Kudzu Jelly
by Amy R. Kendall

4 cups kudzu blossoms
4 cups boiling water
1 tablespoon lemon juice
1 package pectin
5 cups sugar
4-6 half-pint jars & lids, sterilized and kept hot

Kudzu Blossom

Kudzu blossoms are ready to be picked the end of July through the beginning of September. If you live in an area with an abundance of kudzu vines you will know when the flowers are in bloom from the sweet grape like aroma in the air. Use scissors to cut the flowering stem off the vine.

Be careful to cut only blossoms that have not been sprayed with any type of chemicals. Pull the purple blossoms off the stem until you have 4 cups. Wash blossoms thoroughly to remove bugs or stems. Place blossoms in large bowl and pour boiling water over them. Stir and set in refrigerator for at least 6 hours or overnight. Liquid will be grayish in color.

Strain liquid and discard blossoms. Pour liquid in a medium pot. Add lemon juice, pectin, and sugar. The lemon juice will turn the gray liquid a bright purple. Bring jelly to a full rolling boil, stirring constantly. Boil for 2 minutes.

Remove from heat and skim off foam. Pour jelly into hot sterilized jars and seal. Process jelly in boiling water bath for 7 minutes. Store in a cool, dark place.

If jelly does not thicken properly the kudzu mixture can still be used as syrup for pancakes. This tends to happen to me if I try and double the recipe. But the syrup is just as tasty as the jelly. Enjoy!

Legend

A - All Trails
B - Buckeye Trail
G - Geology Trail
H - Hollow Tree Trail
L - Lizard Loop Trail
N - Nature Trail
NC - Nature Center
O - Overlook Trail
P - Possum Loop Trail
Q - Quarry Trail
R - Rare/Scattered
RV - Ridge Valley Trail
S - Silent Journey Trail
T - Trillium Trail
W - Wetlands

RUFFNER MOUNTAIN
NATURE PRESERVE

Ruffner Mountain Nature Center
1214 81st Street South
Birmingham, AL 35206
205.833.8264
www.ruffnermountain.org

SPRING WILDFLOWERS

Ruffner Mountain Nature Center

Indian Pink

Spring Wildflowers of Ruffner Mountain Nature Center
March-May

Collecting or Picking of Wildflowers is strictly prohibited

See Legend to Trails on Back

Example: 1) Common name - *Scietific name* Trail Locations

Dicots

Birthwort - Aristolochiaceae

1) Little Brown Jug - *Hexastylis arifolia* NC, RV
2) Dutchman's Pipe - *Aristolochia macrophylla* R

Buttercup - Ranunculaceae

3) Kidney-leaf Buttercup - *Ranunculus abortivus* N, T, RV
4) Hairy Buttercup - *Ranunculus hispidus* W
5) Hooked Crowfoot - *Ranunculus recurvatus* N, T, RV
6) Columbine - *Aquilegia canadensis* NC
7) Thimbleweed - *Anemone virginica* A
8) Wood Anemone - *Anemone lancifolia* R
9) Rue Anemone - *Thalictrum thalictroides* A
10) False Rue Anemone - *Isopyrum biteratum* A
11) Larkspur - *Delphinium carolinianum* G, P, NC
12) Dwarf Larkspur - *Delphinium tricorne* G, P
13) Sharp-lobed Hepatica - *Hepatica nobilis* A

Thimbleweed

Barberry - Berberidaceae

14) Mayapple - *Podophyllum peltatum* G, T, N, NC, RV

Poppy - Papaveraceae

15) Bloodroot - *Sanguinaria canadensis* NC, H

Nettle - Urticaceae

16) False Nettle - *Boehmeria cylindrical* RV, W
17) Clearweed - *Pilea pumila* RV, W, NC

Pokeweed - Phytolaccacea

18) Pokeweed - *Phytolacca Americana* A

Goosefoot - Chenopodiaceae

19) Lamb's Quarters - *Chenopodium album* NC

Purslane - Portulacaceae

20) Spring Beauty - *Claytonia virginica* A

Fire Pink

Pink - Caryophyllaceae

21) Sandwort - *Arenaria patula* H, Q, RV
22) Giant Chickweed - *Stellaria pubera* H, Q, RV
23) Fire Pink - *Silene virginica* B, H, Q, RV
24) Wild Pink - *Silene caroliniana* R

…..Smilax - Smilacaceae

143) Carrion Flower - *Smilax herbacea* A
144) Roundleaf Greenbrier - *Smilax rotundifolia* A
145) Cat Greenbrier - *Smilax glauca* A
146) Lanceleaf Greenbrier - *Smilax smallii* R

Yam - Dioscoreaceae

147) Wild Yam - *Dioscorea villosa* A

Iris - Iridaceae

148) Blue-eyed Grass - *Sisyrinchium angustifolium* P, Q
149) Dwarf Crested Iris - *Iris cristata* R, P, NC
150) Crested Iris - *Iris verna* B, RV

Orchid - Orchidaceae

151) Spring Coral-root - *Corallorhiza wisteriana* R
152) Southern Twayblade - *Listera australis* R

Southern Twayblade

Ruffner Mountain protects the habitat of over 500 species of plants including over 350 herbaceous plant species. There are over 300,000 trees on Ruffner Mountain. The timber value of Ruffner's forest is $92 million and the forest reduces air pollution by 69 metric tons every year. The forest also sequesters 1,240 metric tons of carbon each year which is valued at $25,200 per year. **Kindly consider becoming a member to support our work.**

NOTES

Bittersweet - Celastraceae

115) Strawberry Bush/Hearts-a-bustin - *Euonymus americanus* A

Spurge - Euphorbiaceae

116) Alabama croton - *Croton alabamensis* NC, T

Heath - Ericaceae

117) Piedmont Azalea - *Rhododendron canescens* RV
118) Mountain Laurel - *Kalmia latifolia* RV, Q
119) Blueberry - *Vaccinium spp.* A

Mountain Laurel

Monocots

Arum - Araceae

120) Jack-in-the-pulpit - *Arisaema triphyllum*,*Arisaema triphyllum* var. *quinatum* A
121) Green Dragon - *Arisaema dracontium* R
122) Arrow Arum - *Peltandra virginica* W

Spiderwort - Commelinaceae

123) Virginia Spiderwort - *Tradescantia virginicus* NC, Q
124) Zig-zag Spiderwort - *Tradescantia subaspera* NC, Q

Lily - Liliaceae

125) Wild Hyacinth - *Camassia scilloides* G, N, P, Q, T
126) Yellow Trout Lily - *Erythronium americanum* G, N, NC
127) False Garlic - *Nothoscordum bivalve* A
128) Field Garlic - *Allium vineale* A
129) Wild Onion - *Allium canadense* A
130) Little Sweet Betsy Trillium - *Trillium cuneatum* A
131) Yellow Toadshade Trillium - *Trillium luteum* R, Q
132) Southern Nodding Trillium - *Trillium rugelii* R, Q
133) Twisted Trillium - *Trillium stamineum* R, Q
134) Perfoliate Bellwort - *Uvularia perfoliata* A
135) False Solomon's Seal - *Smilacina racemosa* A
136) Solomon's Seal - *Polygonatum biflorum* A
137) Fairywand - *Chamaelirium luteum* B, T
138) Carolina Lily - *Lilium michauxii* R
139) Atamasco Lily - *Zephyranthes atamasca* R, NC
140) Yellow Star-grass - *Hypoxis hirsute* P, Q

Fairywand

Agave - Agavaceae

141) Adam's Needle - *Yucca filamentosa* R, B

Smilax - Smilacaceae

142) Bristly Greenbrier - *Smilax bona-nox* A

Smartweed - Polygonaceae

25) Lady's Thumb - *Polygonum pensylvanicum* R
26) Climbing False Buckwheat - *Polygonum scandens* R

Violet - Violaceae

27) Field Pansy - *Viola rafinesquii* A
28) Common Blue Violet - *Viola sororia* NC
29) Three Lobed Violet - *Viola palmate* B, Q, RV
30) Bird's Foot Violet - *Viola pedata* P, RV
31) Halberd-leaved Violet - *Viola hastate* Q, N, G
32) Downy Yellow Violet - *Viola pubescens* Q, N, G
33) Long-spurred Violet - *Viola rostrata* A

Bird's Foot Violet

Mustard - Brassicaceae

34) Smooth Rockcress - *Arabis laevigata* R
35) Shepard's Purse - *Capsella bursa-pastoris* NC
36) Cut-leaf Toothwort - *Cardamine concatenate* A
37) Slender Toothwort - *Cardamine angustata* A

Wintergreen - Pyrolaceae

38) Spotted Wintergreen, Pipsissewa - *Chimaphila maculate* A

Hydrangea - Hydrangeaceae

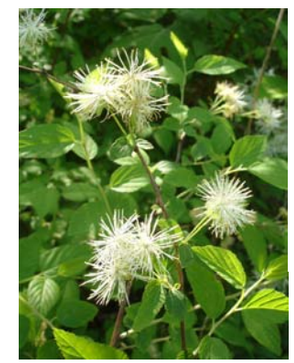
39) Scentless Mock Orange - *Philadelphus inodorus* R

Saxifrage - Saxifragaceae

40) Early Saxifrage - *Saxifraga virginiensis* R
41) Foam Flower - *Tiarella cordifolia* R
42) Alumroot - *Heuchera americana* R

Rose - Rosaceae

43) White Avens - *Genum canadense* A
44) Alabama Snow Wreath - *Neviusia alabamensis* NC
45) Common Cinquefoil - *Potentilla simplex* A
46) Black Raspberry - *Rubus caroliniana* A
47) Southern Blackberry - *Rubus argutus* A



Alabama Snow Wreath

Bean (Pea) - Fabaceae

48) Red Clover - *Trifolium pretense* NC
49) Crimson Clover - *Trifolium incarnatum* NC
50) White Clover - *Trifoium repens* NC
51) Carolina Vetch - *Vicia caroliniana* NC
52) Spring Vetch - *Vicia sativa* NC

Christmas Mistletoe - Viscaceae

53) Mistletoe - *Phoradendron serotinum* A

Cashew - Anacardiaceae
54) Poison ivy - *Toxicodendron radicans* A
55) Fragrant Sumac - *Rhus aromatica* O, P, Q, S, T
56) Smooth Sumac - *Rhus glabra* H, NC, W
57) Winged Sumac - *Rhus copallina* H, NC, W

Wood-sorrel - Oxalidaceae
58) Yellow Wood-sorrel - *Oxalis stricta* A
59) Violet Wood-sorrel - *Oxalis violacea* Q, W

Geranium - Geraniaceae
60) Wild Geranium - *Geranium maculatum* A
70) Carolina Geranium - *Geranium carolinianum* A

Carrot - Apiaceae
71) Wild Chervil - *Chaerophyllum tainturieri* A
72) Golden Alexander - *Zizia aurea* NC, W
73) Hairyjoint Meadowparsnip - *Thaspium barbinode* W

Pinkroot - Loganiaceae
74) Indian Pink - *Spigella marilandica* N, NC,
75) Yellow Jessamine - *Gelsemium sempervirens* R

Dogbane - Apocynaceae
76) Eastern Bluestar - *Amsonia tabernemontana* NC, R
77) Climbing Dogbane - *Trachelospermum cannabinum* R

Phlox - Polemoniaceae
78) Hairy Phlox - *Phlox amoena* B,Q, RV
79) Carolina Phlox - *Phlox carolina* A
80) Blue Phlox - *Phlox divaricata* A
81) Downy Phlox - *Phlox pilosa* B, Q, RV
82) Jacob's Ladder - *Polemonium reptans* RV

Waterleaf - Hydrophyllaceae
83) Purple Phacelia - *Phacelia bipinnatifida* R

Borage - Boraginaceae
84) Hoary Puccoon - *Lithospermum canescens* P
85) Spring Forget-me-not - *Myosotis verna* R

Vervain - Verbenaceae
86) Narrow-leaved Vervain - *Verbena simplex* W
87) Amercian Beautyberry - *Callicarpa americana* A

Downy Phlox

Hoary Puccon

Mint - Lamiaceae
88) Lyre-leaf Sage - *Salvia lyrata* A
89) Nettle-leaved Sage - *Salvia urticifolia* A
90) Heart-leaved Skullcap - *Scutellaria ovata* A
91) Lemon Mint - *Monarda citriodora* NC

Figwort - Scrophulariaceae
92) Wood Betony - *Pedicularis canadensis* R

Broom-rape - Orobanchaceae
93) Cancer root - *Orobanche uniflora* R

Madder - Rubiaceae
94) Cleavers - *Galium aparine* NC, A
95) Bedstraw - *Galium pilosum* NC, A
96) Bluets - *Houstonia caerula* A
97) Large Bluet - *Houstonia purpurea* A
98) Narrow-leaved Bluet - *Houstonia tenuifolia* G, N, Q, T
99) Patridgeberry - *Mitchella repens* A

Honeysuckle - Caprifoliaceae
100) Coral Honeysuckle - *Lonicera sempervirens* R
101) Elderberry - *Sambucus canadensis* NC, RV, W
102) Coralberry - *Symphoricarpos orbiculatus* A
103) Rusty Blackhaw - *Viburnum rufidulum* A

Valerian - Valerianaceae
104) Large-flowered Valerian - *Valeriana pauciflora* N

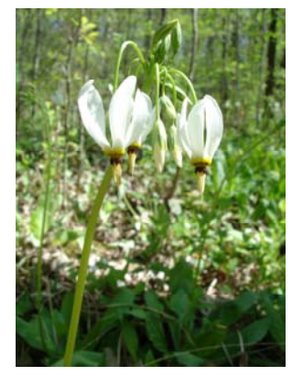
Aster - Asteraceae
105) Yarrow - *Achillea millefolium* A
106) Butterweed - *Packera glabella* Q, P
107) Small's Ragwort - *Packera anonyma* A
108) Common Fleabane - *Erigeron philadelphicus* A
109) Early White-top Fleabane - *Erigeron vernus* A
110) Plantain Pussy-toes - *Antennaria plantaginifolia* Q, O, RV
111) Two-flowered Cynthia - *Krigia biflora* A

Primrose - Primulaceae
112) Shootingstar - *Dodecatheon meadia* G, NC

Sweetshrub - Calycanthaceae
113) Eastern Sweetshrub - *Calycanthus floridus* L, NC, RV

Trumpet-Creeper - Bignoniaceae
114) Crossvine - *Bignonia capreolata* A

Lemon Mint



Shootingstar