



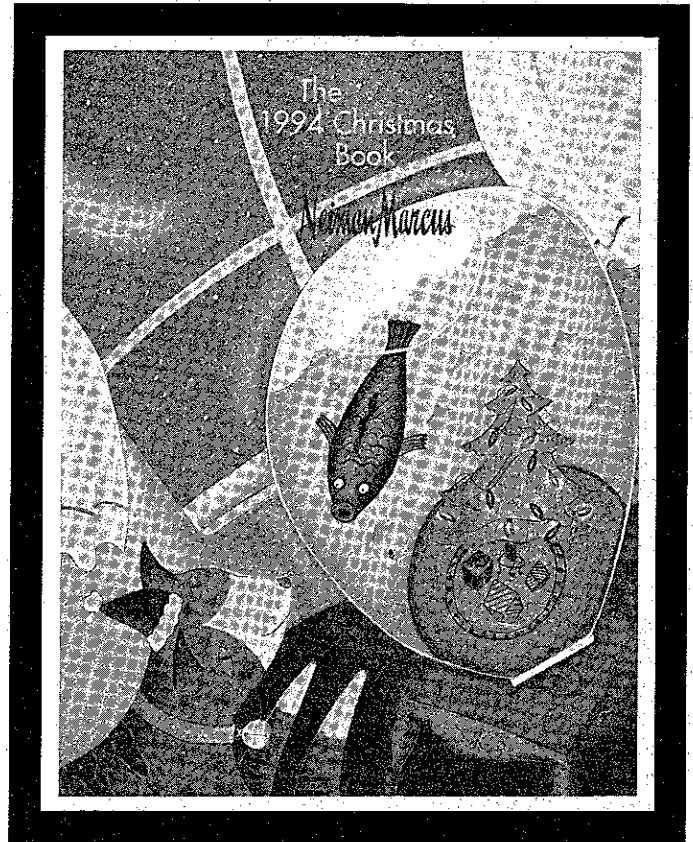
# WILDFLOWER

A non-profit organization committed to the preservation and reestablishment of native wildflowers, grasses, shrubs, and trees.

## Wildflower Center Featured Non-Profit in Neiman Marcus Christmas Book

The secret is out! The National Wildflower Research Center is the featured non-profit beneficiary in this year's Neiman Marcus Christmas Book. This honor is the result of three years' hard work by Center Board member Mrs. Henry Stollenwerck and Center Development Director Mae Daniller. Only five other non-profit organizations have received this distinction.

Over five million people eagerly await the publication of the Neiman Marcus Christmas Book every year. Three percent of the sales on six "exclusive cover theme giftables," developed from the Christmas Book cover artwork, will benefit the Center. The gifts, which can be found on the front inside and back outside covers of the book, include: an elegant snowglobe with a wooden base that plays "I Only Have Eyes For You" (\$40), a whimsical ornament that will liven any tree (\$15), and a box of cover-art greeting cards perfect for any holiday occasion (\$16.50). In addition, you may choose from a delectable box of white chocolate covered pretzels, shaped like Christmas trees (\$15), or shortbread cookies (\$16), both packaged in a tin with a cover-art lid. Also available is a set of four acrylic tumblers that



are double-walled with snow and fish shapes free-moving in liquid (\$24).

get your copy of the Christmas Book, call 1-800-825-8000

The potential for increased awareness of the Center's mission and opportunity for membership will be enormous. To

*Kathrine Guckenheimer  
PR/Marketing Assistant  
National Wildflower  
Research Center*

## DANA LEAVITT HONORED BY BOARD OF DIRECTORS

Dana Leavitt, President of the Wildflower Center Board of Directors the past 4 years, was honored for his service during the fall Board meeting held October 1-2 in Austin, Texas. Luci Baines Johnson, on behalf of her mother, Center Co-Founder Lady Bird Johnson, thanked Mr. Leavitt for his tireless service and support of the Wildflower Center and presented him with one of President Lyndon B. Johnson's original Stetson hats to add to his growing collection.

Replacing Mr. Leavitt as President of the Board of Directors is Bill Block of Bergheim, Texas. Other new Board officers include Vice-President Carol Gossard (Denver, Colorado) and Secretary Karen Meck (Pittsburgh, Pennsylvania). John Barr (Austin, Texas) will continue his tenure as Treasurer.

## NWRC and NCSGC: Partners in Education

As the Wildflower Center continues to develop into a major national environmental organization, we are pleased to announce a valuable partnership with the National Council of State Garden Clubs. With over 9,200 member clubs throughout the nation, the NCSGC is one of the most effective community outreach organizations in the world. And, while the NCSGC has been emphasizing environmental issues for years, major new initiatives have been identified, initiatives which will utilize the extensive resources of the Wildflower Center.

Ever since NCSGC President Eleanor Yates proclaimed 1994 as "The Year of the Wildflower," the Wildflower Center has worked hard to provide educational materials for use by member clubs. In addition to encouraging each garden club and its members to plant and promote the planting of wildflowers, the NCSGC will fund a permanent wildflower garden at the Wildflower Center's new facility.

Another NCSGC initiative is the PETALS program: Protect the Environ-

ment Through Action, Learning, and Service. NCSGC garden club members are encouraged to consider as their first thought in environmental protection "...a project involving the conservation of our native shrubs and wildflowers."

Generously supported by a grant from Shell Oil, the NCSGC awards PETALS grants to individual clubs or state offices in three categories: Conservation, Environmental Issues, and Community Improvement. With garden clubs throughout the nation providing the community outreach and the Wildflower Center developing new educational materials for their use, we look forward to our youth becoming more involved in the protection and use of regional native plants in our parks, homes, schools, businesses, and roadside rights-of-way.

The Wildflower Center appreciates the work the NCSGC is doing to improve our environment, and values the collaborative programs and projects being developed in communities across the nation by member clubs using the Wildflower Center's educational materials. If you know of a project

sponsored by a NCSGC club, please congratulate the club and support its efforts to improve our environment. If you are not a member of a garden club and would like to become involved in local environmental repair, consider joining a NCSGC club and help spread the word of the Wildflower Center to your community through the work of the garden club.

If we can make a difference, one plant and one person at a time, think of the possible positive impact of tens of thousands of people working together locally! The Wildflower Center is committed to turning this idea into reality. In conjunction with organizations like the NCSGC, we are coming ever closer to achieving this lofty goal.



*David K. Northington, Ph.D., is Executive Director of the National Wildflower Research Center.*

## Wildflower

Founder

*Lady Bird Johnson*

Executive Director

*David K. Northington, Ph.D.*

Editor

*Joshua C. Blumenfeld*

Designer

*Elaine Brown*

Copy Editors

*Dyanne Cortez, F. M. Oxley*

Illustrations

*Faith Addison, Mary Curtis*

*Wildflower* (ISSN 0898-8803) Published bi-monthly. A portion of \$25 membership dues pays for your annual subscription to *Wildflower*. National Wildflower Research Center, 2600 FM 973 North, Austin, TX 78725-4201. Phone: (512) 929-3600. Material may be reprinted with the permission of the editor. Second class postage paid at Austin, Texas.

POSTMASTER. Send address changes to: *Wildflower*, NWRC, 2600 FM 973 North, Austin, TX 78725-4201.

## WILDFLOWER CENTER NEWS

### Wildflower Patrons Enjoy Special Activities, Recognition

The Wildflower Center's two newest membership groups, the **Wildflower Patrons** and the **Corporate Wildflower Patrons**, are already enjoying the special benefits of membership reserved for these levels.

The Wildflower Patrons spent the afternoon of October 2 exploring and identifying the wildflowers of the Texas Hill Country. Executive Director Dr. David Northington and Education Director Julie Barrett Heffington led the expedition. The day closed with supper at the spectacular home of Hal and Eden Box, which features its own native plant garden. Our President's and First Lady's Circle members (both part of the Wildflower Patrons program) were hosted for brunch and a garden tour by James David, renowned landscape architect, gardener, and proprietor of Austin's unique nursery, *Gardens*.

Along with individual members, corporate contributors are valued supporters of our education programs. The **Four Seasons Hotel Austin** and **Centex Beverage, Inc.**, have stepped forward as our first Corporate Wildflower Patrons, and will be acknowledged on the new Wildflower Center's recognition wall as well as during our annual spring festival. Upper-level corporate members also receive entrance passes to the new Wildflower Center facility for their staff and associates as well as the use of the Center's public areas for one week-night of the year.

Exclusive special events are in the works for both Wildflower Patrons groups this spring. For more information about these exciting new programs, please contact Mae Daniller, Development Director, at (512) 929-3600.

# A Rose By Any Other Name Could Even Be A Daisy



Bloodroot, witch hazel, Dutchman's breeches, Jack-in-the-pulpit, birthwort, fairy duster. Plant names often seem whimsical, beguiling, and, sometimes, downright magical. But who first named them, how were they named, and what do the names mean?

Most plants have two names: a botanical name and a common name. Botanical names are the most accurate and reliable of the two because every plant has only one botanical name. For example, you can talk to a botanist anywhere in the world about *Rudbeckia hirta* and he or she will recognize that particular plant, regardless of the language you're speaking.

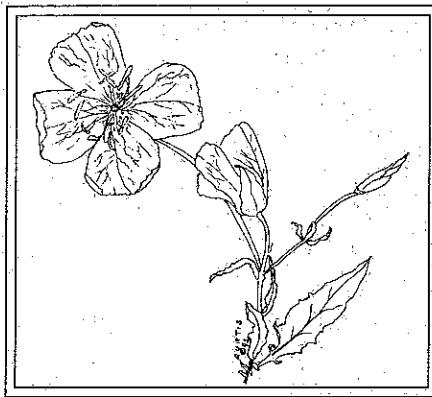
Try talking to that same botanist about the poor-land daisy and all you may get is a blank stare. Common names tend to be regional and, in some cases, local. *Rudbeckia hirta*, known as the black-eyed Susan in many regions of the United States, is also called brown Betty in New Jersey, ox-eye daisy in Maine, and brown daisy in Massachusetts.

One source of many common names is the ancient belief that God or Nature provided the cures for all diseases. These cures often were plants easily recognized by a "signature." The "signature" could be the shape of the plant's flowers, leaves or roots, flower color, or smell. According to this **Doctrine of Signatures**, plants resembling particular parts of the human body had the power to cure diseases associated with those parts. For example, liverworts (*Hepatica* spp.) have three-lobed leaves that resemble the human liver and, thus, were used to treat liver ailments. Bloodroot (*Sanguinaria canadensis*) has a red sap that looks like blood and was used by the Algonquin Indians as a blood purifier. Members of the birthwort family (Aristolochiaceae) have flowers shaped like a swollen womb and were used by physicians, midwives, and herbalists to encourage conception and help during delivery.

Native Americans gave names to the plants they used for food, clothing, shelter, dyes, and medicines. These names often reflect how the plants were used or the tribe's perception of a particular plant. Black cohosh (*Cimicifuga racemosa*) was

held in high esteem by Native Americans. Cohosh is believed to have come from an Algonquin word, *co-os*, meaning "pine tree," and refers to the pointed appearance of the flower spikes. It was used to treat rheumatism, pneumonia, and asthma. Kinnikinnick (*Arctostaphylos uva-ursi*) is a Native American word for tobacco, and leaves of the kinnikinnick plant were often smoked alone or combined with other herbs. It was also used medicinally to treat a variety of ailments including kidney and bladder disorders and as an astringent for minor skin irritations, heat rash, and hives.

Many North American native plants were named by early European settlers and botanists because they reminded them of plants from home or some other



familiar object. Evening primroses (*Oenothera* spp.) were inadvertently named by a botanist who remarked that the scent of the flowers reminded him of the primroses from home. The flowers of Dutchman's breeches (*Dicentra cucullaria*) actually look like pairs of white knickers hanging from a clothesline, while trout lilies (*Erythronium americanum*) have purplish spots on their leaves that are reminiscent of the markings on some species of trout (they also bloom in mid-April, right about the time trout season opens).

The physical characteristics of certain plants have resulted in the naming of many species. Skunk cabbage (*Symplocarpus foetidus*) produces an acrid odor similar to that of a skunk, while Jack-in-the-pulpit (*Arisaema triphyllum*) resembles a small minister preaching to his congregation. A modified leaf, the *spathe*, forms the pulpit where Jack, a club-shaped spike called a *spadix*, stands in the middle looking out over his flock. Lady slippers (*Cypripedium* spp.) look

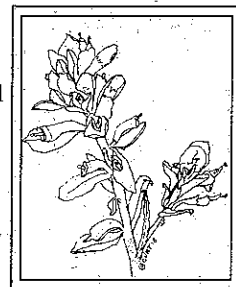


like dainty slippers waiting to be put on by a beautiful fairy princess. The colors and shape of Indian paintbrush (*Castilleja* spp.) remind many people of small paintbrushes dipped in paint.

Myths, stories, and legends have also made their contribution to the many common names of plants. According to an ancient Greek legend, anemones (*Anemone* spp.) appeared on earth when Anemone, a young nymph, was caught dallying with Zephyr, god of the winds, and was transformed into a flower by a jealous Flora, Venus, lamenting the loss of one of her lovers, wept and her tears, mixing with stardust, fell to Earth as asters (*Aster* spp.). Goldenrod (*Solidago* spp.) was born when an old woman, making her painful way through a forest, asked all the trees to help her. Every tree refused her request. A small, inconsequential stick lying on the path offered to help her and together they made their way out of the forest. Emerging from the trees, the old woman turned into a beautiful fairy princess and told the stick she would grant his fondest wish as a reward for his help. The stick replied, "All I want is to be loved by all the children of the world." The fairy princess sprinkled the stick with gold dust and proclaimed, "You will be known forever as Goldenrod and loved by all the children of the world!"

Today, in the hustle and bustle of our hectic lives, the meanings of plant names are taken for granted and, in many cases, completely forgotten. Whether whimsical or practical, mysterious or descriptive, plant names can tell us a little bit about our history, culture, and social customs. And, perhaps, just a little bit about ourselves. Take to heart the old adage and make some time to stop and smell the roses. You might be surprised at what you learn!

F.M. Oxley  
Resource Botanist  
National Wildflower  
Research Center



# Wildflower

## NOTEBOOK



**Botanical Name:**  
*Cornus drummondii*  
**Pronunciation:**  
KOR-nus  
druh-MON-dee-eye  
**Common Name:**  
Rough-leaf dogwood  
**Family Name:** Cornaceae  
(Dogwood Family)  
**Range:** Michigan, west to  
South Dakota, south to Texas,

east to Mississippi and north  
to Ontario  
**Habitat:** Wetlands to dry  
uplands, usually along  
margins of woods and  
thickets  
**Bloom Period:** May to  
August

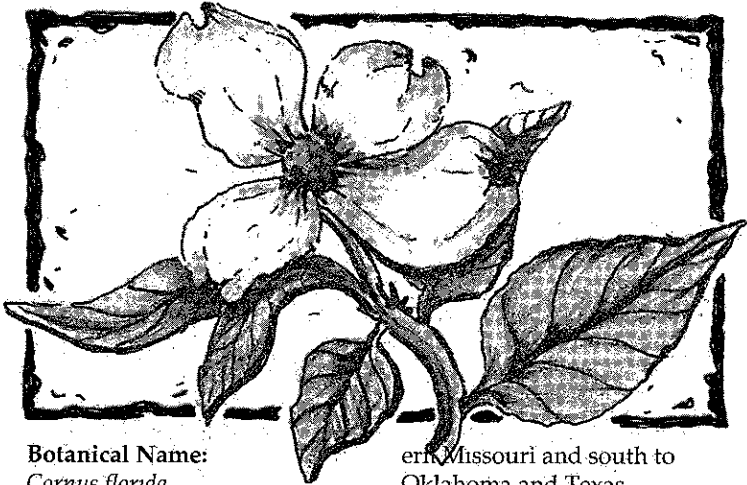
*Cornus drummondii* is a wide ranging dogwood well adapted to stressful environments. It can withstand drought, flooding, extreme cold, and heavy clay soils. Although this species is not as showy as other dogwoods, it is far easier to grow than most ornamentals and works well as a flowering understory tree.

The deciduous leaves are simple and opposite, with an elliptic shape ranging from 1 to 5 inches in length. They are conspicuously veined and, unlike most dogwoods, have a soft hairy texture. The summer foliage is a pale to olive-green, while the fall foliage is a riot of color which can range from a beautiful purple to a fiery orange-red.

The delicate yellowish white blooms grow in a

terminal cluster approximately 3 inches in diameter with 4 oblong petals per flower. The fruit are small white drupes or globes approximately one-fourth inch in diameter, and last from late summer to early autumn. At least 40 types of birds are known to dine on these dogwood delicacies, including bobwhite quail, wild turkey, and prairie chicken.

Like most members of the dogwood family, the wood of rough-leaf dogwood is very hard and resistant to splintering under impact. As a result, *C. drummondii* wood is often used for charcoal and small durable woodenware articles. The strength of Cornaceae wood is referred to in the genus name. *Cornus* is Latin for "a horn."



**Botanical Name:**  
*Cornus florida*  
**Pronunciation:**  
KOR-nus FLOR-i-da  
**Common Name:**  
Flowering dogwood, Virginia  
dogwood  
**Family Name:** Cornaceae  
(Dogwood Family)  
**Range:** Southern Maine and  
Vermont, west to southeast-

ern Missouri and south to  
Oklahoma and Texas  
**Habitat:** Open pine woods,  
clearings, forest edges, moist  
woodlands  
**Bloom Period:** March to  
October

Few sights are as breath-taking as a stand of flowering dogwood in full bloom, their

creamy-white foliage radiating the strength of this hearty tree. Growing up to 30 feet tall and spreading its branches about as wide, Virginia's state tree is one of North America's greatest treasures.

Yet, the flowering dogwood is a very deceiving tree. For example, the white blooms, delicately notched at the tips, are not the actual flowers. The four white "petals" are "bracts," or modified leaves, while the true flowers are the small structures nestled among the showy bracts.

Deeply veined, oval-shaped leaves, 2 to 6 inches long and approximately 2 inches wide, are oppositely arranged on the stem. During spring and summer, the leaves are a light yellow-

green color on top and a pale green underneath. As crisp autumn weather arrives, their cool green color changes to a striking deep crimson.

The shiny, scarlet fruits grow in clusters of 30 to 40 and each fruit bears 2 seeds. The flowering dogwood depends on birds and wildlife, who use the fleshy berries as a food source, for its seed dispersal. As a result, *C. florida* is often found growing along fence rows, edges of forests, and in clearings.

The bitter and astringent bark was often used for medicinal purposes. Native Americans concocted a tea from the bark as a treatment for malaria and, during the Civil War, the bark was used by the Confederacy as a poor substitute for quinine.

# WHAT'S FOR DINNER?

The holidays are fast approaching and preparations are under way. For many, this means family reunions, presents lying under the tree, and numerous parties to attend. It also means huge, sumptuous meals, which take days to prepare, moments to demolish, and several hours of watching football, with our feet up and pants unbuttoned, to digest.

pioneers? No football to be sure, but certainly family reunions and get-togethers, as well as gifts. And what about food? With no supermarkets, pioneer cooks relied on Nature's pantry to prepare tasty and nutritious meals. For a taste of what the holidays might have been like way back then, here is a simple, tasty, and hearty menu featuring Nature's bounty.

What were the holidays like for the early settlers and

## APPETIZERS

- Beechnuts (*Fagus grandifolia*)
- Black walnuts (*Juglans nigra*)
- Mulberries (*Morus rubra*)
- Blackberries (*Rubus hispida*)

## SALAD

- Young leaves of watercress (*Nasturtium officinale*)
- Sliced wild leeks (*Allium tricoccum*)
- Partridge berries (*Mitchella repens*)
- Jerusalem artichoke, sliced thin (*Helianthus tuberosus*)

## MAIN COURSE

- Turkey, ham, and fish (Spiced with peppergrass (*Lepidium virginicum*) & wild onions (*Allium spp.*))
- Mashed duck potatoes (*Sagittaria latifolia*)
- Baked American vetch pods (*Vicia americana*)
- Boiled greenbriar shoots (*Smilax rotundifolia*) served in butter
- Daylily tubers (*Hemerocallis spp.*)
- Wild parsnip roots (*Pastinaca sativa*) sauteed in butter
- Cranberry sauce (*Vaccinium macrocarpon*)
- Bread and rolls (Made with flour from roots of Solomon's seal (*Polygonatum biflorum*) and oak acorns (*Quercus spp.*))

## DESSERT

- Mulberry pie (*Morus rubra*)
- Blackberry pie (*Rubus hispida*)
- Huckleberry pie (*Vaccinium spp.*)
- Persimmons (*Diospyros virginiana*)
- American hackberry (*Celtis occidentalis*)

## BEVERAGES

- Greenbriar punch (*Smilax rotundifolia*)
- Cranberry juice (*Vaccinium macrocarpon*)
- Bedstraw seed coffee (*Galium aparine*)
- Wild mint leaf tea (*Monarda fistulosa*)

So, if you've put off your holiday grocery shopping for too long, don't despair. Nature can provide many wonderful culinary delights that will amaze and satisfy even the most demanding palates. Bon appetit!

F.M. Oxley  
Resource Botanist  
National Wildflower Research Center

*Editor's Note: Be sure to verify the identity of all plant species through a reputable field guide or expert. The Wildflower Center encourages responsible collection of any plant species from the wild.*

You can relieve some of the pressure of this hectic holiday season — and support the Wildflower Center — with gifts from our products division. Let us ship items of lasting enjoyment to your friends and loved ones. All listed prices are member prices.



Give someone wildflowers throughout the year with the Center's 1995 calendars. Both the *American Wildflowers* wall calendar (\$10.76) and the engagement book (\$10.76) are filled with stunning photographs from Lady Bird Johnson's book, *Wildflowers Across America*. Special copies of *Wildflowers Across America* signed by Mrs. Johnson are available (\$44.96) and make a memorable gift.

Show your support of the Center with golf caps (\$11.66) and fanny packs (\$7.65) (both available in red, green, or blue), or with enamelled lapel pins and embroidered patches (both \$6.00 each), each emblazoned with the Center's logo. All are great stocking stuffers and the

perfect gift for the hard-to-buy-for.

Our best-selling catalog items are proven winners with gift recipients: cotton throws in three designs (\$44.96), the "Paradise Tote Bag" (\$13.05), sunflower or purple aster umbrella (\$26.96), and the colorful wildflower mailbox (\$43.20). For trimming the tree,

our glass ornaments (\$8.96 each) filled with wildflowers are perhaps the most unusual, if not some of the most beautiful, on the market.

If you are still stumped for a thoughtful gift, why not give a membership to the Wildflower Center? Gift memberships not only help the Center, but show your concern for the environment.

Don't delay! To order, use the enclosed catalog order form, or call (512) 929-3600, Monday through Friday, from 9 a.m. to 4 p.m., CST. If you wish, you may fax your order to (512) 929-0513. Please order by **December 13** to ensure timely delivery.

## WILD IDEAS

For the chance to participate in Austin's best-kept shopping secret and find extraordinary holiday items you won't find anywhere else, mark December 3 and 4 on your calendar and plan to attend the Wildflower Center's annual Wild Ideas event.

During this weekend, the Wildflower Center gift shop, located at 2600 FM 973 North (just a few miles east of Highway 183), will be open from 10 a.m. to 4 p.m. Gift baskets and pre-wrapped items are available, and free gift packaging is offered for items over \$25.

# FROM THE FIELD

## **NORTHEAST**

**Bronx, NY:** *Waterscaping for the Home Garden, Nov. 8, Contact:* New York Botanical Garden, (800) 322-6924, Dept. 158.

**Smithfield, RI:** *All You Ever Wanted to Know About Growing Trees..., Dec. 3, Contact:* Rhode Island Wild Plant Society, (401) 949-0195.

## **MID-ATLANTIC**

**Columbus, OH:** *Preservation Projects in Central Ohio, Nov. 12, Contact:* Joyce Stevens, Wild Ones-Natural Landscapes, Ltd., (614) 771-9273.

## **SOUTHEAST**

**Sarasota, FL:** *Forest Canopies -- Ecology, Biodiversity, and Conservation, Nov. 10-13, Contact:* Dr. Meg Lowman, Marie Selby Botanical Gardens, (813) 366-5730.

**Atlanta, GA:** *Waterscaping for the Home Garden, Nov. 12, Contact:* New York Botanical Garden, (800) 322-6924, Dept. 158.

## **SOUTHWEST**

**Tucson, AZ:** *Using Native Grasses in the Landscape, Nov. 9, Contact:* Tucson Botanical Gardens, (602) 326-9255.

## **CALIFORNIA**

**San Francisco, CA:** *Drought Tolerant Perennials, Nov. 21, Contact:* Education Department, Strybing Arboretum Society, (415) 661-0668.

## **NORTHWEST**

**Bend, OR:** *Rare Plant Conference, Nov. 4-5, Contact:* Central Oregon Community College, (503) 389-6981



## **Give Thanks for Wildflowers: Join the National Wildflower Research Center!**

Members of the National Wildflower Research Center support wildflower and other native plant work across the nation.

Benefits include:

- ❖ Free admission for you and your immediate family to the Wildflower Center's new gallery and gardens
- ❖ *Wildflower*, the award-winning newsletter
- ❖ A 10% discount on unique Center products such as wildflower books, calendars, and T-shirts
- ❖ Advance notice of tours and discounts for Center seminars
- ❖ Free information from the Center's Clearinghouse
- ❖ A membership card

**Yes!** Please enroll me as a supporting Member of the National Wildflower Research Center.

\$25 Supporting Member.  
My check for \$25.00 is enclosed.

Please enter a supporting membership for:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

**Gift Membership:** If you are giving this membership as a gift, please enter your name and address below.

Donor Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

- Make your check payable to: NWRC
- Mail to: **Membership, National Wildflower Research Center, P. O. Box 550, Austin, TX 78767-9778**

11/6



NATIONAL WILDFLOWER RESEARCH CENTER  
2600 FM 973 NORTH, AUSTIN, TEXAS 78725-4201

Second Class  
Postage Paid at  
Austin, Texas

NATIONAL WILDFLOWER RESEARCH CENTER  
4801 LaCrosse Blvd.  
Austin, Texas 78739  
(512) 292-4200

- ❖ Dana Leavitt Honored, p. 1
- ❖ A Rose By Any Other Name, p. 3
- ❖ What's For Dinner?, p. 5

## **Wildflowers Work!**

Volume 11 Number 6 November/December 1994

Printed on recycled paper