



# Sarracenia Chapter of the Florida Native Plant Society The SARRACENIA TRUMPET

2016 SPRING

## NEXT CHAPTER MEETING MAY 17, 2016

### Upcoming Events

#### May 2016

- 9 Scouting Trip-St. George Is.
- 13 Spring Wildflowers Tour  
(see article)
- 17 Chapter Meeting

#### June 2016

- 4 Annual Picnic  
Ochlockonee State Park  
(see article)

## CHAPTER MEETINGS THIS SPRING

Tues, May 17, Dr. Karen Berkley  
*Ardesia: Friend or Foe?* After  
destroying these plants for years,  
Dr. Berkley discovered they have  
unique medicinal uses.

After the May meeting we have Summer  
Break, then the next meeting is  
on September 20, 2016

The Sarracenia Chapter meets on the 3<sup>rd</sup>  
Tuesday of each month September- No-  
vember and January-May. Meetings are  
held at 6:30 PM at the Wakulla Public  
Library, Crawfordville, Fla. The public  
is invited.



The purpose of the Florida Native Plant  
Society is to preserve, conserve, and  
restore the native plants and native  
plant communities of Florida.



## MAY 9 and 13 - ST. GEORGE ISLAND SPRING WILDFLOWER TOUR

Our Chapter members have once  
again been invited to lead a tour of  
the wildflowers and native plants  
that grow in the Plantation on St.  
George Island.

On May 9 we will go there to scout  
out the area for important plants.

On May 13 we will return for a  
Wildflower and Native Plant Walk  
for homeowners.

Sarracenia Chapter Members are  
welcome and should sign up for either  
trip by emailing Linda Smith  
(sarracenia.nps@gmail.com.) Please  
include your phone number as well  
as an emergency contact number.

Members received an email with  
specific details on April 24th, but the  
short version is:

Departing Crawfordville 8:00 am.  
Meet at the Winn Dixie parking lot  
at 8:00 am. We can carpool. We will  
leave Winn Dixie no later than 8:15  
am on the nose.

You might wish to bring a light pic-  
nic lunch, water, walking shoes, bug  
repellent, sun hat, sun screen, cam-  
era, field guide, light rain gear.

These are easy walks and we will  
drive to each site. From the cars the  
walks are easy, flat and dry. Except  
for the sand dunes, there is no diffi-  
cult terrain and each walk is a short  
distance.

It is anticipated that we will leave  
the Plantation around 12:30 or so.



*Sarracenia minor* - Hooded Pitcher plant

## —INSIDE—

-Native Gardening in North Flori-  
da Shade / Jeannie Brodhead and  
Linda Smith

-Sopchoppy River Ecology / Sandy  
Tedder

-Annual PICNIC

-Annual FNPS Conference

-MORE

## SARRACENIA CHAPTER BOARD NEWS

Our Sarracenia Chapter Board Elec-  
tion was held at our last meeting on  
April 19, 2016. The following slate  
of candidates was elected by mem-  
bers attending the membership  
meeting:

- President: Linda Smith
- Vice President: Bonnie Basham
- Treasurer: George Weaver
- Secretary: Doug Gilbert
- Chapter Rep: Jeannie Brodhead

The service these folks give to our  
organization is outstanding and we  
thank them for all they do for our  
Chapter and our Community.

## NATIVE GARDENING IN NORTH FLORIDA SHADE

By Jeannie Brodhead  
and Linda Smith

Trees and the shade they produce  
can provide relief from the heat of  
the sun but gardening in too much  
shade can be difficult. Grasses and  
most flowering plants require 6  
hours of sun to produce well. Many  
shade tolerant plants prefer only a  
few hours of morning or evening  
sun, dappled shade all day or the  
high, shifting shade of pine trees.

Some shady spots are more difficult  
to landscape. Dense shade or places  
with no sun like in the shadow of  
buildings are challenging. Places

dominated by tree roots and very wet or dry shady places also have built in difficulties. Look for plants that require the conditions that your site offers.

Sometimes, just one accent plant is all that is needed to add some color, texture, depth or perspective to a spot.

In most shady areas, leaf fall, or pine needles provide very pretty ground cover. It is better than the mulch we go to the store to buy. Take advantage of this to avoid mowing. Let it build like it does in the woods. It turns into rich loam and feeds the tree from which it fell.

Coontie, needle palm, saw palmetto and blue stem palmetto tolerate a great deal of shade as well as sunnier spots. Once established, they manage with normal rainfall.

Bluestem palmetto is tolerant of moist conditions. Many ferns tolerate bright to dense shade. The ferns generally prefer moist soil. Understory plants like oakleaf hydrangea, Viburnum spp. and Rhododendron spp. (wild azalea) tolerate shade, but they flower better and develop full growth patterns in bright shade and a few hours of direct sun each day. Coral bean, wild olive, frostweed, partridge berry and wild violets all add color, texture and interest as understory plants.

Most commercially available wildflowers do well in a half day of shade. Many Rudbeckia, Coreopsis, Liatris, Gaillardia and even Helianthus will be fine in a half day of full sun and shade for half a day.

Many flowering plants do well under the canopy of tall longleaf pine. The restoration of this ecosystem is urgent so that many understory plants can continue to live in their preferred habitat. Most of these plants are not commercially available, and all of them require the bright shifting shade of pines.



The Florida Native Plant Society's website (fnps.org) has an extensive database on native plants. You will see a tab for "Native Plants." Choose your county and the growing conditions. It will give you a list of plants with an active link that leads to a detailed description. Check the website for Florida Wildflowers Growers Cooperative for seeds that are available.



## FNPS SPRING CONFERENCE

### The Theme is: Preservation, Conservation and Restoration

Online registration is now open for the 36th Annual Conference of the Florida Native Plant Society. The Conference is being held at the Daytona Beach Resort and Conference Center from May 19 - 22, 2016.

Online registration will be available until May 11, 2016. Special room rates will be available through April 22nd. Registration will close from May 12-17, 2016. Onsite registration will open May 18, 2016 at 5:00pm and will increase by \$25.00/day. Each attendee must register separately.

Program days are Friday and Saturday (20th and 21st).

Participants must sign up for one program day per each field trip day. Field trips fill up fast, so don't wait for onsite registration to register.

To register online:

<https://registerwease.eventsair.com/fnps-2016/register/Site/Register>.

Special FNPS conference room rates available through April 22th: Studio units \$ 97.00 per night - All Studio guest rooms offer the following amenities:

Accommodation for up to four guests -- two queen beds or one king bed (upon request). Amazing views of the Atlantic Ocean. Kitchenette with full sized refrigerator, microwave, 2 burner stove, & cooking utensils. Free high-speed Wi-Fi, 54-inch flat-panel TV with 72 channels, hair dryer, iron & ironing board.

1 Bedroom Suites \$ 127.00 per night - All Suites offer the following amenities: Accommodations for up to 6 people -- separate bedroom and living room.

Kitchenette with full sized refrigerator, microwave, 2 burner stove, and cooking utensils Amazing views of the Atlantic Ocean. High-speed Wi-Fi, hair dryer, iron & ironing board.

## YELLOW COLICROOT

by Linda Smith

This graceful wetland perennial began blooming at the end of March in Wakulla County.

The single stalk or scape of yellow flowers rises from a rosette of pointed leaves that are light yellow-green. The urn-shaped flowers, cylindrical at maturity, are arranged along top of the stem.

A similar species is *A.aurea*. These flowers curve inward making the flower look closed and rounded. The basil leaf clusters of both species are visible most of the year.

These plants are found in savannas, wet roadside, ditches, wet flatwoods and bogs. They are rarely if ever cultivated.

The name is derived from concoctions from roots that were used by Native Americans and settlers for relief from colic stomach ailments.



Colic Root Photo by Alan Cressler

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**DON'T FORGET TO CHECK THE TABLES WHEN YOU COME TO THE MEETINGS - JEANNIE BRODHEAD SETS OUT FREE PACKETS OF NATIVE WILDFLOWER SEEDS**

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## FIRST ANNUAL SARRACENIA CHAPTER PICNIC - JUNE 4, 2016 - OCHLOCKONEE STATE PARK

You won't want to miss our first annual picnic and native plant and wildflower walks in the pristine Ochlockonee State Park near the town of Sopchoppy.

This event will be hosted by our Sarracenia Chapter and more information will be coming to you at the next Chapter meeting on May 17, as well as via email.

We have reserved the screened area, called the Live Oak pavilion, so ask for the location of this pavilion as you check in at the entrance to the park.

For GPS, the address of the park is 429 State Park Road, Sopchoppy, FL 32358. It is located about 4 miles south of Sopchoppy on highway 319.

Park information can be had at:

<https://www.floridastateparks.org/park/Ochlockonee-River>, and the

brochure for the park is at:

<https://www.floridastateparks.org/sites/default/files/Division%20of%20Recreation%20and%20Parks/documents/och-brochure.pdf>

## OCHLOCKONEE BAY BICYCLE TRAIL

The Sarracenia Chapter offers a wonderful WILDFLOWER and Native Plant HIGHLIGHTS Guide to the St. Marks National Wildlife Refuge section of Ochlockonee Bay Bicycle Trail in Wakulla County, Florida. Please visit the Sarracenia Chapter's website for the online version of the Guide:

(<http://sarracenia.fnpschapters.org/index.php?id=documents>) then click on the link for OBBT Guide. We thank our Chapter volunteers, David Roddenberry, George Weaver, Bill Petty, Jeannie Brodhead and others for all the effort that went in to making this a definitive guide to the plants and wildflowers that you will see on this trail.

*Bike Trail flowers by Jeannie Brodhead*



## MONARCH BUTTERFLY/ MILKWEED PROJECT

Nicole Zampieri gave a short talk at our April 19th meeting and provided an update on the Monarch Butterfly/Milkweed project. She asked for volunteers, so please contact the project at the email provided below if you are interested in helping with this effort. Scott Allen Davis, a Ranger with the St. Marks National Wildlife Refuge, began the milkweed project and Nicole is helping to coordinate the next steps in the ongoing effort.

An update was provided on their facebook page, (<https://www.facebook.com/SMSVNWRS?fref=ts>) as follows: "...thanks to everyone who came out to our last work day (April 10th). We got a lot done, including the COMPLETION of transplanting last years seedlings!!! woop. We transplanted 12 flats of 3 different species of milkweed (a total of 466 individual plants), sowed *A. longifolia* seeds in the new bed, and sowed 16 flats of the following species: *Gonolobus* spp., *A. variegata*, *A. incarnata*, and *A. obovata*, and *A. longifolia*. The greenhouse looks great, we have *A. humistrata* germinating and the transplanted *tomentosa* from our rescue back in February is all thriving.

We have not determined the date of our next work day, but we have a few changes to update you on. As we transition into the summer months, we will be going back to having regular weekly (possibly bi-weekly) work days on a week day. Currently it looks like Thursday will be the best day, with a few weekends for those not available on week days.



*Asclepias humistrata*

Our next goals include completing infrastructure for shade cloth and an irrigation system. We have had the materials and no opportunity to get them in place. Summer work days may also include a combination of field survey work and general nursery maintenance as we continue

to expand.

We have created a new e-mail account to facilitate communications ([monarchmilkweedinitiative@gmail.com](mailto:monarchmilkweedinitiative@gmail.com)). When we have determined the date of our first summer work day, we will send out our first Mailchimp update - so check back soon."

## SOPCHOPPY RIVER ECOLOGY

*by Sandy Tedder*

The Sopchoppy River in Western Wakulla County is one of the county's darkwater rivers. For the most part it is a slowly meandering waterway that makes its way to the Ochlockonee River and then out to the Gulf. This deceptively slow moving river, with its high, steep banks, can swell dramatically after a rain. Twice this Spring the water rose by at least 10 feet after a couple days of rainy weather, spilling over its banks in places, and obscuring the Florida Trail that runs along the upper Sopchoppy. One of the Sarracenia Chapter's premier hikes of the season, the hike to see the Wild Azaleas on the upper Sopchoppy River, had to be cancelled because of the flooded trails.

But the flood waters bring needed nutrients onto the riverbanks and into the backwaters and creeks; the mud and sand and the slurry in the water enriching the soil and nurturing the trees. The abundance of water dictates what trees are supported on this clear tannic river. Larger trees like the bald cypress (*Taxodium distichum*), sweet gum (*Liquidambar styraciflua*), laurel oak (*Quercus laurifolia Michaux*), ash (*Fraxinus caroliniana*), tupelo (*Nyssa sylvatica*), long leaf pine (*Pinus palustris*), and magnolia (*Magnolia grandiflora*) provide nutrients and shade for the understory plants and shrubs such as wild grapes (*Vitis rotundifolia*), smilax (*Smilax bona-nox*), sebastian bush (*Ditrysinia fruticosa*), titi (*Cyrilla racemiflora*), staggerbush (*Lyonia ferruginea*), wax myrtle (*Myrica cerifera*) and wild azalea (*Rhododendron canadense*), to name a few. These smaller bushy shrubs prevent erosion of the riverbank and provide nesting areas and food sources for cardinals and other low bush birds. Shade from these low shrubs allows the mosses and ferns and spider lilies to flourish and further hold the soil in place and provide habitat for yet other river life. And the cycle

goes around and around with the flowers for the bees, butterflies and hummingbirds, berries for wildlife, acorns for bears, wood ducks, and turkeys. It is all interconnected and makes for a biologically diverse ecology that benefits all and is fed by the constancy of the river.

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Contact Information:  
**Sarracenia Chapter of the FNPS**

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Facebook:  
<https://www.facebook.com/sarraceniachapter>

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For those who couldn't go on our Florida Trail hike due to flooding on the trails, here is a photo of wild azalea blossoms.



*Rhododendron canescens* by Sandy Tedder

**ENCOURAGE YOUR FRIENDS TO JOIN SARRACENIA CHAPTER, FNPS**

Membership includes informative publications and handouts, field trips, monthly programs, and free native wildflower seeds. Also included are Palmetto (the quarterly journal of the Florida Native Plant Society, with articles on all aspects of native plants), and the Trumpet (a quarterly Chapter newsletter of activities, articles and schedules.)

Please email the Sarracenia membership chairperson at [Sarracenia.nps@gmail.com](mailto:Sarracenia.nps@gmail.com) for more information. Signup forms are provided at our monthly meetings. You can also become a member online: [www.fnps.org](http://www.fnps.org). This FNPS.org site is a resource for a wealth of materials, so check it out when you can.

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Thistle (*Cirsium horridulum*) and Helianthus on Sopchoppy roadside



*Sarracenia flava* and *Sarracenia flava* var. *ornata* Photo by Sandy Tedder