



Kate's Mountain Clover

Bill Grafton – Editor

Daniel J. Grafton –Assistant Editor

**West Virginia Native Plant Society**

**Volume 13:1**

**APRIL, 2005**

**Web site & Emails**

Lynn Wagner, the previous web-meister has passed the torch to Mike Breiding. Mike will update the web site as material becomes available. Some of the categories he hopes to update and add are:

- Photo gallery
- Field trip schedules
- Newsletters
- Field trip reports

The web site is [www.wvnps.org](http://www.wvnps.org)

If you prefer to receive the email version of Native Notes contact Mike Breiding and tell him you prefer emails rather than the printed copy. Contact Mike at [mike@mbreiding.us](mailto:mike@mbreiding.us) Those who prefer the printed version of Native Notes need to do nothing and your copy will continue to arrive through the US Post Office.

**New competition**

Many of our members and other WV citizens are fighting invasives by helping SNIP and “weed warriors” programs. Others work on their own. Michael Marks and Helen Gibbins felt the Society should give recognition to those hardy souls and even a few bucks (\$s) as added incentive.

After some very positive discussion, we’ve agreed to start an Invasive Control Contest. The contest will be open to all people; members and non-members. They simply need to eradicate, kill, or control invasive plants in a specific area. The evidence will be judged on **before and after photos or other documented evidence**. Winners will be judged on the following criteria:

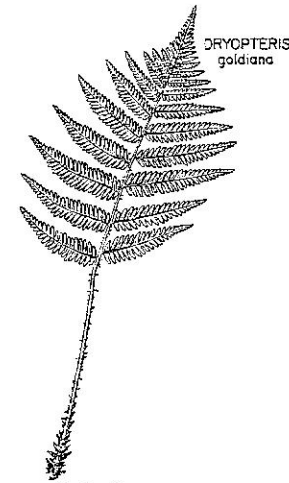
- Largest area of eradication or control
- Eradication of our worst invasives – Lawrence Beckerle and a committee are working to compile a list of our top 20 or 25 worst invasives.
- Replacement of ornamental invasives in yards or flower gardens – We recognize it is hard to get rid of the butterfly bush, purple loosestife, burning bush, etc. planted in your yard, that you bought with hard earned money. BUT, it will help the environment, and a winner could get \$10 to buy non-invasive plants.
- Eradication, adjacent or close to, high priority natural areas, i.e., wetlands, shale barrens, river banks, cliffs, etc.
- Early detection & rapid response to eradicate or control new invasives coming into WV

# BOTANICAL BONANZAS OF WEST VIRGINIA (bogs, balds, and beaver ponds to barrens, bedrock, and bluffs)

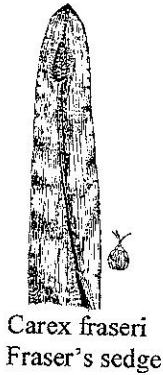
## Babcock State Park & Vicinity

### Ferns & Fern Allies

Common horsetail	Tree clubmoss
Groundpine	Rattlesnake fern
Brittle fern	Goldie's fern
Marginal shield fern	Intermediate wood fern
Maidenhair fern	Broad Beech fern
Christmas fern	Glade fern
Silvery Athyrium	Southern Lady fern
Northeastern Lady fern	Maidenhair spleenwort
Mountain spleenwort	Walking fern
Common polypody	Bracken fern

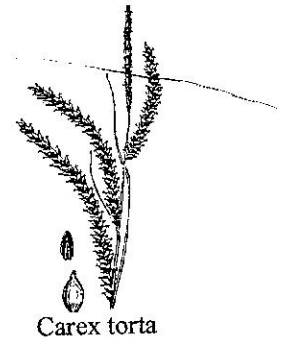
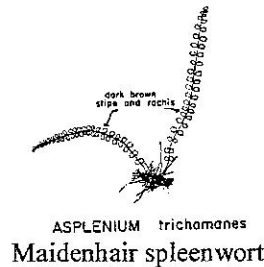


Goldie's fern



### Sedges & Grasses

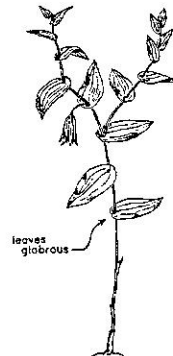
Poa alsodes	Fowl mannagrass
Nodding fescue	Bottle-brush grass
Carex radiata	Rhynchospora capitellata
Fraser's sedge	Carex communis
Carex plantaginea	Carex digitalis
Carex virescens	Carex torta
Carex lurida	Carex intumescens



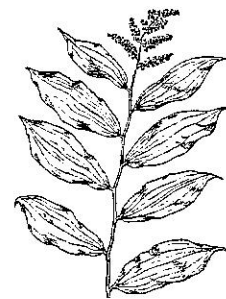
The Manns Creek canyon drive/walk on the road to Sewell is a fantastic natural garden of spring wildflowers. It is scenic with tall trees stretching upward for sunlight, numerous boulders covered with mosses, flowers, and many are large enough to support hemlock trees. All of this becomes the home to Swainson's warbler, rings with the songs of the winter wren, and deep in the canyon below comes the constant roar of Manns Creek as it thunders downward over thousands of boulder to New River. It is a special place everyone should visit before our time on earth is over.

### Common Spring Wildflowers

Jack-in-the-pulpit	Mealy bellwort
Yellow fawn lily	Large-flowered bellwort
Ramp	Yellow stargrass
White Clintonia	Plumelily
Canada mayflower	Hairy disporum
Indian Cucumber-root	Downy Solomon's seal
Wake robin	Common Sol. Seal
Wake robin (white)	Large-flowered trillium



Uvularia perfoliata  
Mealy bellwort

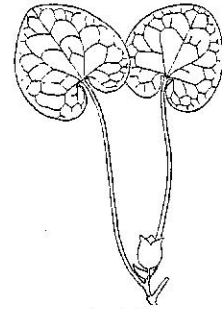


Smilacina racemosa  
Plumelily  
(False Solomon's seal)

Painted trillium	Wild yam
Sessile trillium	Downy Rattlesnake plantain
Crested dwarf iris	Large yellow lady's slipper
Pink lady's slipper	Showy orchis
Wild ginger	Coltsfoot ginger
Carolina Spring beauty	Virginia spring beauty
Wood chickweed	Early meadowrue
Rue anemone	Sharblobe Hepatica
Mountain anemone	Windflower
Dwarf larkspur	White baneberry
Goldenseal	May-apple
Blue cohosh	Bloodroot
Squirrel Corn	Dutchman's breeches
Yellow corydalis	Cutleaf toothwort
Slender toothwort	Two-leaved toothwort
Fire pink	Lyreleaf rockcress
Smooth rockcress	Sicklepod
Wild stonecrop	Early saxifrage
Foamflower	Bishop's cap
Trailing arbutus	Wild geranium
White wood sorrel	Wood spurge
Green violet	Marsh blue violet
Common blue violet	Downy wood violet
Arrow-leaf violet	Palmate-leaf violet
Sweet white violet	Primrose-leaf violet
Roundleaf violet	Halberd-leaf violet
Smooth yellow v.	Canada violet
Long-spurred violet	Ginseng
Dwarf ginseng	Clustered snakeroot
Spreading chervil	Hairy sweet anise
Harbinger-of-spring	Smooth sweet anise
Golden Alexanders	Wild blue phlox
Creeping phlox	Virginia waterleaf
Broad-leaved waterleaf	Small-flowered Phacelia
Showy skullcap	Loose-flowered Phacelia
Wood betony	Robin's plantain
English Daisy	Golden ragwort
Squaw-weed	Yellow passion flower



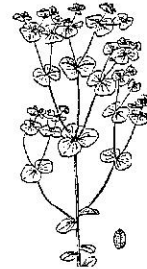
*Orchis spectabilis*  
Showy Orchis



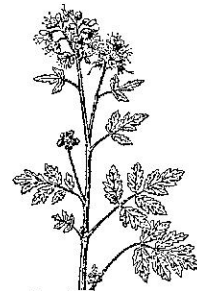
*Asarum virginicum*  
(*Hexastylis virginicum*)  
Coltsfoot ginger



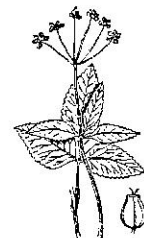
*Hybanthus concolor*  
Green violet



*Euphorbia commutata*  
Wood spurge



*Phacelia bipinnatifida*  
Loose-flowered Phacelia



*Zizia trifoliata*  
Golden Alexander



*Adlumia fungosa*  
Allegheny vine

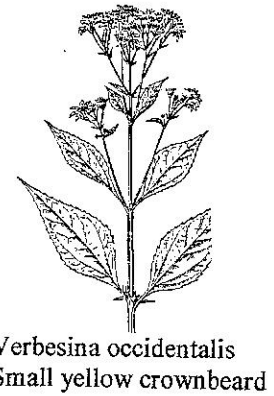
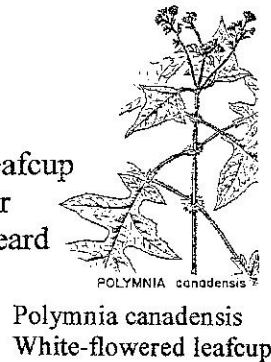
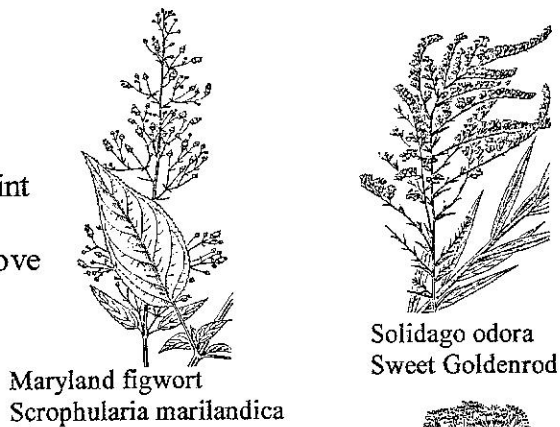


*Polygala senega*  
Seneca snakeroot

#### Common Summer & Autumn Wildflowers

Black cohosh	Mountain bugbane
Alumroot	Barren strawberry
Allegheny vine	Purple flowering Raspberry
Bowman's root	Hog-peanut
Seneca snakeroot	Great yellow wood sorrel

Rose polygala	Indain pipe
Purple giant-hyssop	Riddell's hedge nettle
Basil balm	Southern mountain-mint
Richweed	Maryland figwort
Turtlehead	Smooth Yellow foxglove
Beechdrops	Lopseed
Tall bellflower	Cardinal-flower
Great blue lobelia	Wreath goldenrod
Sweet goldenrod	Bigleaf aster
Short's aster	Lowrie's aster
Wavy-leaf aster	Late purple aster
Purplestem aster	Mountain aster
Flat-top white aster	Stiff aster
White-flowered leafcup	Yellow-flowered leafcup
Tall coneflower	Thin-leaved sunflower
Wood tickseed	Small yellow crownbeard
Tall Coreopsis	Yellow sneezeweed



Orchids

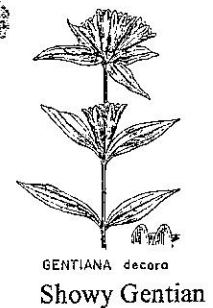
Cranefly orchid, puttyroot, and showy orchis are rare but can be found in the rich woods of Manns Creek canyon. Searching the uplands can turn up large yellow lady's slipper, yellow nodding ladies' tresses, pink lady's slipper, autumn coralroot, yellow fringed orchid. Nodding ladies' tresses is frequent around Boley Lake.

Trees, shrubs & vines

White pine	Hemlock	Mountain magnolia	Umbrella magnolia
Bitternut hickory	Tulip poplar	Yellow birch	Yellow oak
Yellow buckeye	Basswood	Black sugar maple	Butternut
White ash	Buffalnut	Prickly gooseberry	Alternate-leaved dogwood
Striped maple	Spicebush	Mountain maple	Mountain holly
Smooth azalea	Rhododendron	Purple laurel	Sweet pepperbush
Hobblered	Red elderberry		Dutchman's pipevine

In Clifftop & on the Washington Carver Camp Road are wetlands, & along the former railroad grade are great places to look for plants. Note: These are on private property. Here can be found:

Small burreed	Three-way sedge
Climbing fern	Rhynchospora capitellata
Scirpus purshianus	Turk's cap lily
Bog clubmoss	Carex stricta
Cinnamon fern	Mermaid weed
Eupatorium pilosum	Crested shield fern
In dry areas look for:	
Slender clubmoss	Lespedeza nuttallii
Blunt Mtn.-mint	Yellow Bartonnia
Gentiana decora	Small's ragwort



Prenanthes trifoliata Quaking aspen  
 Table Mtn. Pine

Dry uplands in Babcock, such as, around Boley Lake, Island-in-the-Sky, and Skyline Trail also have a very interesting set of flora and some rare plants:

Pitch pine Rattlesnake plantain orchid  
 American chestnut Coltsfoot ginger  
 Chinquapin Wild indigo  
 Galax Flame azalea  
 Black huckleberry Pinxter azalea  
 Sweet pepperbush Purple laurel  
 Mountain laurel Sweet goldenrod



Sweet pepperbush



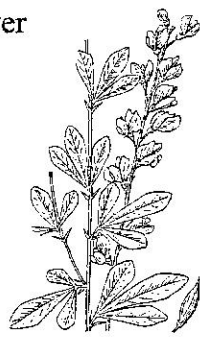
Galax

I hope this has whetted your appetite to explore Babcock State Park. However, the most fascinating habitat (and the most difficult to access) is the floodplain of New River at Sewell. Here you can find:

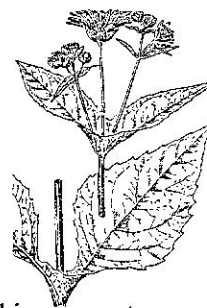
Royal fern	Smilax pulverulenta	Cyperus erythrorhizos	Cyperus inflexus
Wild onion	Creeping dayflower	Eastern gama grass	Switchgrass
Big bluestem	Prairie cordgrass	Melica mutica	Wild oats
Purple rocket	Partridge pea	Senna (var. commixta)	Ninebark
Blue false indigo	Lizard's tail	Tasselrue	Galactia volubilis
Shrubby yellowroot	Honeylocust	Mimosa	Goat's rue
Ward's willow	Leatherflower	Flowering spurge	Croton glandulosa
Bluebells	Stachys latidens	Stachys hispida	English ivy
Loomis' Mt.-mint	Gay Feathers	Sand grape	American germander
Paulownia	Water willow	Sweetgum	Silverbell
Red ash	Green ash	Hoptree	Fringetree
Leatherwood	Showy goldenrod	Zizia aptera	Buttonbush
Stiff aster	False boneset	Running tickseed	Cup-plant
McDowell's sunflower	Coreopsis pubescens	Eupatorium hyssopifolium	



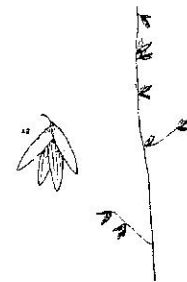
XANTHORHIZA simplicissima



BAPTISIA australis  
 Blue false indigo



Silphium laciniatum  
 Cup-plant



Melica mutica  
 Two-flowered Melic

Other rare wildflowers worth searching for are:

Alpine enchanter's-nightshade, Allegheny vine and rock skullcap in moist rocky, rich woods. Aconite saxifrage in ditches and along streams. Loose-flowered phacelia in rich, moist woods. Allegheny cliff fern on dry cliffs. The rarest plant is probably Carey's saxifrage that grows on moist mossy boulders and ledges and is fairly common but blooms very early in spring.

## GARDENING WITH NATIVE PLANTS

By: Helen Gibbins

Spring always brings an excitement about the upcoming flower season. Many of us would like to incorporate native plants into our gardens but such gardening is sometimes a challenge when we search for plants. Fortunately there are several nurseries in the state and nearby states that sell native plants and some popular catalogs sell native plants and seeds. Here are some colorful plants or ones that keep their foliage throughout the season. They work well along side cultivars. I am not including the many ephemerals that we all enjoy.

SHADE - Groundcovers and edging plants - Wild ginger (*Asarum canadense*); Wild bleeding hearts (*Dicentra exima*); Greek valerian (*Polemonium repans*); Violets (*Viola* sp.); Golden-knees (*Chrysogonum virginianum*); Celandine-poppy (*Stylophorum diphyllum*); Toadshade (*Trillium sessile*).

Some taller flowers that work well are the showy lobelias (Cardinal flower and Great blue lobelia); Waterleafs (*Hydrophyllum* sp.); Jack-in-the Pulpit (*Arisaema triphyllum*); Black Cohosh – (*Cimicifuga racemosa*); Geranium (*Geranium maculatum*); Plume-lily (*Smilacina racemosa*); Trillium (*erectum* and *grandifolium*)

Native ferns can be incorporated into your flower garden, too.

SUN - Butterfly and hummingbird attracters – Monarda sp.; Obedient plant (*Physotegia virginiana*); Native Asters, Phlox, Coreopsis, and Sunflowers; *Liatris* sp.; Joe-Pye Weed (*Eupatorium* sp.); Butterfly weed (*Asclepias tuberosa*); Black-eyed Susans (*Rudbeckia hirta*); and if you have room for a weedy place, Milkweeds (*Asclepias* sp.) and Goldenrods (*Solidago* sp.) Consult with a butterfly book to find all the native plants, trees, and shrubs that are larval hosts.

These are just a few of the wonderful native plants that are easy to grow. Send us your list – [wgrafton@wvu.edu](mailto:wgrafton@wvu.edu).

### NATIVE PLANT SUPPLIERS

The WV-DNR Wildlife website ( [www.wvdnr.gov](http://www.wvdnr.gov) ) lists 6 WV nurseries that have native plants:

#### **Enchanter's Garden**

Peter Heus  
HC 77 Box 108  
Hinton, WV 25951  
(304) 466-3154

MO, H, S, SH, T, W, 99%

#### **Sunshine Farm & Gardens**

Barry Glick  
HC 67 Box 539B  
Renick, WV 24966  
(304) 497-2208  
Website : [www.sunfarm.com](http://www.sunfarm.com)

H, SH, T, W, 50%

**Virginia Provenzano**  
 Landscape Design & Garden  
 420 Dam #4 Rd.  
 Shepherdstown, WV 25443  
 (304) 267- 6924  
 Email: provenzano4@earthlink.net  
 MO, SH, T, 100%

**West Virginia Division of Forestry**  
 Clements State Tree Nursery  
 PO Box 8  
 West Columbia, WV 25287  
 (304) 675-1820  
 MO, SH, T, 60%

**Native Garden Design**  
 Josh Meadows or Trey Flemming  
 Rt. 2, Box 484  
 Salt rock, WV, 25559  
 Day (304) 541-0184  
 Evening (304) 736-6219  
 I, SH 100%

**Spaulding Landscaping & Homeview Farm**  
 Rt. 1, Box 39  
 Shepherdstown, WV 25443  
 (304) 876- 2096  
 Email: homeviewfarm@aol.com  
 H, I, SH, T, 15%

Abbreviations in last lines are:  
 H- Herbaceous, ferns, grasses  
 I - Offers installation services  
 MO- Mail order  
 S – seeds  
 T- Trees  
 % - percent of native plants  
 W- wetland plants



*P. reptans*  
 Greek Valerian  
 Polemonium reptans



*DICENTRA eximia*  
 Bleeding Heart

Two additional nurseries that are very close to our borders are:

**Riverview Herb Farm**  
 Frank Porter  
 49607 State Rt. 338  
 Racine OH 45771  
 (740) 247- 4565  
 Email: riverviewherbs@juno.com  
 MO, I, H, S, SH, S, T, W, 100%

**Elk Ridge Nature Works LLC**  
 Ron Boyer & Liz McDowell  
 283 Elk Ridge Lane  
 Grantsville, MD 21536  
 (301) 895- 3686  
 Email: info@elkridgenatureworks.com  
 H, 100%

**HIGHLIGHTS OF 3/5/05 BOARD MEETING**

- The Board endorsed the Wilderness Campaign for WV because wilderness servers as refuges for unusual plants and plant communities
- \$100 was set aside to help the effort in Morgan County with their educational brochure to eliminate purple loosestrife if the brochure can be revised to reflect a statewide effort
- approved \$100 for each herbarium at WVU and Marshall
- Approved \$250 to help establish a butterfly garden of native plants in Morgantown
- Donna Ford-Werntz will fill out the remainder of the Treasurer’s position. Steve Mace will continue as Corresponding Secretary.

- The **2005 ANNUAL MEETING** was set for **SEPTEMBER 16-18** for **GREENBRIER COUNTY**

### FIELD TRIP SCHEDULE

#### Tri-State Chapter

- May 14. Carter Caves. Trail by the park office. Meet at 8 am, Park and Ride, 5<sup>th</sup> St. exit, I-64 (we hope to see some lady slippers).
- July 23, 9 am. Meet at Beech Fork Lake State Park office. (camp ground end).
- August 13. Jeff and Anna Patton's home, Golden Gate Rd., KY. Meet at Park and Ride, 5<sup>th</sup> St. exit, I-64, at 8:45 am. Covered dish lunch.

For more info contact: Romie Hughart, 304 - 523-1049

#### WVNPS Weekend

Mike Breiding has made arrangements for the Oglebay Institute Mountain Camp facility near Terra Alta. Dates: July 15-17

Located on Lake Terra Alta which is motor boat free. Bring your swim trunks, kayak or canoe and maybe see *Thelypteris simulata* and other nifty plants.

The facility has a new Field House with a full kitchen, dining room and meeting room. There is a shower house and out door toilets. Sleeping can be inside on cots or mats or you can pitch you tent. A large canvas wall tent can be used if enough people prefer. Food will be communal and we could all contribute and pitch in.

Come for a day or the weekend.

Contact Mike Breiding (phone: 304-292-0020 or email: [FronDFondler@Mbreiding.us](mailto:FronDFondler@Mbreiding.us))

### LADY BIRD JOHNSON WILDFLOWER CENTER

From Christina Kosta : Editor of Native Plants Magazine

Direct phone: 212.831.2415 email: [ckosta@wildflower.org](mailto:ckosta@wildflower.org)

Here is a link to a resource page that explains what we at the Lady Bird Johnson Wildflower Center are calling the Native Plants Magazine Readership Program.

<http://www.wildflower2.org/npin/magazine/premium.asp>

The Wildflower Center's Native Plants Readership Program is structured to reward native plant societies and their members for their commitment to native plant conservation. It is also an opportunity for your organization to increase the value of its membership by offering a discounted subscription to Native Plants magazine to your members and an opportunity for your members to connect with national native plant issues and information. (It is important to note that the Native Plants Readership Program is in no way connected with the membership program of the Wildflower Center and that there is no intent to at any time make Wildflower Center members of your society's supporters who have become readers of our magazine through the program.)



For now, the West Virginia Native Plant Society is listed on a test subscription site which you may access by clicking subscribe at the top right corner of the page which you will access from the above link. We'd like your permission to keep that connection and hope you will use the downloadable ad for your newsletter. Alternately, there are two other levels of participation to consider (options A and B), that offer Native Plants magazine to your members at lower rates. We hope that your board of directors will consider these as well.

The Spring 2005 and Winter 2004 magazines are on their way to you. I look forward to speaking with you in the near future. You can also read news about the magazine and browse excerpts of articles by navigating [www.wildflower.org](http://www.wildflower.org)

### **GINSENG; GREEN GOLD OF THE HILLS**

Comments from a seminar by Dr. James McGraw (WVU Biology Dept.)

Ginseng adds about \$46 million of income to ginseng diggers in the US each year. There is an estimated 87.8 million ginseng plants in West Virginia based on suitable habitat where ginseng can grow. The prime sites for ginseng are rich woods on north facing slopes where yellow-poplar, black cherry, and sugar maple grows. It will also grow on many other sites. About 5 % of the total ginseng plants are harvested each year. After a digger harvests a site, it will take over a decade for the population to recover.

Major threats to ginseng are heavy harvesting, voles eat the roots, deer eat the tops, and habitat is being destroyed.

A summary statement was: there is no single population in the eastern US that is large enough to escape extinction in the next 100 years. Suggested steps to sustain our ginseng are to reduce the deer herd, allow no harvesting until the berries are mature. Seed maturity occurs in mid-September in southern WV and by October in northern and eastern WV.

Note: Gary Kaufman (botanist with the US Forest Service in North Carolina) spoke at a later seminar. He noted that the Forest Service is banning ginseng digging on about 20 % of the national forest lands in NC in an effort to restore ginseng populations.

### **MASTER NATURALIST PROGRAM COMING TO A SITE NEAR YOU**

A partnership of DNR-Wildlife, WVU Extension, Canaan Valley Institute, WV State Parks and Davis & Elkins College jointly tested material for a Master Naturalist Program during 2004. Fourteen people came to the 4 weekends held in various state parks and will be certified as Master Naturalist as soon as they complete their volunteer hours of service.

Participants will complete 48 hours of a core curriculum (birds, plants, animals, ecology, etc. plus an additional 16 hours of elective classes on a wide array of topics. They the complete 30 hours of approved volunteer naturalist service for certification.

Planning meetings will be held in as follows:

Charleston: June 6th at Cross Lanes United Methodist Church in Cross Lanes at 7 pm

Davis/Canaan Valley: May 5<sup>th</sup> in Spruce Room at Canaan Valley State Park at 7 pm

Morgantown: April 28 in Room 308, Percival Hall, WVU Evansdale Campus at 7 pm

**PROTECTING FOREST PLANT DIVERSITY  
To Ensure the Survival of Butterflies and Other Pollinators**

The following chart discusses the herbaceous larval host plant foods for approximately 30 of the 128 known species of butterflies that spend all or a part of their life cycle in West Virginia. This chart represents less than a quarter of the species commonly abundant or widely distributed throughout the state as noted in Tom Allen's comprehensive book, *The Butterflies of West Virginia*. The range of most West Virginia species extends throughout the Appalachian Mountains from New England south all the way to Florida. The range of several others also extends across the Midwestern plains.

How throughout a thousand millennia butterflies evolved to hitch their survival to the hundreds of native woody and herbaceous plants, involves a remarkable series of interminable events of trial and error. And as the astute evolutionary biologist Stephen Jay Gould revealed to us, hundreds or perhaps thousands of those experiments failed along the journey, gone in a whisper of geologic time. What some philosophers would call the mystery of life, and hard core biologists deem - survival of the fittest.

At any rate, compare the list of butterfly species from this chart with the one printed in January which discusses butterflies utilizing woody plants as larval hosts. You will observe that there is very little overlap between those butterflies utilizing herbaceous species and those using woody plants. The spring azure appears to be the only species with any affinity for both woody and herbaceous plants.

The most significant observation that appears to me is that butterflies have evolved to occupy the various vertical trophic layers in the forest. Butterflies utilize the spring ephemerals, small shrubs, medium sized trees and canopy layer trees of the forest. It is important to note that thousands of other insects including moths, parasitic wasps, beetles, ants, aphids have evolved similar essential relationships with host specific plants.

The concept here I wish to emphasize is the importance of protecting forest plant diversity – everywhere. There are no expendable plants, trophic layers or forests. The forestry practices that we allow in this state need to maintain and enhance the natural diversity of trees, shrubs and herbaceous plants so that our important insects, pests-and-all continue to thrive to fill their niches as pollinators, soil enhances, pest controllers, and food for a wide majority of wildlife species. Where possible, fill your urban or suburban neighborhoods with a wide diversity of native trees, shrubs and herbaceous plants.

Also of significance, our spirits need that annual recharge from the summer long spectacle of beautifully colored butterflies floating, tilting and drifting across our meadows and lawns; escorting us on our hikes and bike rides out of their territories; or that lucky chance of the silver spotted skipper sensing the salts, lighting on your hand to slurp imperceptibly from your skin.

**HERBACEOUS PLANTS THAT SERVE  
AS BUTTERFLY LARVAL HOST PLANTS**

The information in the following table was extracted from *The Butterflies of West Virginia* by Tom Allen. This book includes comprehensive life histories and distribution information on most species of butterflies known to occur in West Virginia.

Plant Name	Habitat Requirements	Butterfly/common name
------------	----------------------	-----------------------

Alfalfa (exotic) <i>Medicago sativa</i>	Meadows; fields	Orange sulfur; eastern-tailed blue
Asters/Compositae	Open areas; woodlands	Pearl crescent
Bittercress / <i>Cardamine pensylvanica</i>	Old fields; woodland trails; yards; vacant lots	Falcate orange tip
Black cohosh / <i>Actaea racemosa</i>	Woodlands; edges of woods	Spring azure; Appalachian azure
Carrot family/native & exotic	Fields; pastures; roadsides; gardens; rights-of-ways	Black swallowtail;
Clovers/native & exotic	Meadows; fields; lawns	Clouded sulfur; orange sulfur; Gray hairstreak;
Columbine / <i>Aquilegia Canadensis</i>	Limestone bluffs; rock outcrops	Columbine duskywing (sole host plant)
Crown vetch / <i>Coronilla varia</i>	Open disturbed sites; roadbanks; strip mines	Orange sulfur; wild indigo duskywing
Dock / <i>Rumex spp.</i>	Open disturbed sites	American copper
Garlic mustard / <i>Alliaria petiolata</i>	Edges of roads & streams; woodland roads	Falcate orange tip;
Grasses / several families	Meadows; fields; woodland roads	Little wood satyr; Common wood nymph
Heal all / <i>Prunella vulgaris</i>	All open areas	Peck's skipper
Joe Pye weed / <i>Eupatorium sp.</i>	Wet meadows	Peck's skipper
<i>Lespedeza spp.</i>	Disturbed sites; old fields	Eastern-tailed blue;
Mallow / <i>Malva spp.</i>	Wetland edges; wet meadows; streambanks	Gray hairstreak;
Milkweed / <i>Asclepias spp.</i>	Roadsides; roadbanks; fields	Monarch; Peck's skipper
Mustards; <i>Brassica spp.</i> ; <i>Barbarea sp.</i> ; & cultivated	Old fields; waste places; meadows; vacant lots	Cabbage white (exotic)
Nettle; <i>Urtica dioica</i> ; <i>Boehmeria cylindrica</i>	Woodland openings; open fields; stream banks	Question mark; Eastern comma; Red admiral
Plantain; <i>Plantago spp.</i>	Rights-of-way; yards	Baltimore
Purple top / <i>Tridens flavus</i>	Meadows; rights-of-way	Hobomark; little glassy-wing skipper
Pussytoes / <i>Antennaria spp.</i>	Roadbanks; dry-open fields; shale barrens	American lady
Rice cut grass / <i>Leersia oryzoides</i>	Open moist fields; wetlands	Least skipper
Rock cress / <i>Arabis shortii</i>		Falcate orange tip
Sunflower / <i>Helianthus spp.</i>	Woodland streams; open streams	Silver checkerspot
Thistles / all general	Open fields; rights-of-way	Peck's skipper
Toothwort / <i>Dentaria spp.</i>	Moist woodlands	West Virginia white; falcate orange tip
Vetch / <i>Vicia spp.</i>	Moist thickets; woodland edges; open fields	Orange sulfur; gray hairstreak; eastern-tailed blue
Violets / <i>Viola spp.</i>	Woodlands; fields; yards; woodland roads	All fritillaries depend largely on violets
Wild indigo / <i>Baptisia tinctoria</i>	River banks, sunny open, rocky soil	Orange sulfur; Wild indigo duskywing

