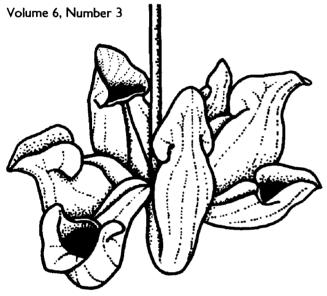


SARRACENIA

Newsletter of the Canadian Wildflower Society

Newfoundland Chapter

Summer 1996



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Summer Field Schedule

June 13: Organizational Meeting

This is an organizational meeting for all members going on the Annual Field Trip. We will finalize our route and coordinate meeting times and schedules. Todd Boland will wet our appetite with some slides of the last Northern Peninsula trip, and tell us what we have to look forward to! Please note date change! Meet at MUN Botanical Garden at 8 pm.

June 30, July 28, and Sept 1: Gallow's Cove Walk: Howard Clase will lead a monthly walk along the ocean-side trail from Gallow's Cove to Torbay Wharf. A walk each month will enable us to track changes in phenology and alert us to anything new and different along this diverse trail! It is an easy walk of about 2 km. We will meet at the Torbay Post Office at 2 pm each Sunday.

August 25: Butterpot Road Trip: We'll visit Kathleen Winter's property on Butterpot Road, Holyrood. The trail through the property includes marsh, pond, and wooodland habitats. Meet at the Arts and Culture Centre parking lot at 1 pm, we'll proceed to Holyrood from there.

Sept I: Annual Labour Day Potluck

Our annual potluck/BBQ will be held at Luise Hermanutz and David Innes' place on Bauline Line (from Portugal Cove Rd., 2.5 km after the blacktop paving ends; third house on the left; beige house with dark brown trim, you can park in the bus turnaround just past our driveway; 895-6851). Howard Clase will lead the Gallow's Cove walk at 2 pm, and the potluck will follow, starting at 4 pm. Hope to see you there.

General Announcements

Any member who would like to write an article for the newsletter or submit a black and white graphic (preferably pen and ink), please contact Luise or Alice. Articles should be submitted on 31/4" computer disk (if possible) in Word Perfect 5 or 6, IBM (PC) compatible; b&w illustrations should be no larger than 4 X 6 inches. Correspondence can be sent to Luise at MUN's Biology Dept. or to Alice Close, 20 Laughlin Cr., St. John's, Nf., A I A 2G2. Sue is still editing our newsletter, so if you wish, you can e-mail text files for articles directly to her. Sue's e-mail address is smeades@age.net.

Articles and artwork published in the newsletter may <u>not</u> be reproduced without the authors' or artists' written consent.

Notes from the President

The Newfoundland Chapter of the Canadian Wildflower Society is winding up another successful and productive year. As far as I can determine, the Society was formed in the spring of 1990, which means we will be entering our seventh year in May when we have our annual general meeting.

As of April 3, 1996, our paid-up membership numbered 35 according to Treasurer **Alice Close**. This compares with last years membership of 24. This represents an increase of 46%, which is pretty good going in my opinion. If we can only do as well in the coming year!

One of the things I have been trying to do over the past several months is collect together a complete set of *Sarracenia*, for our Chapter's archives. I feel it is important from a historical point of view that we have as complete a record as possible. With the help of **Lydia Snellen** who kindly provided issues that were not in the CWS file, I have assembled the following issues:

Spring 1990: Organizational Letter

Volume 1: 1990/91 Fall; Winter; Spring; Summer Volume 2: 1991/92 Fall; Winter; Spring; Summer Volume 3: 1992/93 Fall; Winter/Spring; Summer Volume 4: 1993/94 Fall; Winter/Spring; Summer Volume 5: 1994/94 Fall; Winter/Spring; Summer

Volume 6: 1995/96 Fall; Winter/Spring

The Letter is a single sheet of paper with The Canadian Wildflower Society logo in the upper left corner. It is printed on both sides, and includes a summary of the May 29th meeting. It is undated but I think this was issued in the spring of 1990. Can anyone confirm or correct this? I think the above list includes all of the publications of the Society to date. If anyone has additional issues (or other notes, etc., distributed to the membership) not listed above, please let me know. Volumes I and 2 had four issues; beginning in 1993, the winter and spring newsletters were combined to coincide with our scheduled events. It might be a good idea to check with Memorial University library to see how complete their collection of CWS Newletters is. If they are missing any issues we should provide them to the library. This may not seem important now but in a hundred years or so someone may want to write a Ph.D. thesis on early natural history societies in Newfoundland and they might appreciate having access to our newsletters.

My stint as interim president will end at the AGM when the membership elects a new executive. I have enjoyed standing in for **Sue Meades**, and hope to continue being able to serve the Society in one capacity or another in the coming year. Thank you for such an interesting year.

See you all at the AGM!

Gordon Ringius, interim president

1996 Northern Peninsula Field Trip

July 6-9: Labrador Excursion. We plan to meet at the St. Barbe Ferry Terminal to take the ferry over to Labrador Saturday, July 6. Alice can't book the ferry until sometime in May, so the time we will depart will be announced at the June 13th meeting. The group has reservations at the Northern Lights Inn. We will return Tuesday, July 9th. A number of our members (Howard and Leila Clase and Lois Bateman) have been botanizing in Labrador, and will help guide us to some of the more interesting wildflower sites.

July 9-15: Northern Peninsula. We will join the rest of the group in Raleigh July 9th, and stay in the area until the 11th. Because our group is rather large, accommodation will be split between Griguet, Raleigh, and Cape Onion. On July 12th we will drive south to Brig Bay, staying at the Plum Point Motel that night. The next day we will explore the New Ferolle Peninsula, areas near Port au Choix, and the Bateau Barrens; we stay at the Sea Echo, in Port au Choix, July 13th. Time permitting, we will check out Indian Pond, where we found so many range extensions over the past two years, and the Chimaphila site. Sue, Anne, & Michael photographed it in flower last year. Finally, we drive to Gros Morne National Park, stopping to see Hooker's Orchid near Table Point Ecological Reserve. We will spend the duration of our trip at Gros Morne. Accommodation will be at the Gros Morne Cabins. Marilyn Anions will lead a hike on the Lomond Trail (see her article in this newletter). The trip will terminate on the 15th.



For the Birds by Todd Boland

Last summer's field trip brought many wonderful memories to those members who were fortunate to participate in this annual event. Glenda Quinn summarized the botanical highlights of the trip beautifully in her article "Memories of our NE Newfoundland Field Trip" (Sarracenia Vol 6, No.1). However, for some of us wildflower enthusiasts, the trip brought memories from above as well as below.....here, I am referring to the avian gems of the island; our birds!

Some of you may wonder what do birds have to do with wildflowers. In fact, they have a lot to do with them. Birds have an intimate relationship with plants; many eat berries and help distribute plant seeds, most nest among vegetation of some sort and some birds even pollinate flowers (although this does not happen in Newfoundland). For these reasons, I feel I should share the bird highlights of our summer field trip (besides, it puts a new slant on things!) At least five members of the Wildflower Society are avid birders as well as wildflower enthusiasts. For us, a trip into the Newfoundland countryside can cause a pain in the neck. Part of us want to enjoy the flowers at our feet, while the other part wants to look up for our fine-feathered friends. Up-down...up-down....Oh my neck! Despite this minor inconvenience, birds and wildflowers are still an enjoyable combination.

As Glenda noted in her article, we started our field trip with a walk around Sandy Pond, Ferra Nova Park. This trail traverses a wide variety of habitats including coniferous forest, barren, bog, and marsh. The result is excellent wild-flower diversity and excellent birding. While most of the group were enjoying the flowers, myself, Tom and Jane Smith, and Howard Clase were carefully listening for any nearby birds.

Most of the birds we saw were typical Newfoundland forest species; Chickadees (both Black-capped and Boreal), Kinglets (both Ruby and Golden-crowned), Robins, White-throated Sparrow, Fox Sparrow, Pine Siskin, White-winged Crossbill, Black-polled warbler and Yellow-rumped warbler. In the wetter areas, Swamp Sparrows joined the reverie. In the distance we could hear the metallic and haunting song of shy Hermit Thrush.

The barren-bog area at the end of the pond was a great site for Sue to refresh our knowledge of ericaceous shrubs. Meanwhile, the birders were busy chasing an illusive yet very vocal bird which turned our to be a Lincoln's Sparrow (an uncommon bird on the Avalon). By the time we found the bird, the rest of the group were long gone.

Our small group continued on alone, birding and wildflowering as we went. While crossing the bridge at the end of the pond, we saw a family of Ring-necked Duck and two Common Loon. A little further on, we were fortunate to find a newly-fledged family of Palm Warbler (another uncommon Avalon bird).

In the late afternoon, after we finished the walk along Newman Sound, Tom, Jane and I stopped by the parking lot of the Park's Outdoor Theatre, in hopes to find a rare Northern Parula which had been recently seen in the area. Alas, we didn't find the Parula, but we did find Tennessee warbler, Black and White warbler and Cedar Waxwing. Scanning across the bay, we saw Osprey, Spotted Sandpiper, and a flock of 23 Greater Yellowlegs (a type of shorebird). The Yellowlegs marked the beginning of the late summer/early fall migration of shorebirds from the Arctic breeding grounds to wintering grounds in the Caribbean and south.

The next day, we stopped by Cape Freels on the way to Twillingate. Cape Freels is a wonderful place for migrating shorebirds since it has endless sandy beaches and numerous wetlands. The rain and fog was depressing, but my spirits rose when I spotted a flock of 5 Whimbrels (another type of shorebird). Others participants in the trip must have thought I lost my mind when I started to whoop with excitement. What can I say....birding can be exciting stuff! Wandering along the shore, I flushed a Least Sandpiper, another Greater Yellowleg and a Semipalmated Plover. Savannah Sparrows and Yellow Warblers flitted back and forth among the scattered alders and willow bushes. Overhead, Arctic and Common Tern were raucously calling. Many of the trip members may recall a flock of large black birds which slowly flew over our heads; these were Double-crested Cormorants.

Driving through Boyd's Cove (a little past the Gander River Bridge) Jane casually said 'There's a Caspian Tern on a rock back there'. Turning in unison, Tom and I did note a black-capped bird sitting on a rock in the bay. A quick braking and backing up (we seemed to do a lot on this on the trip) resulted in our indeed finding a Caspian Tern, a bird not often seen in Newfoundland. This would be the best bird of the trip; all thanks to Jane's quick eyes (not bad considering SHE was driving!).

The headlands of Twillingate brought us many lovely Arctic-alpines, many of them not previously known from this area. Bird-wise, we saw Water Pipit, Horned Lark and offshore, Northern Gannets and Black-legged Kittywakes. While waiting for the sunset at the Long Point Lighthouse (which incidentally did not occur until after we left!) I saw my first Common Redpoll of the year. Usually, this is a common city bird at our winter bird-feeders, but they were curiously absent during the winter of 1995.

The afternoon we arrived in Baie Verte, Tom, Jane and I decided to take a preliminary look at the Tilt Cove *Dactylorhiza* orchid. Just before the turnoff into Tilt Coce, we saw a family of Common Goldeneye duck (a mother and 4 ducklings). The hundreds of purple *Dactylorhiza* were spectacular, even in the rain. The flock of 7 Purple Finch were not bad either.

Thankfully, the next day was beautiful and we were better able to appreciate the beauty of the *Dactylorhiza*. On our return trip to St. John's that afternoon, we reflected on the great wildflowers and great birds we had seen on the trip. As a final bird stop, we dropped in at Glenwood where there exists a rare, central Newfoundland breeding site for Song Sparrow. We were not disappointed as we left the car and were greeted by a male Song Sparrow singing his heart out. This would be the last bird added to our trip list. In total, we saw 53 species of birds. I wonder what birds will be seen on this summer's field trip to the Great Northern Peninsula?

Searching for both birds and wildflowers is a wonderful combination which allows you to more fully appreciate the wonders of our province. So the next time you are out enjoying our wildflowers, keep you ears and eyes open for our other Newfoundland beauties... our birds!



Hiking the Lomond River Valley (Gros Morne National Park)

by Marilyn Anions

One of my favourite places to explore for wildflowers and wildlife in Gros Morne National Park is the Lomond River Valley. Within the Corner Brook eco-subregion of Damman's classification, this valley contains some of the richest habitat in the park. The eco-subregion offers the most diversity of vascular plant species and also contains the highest numbers of rare plants (42), twenty-three of which are restricted to the eco-subregion. Hiking the trails in the Lomond River valley gives one a chance to observe this rich habitat and examine its components. Trails

in the area include the Lomond River, Stanleyville, and the Stuckless trails, all of which offer a great variety in vegetation and possibilities to view wildlife.

One year I decided to keep track of the flowering dates of some plants along the Lomond River trail. I thought it would be a useful way of predicting when a certain species would most likely be in flower and useful for planning visits for people interested in certain species. Maybe it will help with your next visit to the area!

Flowering Periods along the Lomond River Trail 1994

* = majority of individuals in flower; -- = some still in flower

SPECIES	day month	16 6	29 6	6 7	13 7	20 7	23 7	27 7	3 8	10 8	16 8
Trillium cernum Clintonia borealis Primula mistassinica	nodding trillium clintonia primrose	* *	*								
Pinguicula vulgaris Actaea rubra Corallorhiza trifida	butterwort red baneberry early coralroot	* *	*								
Streptopus roseus Lonicera villosa Cypripedium calceolus	rose twisted stalk N fly-honeysuckle yellow - lady's-slipper	*	*	*	*						
Cypripedium acaule Ledum groelandicum Rhododendron canadense	mocassin flower Labrador tea rhodora	*	*	*							
Andromeda glaucophylla Comus canadensis Trientalis borealis	bog rosemary bunchberry starflower	*	*	*	*						

SPECIES	day month	16 6	29 6	6 7	13 7	20 7	23 7	27 7	3 8	10 8	16 8
Maianthemum canadensis Ranunculus acris Acer spicatum	wild lily-of-the-valley buttercup mountain maple		 *	*	*						
Thalictrum pubescens Geum rivale Rumex acetosella	tall meadow rue purple avens sheep sorrel		* *	* *	*	*					
Cypripedium reginae Corallorhiza maculata Mitella nuda	showy lady's-slipper spotted coral root bishop's cap			*	*	*	*				
Heracleum maximum Moneses uniflora Pyrola asarifolia	cow parsnip one-flowered pyrola pink pyrola			 * *	* *	* *	*				
Linnaea borealis Aralis nudicaulis Kalmia angustifolia	twinflower wild sarsaparilla sheep laurel			*	*	*	*	*			
Sarracenia purpurea Vaccinium oxycoccus Listera convallarioides	pitcher plant small bog cranberry twayblade			*	* *	*	 *				
Pyrola minor Pyrola secunda Habenaria orbiculata (H. macrophylla)	lesser pyrola one-sided pyrola round-lvd orchid			*	*	*	*	*			
Habenaria obtusata Habenaria dilatata Monotropa uniflora	one-leaved - rein orchid leafy white orchid Indian pipe				*	* *	*	*	*	*	*
Lobelia kalmii Eupatorium maculatum Habenaria psycodes	brook lobelia Joe Pye weed purple-fringed orchid						*	*	*	*	*
Myosotis laxa Centaurea nigra Prunella vulgaris	forget-me-not black knapweed heal-all						* *	*	* * *	* *	* *

SPECIES	day month	16 6	29 6	6 7	13 7	20 7	23 7	27 7	3 8	10 8	16 8
Tofieldia glutinosa Aster puniceus Aster radula	sticky asphodel purple-stemmed aster rough-leaved aster						*	*	 *	*	*
Sanguisorba canadensis Conioselinum chinense Parnassia glauca	bottlebrush hemlock-parsley grass-of-parnassus									* * *	*
Solidago canadensis Prenanthes trifoliolata Solidago macrophylla	Canada goldenrod gall-of-the-earth large-leaved goldenrod									*	*
Angelica atropurpurea Spiranthes romanzoffiana	angelica hooded ladies-tresses								*	*	*
Epilobium glandulosum	tall willowherb									*	*

Editor's Note: We plan to hike the Lomond Trail on our annual Wildflower Field Trip in July. Hopefully Marilyn will be there to show us her favourite spots!

Wildflower - Watching along the Waterford

by Lydia Snellen

On my first walk along the Waterford river behind our house, in April 1971, all I saw was a mass of flattened dead grasses, and here and there a small tree. Now 25 years later, I know that this bleak view is deceptive: among the various grass types many wild-flower species can be found! The trees are much taller now, and also more plentiful. In 1983 I switched from printfilm to slidefilm, and I obtained a 50mm Macro lens for close-ups. At that time I could not have guessed that this was the beginning of a 12 year project, resulting in a slideshow for the Wildflower Society!

A list of the plants featured in the slideshow (5 I wildflowers, and 8 trees and shrubs), is provided in this issue. The month in which they bloom is indicated. [Thanks to Todd Boland, who checked and corrected the names during the show!]

While living in "our valley, I've learned two things, besides a lot of common plant names (the latin names keep slipping my mind!), - namely:

1. Plants are very resilient! Every year the valley is flooded at least once, sometimes as long as a

week but the plants do not drown! They may wilt during long dry spells in the summer, but they do not die!

In 1978 a sewer line was installed: everything was uprooted and plowed under, leaving our valley-stretch looking like a desert. The following year there was green grass again, or so it looked. In reality the wildflowers were also growing back (from the "seed-banks" in the soil).

2. Nothing is constant in Nature! There are always changes. The river bed changes repeatedly, as floodwaters wash soil away at several places and deposit it elsewhere, down stream. The balance between the wildflowers also changes from year to year.

In 1995 only a few coltsfoot flowers bloomed on a land-fill hill, where they made a nice yellow show 10 years ago. For several years black knapweed dominated the hill. Around 1974 there was a fair sprinkling of lupines, but 10 years later there were large, colourful "Lupine Lakes"! Then in 1991 the chervil invasion started! The flowers of chervil (#25 on the list) look like Queen Anne's lace, but the seed heads are different. They were growing in moderation all along the river, one here, one there, until in '91 they started to overtake the lupines, black knapweed and everything else, like an advancing army. In '92 there were still some lupine pockets. In '94 and '95 there was a chervil sea! Beautiful while in bloom, ugly the rest of the year. Some plants do not thrive in the valley. Fireweed gave it a try, but it disappeared. I found some Indian pipe, 2 years in a row, then they were gone.

The wildflowers provide an excellent habitat for many creeping and crawling creatures: beetles, mice, ants, rats, caterpillars and spiders, to name a few. Moths and Butterflies are attracted by the flower's nectar. I have

come across 9 species of butterflies so far. (see list) Butterflies have their own ups and downs, mostly related to weather conditions, but there is of course also a connection with the quantity of the flowers they feed on. It was not until the black knapweed had become abundant that the Painted Lady appeared in the valley. Red Admirals became regular visitors a little later when there was suddenly an ample supply of lance-leaved goldenrods.

Whether your interest lies with wildflowers only, or with every aspect of Nature, our small untouched stretch along the river has much to offer!! Note: There is a better accessible trail on the Southside Road - side of the river, where the railway used to be; "our" stretch is on the Waterford Bridge Road - side.

P.S. There will be another showing of the Waterford Valley slideshow on May 15th at the Science Building, in Room S4015, for the "Camera 35" Club, at 8:15 p.m). Anyone who missed it in November is welcome. (Phone Lydia at 722-8833 for parking tips.)



Wildflowers, Shrubs, and Trees, Along the Waterford River ('83-'95)

(in order of appearance in slide show by Lydia Snellen)

May	1. willow sp.	Salix sp.
Apr/May	2. coltsfoot	Tussilago farfara (Compositae)
May	3. lesser celandine	Ranunculus ficaria (Ranunculaceae)
11	4. white birch	Betula papyrifera (Corylaceae)
***	5. mountain alder	Alnus crispa (Corylaceae)
11	6. wild lily-of-the-valley	Maianthemum canadense (Liliaceae)
	(Canada Mayflower)	` ,
Ħ	7. starflower	Trientalis borealis (Primulaceae) - leaf only
August	8. Indian pipe+	Monotropa uniflora (Pyrolaceae)
June	9. Scotch pine	Pinus sylvestris (Pinaceae)
"	10. white spruce?	Picea glauca (Pinaceae)
"	11. smooth chuckley pear	Amelanchier laevis (Rosaceae)
"	12. pin cherry	Prunus pensylvania (Rosaceae)
May/June	13. common dandelion	Taraxatum officinale (compositae)
June	14. blue-eyed grass	Sisyrinchium montanum (Iridaceae)
**	15. English plantain	Plantago lanceolata (Plantaginaceae)
**	16. wintercress	Barbarea vulgaris (Cruciferae)
"	17. cuckoo flower	Cardamine pratensis (Cruciferae)
**	18. common strawberry	Fragaria virginiana (Rosaceae)
"	19. hawkweed sp.	Hieracium sp. (Compositae)
June/July	20. tall buttercup	Ranunculus acris (Ranunculaceae)
July	21. lesser stitchwort	Stellaria graminea (Caryophyllaceae)
July/Aug	22. smaller forget-me-not	Myosotis laxa (Boraginaceae)
July	23. common speedwell	Veronica officinalis (Scrophulariaceae)
11	24. garden lupine	Lupinus sp. (Leguminosae)
"	25. chervil	Anthriscus silvestris (Umbelliferae)
July	26. red clover	Trifolium pratense (Leguminosae)
"	27. cow vetch	Vicia cracca (Leguminosae)
**	28. wild rose	Rosa multiflora (Rosoceae)
11	29. wild rose (pink)	Rosa sp. (Rosaceae)
11	30. reed canary grass	Phalaris arundinacea (Poaceae)
July/Aug	31. ox-eye daisy	Chrysanthemun leucanthemum (Compositae)
July	32. hop clover	Trifolium agrarium (Leguminosae)
11	33. maiden pink	Dianthus deltoides (Caryophyllaceae)
July/Aug	34. scentless chamomile	Matricaria maritima (Compositae)
11	35. field scabious	Knautia arvensis (Dipsacaceae)
July	36. dame's rocket	Hesperis matronalis (Cruceferae)

July/Aug	37. hedge bindweed	Convolvulus sepium (Convolvulaceae)
**	38. black knapweed	Centaura nigra (Compositae)
"	39. common	
	evening primrose	Oenothera biennis (Onagraceae)
August	40. eyebright	Euphrasia americana (Scrophulariaceae)
**	41. common	
	St. John's-wort	Hypericum perforatum (Guttiferae)
Aug/Sept	42. aster sp.	Aster sp. (Compositae)
**	43. butter-and-eggs	Linaria vulgaris (Scrophulariaceae)
"	44. blue toadflax	Linaria canadensis (Scrophulariaceae)
"	45. Joe-pye-weed	Eupatorium maculatum (Compositae)
"	46. nightshade (bittersweet)	Solanum dulcamara (Solamaceae)
Sept	47. tansy ragwort	Senecio jacobaea (Compositae)
"	48. woundwort	Stachys palustris (Labiatae)
Aug/Sept	49. fireweed +	Epilobium angustifolium (Onagraceae)
"	50. meadowsweet	Spiraea latifolia (Rosaceae)
"	51. yarrow	Achillea milifolium (Compositae)
Sept	52. lance-leaved goldenrod	Solidago graminifolia (Compositae)
Sept	53. thistle	Cirsium vulgare (Compositae)
"	54. pearly everlasting	Anaphalis margaritacea (Compositae)
"	55. brambles (blackberries)	Rubus canadensis (Rosaceae)
**	56. musk mallow	Malva moschata (Malvaceae)
**	57. maple sp.	Acer sp. (Aceraceae)
н	58. dock	Rumex sp. (Polygonaceae)

N.B. All plants listed here were still present in 1995, except the two marked with +.

BUTTERFLIES in the slide show

July	 Arctic Skipper 	Carterocephalus palaemon
**	2. Spring Azure	
	(or Nfld. Blue?)	Celastrina (argilus pseudargiolus)
"	3. Inornate Ringlet	Coenonympha inornota
July/Sept	4. European	
	Cabbage Butterfly	Pieris rapae
July	5. Canadian	
	Tiger Swallowtail	Papilio glaucus canadensis
July/Aug	6. European Skipper	Thymelicus lineola
Aug/Sept	7. Red Admiral	Cynthia atalanta
"	8. Mourning Cloak	Nymphalis antiopa
**	9. Painted Lady	Cynthia cardui

Cape Onion, August 1994

by Howard Clase

This article, begun following our 1994 Wildflower Society trip to the Northern Peninsula, has been eighteen months in the writing. But I have been persuaded that in view of the coming summer's excursion to the same part of the world, now would be a good time to get it finished.

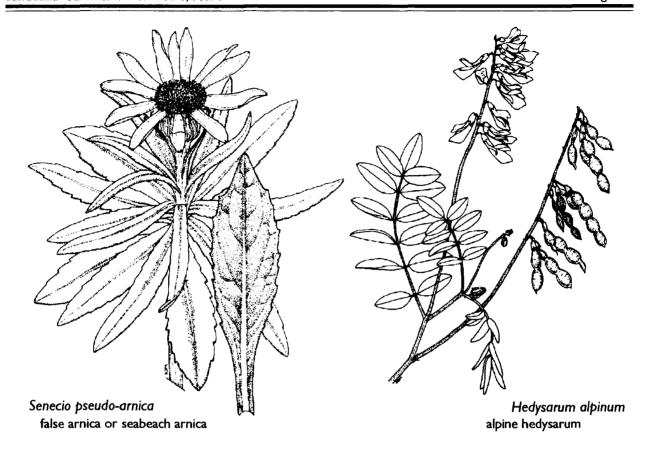
When the rest of the group set off south from Plum Point after breakfast on August 20th we turned our wheels back towards St. Anthony, but just before we reached the town we turned onto the road leading to Cape Onion and the most northerly inhabited house on the island. Originally built in the late 1800s, the house was restored a few years ago by David Adams, a grandson of the builder, and renamed "The Tickle Inn". It offers bed and breakfast during the summer months, and that is not all, for a very reasonable extra amount you can partake of a delicious evening meal in the company of fellow guests from all over the world.

What we wanted, as well as good accomodation, was the opportunity to consolidate what we had learned during the previous few days. It's all very well to be able to see the distinguishing features of a plant, say the marsh pea, Lathyrus palustris, when they are pointed out to you by an expert botanist - but how much do you remember when you next come across a similar plant and wonder whether it's a marsh pea or a beach pea, L. japonicus, or even something totally different - not all that much we found! But we did have our portable library, fine weather, two days and myriad of plants to practise on.

Cape Onion was the ideal spot for this since within 20 minute walk of the house there is a wide range of habitats. Around the house and the roadside were the usual aliens and some not so usual such as the wild caraway, Carum carvi, which was growing in the roadside ditch.

All was not alien even here, however, since the lawn sported specimens of the native spurred gentian, Halenia deflexa. Since the area has only recently been opened up by road, there are fewer aliens than in many similar locations. Behind the house is a fairly large meadow, once grazed by the Adams family's milk suppliers, but now up to knee high in vegetation of all kinds. Between the meadow and the beach was the old track, whose compressed poor soil yielded our first exciting discovery! As we had found all the way up the Northern Peninsula this was a habitat favoured by the wild gentians, but here they were white instead of blue. A peak into a flower's throat with reversed binoculars revealed the fringe that identified the species as Gentianella amarella, the felwort or northern gentian, and reference to Gray's Flora told us that this white form had been given the rather cumbersome and uniformative name Gentianella amarella forma Michauxiana. (I know Michaux did a lot of work on the Newfoundland Flora, but wouldn't "f. alba" have been a more useful name in the long run?). We soon came across some of the normal blue form too; the two forms were present in roughly equal numbers.

The seashore itself comprised a wide beach of moderate sized pebbles which sported several large clumps of the **false arnica**, Senecio pseudo-arnica, typical of such habitats all round the Island, and whose large yellow flowers excited much interest and even argument amongst our fellow guests - argument because this plant is not in any of the usual beginner's plant guides and it tends to get misidentified. There were also the other usual beach plants, although no other was as adventurous as the senecio in approaching the waves! The shore itself is sheltered by a reef and several small islands, which probably explains why they were able to grow in such a precarious site.



At the far end of the meadow is a steep, wooded hillside through which the Adams have cut a trail leading up to the limestone barrens. It was here that we found the woodland species in our list, including leaves of the **naked mitrewort**, *Mitella nuda*, and the two forms of **baneberry**, *Actaea rubra*, growing close enough to get the red and white berries in the same slide.

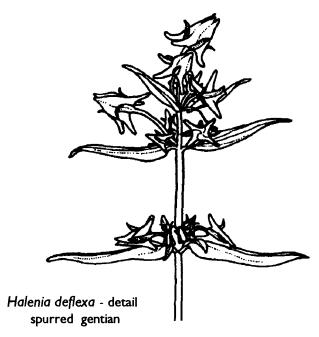
In a clifftop clearing amongst the trees we found that other kind of wild pea I alluded to above, clearly neither beach nor marsh it had longer racaemes of flowers, perhaps 50 in all, with the lower already forming pods and very curious pods at that. Instead of being more or less even thickness with slight bumps where the seeds were, the pod constricted to a narrow neck between each seed giving a "string of pearls" look. The flowers, though, were the purplish colour typical of this group. This one was not in any of our wildflower guides, but we

eventually tracked it down in Gray as Hedysarum alpinum, alpine hedysarum, the more common of the two members of this genus found in the Province, but not that common, since we didn't come across it on the "official" part of our trip. The barrens at the top of the hillside are reasonably well vegetated, but there are also areas of more or less bare limestone in the more exposed sites. It's a lovely place to botanize on a fine summer day, with views across the bay to L'Anse-aux-Meadows as well as over the island-dotted ocean. While there was a good selection of plants typical of limestone barrens on the Northern Penninsula we didn't find anything unusual unless you count the misplaced beach peas.

Once we had managed to clear a spot of the **plumboys**, *Rubus arcticus*, that grew there very abundantly and were just ripe and very tasty, we spent most of one sunny afternoon sitting in

the meadow with our portable library firstly trying to identify the specimens we had collected on our walk and then everything else within reach.

The main problem for amateurs trying to identify flowers in Newfoundland is that many of the native plants are not in the standard North American field guides. Aimed mainly at the large US market the coverage tends to peter out the farther you are from the border, and of course Cape Onion is about as far as you can get and still be in Newfoundland. However, the farther north you go the more similarities there are between the flora on both sides of the Atlantic, and since there is plenty of book-buying public in northern Europe, there are good field guides for that part of the world that include many of the species also native here, or at least close relatives of them; and since many of our aliens also came from that part of the world, a guide to the flowers of Northern Europe is a very useful supplement to the standard North American guides.



Note: this plant can grow to 15cm tall in wooded areas, but in our exposed barrens, it often reaches only 4-5 cm in height. It's color ranges from purple to green or yellow.

When you find an unknown plant you usually have some idea about it; you can often guess at the family for example, so you rarely have to start absolutely from scratch. Our strategy is first to get as far as we can using the field guides: Newcomb, Peterson, and Fitter and Blamey. In many cases we were able to go straight to the family and then try to narrow it down to the genus. We much prefer books which list plants by family since related plants are together and this is the way that Fitter and Blamey do it (and they have by far the best illustrations of the three), but we also found that Newcomb's keying system works quite well so Peterson is a last resort. There was only one plant that didn't even have a member of its genus in any of the field guides, the spurred gentian, Halenia deflexa, and luckily we knew what that was already.

Of course none of the guides really tell you which plants are found in Newfoundland, for purpose Rouleau's Check indispensible, even though it is only a list of names and needs some updating, immediately rule out some possibilities and introduce others that the field guides have never heard of. The final step is where the serious botany comes in - trying to make the final identification using Gray's Manual - you can tell this is for serious botanists since it doesn't have all that many pictures! For each genus there is a botanical key, full of words like "pilose", "ciliate", "hispid", "pubescent" and "villous". There are as many botanical words for "hairy" as the Inuit have for snow; these are just five of them! You also need a good magnifying glass to see the hairs, or at least a pair of binoculars which make quite a good microscope when used backwards.

At first encounter, botanical keys are a bit intimidating, but with frequent reference to the glossary and practise it isn't an impossible task

to come up with a name. There is then a great feeling of achievement when you read the detailed description and find some unique feature that clinches it - like the "strigose" uppersurface of the leaves of the naked miterwort, Mitella nuda. "Strigose" according to the glossary means "provided with appressed sharp, straight and stiff hairs"; out with the magnifying glass and sure enough there they are, I mm-long stiff hairs, lying almost flat on the leaf surface.

Of course, it takes a while, and it doesn't work every time, but we did manage to satisfy ourselves about the identity of about 40 species. These are listed in the table. One problem that you do meet with, is that while they are more reliable than vernacular names, botanists do change the Linnaean names from time to time. Although I know that some of them are out of date, for consistency I have mostly stuck with the scientific names as in the 8th edition of *Gray's Manual*, and the names are also listed in the same order as in Gray. I've indicated also some extra information like whether or not they were in flower and the habitat(s) in which we found each species.

I am sure that we were only scratching the surface of the plants of Cape Onion, but it is a start, and we look forward to extending it this summer and we hope during subsequent ones.

The Portable Library:

Fernald, M.L., *Gray's Manual of Botany*, 8th edition, American Book Co., New York, 1950. 1632pp.

Fitter, R., Fitter, A., and Blamey, M., Wild Flowers of Britain and Northern Europe, 3rd edition, Collins, London, 1978. 336pp.

Newcomb, L., Wildflower Guide, Little, Brown & Co, Boston, 1977. 495pp.

Peterson, R.T. and McKenny, M., Field Guide to the Wildflowers of Northeastern and North-central America, Houghton Mifflin, Boston, 1968. 420pp.

Rouleau, E., List of the Vascular Plants of the Province of Newfoundland, Oxen Pond Botanic Garden, St John's, 1978. 132pp. (Still available.)

Editor's Note: To fill the gap of field guides specifically for Newfoundland, Sue Meades, our past president, is working with Michael Burzynski and Anne Marceau, at Gros Morne NP, on an illustrated field guide to the native wildflowers of Newfoundland & Labrador. Most of the illustrations that appear in our newsletter are from that book-in-progress. It should be available in 1997. Another references to look for soon is a revision of Rouleau's checklist, updated by Sue Meades and Stuart Hay. For distribution information, our society owns a copy of Rouleau & Lamoureux's Atlas of the Vascular Plants of the Island of Newfoundland and of the Islands of Saint-Pierre-et-Miquelon. This copy can be viewed at meetings, or borrowed (short-term) by members. Our society is adding distribution dots to our copy of the Atlas, in an effort to increase the knowledge of verified plant distributions in our province. Another Atlas that our society will be acquiring soon is the first volume of Robin Day's Atlas of Labrador Plants, which includes (alphabetically) genera between Abies and Chamaedaphne. This copy too will be updated with members' new finds.

For those bibliophiles who read some French, Fleurbec, the company who published the Newfoundland Atlas, has an excellent series of books on the plants of various categories: wetlands, seashores, roadside weeds, spring flowers, edible plants. Their latest is on ferns, horsetails, & clubmosses. The photographs are superb, particularly in their later volumes. Luise has order forms for all of Fleurbec's books.

Flowers of Cape Onion 20th-21st August, 1994

list compiled by Howard & Leila Clase

Legend:

* = introduced species; not native to Newfoundland

b = barrens m = meadow r = roadside s = seashore w = woods

= in flower f = in fruit (in late August) L= foliage (leaf) only

Smilacina stellata	false Solomon's seal	w, b	f
Streptopus roseus	rose mandarin	w	f
Salix reticulata	net-leaved willow	b	_ L
Betula michauxii	Newfoundland dwarf birch	ь	L
Silene acaulis	moss campion	Ь	f
* Rumex sp.	dock	m, r	#
(two species at least)			
* Atriplex sp.	orach	m	L
Stellaria sp.	chickweed	m, r	#
Cerastium alpinum	alpine chickweed	m	#
Ranunculus sp.	buttercup	m, w	#
Actaea rubra	red baneberry, poisonberry	w	f
Actaea rubra	, , , , ,		
f. neglecta	white baneberry	w	f
* Capsella bursa-pastoris	shepherd's purse, pickpocket	- <u></u> r	#, f
Sedum rosea	roseroot, Aaron's rod	w	L
Mitella nuda	naked miterwort	w	L
Fragaria virginiana	wild strawberry	m	f
Potentilla tridentata	three-toothed cinquefoil	m	#
Potentilla anserina	silverweed	m	#
Geum macrophyllum	large-leaved avens	-	
Geum rivale	water avens, chocolate-root	w	#
Rubus arcticus	Arctic bramble, plumboy	m	f
Rubus chamaemorus	cloudberry, bakeapple	ь	f
Alchemilla minor	small lady's-mantle	m	L
Sanguisorba canadensis	Canada burnet, bottlebrush	m	#

Trifolum repens	white clover	r	#
Oxytropis campestris	field oxytrope	Ь	f
Hedysarum alpinum	alpine hedysarum	b	#, f
Lathyrus japonicus	beach pea	s, b	#
Lathyrus palustris	marsh pea	m	#
* Geranium pratense	meadow cranesbill	m	#
Empetrum nigrum	crowberry, "blackberry"	<u> — — — — — </u>	
* Carum carvi	caraway	r	f
Ligusticum scothicum	Scotch lovage	s	L
Angelica atropurpurea	purple angelica	m, w	#
Heracleum maximum	cow parsnip	m, w	#
Cornus × unalaschkensis	hybrid bunchberry	m, w	#
Arctostaphylos alpina	alpine bearberry, foxberry	- <u> </u>	f
Vaccinium uliginosum	alpine bilberry, ground hurts	Ь	f
Vaccinium vitis-idaea	lingonberry, partridgeberry	Ь	f
— — — — — — — — — — — — — — — — — — —	felwort, northern gentian	 m	#
Gentiana amarella			
f. Michauxiana	white felwort	m	#
Halenia deflexa	spurred gentian	m	#
Mertensia maritima	oysterleaf	s	#
* Galeopsis tetrahit			
var. bifida f. alba	white hemp nettle	m	#
Euphrasia randii	Rand's eyebright	m	#
Euphrasia americana	American eyebright	m	#
Rhinanthus crista-galli	yellow rattle	m	#
Solidago macrophylla	broad-leaved goldenrod	w	#
Aster sp.	wild aster	m, w, b	#
Anaphalis margaritacea	pearly everlasting	m	#
Achillea borealis	northern yarrow	m	#_
Senecio pseudo-arnica	false arnica	s	#
Hieracium canadense	Canada hawkweed	m	#
Prenanthes trifoliolata	gall-of-the-earth	m, w, b	#
* Taraxacum officinale	dandelion	m, r	#
* Chamomilla suaveolens	pineapple weed	r	#
(syn. Maticaria matricarioides)	• •		

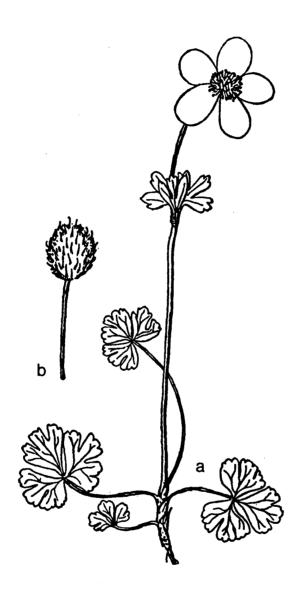
Newfoundland Wildflowers 8a

Anemones:

Four species of Anemones are known to occur in Insular Newfoundland. Three of these (A. canadensis L., A. multifida Poir., and A. riparia Fern.) are designated as rare species, while the fourth, A. parviflora Michx. is more common. Anemone parviflora Michaux (Small-flowered Anemone) can readily be distinguished from the other three by its smaller, usually 3-parted leaves, whose lobes and divisions are more rounded. The two or three small stem leaves, each divided into three lobes, are sessile and attached in a whorl part way up the flowering stalk. Also it usually only produces one flower per stem while the other three species usually produce two or more on each main stem. Flowers are white, often silky and bluish on the underside. Small-flowered Anemone normally grows in calcareous soils, rocky areas, heathy and turfy terrain, and can often be found in exposed alpine locations where it is usually less than 20 centimeters in height. It has mostly a west coast distribution on the Island.

Being an arctic and alpine species, A. <u>parviflora</u> is not illustrated and described in our common wildflower guides such as Peterson and McKenny, Newcomb's, and others.

See reverse side of page for illustration.



Small-flowered Anemone (A. parviflora Michaux). a. entire plant; b. wooly fruiting head. Illustration used with permission from "An Illustrated Flora of the Northern United States and Canada", 1913, by Britton and Brown; Dover Edition 1970.

RARE NEWFOUNDLAND WILDFLOWERS 8

In order to develop a better understanding of the distribution of our rare plants, especially those of the West Coast, a series of these sheets will be made available to interested naturalists. Each sheet will deal with a single species known only from a few localities on the Island. Please report any sightings of rare plants to Henry Mann, Biology Department, Sir Wilfred Grenfell College, Corner Brook, Newfoundland, A2H 6P9, or call 637-6245 (work) or 686-2340 (home). Records will be kept in the S.W.G. College Herbarium

Plant Name:

Common - Canada Anemone

Scientific - Anemone canadensis L.

Characteristics:

A tall perennial from 20 to 70 cm tall with each stem branching above to produce several flowers. Basal leaves have long petioles, but upper leaves where stem branching occurs are sessile; without petioles. Leaves are cut into a number of sharp-toothed lobes. Flowers are white with yellow/green centres and are about 3 to 4 cm across. Fruiting heads are globular clusters of distinctly beaked achenes which are not white-woolly as in our other species.

Habitat:

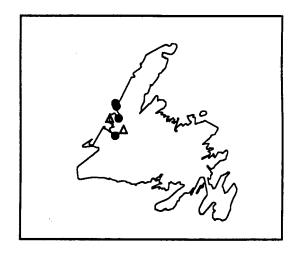
Usually occurs in moist meadows, damp wooded clearings and alluvial soils along streams.

Flowering Season:

The blooming season extends from about mid-June to late July in the Humber Valley.

Known Distribution:

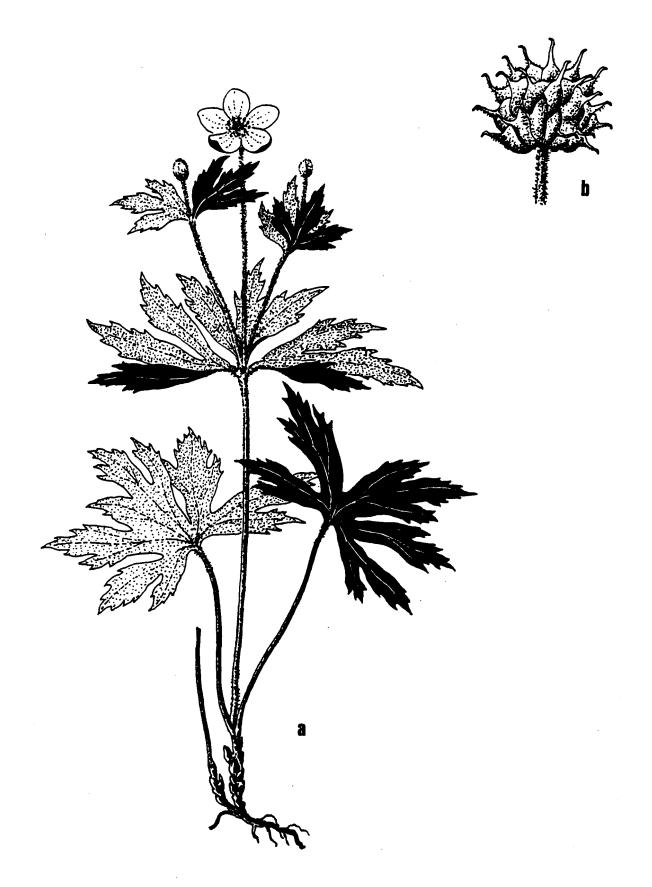
Only known on the Island in several locations from the Humber Valley north to Western Brook in Gros Morne. A large population can be seen along the Pasadena Nordic Ski Trails (Snowflake Lane) in wet meadows among alder thickets.



(Distribution Map After Bouchard et al 1991)

Diagrams: See reverse side of page.

Also described and illustrated in the Peterson and McKenny field guide pp., 30-31, and in Newcomb's Wildflower guide pp. 280-281.



Canada Anemone (<u>Anemone canadensis</u> L.) a. entire plant; b. fruiting head, a globose cluster of beaked achenes. Drawing by W. Hewitt.

RARE NEWFOUNDLAND WILDFLOWERS 9

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Common - Cut-leaf Anemone, Cleft Anemone Plant Name:

Scientific - Anemone multifida Poiret

Characteristics:

A silky-hairy perennial from 15 to 60 cm tall. Leaves are characteristically cut into many narrow pointed segments. Basal leaves are long stalked, but upper ones have only short petioles. The upper part of the stem branches to produce several flowers. Each flower is about 1.5 to 2.5 cm across with creamy-white or yellowish "petals" (sepals) often tinged with pink or purple, especially on the outside. The fruiting head is densely woolly.

Habitat:

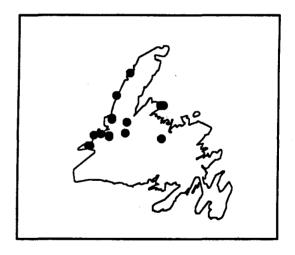
Usually found on limestone cliffs, in dry open limestone woods, on scree slopes and rocky barrens; often in alpine locations.

Flowering Season:

June - July

Known Distribution:

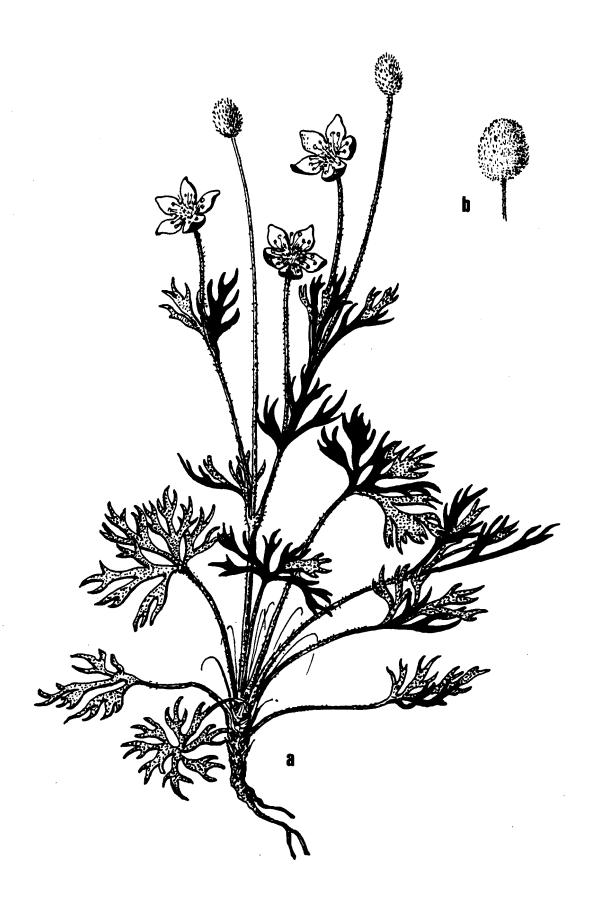
A. multifida has a scattered distribution on the Island, mainly north-central and western, usually in calcareous areas.



(Distribution Map After Bouchard et al 1991)

See reverse side of page. Diagrams:

This species is not illustrated in our common wildflower guides.



Cut-leaf Anemone (<u>Anemone multifida</u> Poiret). a. entire plant; b. white-woolly fruiting head. Drawing by W. Hewitt.

RARE NEWFOUNDLAND WILDFLOWERS 10

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Plant Name: C

Common - River-bank Anemone, Thimbleweed

Scientific - Anemone riparia Fernald

Characteristics:

A robust perennial up to a meter tall. Leaves somewhat resemble Canada Anemone, but unlike Canada Anemone, River-bank Anemone's upper leaves have distinct petioles. Stems produce several flowers each. Flowers are white or greenish and about 2 to 3 cm across. Fruiting heads are woolly with whitish and brownish hairs and the heads are more elongate than our other species.

Habitat:

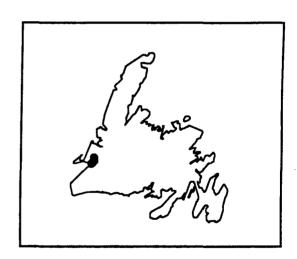
Calcareous rocky areas, gravelly shores and thickets, river banks.

Flowering Season:

June - July

Known Distribution:

Only known from several locations in the St. George's Bay general area - Harry's River and North Brook.



(Distribution Map After Bouchard et al 1991)

Diagrams: See reverse side of page.

Also illustrated in Newcomb's Wildflower Guide, pp. 288-289.



River-bank Anemone (<u>Anemone riparia</u> Fernald) a. entire plant; b. whitishbrown woolly, cylindrical, fruiting head. Drawing by W. Hewitt.