

NATIVE PLANT NEWS

the newsletter of the

North Carolina Native Plant Society

VOLUME 11, ISSUE 4

ISSN: 2151-2159

FALL 2013

The Benefits of Natives

- Native plants promote wise stewardship of the land and the conservation of our natural resources, and inspire a sense of place and pride in our communities.
- The use of native plants in landscaping is an awakening of a land ethic first expressed by Aldo Leopold, the father of wildlife conservation, more than 50 years ago, and a celebration of our natural heritage.
- They restore regional landscapes.
- Using native plants contributes to the health and often the restoration of an ecosystem. Planting natives in an urban setting helps restore the character of the land and places fewer demands on resources.
- They provide food and shelter for native wildlife [and for humans, too! See list on page 13].
- Using native plants in landscaping helps sustain native butterflies, beneficial insects, birds, mammals, reptiles, and other native species.
- Beech, oak, and hickory trees provide nesting habitat and important nuts and acorns for a variety of wildlife. In the winter, evergreen trees like American Holly, White Pine, and Hemlock provide important shelter and food.
- Spring migrating and nesting birds rely on the insects in our lush forests to give them the energy to travel long distances and raise their young. Fall migrating birds depend on high-energy fruits from Flowering Dogwood, Spicebush, and Virginia Creeper.
- They are hardy and withstand regional weather extremes when properly sited and planted.
- Native plants have many inherent qualities and adaptive traits that make them aesthetically pleasing, practical, and ecologically valuable for landscaping. ♦



*Dwarf Witch Alder in its autumnal glory
(Fothergilla gardenii)*

www.ncwildflower.org

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President's Letter



What a wonderful weekend we had in Brevard for our 2013 Fall Trip! There were 66 people signed up, making it was one of our biggest events for a fall trip. Spring trips usually have more people attending, so this was exciting. We had beautiful weather on Friday and Saturday and fog on Sunday morning, but at least it wasn't raining. Wolf Mountain

Overlook was a highlight of the weekend. There is a vertical bog at this overlook on the Parkway with many rare and unusual plants, including Grass of Parnassus, four types of St. John's wort, rare gentians, and turtleheads, to name a few.

With winter approaching, we are entering the time without blooming flowers—when seeds and roots lie dormant. Here in the temperate zone, most seeds of our natives need 40 days below 40 degrees in order to germinate, so the cold is making the spring possible. You can plant many of our native seeds outside right now, and look for action next year. Some seeds require two cold periods and some none. If you are curious to know how to propagate your seeds, check out our website for order information for the book Native Plant Propagation by Jan Midgley, \$23:

<http://www.ncwildflower.org/neatstuff4you/handbook.htm>

Some of you have our North Carolina Native Plant Propagation Handbook (now out of print) which has a lot of good information about when and how to plant seeds of natives. Now is also the time to do root division and pot up plants for spring. I have Foam Flower (Tiarella cordifolia) that is spreading, and I have potted up several to give away or sell at one of our plant sales next spring.

Winter is also a good time to practice your winter tree ID skills and identify fall fruit and seeds. Hope to see you outside continuing to botanize and appreciate our plethora of native plants!

*Jean
October 18, 2013*

Two New Native Plant Habitats Certified

NCNPS certified two new native plant habitats in September 2013: **Sarah and Robert Gilley** in Blowing Rock, and **Lisa Gould** in Winston-Salem.

Sarah and Robert have a meadow across the street from their home, which they recently landscaped and planted with a variety of native shrubs, trees, grasses and perennials. The picture shows a stunning summer display of *Rudbeckia hirta* and every season will present a different display of a rich native meadow.

Lisa Gould's urban setting in Winston-Salem is filled with a textured variety of native trees, shrubs, grasses and perennials. It gives visual interest to the viewer in every season as well as providing for native animal species through a range of seeds, berries, and nuts.

As always, NCNPS encourages others to work toward certification as a native habitat for their home settings. The application can be found on the NCNPS website. Completing it gives one a comprehensive record of their plantings. **Carolyn Ikenberry**, coordinator of the certification program, is happy to answer any questions about the process. Her email is carolyn@ncwildflower.org.



Lisa's garden, left:

- 1) *Virginia Rose (Rosa virginiana) in bloom.*
- 2) *Dwarf Buckeye (Aesculus pavia) and Grey Owl Juniper (Juniperus virginiana 'Grey Owl')*

Sarah's garden, above:

- 1) *Blooming expanse of Rudbeckia hirta in the Gilleys' Meadow*
- 2) *Preparations begin for the installation of their native meadow. The Gilleys worked with landscape architect Bob Oelburg of Boone, NC. For a detailed plant list, see page 15 of this newsletter.*

A Tale of Two Bites — Copperhead That Is!

Tom Harville, NCNPS Board of Directors

After moving back to North Carolina and really getting into gardening, I had to readjust my thinking about the critters I would encounter while gardening and out on walks in the woods. Especially snakes. I've seen little gray mulch snakes, ring-necked snakes, black snakes and copperheads around my house and I am WAY more careful where I step or stick my hands.

Over the last couple of years two friends were not so lucky when they encountered copperheads and I thought it appropriate for you to hear what happened to them.

Margo MacIntyre is the Curator at the Coker Arboretum at UNCCH and **Marlyn Miller** is a NCNPS and NARGS member. Both are avid plants folks and are in the garden a lot. So here is Margo's story:

IT ALL HAPPENED on Memorial Day, 2008 around 8:30 in the evening in the Greenwood neighborhood in Chapel Hill (about a mile east of UNC Campus). Over the 50+ years that Mom and Dad lived there and raised family, there were several copperhead sightings—probably 3 before this day.

Dad had installed a raccoon fence around his corn crop earlier that day, and I thought I would walk over to check on it. On the way across the lawn, I heard the songbirds chirping excitedly. I thought that they were responding to one of two things: either the irrigation had sprung a leak, or there was a cat nearby. Fearing that the water was spraying out all over the place, I did not look down as I approached the edge of the garden. It was then that I felt a pain like the worst bramble encounter on my ankle. When I looked down I saw that it was a 15-inch long copperhead, at which point I screamed and hopped away. When I had hopped far enough, I fell and called for help. It already hurt more than you would think.

Help came and within 15 minutes I was in the ER at UNC and within 20, I was being monitored. The triage person doubted that it was a copperhead bite, but my husband and I are naturalists by trade and we convinced him that we knew what were talking about. There were four small bloody dots on my ankle from what I guess was two attempts to envenomate me.

The ER nurses measured my lower leg in two places, recorded the numbers and offered painkillers, which I

refused. The ER doctor came by and explained that they would monitor over night and that the antivenin causes severe (deadly) allergic reactions due to the sheep serum they use to produce it and that it's \$17,000 per dose. I reckoned I was really not in that much pain and the swelling, though visible, was not tremendous.

The pain was almost unbearable and was only relieved by keeping my foot well above my heart and by a lot of deep breathing. After about 4 hours I did ask for morphine and I was able to doze through the pain. They monitored the leg a second time around dawn and let me go home as long as I saw our family doctor that day. My creatin levels were high and they wanted to make sure my kidneys were okay.

The family doctor did not know a lot about copperhead bites and could only offer pain management. She did not know how long I would be off my feet or for how long the pain would last.

My friends brought all sorts of home remedies including comfrey and cabbage. Neither of these made a big difference in the pain or the swelling. The hydrocodone they sent me home with really did not make anything any better than just keep it elevated all the time.

Of course, I know the answers to these questions now. The pain was excruciating for more than a week, especially when my foot was below my heart. I maneuvered around the house by putting my left knee on a rolling office chair so that the blood

and fluids would not run down into the injured area and cause so much pain. The pain improved a bit, but was still enough to make me lightheaded for another week or 10 days. The swelling stopped just above my knee and then turned yellow and green and purple. The four bite holes never really changed and certainly were never infected. I returned to work after at least two weeks on the couch. It was still very painful and I could not wear a real shoe. By the time I went home each day, my foot was swollen and would scarcely bear weight.

I looked into lymph massage therapy eventually. At first I used YouTube and worked on my leg myself. After that, I went to a lymph massage facility and I think that is what finally allowed my leg to heal. The pain and swelling subsided slowly, and after a month, those symptoms were gone. After that, for a few weeks or maybe months, running or jumping felt very odd—I could feel all the damaged tissue. (*Continued, page 12*)



Photo: Wikimedia Commons

News from the Board

NCNPS Spring Trip 2014: May 16–18: Green Swamp & Lake Waccamaw

BE PREPARED for an amazing Spring Trip in 2014, when we will visit some of North Carolina's most fascinating habitats. Friday afternoon early arrivals will do some highway botanizing along Highways 130 and 17. The Friday night program will be at Lake Waccamaw State Park, where Park Superintendent **Toby Hall** will introduce us to the soils and plants of Lake Waccamaw.

Saturday **David McAdoo**, **Mark Rose**, **Angie Carl**, and **Robert Thornhill** will lead us exploring the Green Swamp, which The Nature Conservancy has called "a place unlike any other." Among the plants we're likely to see are Venus Fly-trap, three species of (each) pitcher plants, sundews, and *Calopogon* orchids; bladderworts, Goldencrest (*Lophiola aurea*), two species of *Cleistes* orchid, and much more. It will be a day to remember!

The Saturday evening dinner and plant auction will be at the NC Museum of Forestry in Whiteville. Sunday morning we will visit Lake Waccamaw, where the park ranger will give us a presentation and then we'll botanize around the lake.

We'll be staying at the EconoLodge Hotel in Whiteville, at 503 J. L. Powell Blvd (Hwy 701 Bypass), Whiteville, NC 28472; telephone (910) 642-2378. We have reserved 40 rooms there, at a group rate of \$64.95/room. The deadline for this rate is **MARCH 16, 2014**. So if you plan to go, be sure and make your reservations **EARLY!**

There will be more details, and registration information, in the NCNPS Winter *Native Plant News*, coming out in February 2014. We'll also be posting more information on the NCNPS website, newildflower.org.

Lisa Gould, Vice President

HOLD THE DATE: Annual Picnic June 7, 2014

Our Annual Picnic will once again be at Hagan-Stone Park just south of Greensboro, on Saturday, June 7, 2014. The morning program will be on *Native Grasses of North Carolina*, by **Dr. Nancy Lee Adamson** of the Xerces Society and the USDA Natural Resources Conservation Service, followed by our usual native plant auction and lots of delicious food. Mark your calendars!

Lisa Gould



Yellow Pitcher Plant mixed with a few coppertops
(*Sarracenia flava* and *S. flava* var. *cuprea*)



Rosebud Orchid (Cleistes divaricata)

In the Mountains with the NCNPS



A Hobomok Skipper nectaring on Appalachian Turtlehead (Chelone lyonii)

GORGEOUS LOCATIONS, beautiful weather, and stunning fall foliage combined to make 66 happy people at our 2013 Fall Trip, the best-attended fall weekend we've ever had. Whether we were walking along the Davidson River, climbing the Coon Tree Trail or meandering along the North Slope Trail, or botanizing in the fog on the Blue Ridge Parkway, there was lots to see and enjoy. Some plant highlights included Mountain Ash (*Sorbus americana*) dripping with fruit; blooming Appalachian Grass-of-Parnassus (*Parnassia asarifolia*), Appalachian Gentian (*Gentiana latidens*), Lowrie's Aster (*Symphotrichum lowrieianum*), Curtis's Goldenrod (*Solidago curtisii*), and other asters and goldenrods; Stairstep Moss (*Hylocomium splendens*) and Rose Moss (*Rhodobyrum roseum*); and a nice variety of ferns. (continued next page)



Artist Betty Lou Chaika sketching the vertical bog at Wolf Mountain Overlook



Mark Rose and group discussing the mountain flora



A rocky mountainside bog



Larry Mellichamp showing and telling about ferns



Foggy botanizing with Larry Mellichamp

Friday night **Larry Mellichamp** entertained and informed us about the wonderful diversity and natural history of ferns, and explained how to grow ferns from spores. Saturday evening **Jennifer Frick-Ruppert** of Brevard College gave an excellent talk on symbiotic relationships and the vital nature of mutualism in our ecosystems.

Many thanks go to **Jean Woods, Nina Shippen, and Susan Sunflower** for planning the weekend's walks and guiding our terrific walk leaders, **Tom Ferguson, Larry Mellichamp, James Padgett, and Mark Rose**. Jean deserves special thanks for being our liaison with St. Philip's Episcopal Church, and doing many behind-the-scenes tasks (along with her husband, **Joe Hamrick**) to make our weekend such a success.

Lisa Gould, Vice President

Wanted!!!

Nominations are Open for Vice President!

Lisa Gould's term is up soon and we will miss her great work organizing our trips, but we need someone to replace her. This is a fun way to volunteer for your NC Native Plant Society. You will meet interesting people—our members, speakers, hike guides, local caterers and motel owners.

Many of us pitch in to help find locations, speakers, and hike leaders, etc., so you won't be alone. Being able to sign up online minimizes the paper work involved, and you can ask someone to partner with you in the job if you like. If you would like to nominate yourself, that's great, or you can nominate someone else. Please contact one of the following people with names. We need your help!!!

Nominating committee:

Mark Rose - chair trilliumboy@yahoo.com

Larry Mellichamp lmellichamp@carolina.rr.com

David McAdoo dmcadoo@triad.rr.com

Tom Harville tomhar@bellsouth.net

Jean Woods, President



Help Needed!

New Botanical Trail in Lillington

We are building a botanical trail in Lillington, NC 27546. The trail will be approximately 1 mile long and will be nestled in 12-14 acres of woodland and wetland with in the city limits. Any help on identifying plants and shrubs and trees is welcomed. A bridge will cross the small stream running through the area. Looking for a little advice on proper identifying and labeling of such. Thank you.

Neil McPhail nmcph11@gmail.com 910-890-2344

Chapter Notes

The Triad Chapter has had several excellent programs this Fall, including **Mark Rose**, who filled in at the last minute in October with a program featuring the plants we can expect to see on the spring trip to the Green Swamp area.

On November 6th, **David McAdoo** presented his program, “Photographing Wildflowers.” He discussed, among other things, the equipment that he takes with him on photo journeys.

On December 4th, we will have a photo exhibition/contest with each member invited to submit three native plant photos taken in 2013. The top 3 vote-getters will be awarded a small prize.

January 8th will bring **Mike Vaughan**, who will speak on Green Genes, about the DNA chromosome of the chloroplast. Mike says it will not be technical but instead will be an account of how a friend and he discovered 50 years ago that chloroplasts in all plants do indeed have a DNA chromosome of their own. He will discuss how chloroplasts came to exist and how their genes function—and why we should care.

On February 5th, **Stan Gilliam** will present his program “Composites and Pollinators.”

Please join us for any of these programs. We meet at 7:00 p.m. at the KCEP Library in Price Park, Greensboro. Contact me for details or directions.

Kathy Schlosser kathyschlosser@triad.rr.com 336-855-8022

Southern Piedmont Chapter

In September, **Rob Evans** (NC Plant Conservation) and **Robert Tompkins** (Belmont Abbey College) led our group through Mineral Springs Barrens, one of North Carolina’s plant preserves. We learned about the signature trees of the Piedmont prairie, as well as the interesting variety of grasses and herbaceous plants that populate this ecosystem.

The November meeting was a fun time with a native herb tasting. We tried blackberry leaf tea, sumac lemonade, and sassafras tea. Then we made fern propagation “cupcakes” by sprinkling spores on peat-filled cupcake liners and took them home in clamshell bakery containers.

The group’s December meeting will be a “Holiday Gathering and Seed Exchange” on Sunday, December 8th, at 2pm at Reedy Creek Nature Center. Please bring a snack and native seeds to share. Be sure that your seeds are labeled. You can divide yours into individual small envelopes (dry seed), or zip lock bags with moist peat or newspaper (moist storage), or bring them in bulk. We’ll provide both types for those that don’t want to divide them beforehand. If you don’t have any seeds to share, come anyway. I’m sure that there will be plenty to go around.

Via Lisa Tompkins, Chapter Chair



David McAdoo presenting his program on photographing wildflowers to the Triad Chapter.



*1) Robert Tompkins has the group taking notes.
2) Scweinitz's Sunflower (Helianthus schweinitzii), an endangered species at the Mineral Springs Barrens*



The Southeast Coast Chapter

In October, **Dr. Paul Hosier** led the group on a field trip to Fort Fisher, introducing them to the ecology of the dunes, the maritime shrub habitat, and the salt marshes.

Dr. Hosier with Mound-lily Yucca (Yucca gloriosa), a rare plant for NC, which grows on dunes and shell middens (left).

Annual Sea-pink (Sabatia stellaris) is common in brackish marshes (right).

*Photos via the group's Facebook page:
Go to <http://www.facebook.com> and search for North Carolina Native Plant Society Southeast Coast Chapter.*

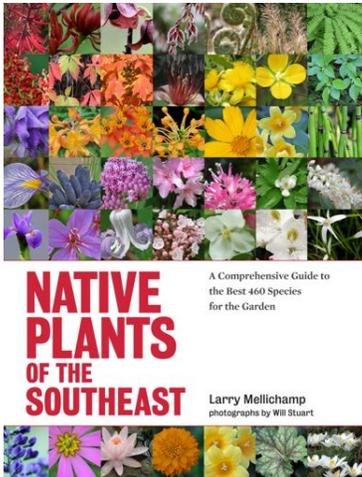


Western NC Chapter (Asheville) Chapter

The Chapter visited Whiteside Mountain in late October to see the “Shadow of the Bear” cross the valley. This phenomenon occurs for just a few weeks each year. For three weeks starting mid-October through early November, and again for three weeks in late winter between mid-February and early March, the shadow is visible for approximately 30 minutes a day. If you would like to see it for yourself, the best spot for viewing is off Highway 64 at Rhodes Big View Overlook. **Jean Woods** warns that the sharp curve in the road and brisk traffic makes crossing a little scary, but the “bear” makes for a fun outing.

*Photo via the NCNPS facebook page:
<http://www.facebook.com/NCNativePlants>*

Congratulate and Celebrate!



Native Plants of the Southeast

This much anticipated book by NCNPS members **Larry Mellichamp** (author) and **Will Stuart** (photographer) is fast approaching its January release by Timber Press! Plant profiles of more than 400 trees, shrubs, vines, ferns, grasses and wildflowers, including cultivation and propagation information, are included in what promises to be the next great addition to the native plant enthusiast's library. More details are available at <http://www.timberpress.com>.

Native Plants for Coastal North Carolina Landscapes

Native plants provide food for a variety of wildlife species from tiny insects that feed on nectar to large mammals like deer and bear that feed on leaves, stems, berries and other fruits.

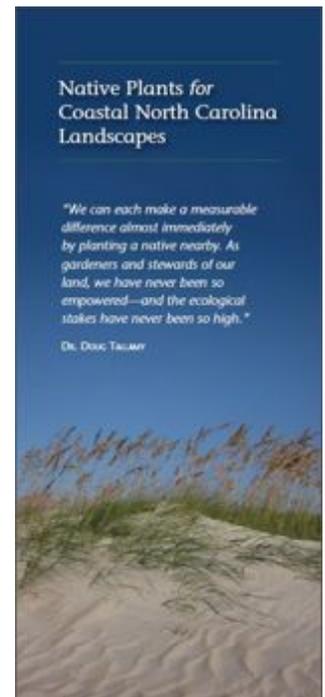
A recently published brochure, *Native Plants for Coastal North Carolina Landscapes*, fulfills the educational component of the Beach Vitex grant from the National Fish and Wildlife Foundation. The brochure highlights 32 native species suitable for coastal landscapes and mentions 4 invasive plants that we recommend not to be planted at the coast.

It has been well received by coastal towns and permitting agencies (DCM, USACE), Cooperative Extension offices, etc.

A PDF copy is currently available at:
NCSU Herbarium web page <http://www.cals.ncsu.edu/plantbiology/ncsc/>

USFWS web page <http://www.fws.gov/raleigh/pdfs/NativePlantsCoastalNC.pdf>

Hard copies available at New Hanover Cooperative Extension Office or by contacting Dale Suiter at Dale_Suiter@fws.gov



The Invasive Plant Eradication notice (pictured right) caught the eye of **Carol Gearhart** while she was visiting Wake Forest University's Reynolda Gardens. The sign reads (note especially the last line!): WFU Facilities and Campus Services is using an aquatic herbicide to remove invasive plant species in this area. Aquatic herbicides are approved by the EPA and the NCDA and are considered safe for use in and around water. Primary species being treated are Kudzu, Porcelain Vine, Bush Killer Vine, Wisteria and Japanese Stilt Grass. Native plants will be established following removal of the invasive species. These native plants will stabilize the soil, be aesthetically pleasing and provide habitat for a wide variety of insects, bees, butterflies, birds and other wildlife. This project will also optimize views to Silas Creek and the Lake Katherine waterfall. To learn more about invasive species and the importance of using native plants visit the North Carolina Native Plant Society at: www.ncwildflower.org



A Taste of Fall: The Edible Native Pawpaw



SPICY AUTUMN PAWPAP CAKE

Time 40 minutes

Serves 8–10

- 2 sticks (1 cup) butter
- 1 cup granulated sugar
- 3/4 cup firmly packed brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 3 cups flour (white, whole wheat, or a combination)
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons ground allspice or spicebush (*Lindera benzoin*) berries
- 3 cups pawpaw (*Asimina triloba*) pulp
- 1/4 cup freshly squeezed lemon juice
- 3/4 cup chopped walnuts
- 1/2 cup sunflower seeds
- 1 cup raisins

Heat oven to 350. Butter a 13x9- inch or two 8-inch round cake pans.

In a large bowl, beat softened butter for 30 seconds with a mixer.

Gradually add the sugars.

Mix 3 minutes.

Add eggs and blend for a few more minutes, until the mixture lightens slightly in color.

Into a separate bowl, sift together the flour, salt and soda.

Mix in the spices. In a third bowl, stir together the pawpaw pulp and lemon juice.

Alternate mixing the dry and wet ingredients into the butter mixture.

Start and end with the dry ingredients.

Stir in the nuts and raisins.

Spread evenly into pan(s).

Bake round pans 25 minutes, a rectangular pan, 40-45 minutes.

Try with Cream Cheese Frosting.



Spicy Autumn Pawpaw Cake was created by Nicole Crist and won “Best Dessert” at the Ohio Pawpaw Festival in 1999.

Pawpaw photos: Wikimedia Commons

Copperhead, continued

Lessons learned:

When the birds are going crazy, look where you put your feet and hands.

Evening is a good time to encounter a copperhead.

Don't know if ER is absolutely necessary, but the option to have strong drugs at the beginning could be important, and if the swelling does not stop, it would be best to be there.

Two weeks minimum bed rest.

It's possible to be bitten, but not envenomated. Copperheads know what they can swallow and digest.

There is no need at all to kill snakes. Black snakes keep copperheads under control—if they are not dead black snakes.

Here is Marlyn's story:

I WAS STRUCK IN THE RIGHT HEEL by a copperhead on Saturday, June 9, 2012 in my front yard. I had gone out in flip-flops, not intending to garden, but a gardener always sees things that need to be done. So I stepped over the railroad ties lining our driveway in a subdivision in the Town of Cary, and began removing the stems of spent daylilies. As I lifted my foot to take another step, the snake struck. It felt like a sledgehammer hit my heel, but I knew immediately what had happened. I lifted my heel to look at it, and it was bleeding. I swished around in the daylilies looking for the snake, and not seeing it, stepped back over the railroad tie into the driveway. As I started for the house to get my husband, I saw the copperhead about 4 feet farther down the slope, lying full out along the railroad tie. It looked to be about 2' in length with a thick body.

I went to the house and yelled for my husband to drive me to the ER. Then I got a shovel and a bucket, killed the snake, put it in the bucket, and got in my husband's truck to wait. We were at Western Wake Hospital ER within half an hour after the attack. The receptionist made me take a seat and wait, even though the people she was helping insisted she help me first. The ER folks didn't want to look at the snake and asked me to leave it outside the ER. I thought they were supposed to confirm the snake was poisonous! Those 2 events should've prompted driving to another ER!

In the ER my wound was not cleansed (first step in the protocol I found on-line later). They said they would "watch it." That meant marking 4 locations on my foot, ankle and leg and measuring circumferences every 4 hours and reporting the results to the NC Poison Control Center in Charlotte. And I received some pain medication.

After a few hours, I was transferred to a room. I never knew why I was admitted rather than being sent home with an antibiotic and pain med like most snakebite victims. Maybe because I was on prednisone, which can slow healing, maybe because I have type 2 diabetes which does the same thing, and maybe just because I'm old!

The next day I was transferred to ICU. I never learned the reason; the care was no different, but at least the call button worked and the door to my room didn't stick! The second day, I asked about advisability of antivenin. The hospitalist said, "Didn't you get that in the ER?" And she ordered it (over \$25,000) along with IV antibiotic. The third day I asked the same hospitalist whether a tetanus shot might be advisable since there was a black, non-draining blister over the bite. Her response: "Didn't you get that in the ER?" So I received a tetanus shot. She volunteered that she had never dealt with a snakebite before.

I was returned to a regular room, and they continued to measure the 4 sites on my leg. I had to suggest each nurse turn the tape over because previous measurements had been done with the metric side. If they failed to report to Poison Control, Poison Control called them. By the third day, pain was much reduced. A surgeon came to my room (not at my request) to look at the bite site. By that time, the half-inch disk of skin over the puncture was black, and I asked if maybe it should be removed since there was no drainage. He walked to the cabinet, got a scalpel, excised it, and sent me a bill for \$500!

On the fifth day, I asked a different hospitalist if she thought I should be checked for deep vein thrombosis since I had been in bed with my foot propped up for some time. She said, "We could do that." And they did, but the results were not shared with me, I later learned the test showed blood clot precursors, but they never communicated with me. I was discharged that evening with some bandage material and a prescription for a pain med.

Nine days later at the UNC Allergy Clinic, an allergy doctor said she was alarmed at my swollen and discolored leg and thought I should go to the ER. Disappointed with my quality of care at Western Wake, I went to Rex's ER. They diagnosed a blood clot in my snakebite leg! That called for 2 blood thinners—one short-term stomach injections, the other by mouth for 3 months. Getting the dosage adjusted meant several trips to the Rex Anti-coagulation lab.

Nothing could be easy, so the wound appeared to be infected even though I'd been cleaning and bandaging it. So I was sent to Rex's Wound Care Center where the doctor had never dealt with a snakebite! A sample sent to the lab showed a staph and 2 gram-negative rod bacteria in the wound. A strong antibiotic was prescribed.

Continued, pg. 13

Enjoy an Edible Native Fruit!

Service Berry (*Amelanchier* spp.)
Pawpaw (*Asimina triloba*)
Beautyberry (*Callicarpa americana*)
Hickory (*Carya* spp.)
Hackberry (*Celtis* spp.)
Fringe Tree (*Chionanthus virginica*)
Hazelnut (*Corylus americana*)
Persimmon (*Diospyros virginiana*)
Beech (*Fagus grandifolia*)
Honey Locust (*Gleditsia triacanthos*)
Silver Bell (*Halesia diptera*)
Black Walnut (*Juglans nigra*)
Groundcherry (*Physalis* spp.)
Chickasaw Plum (*Prunus angustifolia*)
Wild Plum (*Prunus americana* and *P. umbellata*)
Black Cherry (*Prunus serotina*)
Elderberry (*Sambucus canadensis*)
Blueberry (*Vaccinium* spp.)
Muscadine (*Vitis rotundifolia*)

Reference: *Edible Plants of the South*
by Dr. Charles M. Allen

REMEMBER to send in your hours!

Thank you to everyone who has spent their very valuable time to further the education and outreach efforts of the North Carolina Native Plant Society!

As the year draws to a close, we again need to tabulate all that valuable time that makes our organization successful. It could be a walk, a hike, a workshop, a talk, a table/ booth at an event or a project.

Thank you for forwarding to me:

- 1) the number of hours you dedicated,
- 2) the organization you worked with,
- 3) the date,
- 4) an estimate of the number of people who participated and
- 5) the topic of the talk, walk, etc.

Hope you are enjoying this beautiful fall. It may seem cold but we northerners think this is just chilly. :)

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Native Plant News is a publication of the North Carolina Native Plant Society. It is published 4 times a year for our members. Memberships are available online at <http://ncwildflower.org/member.htm> or by contacting Trena McNabb at trena@tmcnabb.com. Submissions to the newsletter may be made to Daricia McKnight at daricia@ncwildflower.org.

(continued from pg. 12)

Because the leg swelled every day, I wore a compression hose for support every day for 2 months. Three months after the attack, everything seems to be resolved. The foot still swells a little, and I (and everyone who knows me) am (is) more vigilant in watching for snakes. Do I have to say, "Forewarned is forearmed?" I even walked my garden looking for likely spots and I can see places that a copperhead could hide and I would never see it. So I did the Google thing for some background from those in the know. Here are a couple of links:

http://www.herpnation.com/hn-blog/snakebite-protocol-copperhead/?simple_nav_category=daniel-duff

http://www.snakes-uncovered.com/Snakebite_protocol.html

CORRECTION: The prominent tree trunk in the photograph on page 5 of the Summer 2013 *Native Plant News* is Yellow Birch (*Betula alleghaniensis*), not Striped Maple (*Acer pensylvanicum*).

THANK YOU...
to **Mark Rose, Trena McNabb, Lisa Tompkins, Jean Wood, Ruth and Robert Jones, Judy Stierand, Mike Cackowski, and Audrey Mellichamp** for allowing the use of their photographs in this newsletter.



Which Shortia is this?

A reader asks:

I wonder how one would recognize the *Shortia* in the article this month [Summer 2013], from “regular” *Shortia*?

Thank you to **Charlie Williams** for providing the following reply:

Thank you for your interest in *Shortia*. The name *Shortia galacifolia* variety *brevistyla* comes from studies published in botanical journals by botanist P. A. (Percy) Davies in the 1950s. He concluded that the style of the flowers he found in McDowell County’s wild populations were, on the whole, shorter than styles found in the populations he found along the NC-SC state line and he gave the varietal name *brevistyla* to the McDowell populations. Davies did his studies before Duke’s impoundments destroyed so much of the SC populations, and was thus more inclusive than any study today could be. Imagine the work involved measuring the length of hundreds of tiny styles (and other flower parts) to find the differences!

The shorter style and more upright blossoms are the principal differences I have noticed. The more upright blossoms could be due to more light striking the ground at the McDowell *Shortia* site. I am attaching photos taken in McDowell Co. of var. *brevistyla* in flower [pictured left]. I hope this helps.



Lucky Trillium?

Society member **Mike Cackowski** sent in this picture of a “lucky” trillium he found at Roan Mountain.

NCNPS Board member **Mark Rose** weighed in: The trillium in the photo is actually fairly common in juvenile trillium seedlings and can show up in mature ones as well. It tends to be something that shows up once and then you never see it again on that particular plant. Once in a while on mature plants when it happens, everything else (flowering parts) is in 4s also. The only species I see this occur in fairly often in is *T. undulatum* (Painted Trillium) and I have occasionally seen some that do this pretty consistently year after year.

Thank you to Mike and Mark!

Sarah and Robert Gilley's Wallingford Walk Wildflower Meadow and Bird Sanctuary Plant List 6-21-13

<i>Aster spectabilis</i>	Showy Aster	Flowering Perennial
<i>Asclepias tuberosa</i>	Butterfly Milkweed	Flowering Perennial
<i>Baptisia</i> x 'Purple Smoke'	Purple Smoke False Indigo	Flowering Perennial
<i>Coreopsis grandiflora</i>	Largeflower Tickseed	Flowering Perennial
<i>Coreopsis lanceolata</i>	Lance Leaved Coreopsis	Flowering Perennial
<i>Coreopsis pubescens</i> 'Sunshine Superman'	Sunshine Superman Star Tickseed	Flowering Perennial
<i>Coreopsis rosea</i> 'American Dream'	American Dream Coreopsis	Flowering Perennial
<i>Echinacea purpurea</i> 'Magnus'	Magnus Coneflower	Flowering Perennial
<i>Eupatorium coelestinum</i>	Mistflower	Flowering Perennial
<i>Heliopsis helianthoides</i>	False Sunflower	Flowering Perennial
<i>Lespedeza virginica</i>	Slender Bushclover	Flowering Perennial
<i>Liatris squarrosa</i>	Scaly Blazing Star	Flowering Perennial
<i>Meehania cordata</i>	Meehan's Mint	Flowering Perennial
<i>Monarda didyma</i> 'Jacob Cline'	Jacob Cline Beebalm	Flowering Perennial
<i>Monarda punctata</i>	Dotted Mint	Flowering Perennial
<i>Penstemon hirsutus</i>	Hairy Beardtongue	Flowering Perennial
<i>Pycnanthemum flexuosum</i>	Appalachian Mountain Mint	Flowering Perennial
<i>Pycnanthemum incanum</i>	Hoary Mountain Mint	Flowering Perennial
<i>Rudbeckia fulgida</i>	Orange Coneflower	Flowering Perennial
<i>Rudbeckia hirta</i>	Black-eyed Susan	Flowering Perennial
<i>Silene caroliniana</i> 'Short and Sweet'	Wherry's Catchfly	Flowering Perennial
<i>Thermopsis caroliniana</i>	Carolina Lupine	Flowering Perennial
<i>Tradescantia ohiensis</i>	Ohio Spiderwort	Flowering Perennial
<i>Tradescantia rosea</i> 'Morning Grace'	Morning Grace Spiderwort	Flowering Perennial
<i>Tradescantia subaspera</i>	Zig Zag Spiderwort	Flowering Perennial
<i>Vernonia angustifolia</i>	Narrow Leaved Ironweed	Flowering Perennial
<i>Elymus virginicus</i>	Virginia Wildrye	Grass
<i>Eragrostis spectabilis</i>	Purple Lovegrass	Grass
<i>Muhlenbergia capillaris</i>	Pink Muhly Grass	Grass
<i>Panicum virgatum</i> 'Northwind'	Northwind Switchgrass	Grass
<i>Panicum virgatum</i> 'Shenandoah'	Shenandoah Switchgrass	Grass
<i>Schizachyrium scoparium</i> 'Prairie Blues'	Prairie Blues Little Bluestem	Grass
<i>Schizachyrium scoparium</i>	Little Bluestem	Grass
<i>Aronia arbutifolia</i> 'Brilliantissima'	Brilliantissima Chokeberry	Shrub
<i>Aronia melanocarpa</i>	Black Chokeberry	Shrub
<i>Ilex verticillata</i> 'Southern Gentleman'	Southern Gentleman Winterberry Holly	Shrub
<i>Ilex verticillata</i> 'Winter Red'	Winter Red Winterberry Holly	Shrub
<i>Juniperus virginiana</i> 'Grey Owl'	Grey Owl Eastern Redcedar	Shrub
<i>Rhus aromatica</i> 'Gro-low'	Gro-low Fragrant Sumac	Shrub
<i>Viburnum dentatum</i>	Arrowwood Viburnum	Shrub
<i>Acer rubrum</i> 'Autumn Flame'	Autumn Flame Red Maple	Tree
<i>Amelanchier grandiflora</i> 'Autumn Brilliance'	Autumn Brilliance Serviceberry	Tree
<i>Cercis canadensis</i> 'Forest Pansy'	Forest Pansy Redbud	Tree
<i>Juniperus virginiana</i> 'Burkii'	Burkii Eastern Redcedar	Tree
<i>Tsuga caroliniana</i>	Carolina Hemlock	Tree



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The North Carolina
Native Plant Society
promotes enjoyment and
conservation of North
Carolina's native plants
and their habitats through
education, protection,
propagation, and
advocacy.

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Brilliant Fall Color in the Piedmont