

Wildflower Guide

for the

Wilderness Road Campground and Vicinity

Including:

Greenleaf Nature Trail

Colson Lane

Honey Tree Spur Trail

Lower portions of Gibson Gap and Lewis
Hollow Trails

By:

John W. Graves

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Wildflowers of Wilderness Road Campground, Green Leaf Nature Trail and Vicinity

3/20/2007

Photos and Text by John W. Graves



Rue Anemone (*Anemonella thalictroides*). The flowers range from pink to white and have from 5 to 10 petal-like sepals. There are no petals. It is common in rich woods throughout the southeast. Rue Anemone was thought to have great healing powers and was adopted by the Persians as a symbol of disease. Although no special powers are attributed to it today, several of the species have a substance in their sap that has been shown helpful for some foot diseases⁶. Blooms from March through May.



Wood Anemone (*Anemone quinquefolia*). Legend has that the original home of this flower was Mt. Olympus and that only the winds of spring could open the flower. The name anemone comes from the Greek god of the winds, Anemos. The Chinese refer to this plant as the “death plant” and plant it on the graves of loved ones⁶. It can be found in rich, moist woods and along the lower portion of the Gibson Gap trail.



Beaked Corn Salad (*Valerianella radiata*). The name comes from European settlers that collected the leaves and plant tops ate them as a salad². A colony of this plant is found on the lower end of the Honey Tree Spur Trail off the Greenleaf Nature trail. It prefers moist soil and along streams. Typically blooms between April and May.



Bedstraw (*Galium aparine*). The common name comes from the practice of early pioneers of using this plant to stuff mattresses and pillows because the stems remained flexible even after drying. When dry, it had the scent of hay and was useful for repelling fleas. The genus name comes from the Greek word *gala* meaning milk. The plant contains an enzyme that causes milk to curdle and was used by the cheese industry at one time to speed the curdling of milk. The small dried fruits have been used as a coffee substitute⁶.

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Southern Blackberry (*Rubus argutus*) Can be found in open fields, thickets, disturbed areas and roadsides throughout the park. Blackberries differ from other similar berries in that the stems are erect and have a brown color. Wild Raspberry has frosty bluish green stems. Dewberry is a vine running along the ground. It typically blooms between May and June.



Beetleweed / Galax (*Galax urceolata*) In the Virginia mountains this plant is known as Carpenter's Leaf. It was believed to be of benefit in the healing of cuts and wounds¹. The genus name is from the Greek word *gala* meaning milk and referring to the flower color³. This plant prefers open acidic woods and typically blooms between May and July.



Bloodroot (*Sanguinaria canadensis*) Native Americans used the bright red sap of this plant as a face and body paint. It was also used as a dye for baskets and clothing and an insect repellent. A drop of sap on a lump of sugar was used by pioneers as a cough medicine⁶. A form of the root that has been dried and crushed is included in the United States Pharmacopoeia with uses as expectorant and treatment of chronic bronchitis¹. This plant is found in rich woodlands. The genus name is from the Latin *sanguinarius* meaning bleeding³. Since this is an early blooming plant susceptible to frost, the leaf accompanying the solitary bloom often clasps the flower stem offering some protection from frost. The flower opens in sun and closes in dark and lasts a relatively short time. Typical blooming period is March and April.



Star Chickweed (*Stellaria pubera*). The genus name comes from the Latin word *stellar* meaning star-like in reference to the flower shape. This plant has been used as a very good spinach substitute, especially when gathered prior to blooming. It is also a very good source of vitamin C. The flower has been used to predict the weather as it is believed if the flower is fully open, then no rain for at least 4 hours, but if closed, a raincoat will be needed⁶. This plant prefers rich woods and rocky slopes on nearly every trail in the park. It typically blooms between April and May.

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Sweet Cicely (*Osmorhiza claytonia*). Was used by early settlers as a substitute for Chevril from the herb garden¹. The root has the smell and taste of anise. This plant is found in many places in the park and especially on the lower portion of the Gibson Gap Trail. The small inconspicuous white flowers make it an easy bloom to overlook. It typically blooms between April and June.



Wild Comfrey (*Cynoglossum virginianum*). This plant is found in rich deciduous woods. Flowers are small and similar to a forget-me-not with very large basal leaves similar to Virginia bluebells. It can be found on the Greenleaf Trail. The typical blooming period is May through June.



Cow Wheat (*Melampyrum lineare*). This small native, woodland annual has flowers that seem to resemble a snake's head. The genus name is from the Greek for black wheat and refers to the black seeds³. This plant can be found on most trails in the park in dry or moist woods and rocky areas. It typically blooms between May and July.



Carolina Cranesbill (*Geranium carolinianum*) The genus name is from the Greek *geranos* meaning crane³. The common name comes from the bill-like seed capsules. This plant can be found along roadsides, trails and disturbed areas of the park as well as Greenleaf. It typically blooms between May and August.

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Oxeye Daisy (*Chrysanthemum leucanthemum*). It was believed that the flower could keep lightning away and was hung indoors for this purpose⁶. The flower has been used to determine love when petals are picked individually saying he/she loves me and on the next petal he/she loves me not until all of the petals are used. Whatever the last petal indicates the state of your love-life. It is disliked by dairy farmers because it can produce an unwanted flavor in milk when eaten by cattle³. This plant is found throughout the park along roadsides, trails and meadows. It typically blooms between June and August.



Southern Dewberry (*Rubus trivialis*) A close relative to the blackberry. It creeps along the ground and lacks the brown colored stems of the blackberry. The fruit is very similar to blackberry, except perhaps more tart in taste. It is found along roadsides, trails and acidic soils in open woods. It typically blooms from May through June.



White Flowering Dogwood, White Cloud (*Cornus florida*). The flowers are actually the small four pedaled green flowers in the center of the showy large bracts which are characteristically notched in the center. Leaves turn scarlet in the fall. The hard wood is very shock resistant and is used in the making of spools, pulleys, mallet heads and jeweler blocks. Native Americans used the aromatic bark and roots as a remedy for malaria and extracted a red dye from the roots⁴. It prefers moist rich and acid soils. Blooms in March – April.



Common Elderberry (*Sambucus canadensis*). This soft, woody species yields fruit which makes tasty jelly and wine. It is an important food source for many song and game birds. The genus name comes from the Greek *sambuce*, an ancient musical instrument, and refers to the soft pith, easily removed from the twigs to make flutes and whistles³. This plant is found in low, wet areas and the borders of fields. It has been seen along the road leading to the Wilderness Road Campground. It typically blooms between June and July.

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False Solomon's Seal (*Smilacina racemosa*). When both this plant and Solomon's Seal are in bloom it is easy to distinguish between the two, otherwise it can be difficult. The berries that ripen in late summer are favorites of Ruffed Grouse. The common name refers to the similarity to Solomon's Seal, but is a misnomer as there is nothing false about this plant. Many people consider it prettier than the "true" Solomon's Seal⁶. It typically blooms between May and June.



Field Speedwell / Thyme-leaved Speedwell (*Veronica serpyllifolia*). This small plant is often found in mown grass and lawns. In the park, it is found in the campground where the grass is mown, especially near the amphitheater. The genus name is derived from the Greek words *vera*, meaning true, and *eicon*, meaning image. This alludes to a legend concerning the true image of Christ received by Saint Veronica, for whom the flower is named³. It typically blooms between April and July.



Daisy Fleabane (*Erigeron annuus*). The fleabanes were used by early pioneers to repel fleas and other insects. It was used as a mattress and pillow stuffing along with bedstraw². The rays, or petals, may vary in color from pale pink to white. It prefers open areas like roadsides, trails and grassy areas. The petals on Daisy Fleabane are much wider than on Common Fleabane. It typically blooms between June and October.



Common Fleabane (*Erigeron philadelphicus*). An old superstition says that if a pregnant woman wants to know the sex of her coming baby, she should plant the seed of a fleabane. If the flowers from the planted seed are tinged with pink, it will be a girl, if tinged with blue, it will be a boy⁶. The genus name comes from the two Greek words *rei*, meaning early, and *geron*, meaning old man³. This likely is in reference to it being an early bloomer and has fine, dense down, like an old man's beard, on the stems. It typically blooms from April through July.

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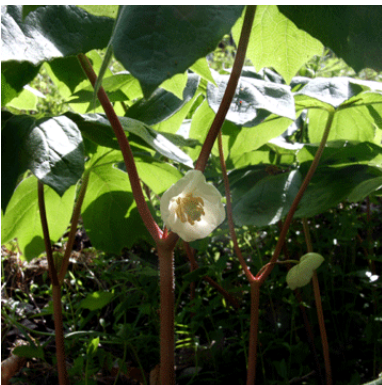
Foam Flower (*Tiarella cordifolia*). Common in rich woods throughout the Appalachians. The common name comes from the delicate white flowers which, to some, looked like a stick of foam. The genus name means “little tiara” because the yellow pistils look somewhat like a golden crown, or, as the Greeks called them, tiaras. The Greeks often picked these and presented them to the lady of their choice as tokens of their love⁶. The freshly gathered leaves were used on scalds and burns¹. It spreads by underground stems and forms colonies. Typically blooms from April through May.



Indian Pipes (*Monotropa uniflora*). The sap of this plant was used by the American Aborigines to relieve sore eyes¹. This non-green, waxy plant gains its nourishment from decayed organic material through a fungal relationship (mycorrhiza) associated with the roots³. This plant is found in rich, often moist, woods. It is found throughout the park and typically blooms from June through August.



Umbrella Magnolia (*Magnolia acuminata*). A sub-canopy tree with very large leaves and very large white flowers. The flowers open in April through May. The tree can be found in moist soils and of mountain valleys in hardwood forests, generally on the southern side of Cumberland Mountain. The arrangement of the large spreading leaves resemble an umbrella, hence the common name.



Mayapple (*Podophyllum peltatum*). Easy to identify by the large and conspicuous twin umbrella-like leaves. The fruit that ripens in May is the size of a small lemon and is edible but bitter. Other common names include hog apple, wild lemon, umbrella leaf and raccoon berry. The leaves, roots and seeds are poisonous and the Shawnee Indians used the boiled root as a very strong laxative. It was once used to treat warts. Today, two drugs are taken from the plant. Podophyllin is a strong cathartic. Peltatine has been used experimentally to treat cancer. Podophylin is the drug of choice for treating genital warts and small cell carcinoma¹. An old mountain saying says that a girl that pulls up the root of the Mayapple will soon become pregnant⁶. Blooms April through June.

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Four-Leaf Milkweed (*Asclepias quadrifolia*). Flowers are typical of milkweeds and white to light pink. It prefers dry open woods, trail and roadsides. It can be found on the lower portion of the Gibson Gap trail. It typically blooms between April and June.



Mountain Laurel (*Kalmia latifolia*). Native Americans often used the wood from the branches and roots to make small dishes, spoons and other utensils¹. It is a showy shrub often forming dense thickets. The leaves are shiny, leathery and evergreen. The bowl shaped flower clusters are composed of many small cup-shaped pink to white flowers. As the flowers mature, the stamens pop out of the petal pouches or can be dislodged by a visiting insect, spraying pollen on its back. Found in rich rocky woods. Blooms May through July.



Mountain Stonecrop (*Sedum ternatum*). This is the only Stonecrop found on the Greenleaf trail. This plant is found on rocks, logs and moist soil of open woodlands. It typically blooms between April and May.



Partridge Berry (*Mitchella repens*). The leaves of this plant were used by Native Americans to make tea that was believed to aid childbirth. The tea was also used to treat coughs and colds⁶. The berries are a favorite food of quail (partridge)¹. Berries are edible, but are dry, seedy and tasteless. Flowers can be white to pink. The four petaled flowers are found in twin like clusters at the end of a creeping stem. The flowers are different so they cannot self fertilize and both flowers must be fertilized to create a single berry. Fruit a single red berry with two “navels”. It prefers rich deciduous woods. Blooms May through July.

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Pennywort (*Obolaria virginiana*). The genus name comes from the Greek *obolos*, meaning a small coin, and relates to the paired roundish leaves of this plant. The common name also reflects the coin-like appearance of the leaves³. This small inconspicuous plant does not appear to be common in the park, but can be seen on the upper portion of the Greenleaf Nature Trail. It prefers moist hardwoods and typically blooms between March and May.



White Fringed Phacelia (*Phacelia fimbriata*). The white form is very uncommon and listed as rare and locally abundant by some authors⁸. This plant is found on the lower portion of the Gibson Gap Trail. It prefers open rich woods. It typically blooms between April and May.



Queen Anne's Lace / Wild Carrot (*Daucus carota*). As a means of survival, if the flowers are not pollinated and it rains, the flower head bends to protect the un-pollinated flowers. Pollinated flower heads remain upright in the rain. An old woodsman trick, with merit, is to grate the root of this plant and apply it to burns. The root contains carotin which has been shown to help relieve burns⁶. The cultivated carrot is a descendant of this plant. The name comes from Saint Anne, the Virgin Mary's mother. Saint Anne is the patron saint of lace-makers¹. A solitary purple to black flower occurs in the center of the main flower. Found on roadsides, trails and waste places. Typically blooms May through October.



Downy Rattlesnake Plantain (*Goodyera pubescens*). This is perhaps our most common orchid and is found in woods throughout the park. The genus name comes from John Goodyer, a 17th century botanist. The common name comes from the unusual markings on the leaves which bear some similarity to the markings of a rattlesnake. The seed pods also resemble the rattles of a rattlesnake. Native American women believed that if they rubbed their bodies with this plant, their husbands would love them even more⁶. Early settlers used the leaves in a decoction to cure skin diseases¹. The species name, *pubescens*, means hairy as this plant is covered with tiny hairs. This plant can be found in nearly all environmental types in the park. It typically blooms from May through September.

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Plantain Leaf Pussy-toes / Dog-toes (*Antennaria plantaginifolia*). Pussy-toes are often found with few plants growing near them. This is because they secrete a growth inhibitor to insure they get their share of nutrients and water. Some country folks used the flower heads in a shampoo to get rid of lice. The flowers were also packed away with winter clothes to keep moths away⁶. Native Americans used a potion made from this plant to cure rattlesnake bites¹. The staminate flowers are known as Dog-toes where the pistillate flowers are known as Pussy-toes. Typically blooms April through May.



Multiflora Rose (*Rosa multiflora*). This plant is very common throughout the region and is considered an invasive for its ability to reproduce and dominate local flora. This small flowered rose is sold as a living hedge by nurseries. It forms dense impenetrable masses and provides excellent wildlife cover. This plant prefers borders of woods, fields, trails, roadsides and other disturbed areas. Very prolific. It blooms between May and June.



Sharp Lobed Hepatica / Liverwort (*Hepatica Americana*). Prefers shady woodlands. Early herbalists used this plant to treat liver and lung problems. Farmers would know that it was time to plant crops when they saw this early bloomer. Flower color can be quite variable from white to a dark blue. Closer examination of the first blooms reveals dense hairs on the emergent leaves and flower stem to protect it from frosts. This plant is found in the ancient document "Document of Signatures" where plants with parts resembling a human body part were be-

lieved to have healing qualities for that body part. Hepatica has leaves that somewhat resemble the liver in both shape and color. An old saying says that when a farmer sees hepatica blooming, he knows it is time to plant⁶. The usage of this plant to treat liver ailments was so great in the late 1800's that the plant became so scarce it had to be imported from Europe. Records indicate that about 450,000 pounds of this plant was imported in 1883¹. It can be found on the lower portion of Greenleaf and Gibson Gap trails. Typically blooms between March and May.



Spotted Wintergreen / Pippissewa (*Chimaphila maculate*). Perhaps the name of this plant should have been "striped wintergreen" for the prominent light green stripe on the leaves. The common name Pippissewa is a Creek Indian word for "juice breaks stone in bladder into small pieces" and refers to their belief that the plant could cure kidney and bladder stones⁶. The genus name comes from two Greek words *cheima* and *phileo* which together mean "winter loving". Since the plant is evergreen, it is quite appropriate. It has also been listed in the USP as a diuretic¹. This plant thrives with light fire³. It prefers dry woods and typically blooms between June and August.

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Wild Strawberry (*Fragaria virginiana*). The cultivated strawberry (*Fragaria ananassa*) is the offspring of this plant and Beach Strawberry (*Fragaria chiloensis*) in an accidental hybridization that occurred in Holland in the 1750's¹. Found in patches in fields and dry openings and near the amphitheater on the Greenleaf. This plant produces the finest, sweetest, albeit small, wild strawberry. It typically blooms from April through June.



Squawroot (*Conopholis Americana*). Flowers are white to yellow. Plant contains no chlorophyll and derives its energy as a parasite upon the roots of trees, mainly oaks. This plant has a pine cone-like, scaly stalk that becomes dry and brown with age. Found in dry woods usually under oak trees. Typically blooms between April and May.



Canada Violet (*Viola Canadensis*). This violet is found mainly along southern Canada, the northern United States and the mountains³. It is a fragrant violet. It prefers open woods and typically blooms between April and June.



Sweet White Violet (*Viola blanda*). Very similar to the Northern White Violet (*Viola pallens*), but the Northern White Violet grows in wet woods, near streams and does not have reddish stems. This is perhaps the most common white violet in the park. The Northern White Violet can be found in the park on the ridge trail, near Martin's Fork. Typically blooms between April and May.

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Virginia Spring Beauty (*Claytonia virginica*). Common in moist rich woods from Quebec to the Georgia mountains. It is one of the earliest flowers to bloom in the spring. It is not only people that look forward to the blooming of the Spring Beauty. The flowers and leaves are eaten by elk and deer and the roots are dug by rodents and bears. The raw roots are edible and have the sharp taste of radishes. Boiled or baked, they are said to taste like between baked potatoes and roasted chestnuts. This plant is most often pollinated by bees and butterflies, but as many as 71 different species of insects have been recorded visiting the Spring Beauty⁶. Blooms from March through May.



Star-of-Bethlehem (*Ornithogalum umbellatum*). The genus name *ornithogalon* comes from *ornis* meaning bird and *gala* meaning milk in Hebrew and Arabic. This may come from the bright white of a cluster of blooms resemblance to bird droppings¹. The flowers do not open until late morning and close early, especially on cloudy days. It is found in lawns, fields and disturbed places as well as in the campground. It typically blooms between March and May.



Broadleaf Toothwort (*Dentaria diphylla*). Some Native Americans thought the roots of this plant were good medicine for the stomach if first cleaned, sealed air tight and allowed to ferment internally for 4 to 5 days¹. This plant has only two leaves but each is deeply divided to give the appearance of two sets of three leaves. The toothworts get their common name from the way their roots resemble teeth. Found in moist woodlands and typically blooms between April and May.



Cut-leaved Toothwort (*Dentaria lacinata*). There is a whorl of three leaves, each of which is divided into three segments near the top of the stem. The flowers range from pink to white. Found in rich moist woods. Other common names include: Lady's Smocks, Crinkleroot, Milkmaids, Cut Leaf and Pepperwort. The name Pepperwort comes from the fact the root has a peppery flavor raw and the plant is a close relative to horseradish. The roots resemble teeth and as such were believed by early pioneers to help cure toothaches⁶. It blooms from April through May.

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Slender Toothwort (*Dentaria heterophylla*). Found in rich moist woods and blooms between March and May.



Large Flowered Trillium (*Trillium grandiflorum*). Native Americans believed the different trilliums had qualities that would aid reproductive abilities. White was believed to aid women and the red trilliums were believed to aid men. Some Native Americans believed a love potion could be made by boiling the root and putting it in the food of the desired love⁶. The Menomini Indians used the root of this plant in a poultice to reduce the swelling of the eye. They also used it to treat irregular menses by grating the root into simmering water and drinking¹. It prefers rich woods with neutral or basic soils and typically blooms between April and June.



Trailing Arbutus / Mayflower (*Epigaea repens*). The flowers are somewhat variable in color from white to dark pink. The flowers are often inconspicuous and hidden under the plant leaves as a means to protect its delicate flower parts from frost. Legend has it that, upon landing at Plymouth, Massachusetts, the Pilgrims saw this flower and named it after their ship, Mayflower¹. This plant prefers sandy or rocky acidic woods and very sensitive to environmental changes, which may account for its increasing scarcity³. It is likely that fire is detrimental to this sensitive plant. It has been found on the Gibson Gap trail and the trail from the Wilderness road campground to the Lewis Hollow trail. It typically blooms from February through April.



Wood Vetch/ Carolina Vetch (*Vicia caroliniana*). Spring Vetch A common vetch found in the woods in springtime. Vetch, especially Crown Vetch, is commonly used as ground cover and soil improvement. There is a bacteria that grows on the roots of the vetch, as well as most members of the bean family, that can convert free nitrogen into a usable form that is stored in the soil⁶. Found in moist woods and along trails. It typically blooms between April and May.

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Cream Violet (*Viola striata*). Found in rich woodlands and stream banks, often weedy⁸. Typically blooms between April and June.



Yarrow (*Achillea millefolium*). Soldier's-Woundwort is a name from the Civil War when the crushed plant was applied to battle wounds. Native Americans used it to treat bruises, sprains, swollen tissues and to heal wounds and relieve rashes and itching. It is also known as Old Man's Pepper as it was believed to have aphrodisiac properties¹. It can be found along roadsides and in old fields. Typically blooms between June and September.



Yucca, Spanish Bayonette, Adam's Needles, Silk Plant (*Yucca filamentos*). This plant is common around old home sites as early settlers and Native Americans had many uses for it. The sharp point on the leaves of some plants was sharp and strong enough to be used as a needle and the fibers in the leaves a very strong thread and fishing line. This plant was first described by Thomas Harriot in 1590 in Virginia¹. The flowers are edible either raw or cooked. Found in old fields and old home sites as well as along roads. Typically flowers from June through September.



Large-Leaf Waterleaf (*Hydrophyllum macrophyllum*). Leaves appear water spotted or mottled. This plant prefers rich moist woods and can be found on the lower portion of the Greenleaf trail. It typically blooms between May and June.

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Asiatic Dayflower (*Commelina communis*). The family (Commelinaceae) was named after the Dutch botanists Johan and his nephew Caspar Commelijn who are represented by the two large petals, and Caspar's son, represented by the small lower petal since he died young "before accomplishing anything in botany"¹. It is an imported weed that is differentiated from other Dayflowers by its small white lower petal. The leaves of the plant are edible either fresh or boiled. The individual flowers last only a day, as the name implies. Typically found in open disturbed areas, roadsides and wooded borders. It typically blooms from June through October.



Gray Beardtongue (*Penstemon canescens*). This is one of the more numerous Beardtongues. It gets its name from the streak of stiff hairs down the center of the flower tube, giving the appearance of a hairy tongue. It can be found on the upper portion of Greenleaf near the amphitheater. This plant prefers dry or rocky ground and typically blooms May through June.



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Purple Bluets / Summer Bluet (*Houstonia purpurea*). Is found in dry open woods, barrens and rocky places along most trails in the park. It typically blooms between April and June.

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Blue-Eyed Grass (*Sisyrinchium angustifolium*). The tiny blue flowers with the golden stamen are often lost among the grass-like leaves. There are six pointed sepals. The flowers range from light blue to purple to white. Common throughout the Southeast. Actually, this is not a grass but the smallest member of the iris family⁶. This plant prefers roadsides, trails and meadows. It typically blooms from May through July.



Chicory (*Chichorium intybus*). Chicory is probably best known as a coffee substitute. The root is roasted until it split then the dark brown centers were ground down and stored until used. Native of Europe. The flowers open early in the morning facing the sun and wilt by midday. Only a few flower heads open at a time and each lasts only a day³. The German name for this plant means 'watcher of the road'. This comes from an old legend where a beautiful girl waited everyday for the return of her lover and died of a broken heart by the road. Chicory grew in the place she died⁶. Chicory can be found on roadsides and open trails. It typically blooms from June through October.



Wild Geranium (*Geranium maculatum*). German botanist Sprengel first discovered pollination by insect with this plant. It is impossible for it to self pollinate since the pistil matures after the stamens. The flowers can only be pollinated by insects, usually honeybees. Legend says this plant is a descendant of the mallow. The story goes that once the prophet Mohammed washed his shirt and laid it on a bed of mall to dry. The flowers blushed deep pink at their distinction and have been called geraniums ever since⁶. This plant is found in woods, thickets and meadows. It typically blooms from April to June.



Heal All (*Prunella vulgaris*). This plant gets its common name from the ancient belief it had healing powers. Since the flower appears to have a mouth and throat, it was once believed to cure ailments of the mouth and throat and was included in the ancient doctrine of signatures. No medicinal value has been found for any part of the plant. It is different from most other members of the mint family in that it doesn't possess a strong mint scent⁶. This plant can be found on roadsides and trail edges. It typically blooms from May through September.

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Dwarf Crested Iris (*Iris cristata*). Common during the spring in rich forests throughout the Southeast. The plant was named by the Greeks for the goddess of the rainbow, Iris, because of the multicolored flower. Since Iris was responsible for leading the souls of women to the Elysian Fields after death, the Greeks often decorated the graves of women with iris blossoms⁶. **WARNING!** All Irises are poisonous. **DO NOT EAT**³! This plant is found on hillsides and ravines, especially on the Greenleaf Nature trail. It typically blooms from April through May.



Pink Lady's Slipper / Moccasin Flower (*Cypripedium acaule*). The way this flower is pollinated is somewhat unique in that bees are attracted to the pink color and follow the pink lines through a hidden slit in the front of the flower. Once inside, the insect, often a bumblebee, cannot exit the same way it entered and walks toward an opening in the top of the flower where pollen is brushed from the insect as it exits the top opening. The hairs that cover the flower and stem contain a fatty acid poisonous to many animals and people. The reaction is similar to that from poison ivy⁶. That is one reason to not pick the flower. Another is that if the stem is pulled from the base that water can then enter the bulb and begin deterioration that eventually kills the plant. The numbers of this plant are diminishing partly because of the pine beetle infestation. This plant prefers acidic and shady locations which are typical of pine

stands. As the pine trees die off, the canopy opens and the conditions become unfavorable for the survival of this delicate plant. Transplantation is rarely successful because this plant requires the presence of a specific fungus in the soil to survive. It typically blooms from April through July.



Dwarf Larkspur (*Delphinium tricorne*) Flowers maybe either blue or white. The species name references the triangular seeds and three ovaries⁸. It is found in damp to dry woods and barrens as well as the lower portion of the Gibson Gap trail. It typically blooms between March and May.



Miami Mist (*Phacelia purshii*). This is a very pretty little flower. It forms large colonies and is found in rich moist woods, fields and roadsides. It is found on both Greenleaf and Gibson Gap lower portion trails. It typically blooms between April and May.

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Purple Dead Nettle (*Lamium purpureum*). Found in open areas, fields and waste places. It can be found along most open trails in the park. It typically blooms between April and October.



Showy Orchis (*Galearis spectabilis*) The genus name is derived from a Latin word meaning helmeted, referencing the way the petals cover the flower³. It is easy to spot the leaves long before the bloom appears. This plant prefers open deciduous woods where rich basic soil is available. A few plants can be found on the Greenleaf Nature Trail near the horseshoe bend. It typically blooms from April to June.



Field Pansy / Johnny Jump Up (*Viola rafinesquii*). Is found in fields, open woods, road and trailsides. It can be found on the lower section of the Gibson Gap trail. It typically blooms between March and April.



Passion Flower, Apricot-vine, Maypops (*Passiflora incarnate*). The extracts of this plant were used as an antispasmodic and sedative. It is still listed in the pharmacopeias of France, Spain and Italy¹. A tendril climbing vine found in open woods and old fields. The edible fruits are called maypops. Pioneers made jelly from the ripe, yellow fruits as well as eating them raw. Found along unkempt roadside borders, sandy thickets and open areas. It is believed to be the same flower growing on the cross as seen in the vision of St. Francis of Assisi⁶. Some Native Americans believed the fruit would cure insomnia and soothe nerves. When the Jesuits found the Native Americans eating the fruit, they took it as a sign they were hungry for Christianity and began, with great zeal, to convert them. The State Flower of Tennessee. Blooms May through July.

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Periwinkle / Myrtle (*Vinca minor*). This introduced plant, now escaped from cultivation, frequently forms extensive patches in the woods. It is considered invasive, but it doesn't multiply like most very prolific invasives. Its dense patches will crowd out all plants trapped under its leaves. It is found in abandoned home sites, road and trail edges and in landscaping as found around the restroom at the Lewis Hollow trailhead. It typically blooms between April and May.



Downy Phlox (*Phlox pilosa*). Common in dry woods or open places throughout the Southeast. The phloxes are native to North America and were exported to Europe where they were cultivated. Phloxes were not cultivated in North America until they were reintroduced from Europe. Early settlers often crushed and added to water to cure ailments as an upset stomach, sore eyes and skin diseases⁶. Prefers open rich woods on the Greenleaf. Blooms from April through June.



Woodland Phlox / Blue Phlox (*Phlox divaricata*). This plant is common on the Greenleaf Nature trail. It prefers rich moist woods. It typically blooms between April and June.



Deptford Pink (*Dianthus armeria*). The common name comes from where the plant was first documented in Deptford, England by Gerard in 1633¹. This plant is found in dry open areas and along the road into the campground as well as trail edges. It typically blooms from May through September.

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Eastern Redbud (*Cercis Canadensis*). A relatively small sub-canopy tree with very showy pink flowers on leafless twigs that typically bloom between March and April. It is found in moist soils of valleys and slopes in hardwood forests throughout the park. The flowers can be eaten as a salad, or fried. According to a myth, Judas Iscariot hanged himself on the closely related Judas tree of western Asia and southern Europe, after which the white flowers turned red with shame or blood⁴.



Downy Skullcap (*Scutellaria incana*). This plant is common on most trails within the park. It is on Greenleaf and the Honey Tree spur trail. It typically blooms between June and August.



Lyre Leaf Sage (*Salvia lyrata*). Early settlers used the fresh leaves to remove warts and the leaves and seeds were made into an ointment to cure wounds and sores¹. The exposed lower lip of these flowers provides an excellent landing platform for bees. When a bee lands the 2 stamens are tipped, and the bee is doused with pollen³. It is found along roads and trails, virtually any open area. I have even seen this plant deep in the woods. It typically blooms between April and June.



Bird's-eye Speedwell (*Veronica persica*). Introduced from southwestern Asia and is infrequent in this area⁸. It is found in lawns, roadsides and waste places. Within the park, it has been found in the Wilderness Road campground. It typically blooms between April and August.

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Teasal (*Dipsacus sylvestris*). Teasal was cultivated by wool manufacturers. The dried heads of Teasal was used by early settlers to tease cloth to raise the nap. The dried heads were placed on spindles to raise the nap on wool³. It has been suggested that the hooked spines of Teasal were the inspiration for the invention of Velcro¹. It can be found along the road into the campground and other open areas. It typically blooms between July and October.



Common Blue Violet (*Viola sororia*). Young boys would “fight” with violets in a fight called “chicken fight” or “fight rooster” where the curved stems of two violets were hooked and pulled until the loser’s Violet is decapitated¹. The flower is typically more violet than the one shown here, but the color can be quite variable. Violet leaves are high in vitamins A and C and can be used in salads or cooked as greens. The flowers can be made into candies and jellies³. It can be in damp woods, meadows and roadsides. It typically blooms between March and June.



Marsh Violet (*Viola cucullata*). Found in rich moist places. It typically blooms between April and June.



Woodland Violet (*Viola palmata*). The plant is very mucilaginous and was used by many families in the south for making soup and was called wild okra¹. This is a common violet on the trails within the park, including Greenleaf and Gibson Gap. Typically blooms between April and May.

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Autumn Olive (*Elaeagnus umbellata*). This is a very common plant in the campground area. It has an abundance of bright red berries in the fall. It is a very prolific invasive. The abundance of flowers in the spring bring an abundance eye-itching, nose running pollen. Typically blooms between April and May.



Birdfoot Trefoil (*Trifolium campestre*). Came from Europe. This plant has over 70 common names in the British Isles². The pod arrangement suggests a bird's foot, hence the common name. Its pea-like flowers are found in fields and roadsides, especially the road to the campground. It typically blooms between June and September.



Large Flowered Bellwort (*Uvularia grandiflora*). The twisted petals separate this plant from its close relative, the Perfoliate Bellwort. It can be found on the lower portion of the Greenleaf Nature trail and other rich moist woods habitat. It typically blooms between April and May.



Perfoliate Bellwort (*Uvularia perfoliata*). The genus name includes “uvula” because the flower is shaped like and hangs like the uvula in the back of the throat. Early settlers used the root in a salve for healing wounds and ulcers¹. It was also believed that it could cure throat problems based upon the flower shape resembling the uvula according to the doctrine of signatures⁶. The typical habitat is in rich deciduous woods. Blooms from April through June.

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Yellow Buckeye (*Aesculus octandra*). A potentially large tree found in rich, moist deep soils. It is the largest of the buckeyes and is quite abundant in the southern Appalachian mountains. The seeds are poisonous and the young shoots are toxic to livestock. Native Americans made a nutritious food from the seeds after removing the toxicity by roasting and soaking⁴. The seeds or nuts are believed to bring good luck to the bearer. Typically blooms in April and May.



Bulbous Buttercup (*Ranunculus bulbosus*). This plant gets its name from the shape of the roots. At the base of thye petal is a distinctive scale under which the nectar is hidden. Most of the common species of buttercups are somewhat poisonous and will affect animals if eaten fresh, but not when dried and eaten in hay. However, milk produced by cows that have eaten the plants has an unpleasant flavor or reddish color³. Found in fields and roadsides or in mown areas of the campground. It typically blooms between April and June.



Kidney Leaved Buttercup (*Ranunculus abortivus*). A decoction of this plant was drunk as a remedy for syphilis¹. Note the kidney shaped basal leaves. With its small petals it does not look like a typical buttercup, but its many pistils and stamens are typical buttercup. It is found in shady moist areas and along the loop roads in the campground. It typically blooms April through August.



Common Cinquefoil (*Potentilla simplex*). As the genus name implies, cinquefoils were believed to posses strong medicinal powers. It had a variety of uses from mouthwash to determining the sex of an unborn child to uses in witch's brews and as a witch repellent, and even as fish bait. None of these were ever proven⁶. Found in fields, lawns, dry woods, waste places and on most trails within the park. It typically blooms between April and June.

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Dwarf Cinquefoil (*Potentilla Canadensis*). *Potentilla* means “little powerful one”¹. Cinquefoils have been used as an antiseptic and a gargle for mouth ailments and toothaches. This species is very similar to Common Cinquefoil (above) but the leaves of the Common are much larger. Both species are indicative of poor soil³. Found in dry open soil and typically blooms between March and June.



Lance Leaved Coreopsis (*Coreopsis lanceolata*). This native species has branching stems at the base and often forms sizable colonies along roadsides and old fields. The genus name comes from two Greek words *koris* meaning bedbug and *opsis* meaning resembles. A close look at the seeds reveals they have two horns and, with imagination, resemble a bedbug. Ironically, the early pioneers used this plant in their mattresses to repel fleas and bedbugs⁶. The blooming period typically occurs in May and June.



Two Flowered Cynthia (*Krigia biflora*). It is found along trails and in open moist woods. It typically blooms between May and August. It is a close relative of Hawkweeds, but the stem of this flower is smooth and without hairs.



Dandelion (*Taraxacum officinale*). The name dandelion is French meaning the tooth of the lion. This name or its equivalent is used in every country where this plant is found and is descriptive of the amount of sunlight the plant gets. If the plant is in full sun, the leaves will be deeply lobed, while in shade the leaves will be only slightly lobed or entire. It will only bloom if it gets adequate sun. Because it contains high amounts of vitamins A and C, it was used as a general antidote, but also for specific ailments such as rheumatism. An old mountain saying says that if you drink a cup of Dandelion tea every morning and evening, you would never have trouble with rheumatism. Wine is often made from the leaves. In the southern US, it is believed that if a child can blow all of the seeds off the seed head (also known as blowballs or parachute heads) with a single breath, their wish will come true⁶. Blooms from February

through September.

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Oregon Grape (*Mahonia repens*). This is the state flower of Oregon. There are only a few of these plants known in the park. The ripe berries are eaten raw and make a juice that tastes like grape juice. California Indians used the berry decoction to stimulate the appetite. A yellow dye was also made from the bark and wood¹. It typically blooms between March and April.



Yellow Pimpernel (*Taenidia integerrima*). This plant is often found in rocky woods and along outcrops. It is a common plant on trails within the park, including Gibson Gap and Greenleaf. It is very easy to overlook the small yellow flower that typically blooms between April and May.



Balsam Ragwort (*Senecio pauperculus*). This plant and its close cousin, Southern Ragwort, can be found in the area. Both plants characteristically bloom later than their early cousin, Golden Ragwort. Balsam (less than 20 flowers on a stem) flowers are a bright yellow and the stems are light green and the very similar Southern Ragwort (20-100 flowers on a stem) differs mainly by the number of flowers present on top of the stem. It typically blooms between May and July.



Golden Ragwort (*Senecio aureus*). Known to some Native Americans as 'squaw-weed' as the plant was used as a general female remedy. All parts of the plant were used to make a tea to ease the pains of childbirth and to hasten the birth¹. It has found to have anti hemorrhagic properties. This plant is found in moist woods and on the Greenleaf Trail. Look for the reddish purple stems early in the blooming season. It typically blooms between April and July.

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St. Andrews Cross (*Hypericum hypericoides*). In 1728 William Byrd observed an abundance of this plant through Virginia. He noted that Native Americans used the plant to cure their horses of rattlesnake bites¹. Found in dry and moist areas along the trail between the campground and the Skylight Cave trail. It typically blooms between June and August.



Yellow Stargrass (*Hypoxis hirsuta*). This is a small grass-like plant with yellow flowers of the Amaryllis family. It can easily be confused as a grass unless the flower is seen. It prefers open woods and dry fields. The flower consists of three petals and three sepals all of the same size and color. The genus and species names are Greek with *Hypoxis* being two Greek words meaning “sharp beneath” referring to the very sharp seeds. *Hirsuta* means “hairy” and refers to the downy properties of the stem and undersides of the petals and sepals⁶. It typically blooms between April and June.



Indian Strawberry (*Duchesnea indica*). It is easy to confuse the plant with Wild Strawberry when the bloom isn't present. The Wild Strawberry has white blooms and a delicious fruit. The fruit of this plant is tasteless full of seeds. Native Americans crushed the berries and made a mask for improving facial complexion. They also made a tea from the roots that was helpful in relieving diarrhea and stomach cramps⁶. The name comes from the plant being introduced from India. Found in disturbed areas and along trails. Typically blooms between April and June.



Pale Touch-me-not / Jewelweed / Silverweed (*Impatiens pallida*). The plant gets the name Jewelweed for the way dew beads up around the edge of the leaves as the dew refracts light in colorful ways. The name Silverweed comes from the leaf color upon submersion in water. The Touch-me-not name comes from the sensitive triggering of seeds from the ripe seed capsule. Early settlers found the sap of both of the common Touch-me-nots as a remedy for skin rashes, Poison-Ivy and Nettle stings¹. Prefers wet shady areas like Colson Lane and lower Greenleaf. Typically blooms between June and October.

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Trout Lilly / Dogtooth Violet (*Erythronium americanum*). Common in rich woods from Nova Scotia to Alabama. The Trout Lilly got its name from the resemblance the mottled leaves have to trout and that the flower blooms during trout season. Other common names include Faun Lily because the leaves resemble fawn ears; Adder's Tongue because of the long extruded stamens⁶. The name Dogtooth Violet comes from the roots look like a dog's teeth¹. Blooms between February and May.



Tulip Poplar / Yellow Poplar / Tuliptree (*Liriodendron tulipifera*). A large, handsome, and commercially important tree easily recognized by its characteristic leaf shape and the brilliant orange and green tulip-like flowers. A native of the eastern United States, they are typically found in rich or damp woods. Introduced into Europe from Virginia by the earliest colonists. Very tall trees with massive trunks existed when the settlers arrived but were cut for the valuable soft wood. Pioneers hollowed out single logs to make long light weight canoes⁴. Typical blooming period is from April through May.



Wood Betony / Forest Lousewort (*Pedicularis Canadensis*). The name Lousewort comes from England where it was believed that cattle grazing on or among the European Lousewort became covered with lice¹. Native Americans used the plant as an anti-inflammatory. It is semi-parasitic and gets some of its nourishment from the roots of other plants³. A sizable colony can be found on Colson Lane. It typically blooms between April and June.



Common Yellow Wood Sorrel (*Oxalis europaea*). Sorrels are easy to recognize. The sour taste of the heart-shaped leaves is distinctive and may be used in salads, but sparingly because of the oxalic acid content³. This plant can be found along trails, roadsides and grassy areas. It typically blooms between May and October.

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Witch Hazel (*Hamamelis virginiana*). A shrub or small tree with small yellow flowers that typically bloom from October through December. This tree can be found in moist soil as an understory of hardwood forests like the lower Greenleaf and Gibson Gap trails. This tree can also be seen in the parking lot of the Visitor Center in Middlesboro, KY. The aromatic extract of leaves, twigs, and bark is used in mildly astringent lotions and toilet water. A myth of witchcraft held that a forked branch of Witch Hazel could be used to locate underground water⁴.



Butterfly Weed (*Asclepias tuberosa*). This plant is also known as chigger weed and pleurisy root. Many Native American tribes used the roots of this plant for many different purposes including rheumatism, bronchitis and as a poultice for wounds and sores. Native Americans and pioneers used an extract of the root to treat pleurisy and other pulmonary ailments¹. **Warning!** This plant contains poisonous materials in the stem and roots. Do not eat!³ A variable milkweed. The stems are hairy and not milky when broken. Found in fields and dry open soil, roadsides near campground and fields. Blooms from June through September.



Spotted Touch-me-not / Jewelweed / Silverweed (*Impatiens capensis*) The plant gets the name Jewelweed for the way dew beads up around the edge of the leaves as the dew refracts light in colorful ways. The name Silverweed comes from the leaf color upon submersion in water. The Touch-me-not name comes from the sensitive triggering of seeds from the ripe seed capsule. Early settlers found the sap of both of the common Touch-me-nots as a remedy for skin rashes, Poison-Ivy and Nettle stings¹. The sap has been proven to have anti-fungal properties. It can be found in shaded wetlands like the lower part of Greenleaf and Colson Lane. Typically blooms between June and October.



Red Columbine (*Aquilegia Canadensis*). Often found on steep slopes and prefers a dry and open environment. Another common name is "meetinghouse" apparently referencing the "heads in a circle" that the spurs suggest⁶. The entire plant was used by ancient herbalists to cure a variety of ailments. The juice was used to cure jaundice, abdominal pains and swelling of the liver. It was also used to treat measles and smallpox. Native Americans used the seeds to make a fragrant perfume by crushing or chewing them into a paste¹. Blooms April through July.

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Southern Red Trillium (*Trillium sulcatum*). Native Americans believed the different trilliums had qualities that would aid reproductive abilities. White was believed to aid women and the red trilliums were believed to aid men. Some Native Americans believed a love potion could be made by boiling the root and putting it in the food of the desired love⁶. Note that the sepals are usually purple tinged and grooved at the tip. A nice stand of this plant lives in the rich moist woods on the lower portion of Greenleaf. It typically blooms between April and May.



Adder's Tongue Fern (*Ophiglossum pycnostichum*). This unusual, and perhaps uncommon, fern can be found on the lower portion of Gibson Gap Trail as well as the lower leg of the Honey Tree Spur Trail. The single curled leaf first appears in March and April then unfurls to reveal the spore bearing tissue. The leaf and spore bearing tissue are unique and distinct from all other living ferns. The spores germinate and grow very slowly, taking several years to form a sexually mature fern. The genus name means snake tongue in Greek. One species of this genus has been found to have 1,260 chromosomes, the highest of any known living organism⁷.



Common Alumroot (*Heuchera Americana*). The roots of this plant were dried and ground to a powder and used as an external remedy for sores, wounds, ulcers and even cancers¹. Found on wooded shady slopes and rocks. It typically blooms between April and June.



Crane-fly Orchid (*Tipularia discolor*). This plant has no leaves at the time of blooming. Instead, it sends up a solitary green on one side and beet red on the other side leaf in the late fall that remains until early summer. The flower stalk appears in late July or early August and blooms in August. It prefers no specific type of soil but, prefers well shaded and mature woods. The name comes from the way the flower resembles the crane fly. This plant has been seen on most trails in the park.

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Common Greenbriar / Dammit Briar (*Smilax rotundifolia*). This plant has long been a food source. It has been eaten raw or cooked. The young tender leaves are an excellent source of vitamin C. It gets its common names from the green stems and tenacious strong flattened thorns. It is found on most trails and prefers open woods, roadsides and waste places. The small yellow-green flowers often appear between May and June.



Indian Cucumber Root (*Medeola virginiana*). As the name implies, Native Americans dug and ate the white tuber as a cucumber substitute. It was also by early settlers as a diuretic. Sorcerers once thought this plant possessed rare medicinal properties¹. Birds are attracted to the dark blue berries. At the time of fruiting, the lower half of the leaves below the berries turns bluish purple. It is found in moist woodlands like the lower portion of Greenleaf and Gibson Gap trails. It typically blooms between May and June.



Jack In The Pulpit (*Arisaema triphyllum*). The cooked or dried fruit and peppery root were important foods for Native Americans and early settlers. When fresh, all parts of the plant contain a severely acrid juice. The action upon the mouths of school aged children who often played the trick of inviting bites of the fruit and roots on each other, gave rise to the common name "memory root" as one never forgets the effects¹. Native Americans used the powdered root on top of the head and temples as a headache remedy¹. **Warning!** The raw root contains

calcium oxalate crystals which causes the intense burning sensation in the mouth. Boiling does not remove this property, only thorough drying can do so³. The color can vary from pale green to dark purple with green stripes. It can be found in damp woods like the Greenleaf Trail. Blooming period is between April and June.



Little Brown Jugs (*Hexastylis arifolia*). This is one of several types of wild ginger found in the park. The flowers are often overlooked because they bloom beneath the leaf cover from the previous fall. The flowers are designed to be pollinated by beetles living beneath the leaf cover in rich moist woods. It can be found on the lower portion of the Greenleaf Trail. The small brown flowers begin to bloom between March and April.

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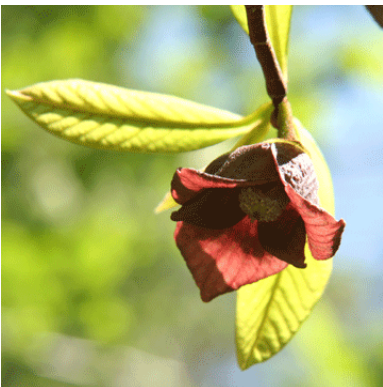
Maidenhair Fern (*Adiantum pedatum*). A pretty fern on long stalks that may be 20 inches or more tall. This plant prefers rich shaded soil, often in ravines or beneath moist rocky banks⁵. It can be found on the lower portion of the Greenleaf trail.



Yellow Mandarin / Fairy Bells (*Disporum lanuginosum*). This inconspicuous down facing yellow-green flower is very easy to overlook, but is very common on most trails through rich woods in the park. It typically blooms between April and May.



Early Meadow Rue (*Thalictrum dioicum*). The roots of this plant were used by early settlers as a purgative and diuretic and used to treat sciatica, snake bite and to make spruce beer¹. This flower blooms in the early spring just as the trees are leafing out. The species name alludes to the fact that the male and female flowers are on separate plants, and is derived from a Greek word meaning two households³. This plant prefers rich moist ravines like the Sky-light Cave trail. It typically blooms between April and May.



Pawpaw (*Asimina triloba*). It was first recorded on this continent by the De-Soto expedition in the lower Mississippi Valley in 1541. It prefers moist soils and floodplains within deciduous forests. The fruit is edible, soft yellowish pulp that has the flavor of custard. Typical blooming period is March through April.

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Solomon's Seal (*Polygonatum biflorum*). Prefers dry woods and slightly acid soil. The name comes from the fact that a cross section of the stem where the leaf stalk joins the rootstock resembles King Solomon's royal seal. The Greeks believed the plant aided in the healing of broken bones and King Solomon was the king of magic and healing. Native Americans crushed the roots to make flour or used them whole to make pickles. Crushed root when applied to a wound would take the black and blue away⁶. It prefers dry to moist woods and can be found on the upper portion of Greenleaf trail near the amphitheater. Blooms between May and June.



Lily Leaved Twayblade (*Liparis liliifolia*). The stem is usually no more than 6 inches tall. The nearly transparent petals and the subtle purple coloring make this a well hidden plant often overlooked. It inhabits open, mixed woods in either acid or basic situations. Plants frequently found along roadsides and well drainage areas. Occasionally it can be found near streams and wet meadow situations.² It typically blooms between May and July.



Variable Leaf Heartleaf, Wild Ginger (*Hexastylis heterophylla*). This is one of several types of wild ginger found in the park. The flowers are often overlooked because they bloom beneath the leaf cover from the previous fall. The flowers are designed to be pollinated by beetles living beneath the leaf cover. This plant belongs to the birthwort family as it has long been associated with childbirth. Mountain women often used the root to ease the aches and pains during pregnancies. Native American women used the root in a tea as a contraceptive. It was also used to treat whooping cough and a variety of ills⁶. This plant is common throughout the park including the Greenleaf Nature trail. It typically blooms between April and May.



Wild Yam (*Dioscorea villosa*). This is a twining vine that can be greater than six feet in length. It has heart-shaped leaves in whorls of 4 to 7. Male and female plants occur on different plants. The male inflorescence is widely branched with 1-4 tiny flowers at each node. The female spikes are 2-4 inches long with solitary small white flowers at each node. It grows in moist woods throughout the park, including Greenleaf and Gibson Gap trails. It typically blooms between May and August.

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