



# Native Plant News

The Newsletter of the North Carolina Wild Flower Preservation Society

Volume I, Issue 2

June 2003

## Emily Allen's Wildflower Preserve and Friendship Garden

**M**ark your calendar! The Piedmont Land Conservancy is holding

### Fun with Ferns - shade and sun

10am – Noon on June 7<sup>th</sup> (rain date June 8<sup>th</sup>.) Join Master Gardener Sheilah Lombardo and Dr. Ken Bridle, botanist, for native fern discussions and fern recipes. Emily will share a few garden extras with participants (bring a gallon plastic bag or grocery sack.) Cost is \$20 for PLC members, \$25 for non-members. Entrance is guaranteed to the first 100 registrants.

Emily's Winston-Salem garden is a rich niche of forest with an assortment of the native flora found in the northwest piedmont. In addition to collecting local plants, Emily has spent the last four decades collecting from the Carolina mountains and other southeastern locations. Today, this six-acre woodland shade garden is home to more than 500 wildflowers and ferns. The Preserve has 28 kinds of *Trillium* (of the 32 known species in the Southern Appalachian Mountains), Oconee-bells (*Shortia glaucifolia*), monkshood (*Aconitum uncinatum*), wood anemone (*Arisaema triphyllum*), merrybells (*Uvularia grandiflora*), bloodroot (*Sanguinaria Canadensis*), and the list goes on.

Her collection has the breadth of many different species and the depth of numerous individuals of many species. It is one of the few places where you get the feeling of a rich cove forest in the piedmont of North Carolina. Emily has lovingly tended her "Friendship Garden" for over 30 years. She is the fifth generation family member to own this land. Her ancestors settled in the 1700's as the Moravian Church established the Wachovia tract of 100,000 acres (covering Forsyth and Stokes Counties.)

She describes her former yard as "a mess with poison ivy, honeysuckle, and blackberries

growing everywhere." Then she discovered a showy orchid struggling to survive. This lovely wildflower started Emily on her wildflower gardening journey. The Preserve is called "Friendship Garden" because Emily has visitors from around the world and often shares her excess treasures with friends who help with garden chores or southeastern botanical gardens looking for a special specimen.

The Preserve is open to the public only by invitation and advance scheduling with PLC, Emily, or the Preserve Management Committee. The Conservancy holds both a Preserve workday and an "Afternoon in the Garden" event each spring so our friends and members can enjoy the beauty of "Friendship Garden".

Mrs. Allen and her family donated an easement for the Preserve to the Piedmont Land Conservancy (PLC) and also made a significant contribution to the Preserve Stewardship Endowment. The Winston-Salem Foundation has issued a 4:1 challenge match for this endowment, and PLC must raise about \$18,000 before June 30 to meet the challenge. Your admission to Fun with Ferns will help. If you wish to make an additional contribution to the endowment, please send your check or credit card authorization to the Piedmont Land Conservancy, P.O. Box 4025, Greensboro, NC 27404-4025. Endowing the Garden is a lasting legacy, so please consider this thoughtful gesture for birthdays, anniversaries, honoring or in memory of friends.

For more information, contact Charles Brummitt, PLC Executive Director, or Bethany Olmstead, PLC Associate Director, at 336 691 0088.

### Special points of interest:

- June 7th: 10:00 – 12:00 (June 8th rain date)
- Send check for \$20 (PLC members) or \$25 (non-members) to Piedmont Land Conservancy, P.O. Box 4025, Greensboro, NC 27404-4025
- First 100 registered are guaranteed admission.
- Directions:
  1. From Business I40 in W-S, exit Cherry Street North
  2. Bear left on University Parkway
  3. Left on North Point Blvd
  4. Right on Bethabara Road
  5. Left on Old Town Road to #1466 on left.

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*From the President    Magical moments with mystical masterpieces make marvelous memories*

**W**hat is your vivid memory of experiencing a flower for the first time? When was that magical moment when you were first stirred by the beauty of a wildflower? Who shared that moment with you? Where did it happen?

My first flower memory is the huge maroon and gold pansies with the captivating faces in our small sideyard, perhaps I was 5 or 6. When I was 16, I remember being mesmerized by the breathtaking beauty of a huge yellow with pink blush Peace rose that grew on the trellis Dad built. I stared at it so much in the vase in my bedroom that I decided I would draw it. That was the first and perhaps only time that I drew a picture. It was lovely.

I was 32 years old when my colleague at Saint Mary's, Harriet Ammann, invited me to go to Reedy Creek for a plant rescue because the road was being widened. I was enchanted with the sweet, delicate windflower swaying in the breeze. It didn't survive next to the street where I planted it, but its memory survives in my mind's eye. That was the first time I saw a wildflower and I was very moved. The special person took me to that place later moved to Washington State. It was 15 years later when I suggested to my colleague Georgette that we go explore the Raleigh greenways. On our first walk on Black Creek Trail in Cary on February 27, 1991 we found a marvelous cove of trout lilies by a granite bluff in full bloom on a sunny winter day. What a magical masterpiece!

In 1994 NCWFPS found me through Benson Kirkman on the Triangle Land Conservancy trip to White Pines. Make that a lifetime membership!

We each have had that magical moment, that magical masterpiece, that magical memory. As we get older we begin to think about our legacy. How can we inspire others to cherish nature? How can we bring those magical moments into the lives of others? How can we protect nature's masterpieces?

NCWFPS has opened the world of wildflowers and brought me an incredible community of wonderful wildflower friends in the flesh and in the flora. It has awakened in me a passion to protect those precious places so that others after us can have these same experiences.

We folks on the Board are spending time looking at our

special niche in the enjoyment and protection of our native plants. What can we do to enrich our members' experiences? What special qualities of the Society do we want to protect and see thrive in the future? What needs to be done that no one else is addressing? How can we be most welcoming? How can we help youngsters of all ages experience the awe, the joy, the reverence we feel as we are captivated by the beauty of God's masterpieces? What can we do to protect the very special places that we hold dear?

We invite you to share with us what brought you to NCWFPS and what can we do to make the Society more enjoyable and more effective. At our membership meeting and annual picnic at Historic Bethabara Park in Winston-Salem on June 7, we invite you to share your ideas with us. If you can't come in person, we do hope you will call us or write us your thoughts.

We hope you can also come in the morning to Emily's Friendship Garden for the Piedmont Land Conservancy stewardship endowment fundraiser. The proceeds from our plant auction at Bethabara will go to this endowment. As we experience this wonderful place and God's acre on the hillside, we are reminded how important it is to protect special places.

Many of you may know precious treasures that need protection. If a federal or state listed plant is on the site, we can help protect the area through our advocacy for and alliance with the NC Plant Conservation Program. If you know of a site that is not yet protected, especially if it is available for sale, please do tell us.

In the five years that we have been active with our Rare Plant Initiative, NCPCP has protected about 8,000 acres with about \$8 million in grants from the NC Natural Heritage Trust Funds. This spring NCPCP has received another \$1 million to acquire additional holdings at Boiling Springs Lakes. Your vanity license plates are helping to protect many great places.

It is so nice enjoying our native plant treasures with friends. These magical moments and mystical masterpieces make marvelous memories. We have fun and we do make a difference.

Alice Zawadzki

## NCWFPS Calender

**Saturday, June 7**

### NCWFPS Annual Picnic and Plant Auction

Bethabara Park (see map)

Historic Bethabara Park is open all day with its trails and gardens. The visitors center and two historic buildings are open from 1:30 to 4:30 PM. There is no picnic shelter but a cluster of picnic tables behind the Brewer's House. We will use the Herman Butner House (Brewer's House) as a rainy day backup place.

(It has a kitchen.)

**12:30 – 3:30**

*Bring plants*

- Picnic at Bethabara from 12:30 to 1:30.
- Film & tour from 1:30 to 2:30 at the nearby visitors center
- Membership meeting from 2:30 to 3 PM
- Plant auction starting at 3 PM.

Afterwards or ahead of time, people can walk to visit the herb and community gardens, walk some of the three 10k trails, or walk up to God's acre, the original cemetery.

If we want to meet as a Board, we can have dinner together afterwards at a nearby restaurant.

Folks who don't visit Emily's Garden can spend the morning exploring the trails in the 175 acre Historic Bethabara Park with maps available at the back of the visitors center.

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**July 11-12**

### *Tater Hill & Bluff Mountain.*

Details on page 4. Space limited, so sign up early!

**Sunday August 24**

**11:00 – 5:00**

*Board meeting*

Emily Allen's home from 11 to 5 PM.



Map to Historic Bethabara Park in Winston-Salem, NC

### Written Directions to Bethabara Park & Emily Allen's, from Business 40:

Take Silas Creek Parkway North exit (sign will say WFU for Wake Forest University).

Continue on Silas Creek Parkway, which forks to the left just before the WFU exit .

Turn LEFT on Bethabara Road and continue until you enter the park (at 2147 Bethabara Road) .

Turn RIGHT at the red brick Visitor Center across from the fort.

If you are going to Emily Allen's garden first:

Before you get to the park, turn LEFT from Bethabara Road onto Old Town Road

Proceed to 1466 Old Road on left with a circular driveway and perhaps a trillium flag.

### ----- **October 10-12**

*NCWFPS Fall Meeting to Piedmont Prairies*

Friday, work day probably in *Helianthus schweinitzii* sites. Saturday and Sunday, hiking in the upper piedmont/lower mountains; Latta Plantation, Shuffletown Prairie, Redlair Farm, Wildflower Glen, Crowder's Mountain. Details on page 4.

### **Possible winter event**

with BW Wells Association in Triangle. Details not yet known.

### **April 30-May 2, 2004**

Max Patch west of Asheville .

South of Hot Springs, NC. Details later.

## NCWFPS Calendar details



Tall larkspur

<http://rol.freenet.columbus.oh.us/>

characteristics that provide the perfect home for Gray's lily, a striking red-orange wildflower on the endangered plant species list. Other rare plants native to Tater Hill include spreading avens, tall larkspur and white fringeless orchid.

**Bluff Mountain** offers scenic beauty, unusual landforms, and great botanical variety. Hiking on Bluff, in just a few dozen steps you can walk from a Carolina hemlock forest to a dwarf red oak/white oak forest to a rare flat rock plant community. A broad, high plateau containing an unusual wetland, a southern Appalachian fen, adds to Bluff's unique character.

A fertile home for over 400 species of plants, including Indian paintbrush, Gray's lily, fringed gentian, spreading avens, and sundew, Bluff Mountain is known for its changing floral show from April through October that includes 25 endangered, rare, or threatened flowering plant species. The high-elevation hardwood forests of Bluff provide ideal nesting habitat for many neotropical migratory bird species such as black-throated green warbler, veery, rose-breasted grosbeak, scarlet tanager, and blue-headed vireo.

This Nature Conservancy preserve is accessible through the North Carolina Chapter field trip program. The Ashe Chamber of Commerce also schedules volunteer-led visits to the preserve.

*Information from The Nature Conservancy website*

### July 11 – 12 Tater Hill & Bluff Mountain

The N.C. Department of Agriculture and Consumer Services recently finalized the purchase of 158 acres of **Tater Hill** in Watauga County with the purpose of protecting the endangered plant species native to the area.

Tater Hill is a mountain with a rare high-elevation bog about 10 miles west of Boone. It is part of the Amphibolite Range with unique

### Meeting Information:

Because this is the same weekend as the Highland Games, it is important that you call and make reservations quickly. Very limited space is available!

- Nations Inn 336-246-2080  
Beaver Creek School Road in West Jefferson and closest to Bluff Mountain.  
About \$56.00 per night.
- Highlander Motel 336-246-2383  
1 mile east of Jefferson on Rt. 16-88  
About \$50.00 per night, double
- Best Western 336-246-8845  
In Jefferson.  
About \$72.00 per night, with breakfast

This event has been planned in conjunction with the Plant Conservation meeting. If that meeting falls through, we will do Bluff Mountain on Sunday and something else in the area on Saturday.

For details on where and when to gather, call Alice Zawadzki at 919-834-4172 or contact her at: [alice@ncwildflower.org](mailto:alice@ncwildflower.org)

## *Events and items of interest around the state*

**Wednesday, June 4** 9:00 AM  
*Trilliums and Gingers: New Old Woodland Garden Plants*  
 With Mark Rose of Breckenridge Orchids  
 NC Cooperative Extension Service Free  
 3309 Burlington Road  
 Greensboro, NC

**Saturday October 4**  
 2003 CCNC Annual Conference in Raleigh  
 Call Alice for details 919-834-4172

**Monday evening October 27 –29**  
 2003 NC Natural Products Assn & the Yellow Creek Botanical Institute Conference  
 Call Alice for details 919-834-4172

### **Wanted.....**

Speakers to present programs on various topics (e.g. wildflowers, identification, native plant gardening, native plant conservation, endangered plants in NC, etc.) to a variety of groups (garden clubs, civic groups, etc.) on a volunteer (occasionally paid) basis. Contact Alice Zawadzki at 919-834-4172 or [alice@newildflower.org](mailto:alice@newildflower.org) if you are interested.

### **News from NC ConNet....**

North Carolina's three largest metropolitan areas -- Charlotte, the Triangle and the Triad -- remain among the nation's 25 smoggiest urban areas, the American Lung Association says in its latest state of the air report.  
<http://newsobserver.com/news/story/2504038p-2327216c.html>

A dirty Fontana Lake bad news for WNC. Each day during the summer in Fontana Lake, approximately 30,000 gallons of waste is dumped — untreated — into the water. That's the accumulated waste from houseboat toilets and sinks, and the number is just a guess based on the estimated number of houseboats.  
[http://www.smokymountainnews.com/internal\\_pages/opinions.html](http://www.smokymountainnews.com/internal_pages/opinions.html)

Efforts to protect Western North Carolina's native hemlock trees are getting a boost from the Chattooga Conservancy

and some Macon and Jackson County residents. The conservancy has purchased 12,000 predatory beetles, which they are releasing in areas infested with the hemlock woolly adelgid, a tree killing insect that's spreading across the region.  
<http://cgi.citizen-times.com/cgi-bin/story/news/31825>

### **From Dale Suiter, USF&WS, Raleigh....**

Whooping Cranes: First bird in 2003 returns from Fla. To Wisc.

This year's first whooping crane returned to Wisconsin last week, completing a successful journey from the bird's wintering grounds at Florida's Chassahowitzka National Wildlife Refuge.

Known as No. 6, the whooping crane left Florida in mid February. His arrival in Wisconsin marks the completion of his second round trip journey between Wisc. And Fla. An ultralight plane guided No. 6 and seven other cranes to Fla. In 2001. Five of the cranes returned in spring 2002. And last fall, a plane guided 16 additional whooping cranes to Fla.; the original group of birds left before the plane. Those birds are returning unaided.

Researchers said the return of No. 6 marks a significant step in the recovery efforts of whooping cranes, listed as endangered in 1967. (Alex Leary, St. Petersburg Times, March 29)

### **Remember.....**

*Membership renewal dues were due May 31st.*

*If you forgot, a renewal form is enclosed for your convenience.*

*This is the last newsletter that will be mailed to those who have not paid 2003-2004 dues.*

## Featured Plant: *Helianthus schweinitzii*, Schweinitz's sunflower



Photo from the Fall 2000  
NCWFPS trip to Redlair Farm.

Schweinitz's sunflower, on federal lists of endangered plants, is a remnant of old Piedmont prairies. The prairies were once large rolling expanses of grass-filled lands roamed by buffalo and peopled by Native Americans. In fact, it was likely a combination of the burning practices of the Native Americans and chance lightning strikes that kept the prairies cleared and home to Schweinitz's sunflowers and other plants that love open fields:

Little bluestem (*Schizachyrium scoparium*), Big Blue stem (*Andropogon gerardii*), Indian grass (*Sorghastrum nutans*), switch grass (*Panicum virgatum*), Georgia aster (*Aster georgianus*), and smooth coneflower (*Echinacea laevigata*) found still found in the Piedmont today and probably part of the original prairie ecosystem.

The rhizomatous perennial plant grows from 1 to 2 meters tall from a cluster of carrot-like tuberous roots. Stems are usually solitary, branching only at or above mid-stem, with the branches departing from the stem at about a 45-degree angle. The stem is usually pubescent but can be nearly glabrous; it is often purple. The leaves are opposite on the lower stem, changing to alternate above. In shape, they are lanceolate, wider near their bases, but variable in size, being generally larger on the lower stem, and gradually reduced upwards. Lower stem leaves average 10 to 20 centimeters long and 1.5 to 2.5 centimeters wide - about 5 to 10 times as long as wide. Upper stem leaves (subtending branches of the inflorescence) average about 5 centimeters long and 1 centimeter wide. Leaf margins are entire or with a few obscure serrations and are generally also somewhat revolute. Texture of the leaves is rather thick and stiff. The pubescence of the leaves is distinctive and is one of the best characters to distinguish Schweinitz's sunflower from its relatives. The upper surface of the leaves is rough, with the broad-based spinose hairs directed toward the tip of the leaf. The lower surface is more or less densely pubescent, with soft white hairs obscuring the leaf surface.

From September to frost, Schweinitz's sunflower blooms with comparatively small heads of yellow flowers. The nutlets are 3.3 to 3.5 millimeters long and are glabrous with rounded tips.

(description from USF&WS website)

Schweinitz's sunflower can be found in several locations, including Mecklenberg, Anson, Montgomery, Davidson, Randolph, Union, Stanley, Cabarrus and Rowan counties. One of the larger populations is in York County, SC, followed the Montgomery county.

In Mecklenberg county, Schweinitz's sunflower was found growing on Redlair Farm, a Catawba Lands Conservancy property, by Lisa Gaffney, a botanist and CLC member. She found it while leading a nature walk through the area. "It's the most exciting discovery I've made since I've been working with plants," she said ( Joe DePriest, staff writer, Charlotte Observer).

The plant can be removed from the endangered list if 10 recovery sites are developed. There are currently 6 such sites in North Carolina, and Gaffney is working to increase that number. A recovery site is defined as a legally protected property with a thriving population of the endangered plant. This spring Gaffney and a team of volunteers worked to restore the population at Redlair Farm.

### Botany for beginners

Glabrous: without hairs

Inflorescence: the flowering part of a plant

Lanceolate: lance shaped, wider at one end and tapering at the other

Pubescent: with hairs, downy

Spinous: spiny

## *Keeping up with your Society: Board Meeting Minutes*

### Minutes of the February Board Meeting

Present: Vonda Frantz, Carla Handrinos, Marlene Kinney, Carla Oldham, Charlotte Patterson, Katherine Schlosser, Pete Schubert, Wendy Weiher, Alice Zawadzki

1. A motion passed that we have two sets of minutes – a detailed account for archives and a summary for the newsletter.
2. **V. P. Position:** Jean Woods has resigned as Vice President. A motion carried that Vonda Frantz assume the position of V. P.
3. **Treasurer's Report:** Wendy reviewed information she had compiled regarding Policies and Procedures. **Income:** (a) The Shinn Fund is solvent, so Wendy questioned whether we should put money from the sale of the *NC Native Plant Propagation Handbook* into the general fund. Several divisions of proceeds were discussed, such as placing all or part of the money into an account for republishing the handbook or for general publications. A motion carried that we continue to deposit the money from the handbook into the Shinn Fund minus the sales tax. (b) We have started to receive royalties from the sale of *The Natural Gardens of North Carolina*. A motion carried that we deposit the royalties and proceeds after taxes into the B. W. Wells Endowment Fund. (c) All undesignated bequests and memorial gifts have been placed into the Shinn Fund. A motion carried that all undesignated funds from bequests and memorial gifts should be deposited into the B. W. Wells Fund. (d) Money from plant sales has been deposited into the Shinn Fund. A motion carried that the money from plant sales be put into the general fund until the Audit/Finance Committee makes a decision about the most appropriate place for the funds. (e) Outing fees have generally not raised enough money that we could compensate our speakers and trip leaders. A motion carried that the Finance Committee should look into ways to compensate our speakers and trip leaders. **Expenses:** General operating funds pay for all expenses except Shinn Grants. **Accounts:** All grant accounts are closed. Balances at last statement were \$12,806.23 in the general fund, \$9,134.24 in the Shinn money market, and \$13,550.91 in the Shinn mutual fund. Money for the B. W. Wells Fund is currently being held in the general fund, as the account is not set up yet. The Board also discussed the need to evaluate how much money would be available from our investments for the Shinn Grant each year. **Donations/Memberships:** A motion was made that the Society should donate money to the Conservation Trust of NC rather than to individual land trusts. After discussion, the motion was amended to state that the Finance Committee should review all donations, and that the Board should receive a report of their findings and any suggestions regarding costs vs. benefits of each donation. A rotating donation was suggested. All were in favor. **Investments:** The Board discussed shifting money in some accounts in order to invest in certificates of deposit or a mutual fund. A motion passed that we take \$10,000 out of the accounts and that Alice and Wendy should determine the best investments.
4. **Membership:** (a) A motion passed to have December 1 as a cut-off for new members who join late in the year. Those who join after December 1 would be considered paid for the rest of the fiscal year and for the entire following year. (b) A membership directory was discussed. Information for the directory could be taken from the renewal inserts that are now being placed in the March newsletter. Membership levels were left as they are for the next newsletter and changes will be considered for the fall newsletter. (c) Due to the retirement of Elisa Jones, we are no longer having our mail sent to us. Carla Oldham volunteered to pick up the Society's mail on Saturdays and Alice will pick up the mail during months that NCBG tour guides meet. (d) Carla Handrinos agreed to investigate the Check Alert e-mail system as a way of getting out information about the Society. (e) The Triangle Plant Study Group was considered as a possible Triangle Chapter. Contacts for accomplishing this were discussed. (f) Pete made a motion that we purchase the domain name, ncnativeplant.org. All were in favor.
5. **Other Business:** (a) Another board meeting was set for May 3, due to the fact that several items on the agenda were not discussed. Vonda presented a strategic planning flow chart. All were asked to go over the charts and to have input ready for the next meeting. The 10-year plan will not be printed until the strategic planning process is completed. (b) Carla Handrinos asked if the Society wanted to participate in the Land and Water Conservation Lobby Day on April 16. A motion passed that we participate up to and expense of \$250.

Submitted by Charlotte Patterson  
Acting Recording Secretary

## ***Board Member Spotlight: Wendy Weiher, Acting Treasurer***

**W**endy Weiher has a Master's in Forest Ecology from Duke University and professional experience in conservation and land management. She has been acting as Development and Volunteer Coordinator under contract for NCWFPS and the

NC Plant Conservation Program since early 2002. In this capacity she has raised \$24K for prescribed burning at Boiling Springs Lakes Preserve and has coordinated several

dozen volunteers around the state in rare plant habitat management projects, rare plant monitoring, and propagation activities

Wendy and her husband, Paul, are the parents of two-year old Adele. Paul enjoys the out-of-doors, often from the vantage point of a golf course!



*Trillium grandiflora*  
4-2003

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### **NATIVE PLANT NEWS**

*The Newsletter of the North Carolina  
Wild Flower Preservation Society  
Totten Center 3375 UNC-CH  
Chapel Hill, NC 27599-3375*

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VISIT THE WEBSITE  
[WWW.NCWILDFLOWER.ORG](http://WWW.NCWILDFLOWER.ORG)

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