trustee (1992) to fill Nancy Hillmer's slot. Harry Phillips will fill the other vacant Trustee (1990) position. Finally, Julie Moore has been appointed to the reactivated position of Consultant.

As Vice President, Nancy Hillmer chairs the Program (Meetings) Committee composed of Tom Howard, Julie Moore, Harry Phillips, and myself. We invite the participation of any other interested members. The Program Committee has two major objectives:

- (1) select suitable sites for fall and spring meetings far enough in advance to announce in the preceding Newsletter; and
- (2) publicize local outings of interest to the Society in the Newsletter or by special mailings when appropriate.

For example, see "Coming Events" immediately following this article.

I look forward to working with the officers, trustees, and members for the next two years. There can be no doubt in my mind that the contagious enthusiasm of the Society will create many happy memories of our adventures (and misadventures).

## COMING EVENTS

1) **1989 SPRING MEETING**—North Carolina Wild Flower Preservation Society

*Date:* April 8-9, 1989

*Location:* Camassia Slopes/Roanoke River

*Leaders:* Harry LeGrand and Merrill Lynch

2) **TLC Hikes at the White Pines**

(From the article "Good News from the White Pines Natural Area")

*Dates:* October 23, November 6, 20, December 4

*Location:* Meet in Parking lot behind Pittsboro Town Hall at 2:00 pm and carpool to the site

For more information, or to arrange a special group hike, call:

Ann Carter 833-3662 (O), 833-4859 (H)

Benson Kirkman 859-1187

Julie Moore 733-7701 (O), 833-2393 (H)

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### Editor's Note:

This is the first NEWSLETTER since Linda Lamm's retirement. While we are grateful to her for setting us such a fine example we realize her act will be hard to follow. The new staff asks your indulgence and assistance while we train on the job.

First of all we need interesting material to print. It is hard to imagine an organization with more talented members capable of contributing manuscripts of high quality. Please help us collect an assortment of articles for a file from which we can select a good balance for publication. Do not be modest about your own knowledge. Everyone has some bit of information which is unique. Please share it with us and suggest others who can. This is a plea.

We have had many requests for an updated membership list and this seems an appropriate time to publish it.

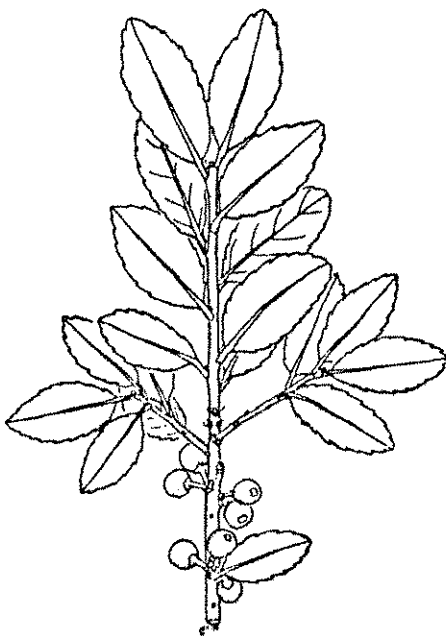
After this issue our deadline dates for receiving typewritten material for publication will be August 15 and January 15. This will give us ample time to include notices of upcoming meetings so that you can put them on your calendars early. It will also eliminate expenses for printing and mailing other notices.

The most suitable closing word for this note seems to be: HELP!

## YAUPON TEA

by Jeannie W. Kraus, N.C. Maritime Museum

Yaupon holly, *Ilex vomitoria* is a native and ornamental shrub in the southeastern United States with an interesting story to "tell." Growing naturally on ocean dunes and in maritime forests, yaupon is widely distributed along the Atlantic coast from Virginia to Florida, and the Gulf coast to Texas. A dwarf form of yaupon is often used in landscaping, even inland from the coast. The leaves of this handsome evergreen shrub or small tree are ovate with a rounded, serrate margin, not resembling the well-known American holly that people are most familiar with. Plants are dioecious (male and female flowers on separate plants), and the small, but fragrant, white flowers are insect pollinated. The berry-like fruits called pyrenes, that contain 4 large seeds, are appropriately red at Christmas time.

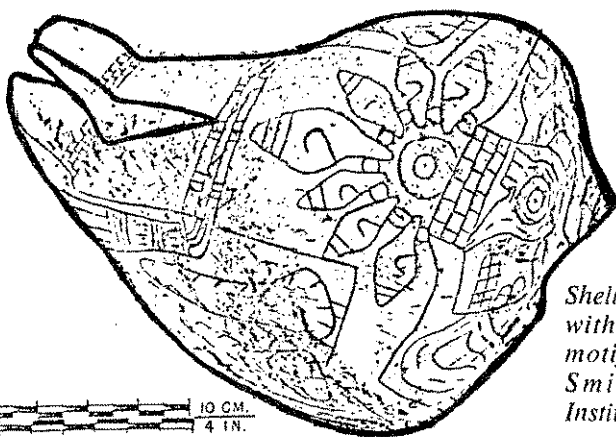


Its taste and caffeine content make yaupon comparable to coffee and Asian tea. A similar tea in South America from *Ilex paraguariensis*, called mate is still used today like tea and coffee, although yaupon is no longer in common use. This holly was named *Ilex vomitoria* by botanists (officially by William Aiton, 1731-1793), probably from observations of an Indian ritual of vomiting. This was certainly not a good trade name for tea, thus perhaps discouraging further use. The name was not totally deserved, since other attributes included use as an effective thought and motor stimulant, and a diuretic and perspirant. Only the yaupon species of holly contains caffeine, and roasted leaves makes caffeine more soluble in water. Brewing with boiling water increases caffeine absorption into the system. Holly leaves contain ilicic acid and chlorogenic acid, known to cause emesis. A large quantity of tea possibly builds up the chemicals, or simply by drinking a lot of hot beverages may induce vomiting. Small quantities alone do not induce vomiting!

Indians called yaupon "cassena" or Black Drink, which they made by boiling bark and leaves until attaining a dark color. Prime harvest time was in early summer when new growth has higher levels of caffeine than in old leaves in the fall and winter. Indians cured yaupon by bruising the leaves in a mortar, and then parched them over a fire in earthenware vessels, or put leaves out on mats to dry. Many accounts note its sole purpose was to cause vomiting, but this is incomplete. Yaupon also served as a stimulating social beverage, and medicine to improve physiological and psychological well-being. The symbolic ritual of drinking tea promoted peace, negotiations and friendliness. The purpose of vomiting

was to assure that chiefs carried on business free of influence by food or beverage. Use as an emetic by the Indians was only by adult males of high social standing to attain ritual purity. Added substances may have caused vomiting, such as berries or various herbs, as well as physically placing pressure on the stomach. Vomiting may have been a learned social skill, as no Europeans had any stomach distress or vomited from drinking it.

There is evidence of very early use of Black Drink. Shell cups were found in burial sites dating before A.D. 1000, often with residue of the beverage. With the evolution of a complex social structure after A.D. 1000, decorated shell cups with black fluid rings were more common in burial mounds.



*Shell cup engraved with Eagle Man motif. Courtesy Smithsonian Institution.*

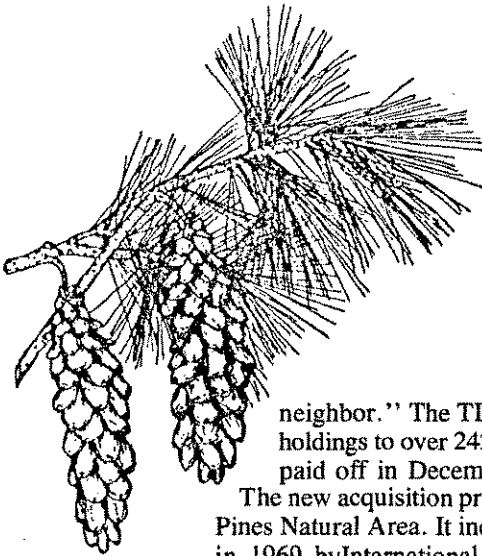
The earliest account of this type of tea and shell cup in the US is reported by Spanish colonists in Florida in the 16th Century. Lightning whelk, Emperor helmet and Horse conch shells were most often used for beverages. The cups obviously had a ritual significance in early Indian cultures, as they have been found in burial mounds, perhaps signifying social standing. The tea was used to purify and strengthen social ties, and as tokens of friendship.

In the 1700's, William Byrd and John Lawson observed extensive groves of yaupon on the coast and Outer Banks of N.C. Lawson wrote that coastal Carolina Indians made tea from yaupon and traded it inland for supplies such as stones for tools. In the early 18th century, Mark Catesby wrote that the great demand for yaupon arose from its virtue as a medicine rather than a beverage. He described the annual spring purification ceremony with the use of black drink. The chief drank first, then it passed down the social hierarchy, excluding women and children. Moses Curtis wrote that inland Indians made spring pilgrimages to the coast for a supply of yaupon. While on the coast, the Indians drank and vomited 2 or 3 days to purge themselves. William Bartram mentions yaupon transplanted to the mountains of NC, and it may be the earliest cultivated woody plant in the southeast. Bartram cites medicinal use by the Indian to prevent kidney disorders and to calm nerves. Consumption of the tea by Indians declined by the late 19th century, due to the westward relocation of Indians, and the availability of commercial tea and coffee.

By the early 18th century, yaupon was also widely used by non-Indian settlers in coastal North Carolina. In the early 1700's, Mark Catesby observed the tea

## GOOD NEWS FROM THE WHITE PINES NATURAL AREA

by Benson Kirkman and Julie Moore



On September 8 the Triangle Land Conservancy (TLC) took another major step toward protecting the White Pines Natural Area in Chatham County (see article by Julie Moore in Spring 1986 Newsletter). With the aid of a conservation buyer and through the cooperation of the International Paper Corporation, TLC is adding 106.35 acres to the Natural Area along with a "buffering

neighbor." The TLC addition will increase their total holdings to over 242 acres when added to the 136 acres paid off in December 1987.

The new acquisition provides several benefits to the White Pines Natural Area. It includes a 10-acre section designated in 1969 by International Paper as a Society of American Foresters Natural Area, the first formal preservation at the site. The addition gives TLC control of the upland topography draining toward the Natural Area and adjoining privately protected parcels as well as providing essential buffer. TLC now has control of the access road leading into the property and, with its friendly neighbors, a major portion of the state road frontage leading to the property. Although a substantial portion of the flatter upland is in planted loblolly pine (about 22 years old), the purchase includes rich bottomland forest on the Deep River and a steep, rocky, west-facing slope with scrubby rock chestnut oaks upslope and scattered white pines downslope.

The Wild Flower Society is also intimately involved in the White Pines Natural Area. Julie Moore was a prime instigator of TLC's original commitment and remains actively involved through the Natural Heritage Program and as Vice-President of TLC. Benson Kirkman negotiated the deal with International Paper as Chairman of the White Pines Natural Area Management Committee and was recently elected to TLC's Board of Directors. Pearson Stewart is the current President of TLC.

The Society increased its involvement this fall when it granted two scholarships to graduate students working at the Natural Area. Ed Swab is conducting a floristic study for his master's thesis under Dr. Jim Hardin at N.C. State University. In addition to providing invaluable baseline data on the unique flora at the site, Ed is also collecting data on the bird populations. Lisa Huff, a graduate student at the Duke University School of Forestry and Environmental Studies, is starting a project that includes mapping of plant communities and formulating recommendations on a management plan to maximize white pines in key areas, restore a mixed longleaf pine stand on a portion of the existing loblolly pine plantation, and maintain species diversity on the remaining portions of the site.



Fall and spring are the best times to enjoy the spectacular beauties of the Natural Area, but summer and winter can be excellent when the weather cooperates. Many of you may remember a recent fall meeting when rain kept most of us out of a scheduled hike at the site. For those who would like a second chance, TLC is sponsoring fall hikes on Nov. 6, Nov. 20, and Dec. 4 (all Sundays). Meet behind the Pittsboro Town Hall at 2:00 P.M. and car-pool to the site. Fall is an excellent time for orientation and enjoyment of the subtleties overlooked when the spring flora abounds and overwhelms. Spring hikes are like a trip to the Smoky Mountains but just a few miles west of Raleigh and within sight of the Coastal Plain. For more information on hike schedules, or to arrange a special group hike, contact: Ann Carter, Administrative Coordinator, Triangle Land Conservancy, 615 Willard Place, Raleigh, NC 27603, Tel. (919) 833-3662 (O), 833-4859 (H); Benson Kirkman 859-1187; or Julie Moore 733-7701 (O), 833-2393 (H).

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**1988 Wildflower of the Year**  
Black-eyed susan - *Rudbeckia fulgida* var. *sullivantii*

## FALL MEETING 1988

The peak of fall coloring on every wooded hill thrilled the members of the Society at Hanging Rock State Park on October 22 and 23, 1988. Though both fine days were cold, climbing the sometimes steep and rocky trails kept us warm enough.

Hidden Falls culminated one trail past gold and scarlet maples, darker red dogwood and black gum, and sycamore still partly green and pale yellow. An uncommon sight at the foot of the Falls was a witch hazel still bearing yellow leaves with early flowers the same color. Walking on toward Window Falls, we passed yellow root, spice bush, large beds of galax, and patches of trailing arbutus, lichen, and mosses. Carolina and Canadian hemlock trees were numerous near a high rocky outcropping. The window of the Falls is a round hole in the rock at one side of the present waterfall.

During the trail walks Benson Kirkman, Tom Howard, and Floyd Rich provided useful comments on the vegetation patterns. Jane Welshmer, Olivia Rich, and Nancy Julian gave on-the-spot identification of many of the plants seen.

Floyd Rich has been a long-time volunteer at Hanging Rock State Park. He participated in trail construction on a trail link of the Mountains-to-the-Sea Trail. Pilot Mountain is now connected to Hanging Rock by way of a segment of this trail system.

Under sponsorship of the Adopt-a-Park program financed by the Z. Smith Reynolds Foundation, a guide to the wildflowers of Hanging Rock State Park is being prepared. The guide should be available next year. About 300 species of wildflowers have been identified in the Park.

At the Saturday evening meeting after dinner at the Mount Pilot Inn, the Park Superintendent, Tommy Wagner, showed slides of the Park and gave an interesting commentary. In the early 1700's the Indians left, as whites began sifting into the land. It was owned for a time by a land speculator but finally was sold about fifty years ago by the Winston-Salem Foundation to the State for ten dollars, to be made into a State Park.

—Ray and Ruth Noggle

### HISTORICAL NOTES ON HANGING ROCK AREA

According to State Park philosophy, all State Parks are unique natural areas, preserved by the NC Park System. Hanging Rock State Park is without a doubt one of our finest examples of that uniqueness.

Scientific studies indicate that some 800 million years ago an ancient sea called the Iapetus covered all of the Piedmont, north and south, and much of North Carolina. The Sauratown Mountain Range was said to be a part of that sea bed. Sedimentary deposits from nearby mountains were layered on this sea bed. White sand also became part of that sedimentary composition. Millions of years later the sea became nonexistent and the white sand deposits, in time, were transformed into quartzite, a much harder material than the surrounding area. The ancient sea bed looks as we see it today because of this weathering. The Dan and the Yadkin Rivers are vehicles which have helped relocate these weathered materials in low places as they travel toward the Atlantic Ocean.

Quartzite is a very hard material and erodes slowly as compared to softer surroundings. Quartzite is the substance of the Sauratown gem which makes it stand

high above the present peneplain. The highest point in the Sauratown Mountain Range is Moore's Knob, 2,772 feet and about 1,550 feet above the peneplain. The entire range is called a monadnock.

The last known Indians to inhabit the area were the Sauras. William Byrd II began surveying the North Carolina-Virginia line in 1728. He liked all he saw well enough to accept land for compensation, add more, and call his holdings the Wonderful Land of Eden. He saw no Sauras because they had moved south about twenty years earlier but they left behind their open fields, fish traps and artifacts, making it possible to study their way of life.

Hanging Rock Park is peppered with many natural wonders, such as caves, sheer quartzite walls, beautiful waterfalls, and cool mountain streams. Many of the plants are rare, endangered or disjunct.

—Floyd Rich

## NEW WILDFLOWER BOOK REVIEWED

**Fall Wildflowers of the Blue Ridge and Great Smoky Mountains.** By Oscar W. Gupton and Fred C. Swope. University Press of Virginia. 208 Pages. \$12.50

Despite the title, this is primarily a pictorial guide with accompanying descriptions of some few of the fruits, berries and seeds found in the southern highlands from southern Pennsylvania to north Georgia during the late summer and fall.

Most of the eyecatching wildflowers that actually bloom at this time of year—the gentians, asters, goldenrods, etc.—aren't mentioned. Furthermore, many of the plants included aren't herbaceous wildflowers but trees, shrubs or vines. And one of the "wildflowers" is a fern (the royal fern), which doesn't produce its spores on fertile fronds in the fall but in early summer.

Caveats aside, this is a wonderful book. The full-page, 4-color photographs are the very best I've seen in any "wildflower" guide to the Southern Appalachians, and the facing texts for each entry are fresh and informative. In contrast to the truncated, awkward prose of most guidebooks, each entry stands as a sort of graceful essay for the plant under consideration. At times one is reminded of the stylistic approach used by Hal Borland in the best of his floral descriptions.

Text and photos combine to make you want to do what any good natural history text should do—study nature, not books. "Fall Wildflowers" entices you to scurry out the door and take a closer look for yourself. The book reminds you that all plants have full, ordained life-cycles which are interesting and beautiful not only in their flowering phases but in all their seasons.

One hundred species are arranged in four groups according to fruit colors. The text includes information about habitat and general appearance, as well as specific characteristics of the stem, leaf, flora and fruit. Medicinal or culinary uses, poisonous nature and propagation are also considered where pertinent.

The authors are biologists at Virginia Military Institute.

—George Ellison,  
Asheville Citizen-time Correspondent

*Submitted by Nancy Julian of Winston-Salem who adds, "It's an excellent book that fills the void for fruit/seed stages of plants....and the photography is the best I've seen."*



*Gentiana linariis*

JW

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Queen Anne's-Lace  
*Daucus carota*

The North Carolina Wild Flower Preservation Society was formed in 1951 by a group appreciative of the flowers, shrubs, and trees throughout the State. The Society primarily is interested in native plants and in problems related to their propagation (seeds, cuttings, cell, tissue, or organ culture), nutrition, distribution, environmental requirements, diversity, ecology, and conservation.

The Society operates through officers, a board of directors, and committees. Members are urged to participate in the working of the Society.

Spring and fall meetings are held at botanically interesting and significant locations across the State. The meetings feature field trips and walks led by botanists and horticulturists knowledgeable about the area. Members also exchange seeds and plants. Other field trips and excursions are organized on a local basis throughout the year.

A newsletter is issued twice a year with articles and illustrations by professional and amateur contributors. The Newsletter editor solicits and accepts material from members as well as from other writers familiar with the flora of the State.

The Society has a scholarship fund to support undergraduate and graduate students working on native plants. The research may be field oriented or carried out in experimental plots or in a laboratory. A library or herbarium study may be appropriate. At the conclusion of the project, a summary report is to be submitted and, if appropriate, may be printed in the Newsletter. The recipients also are invited to make a report on their projects at one of the fall or spring meetings. The Scholarship Fund is supported by member donations and by other gifts. Students can request their research directors to apply to the Society for scholarships.

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