Ruffner Mountain Nature Center

FALL WILDFLOWERS

Oakleaf Hydrangea
State Wildflower

Fall Wildflowers of Ruffner Mountain Nature Center
June-November

Collecting or Picking of Wildflowers is strictly prohibited

See Legend to Trails on Back

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

Dicots

Meadow Rue

Birthwort - Aristolochiaceae

1) Little Brown Jug - *Hexastylis arifolia* NC, RV

Buttercup - Ranunculaceae

2) Virgin's Bower – *Clematis virginiana* R
3) Leatherflower – *Clematis viorna* R
4) Thimbleweed - *Anemone virginica* A
5) Larkspur - *Delphinium carolinianum* G, P, NC
6) Dwarf Larkspur - *Delphinium tricorne* G, P
7) Yellowroot - *Xanthorhiza simplicissima* RV
8) Rue Anemone - *Thalictrum thalictroides* A
9) Meadow Rue - *Thalictrum pubescens* W

Moonseed - Menispermaceae

10) Canada Moonseed - *Menispermum canadense* R
11) Carolina Snailseed - *Cocculus carolinus* NC, A

Nettle - Urticaceae

12) False Nettle - *Boehmeria cylindrical* RV, W
13) Clearweed - *Pilea pumila* RV, W, NC

Pokeweed - Phytolaccacea

14) Pokeweed - *Phytolacca americana* A

Cactus - Cactaceae

15) Prickly Pear - *Opuntia compressa* P

Goosefoot - Chenopodiaceae

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

Amaranth - Amaranthaceae

17) Pigweed, Amaranth - *Amaranthus hybridus* NC, W

Pink - Caryophyllaceae

18) Sandwort - *Arenaria patula* H, Q, RV
19) Giant Chickweed - *Stellaria pubera* H, Q, RV
20) Fire Pink - *Silene virginica* B, H, Q, RV
21) Wild Pink - *Silene caroliniana* R

Fire Pink

Smartweed - Polygonaceae

22) Lady's Thumb - *Polygonum pensylvanicum* R
23) Climbing False Buckwheat - *Polygonum scandens* R
24) Jumpseed, Virginia Knotweed - *Polygonum virginianum* G, N, Q

Milkwort - Polygalaceae

25) Racemed Milkwort - *Polygala polygama* RV
26) Whorled Milkwort - *Polygala verticillata* R

Mallow - Malvaceae

27) Scarlet rose-mallow - *Hibiscus coccineus* W
28) Carolina bristlemallow - *Modiola caroliniana* NC

Scarlet Rose Mallow

Passion-flower - Passifloraceae

29) Passion-flower, Maypop - *Passiflora incarnata* A, NC
30) Yellow Passion-flower - *Passiflora lutea* A

Gourd – Cucurbitaceae

31) Creeping Cucumber - *Melothria pendula* NC

Heath - Ericaceae

32) Deerberry - *Vaccinium stamineum* B, RV
33) Elliots Blueberry - *Vaccinium elliottii* R
34) Sparkleberry - *Vaccinium arboretum* B, P, Q, RV
35) Piedmont Rhododendron - *Rhododendron minus* R
36) Piedmont Azalea - *Rhododendron canescens* RV
37) Smooth Azalea - *Rhododendron arborescens* R
38) Wintergreen - *Gaultheria procumbens* R

Indian Pipe - Monotropaceae

39) Indian Pipe - *Monotropa uniflora* R

Wintergreen - Pyrolaceae

40) Spotted Wintergreen, Pipsissewa - *Chimaphila maculata* A

Rose - Rosaceae

41) White Avens - *Genum canadense* A
42) Goat's beard – *Aruncus dioicus* R
43) Carolina Rose – *Rosa carolina* R
44) Black Raspberry - *Rubus caroliniana* A
45) Southern Blackberry - *Rubus argutus* A
46) Agrimony - *Agrimonia pubescens* A
47) Downy Serviceberry - *Amelanchier arborea* R

Piedmont Azalea

Bean (Pea) - Fabaceae

48) Partridge-pea - *Chamaecrista fasiculata* A
49) Southern Wild Senna - *Senna marilandica* B, Q
50) Hog-peanut - *Amphicarpaea bracteata* G, N, T, W
51) Butterfly Pea - *Clitoria mariana* B, Q, P
52) Red Clover - *Trifolium pretense* NC
53) Crimson Clover - *Trifolium incarnatum* NC
54) White Clover - *Trifoium repens* NC
55) Pointed-leaved Tick-trefoil - *Desmodium glutinosum* A
56) Downy Milkpea - *Galactia voubilis* A
57) Thicket Bean - *Phaseolus polystchios* R
58) Catclaw Sensitive Briar - *Schrankia microphylla* B, RV
59) Sampson's Snakeroot - *Orbexilum pendunculatum* N

Catclaw Sensitive Briar

Evening-primrose - Onagraceae

60) Broadleaf Enchanter's Nightshade - *Circaea lutetiana* RV, W
61) Common Evening Primrose - *Oenothera biennis* NC, P, W
62) Showy Evening Primrose - *Oenothera speciosa* NC, W
63) Southern Beeblossom - *Gaura angustifolia* R
64) Biennial Beeblossom - *Gaura biennis* R

Christmas Mistletoe - Viscaceae

65) Mistletoe - *Phoradendron serotinum* A

Spurge - Euphorbiaceae

66) Ridge-seeded Spurge - *Euphorbia glyptosperma* NC, W
67) Toothed Sedge - *Euphorbia dentate* NC, W
68) Flowering Spurge - *Euphorbia corollata* G, N, Q

Grape - Vitaceae

69) Virginia Creeper - *Parthenocissus quinquefolia* A
70) Fox Grape - *Vitis labrusca* A
71) Muscadine Grape - *Vitis rotundifolia* A

Cashew - Anacardiaceae

72) Poison ivy - *Toxicodendron radicans* A
73) Fragrant Sumac - *Rhus aromatica* O, P, Q, S, T
74) Smooth Sumac - *Rhus glabra* H, NC, W
75) Winged Sumac - *Rhus copallina* H, NC, W

Wood-sorrel - Oxalidaceae

76) Yellow Wood-sorrel - *Oxalis stricta* A
77) Violet Wood-sorrel - *Oxalis violacea* Q, W

Violet Wood-sorrel

Geranium - Geraniaceae

78) Wild Geranium - *Geranium maculatum* A
79) Carolina Geranium - *Geranium carolinianum* A

Touch-me-not - Balsaminaceae

80) Orange Jewel-weed - *Impatiens capensis* N, W

Ginseng - Araliaceae

81) American Ginseng - *Panax quinquefolius* R
82) Devil's Walkingstick - *Aralia spinosa* A

Carrot - Apiaceae

83) Angelica - *Angelica venenosa* A
84) Queen Anne's lace - *Daucus carota* NC, W
85) Black snakeroot - *Sanicula canadensis* A
86) Yellow Pimpernel - *Taenidia integerrima* G, N, P, Q, T

Wild Geranium

Pinkroot - Loganiaceae

87) Indian Pink - *Spigella marilandica* N, NC
88) Yellow Jessamine - *Gelsemium sempervirens* R

St. Johnswort - Clusiaceae

89) St. Andrew's Cross - *Hypericum hypericoides* B, P, Q, RV
90) Spotted St. Johnswort - *Hypericum puncatatum* B, RV
91) Clasping-leaf St. Johnswort - *Hypericum gymnanthum* P
92) Cedarglade St. Johnswort - *Hypericum frondosum* NC
93) Round-Fruited St. Johnswort - *Hypericum sphaerocarpum* R

Dogbane - Apocynaceae

94) Indian Hemp - *Apocynum cannabinum* A
95) Climbing Dogbane - *Trachelospermum cannabinum* R

Phlox - Polemoniaceae

96) Carolina Phlox - *Phlox carolina* A

Waterleaf - Hydrophyllaceae

97) Purple Phacelia - *Phacelia bipinnatifida* R

Milkweed - Asclepiadaceae

98) Butterfly Weed - *Asclepias tuberosa* P, Q
99) Whorled Milkweed - *Asclepias verticillita* P, Q
100) Green Milkweed - *Asclepias viridiflora* P, Q
101) White Milkweed - *Asclepias variegata* A
102) Maroon Carolina Milkvine - *Matelea gonocarpa* P, Q

Butterfly Weed

Nightshade - Solanaceae

103) Horse Nettle - *Solanum carolinense* NC, W
104) Common Nightshade - *Solanum nigrum* NC, W
105) Virginia Ground-cherry - *Physalis virginiana* NC, W
106) Jimsonweed - *Datura stramonium* NC, W

Morning Glory - Convolvulaceae

107) Wild Potato Vine - *Ipomoea pandurata* NC, W
108) Ponyfoot - *Dicondra carolinensis* R
109) Hedge Bindweed - *Calystegia sepium* NC, W

Dodder - Cuscutaceae

110) Dodder, Love Vine - *Cuscuta gronovii* R

Borage - Boraginaceae

111) Hoary Puccoon - *Lithospermum canescens* P

Vervain - Verbenaceae

112) Narrow-leaved Vervain - *Verbena simplex* W
113) Brazilian Vervain - *Verbena brasiliensis* NC, W
114) Amercian Beautyberry - *Callicarpa americana* A
115) Lopseed - *Phryma leptostachya* A

Mint - Lamiaceae

116) Lyre-leaf Sage - *Salvia lyrata* a
117) Nettle-leaved Sage - *Salvia urticifolia* A
118) Blue Sage - *Salvia azurea* P, Q
119) Hoary Mountain Mint - *Pycnanthemum incanum* A
120) Heart-leaved Skullcap - *Scutellaria ovata* A
121) Lemon Mint - *Monarda citriodora* NC
122) Wild Bergamot - *Monarda fistulosa* O, Q, P, RV
123) Narrow-leaved Blue Curls - *Trichostema setaceum* R

Plantain - Plantaginaceae

124) Blackseed Plantain - *Plantago rugelii* NC

Figwort - Scrophulariaceae

125) Purple Gerardia - *Agalinis fasciculate* P, Q
126) Slender Gerarida - *Agalinis tenuifolia* P, Q
127) Downy False Foxglove - *Aureolaria virginica* RV
128) White Turtlehead - *Chelone glabra* W
129) Longsepel Beardtongue - *Penstemon calycosus* R
130) Foxglove Beardtongue - *Penstemon digitalis* NC
131) Allegheny Monkey-flower - *Mimulus ringens* RV
132) Wood Betony - *Pedicularis canadensis* R

American Beautyberry

White Turtlehead

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

Acanthus - Acanthaceae
134) Wild Petunia, Hairy Ruellia - *Ruellia carolinensis* A

Trumpet-Creeper - Bignoniaceae
135) Crossvine - *Bignonia capreolata* A
136) Trumpet Creeper - *Campis radicans* A

Bellflower - Campanulaceae
137) Cardinal Flower - *Lobelia cardinalis* NC, W
138) Great Blue Lobelia - *Lobelia siphilitica* NC, W
139) Downy Lobelia - *Lobelia puberula* P, R
140) Pale-spike Lobelia - *Lobelia spicata* R

Hairy Ruellia

Madder - Rubiaceae
141) Bluets - *Houstonia caerula* A
142) Large Bluet - *Houstonia purpurea* A
143) Narrow-leaved Bluet - *Houstonia tenuifolia* G, N, Q, T
144) Patridgeberry - *Mitchella repens* A

Honeysuckle - Caprifoliaceae
145) Coral Honeysuckle - *Lonicera sempervirens* R
146) Elderberry - *Sambucus canadensis* NC, RV, W
147) Coralberry - *Symphoricarpos orbiculatus* R
148) Rusty Blackhaw - *Viburnum rufidulum* A

Aster - Asteraceae
149) Yarrow - *Achillea millefolium* A
150) White Snakeroot - *Ageratina altissima* NC, W
151) Common Ragweed - *Ambrosia artemisifolia* A
152) Giant Ragweed - *Ambrosia trifida* A
153) Plantain-leaved Pussytoes - *Antennaria plantaginifolia* O, Q, RV
154) Pale Indian-plantain - *Arnoglossum atriplicifolium* A
155) Mugwort - *Artemisia sp.* R
156) Beggar-ticks - *Bidens sp.* A
157) Bull Thistle - *Carduus lanceolatus* A
158) Tall Thistle - *Cirsium altissimum* A
159) Mistflower - *Conoclinium coelestinum* NC, W
160) Lobed Tickseed - *Coreopsis auriculata* A
161) Whorled Coreopsis - *Coreopsis major* A
162) Lance-leaved Coreopsis - *Coreopsis lanceolata* NC
163) Garden Coreopsis - *Coreopsis tinctoria* NC, Q
164) Purple Coneflower - *Echinacea sp.* NC, W
165) Elephant’s Foot - *Elephantopus tomentosus* A

Elephant’s Foot

…..Aster - Asteraceae

166) Pilewort, Fireweed - *Erechtites hieracifolia* R
167) Common Fleabane - *Erigeron philadelphicus* NC, W
168) Lesser Daisy Fleabane - *Erigeron strigosus* NC, W
169) Early Whitetop Fleabane - *Erigeron vernus* NC, W
170) Dog Fennel - *Eupatorium capillifolium* W
171) Joe-Pye-Weed - *Eupatorium fistulosum* W
172) Boneset - *Eupatorium perfoliatum* W
173) Late-Flowering Thoroughwort - *Eupatorium serotinum* NC, W
174) White Wood Aster - *Eurybia divericata* A
175) Blanket Flower - *Gaillardia pulchella* NC
176) Bitterweed - *Helenium amarum* Q
177) Purple-Headed Sneezeweed - *Helenium flexuosum* R
178) Narrowleaf Sunflower - *Helianthus angustifolius* NC, W
179) Stiff-Haired Sunflower - *Helianthus hirsutus* A
180) Small-Headed Sunflower - *Helianthus microcephalus* B, P, W
181) Ashey Sunflower - *Helianthus mollis* NC
182) Two-flowered Cynthia - *Krigia biflora*
183) Tall Blue Lettuce - *Lactuca floridana* A
184) Shaggy Blazing Star - *Liatris pilosa* R
185) Climbing Hempweed - *Mikania scandens* W
186) Butterweed - *Packera glabella* Q
187) Small's Ragwort - *Packera anonyma* R
188) Camphorweed - *Pluchea camphorate* NC, W
189) Golden Aster - *Pityopsis graminifolia* B, Q, RV, P
190) Tall Rattlesnake Root - *Prenanthes altissima* R
191) Rabbit Tabacco - *Pseudognaphalium obtusifolium* R
192) Gray-Headed Coneflower - *Ratibida pinnata* NC
193) Black-eyed Susan - *Rudbeckia hirta* A
194) Giant Coneflower - *Rudbeckia maxima* NC
195) Thinleaf Coneflower - *Rudbeckia triloba* NC
196) Starry Rosinweed - *Silphium asteriscus* NC
197) Prairie Rosinweed - *Silphium integrifolium* NC, Q, W
198) Yellow Leafcup, Bear's Foot - *Smallanthus uvedalius* A
199) Late Goldenrod - *Solidago altissima* NC, R
200) Sharp-toothed Goldenrod - *Solidago arguta* NC, R
201) Silverrod - *Solidago bicolor* R
202) Wreath Goldenrod - *Solidago caesia* A
203) Giant Goldenrod - *Solidago gigantea* NC, R
204) White Bushy Aster - *Symphyotrichum dumosum* A
205) Calico Aster - *Symphyotrichum lateriflorum* R
206) New England Aster - *Symphyotrichum novae-angliae* NC
207) Aromatic Aster - *Symphyotrichum oblongifolium* Q, P
208) Common Dandelion - *Taxacarum officionale* NC
209) Yellow Crownbeard - *Verbesina occidentalis* Q
210) White Crownbeard, Frostweed - *Verbesina virginica* A
211) Tall Ironweed - *Vernonia gigantea* NC, Q, O, W

Narrowleaf Sunflower

Aromatic Aster

Primrose - Primulaceae
212) Whorled Loosestrife - *Lysimachia quadrifolia* R
213) Fringed Loosestrife - *Lysimachia ciliata* NC

Bittersweet - Celastraceae
214) Hearts-a-bustin - *Euonymus americanus* L, NC, RV

Buckeye - Hippocastanaceae
215) Bottlebrush Buckeye - *Aesculus parviflora* B, NC, Q, RV, S

Hydrangea - Hydrangeaceae
216) Oakleaf Hydrangea - *Hydrangea quercifolia* A
217) Wild Hydrangea - *Hydrangea arborescens* G, L, N, Q, T
218) Climbing Hydrangea - *Decumaria barbara* RV, W
219) Scentless Mock Orange - *Philadelphus inodorus* R

Bottlebrush Buckeye

Monocots

Arum - Araceae
220) Jack-in-the-pulpit - *Arisaema triphyllum*, *triphyllum* var. *quinatum* R, A
221) Green Dragon - *Arisaema dracontium* R
222) Arrow Arum - *Peltandra virginica* RV, W
223) Broadleaf Arrowhead - *Sagittaria latifolia* W

Spiderwort - Commelinaceae
224) Virginia Spiderwort - *Tradescantia virginicus* NC, Q
225) Zig-zag Spiderwort - *Tradescantia subaspera* NC, Q

Rush - Juncaceae
226) Common Rush - *Juncus effuses* W

Sedge - Cyperaceae
227) Frank's Sedge - *Carex frankii* W
228) Redroot Flatsedge - *Cyperus erythrorhizos* W
229) Globe flatsedge - *Cyperus echinatus* W

Grass - Poaceae
230) Poverty Oat grass - *Danthonia spicata* A
231) Longleaf Woodoats - *Chasmanthium sessiliflorum* A
232) Wild Oats - *Chasmanthium latifolium* W
233) Muhly Grass - *Muhlenbergia sp.* R
234) Blue Grass - *Poa sp.* NC
235) Rye Grass - *Lolium sp.* NC
236) Orchard Grass - *Dactylis glomerata* NC
237) Meadow Fescue - *Festuca pratensis* NC

Broadleaf Arrowhead

…..Grass - Poaceae

238) Wild Oats - *Avena sp.* NC
239) Quack Grass - *Agropyron repens* NC
240) Monkey Spear - *Stipa sp.* G
241) Bosc's Panic Grass - *Panicum boscii* G
242) Cheat Grass - *Bromus tectorum* R

Cat-tail - Typhaceae

243) Common Cat-tail - *Typha latifolia* W

Lily - Liliaceae

244) False Garlic - *Nothoscordum bivalve* A
245) Field Garlic - *Allium vineale* A
246) Wild Onion - *Allium canadense* A
247) False Solomon's Seal - *Smilacina racemosa* A
248) Solomon's Seal - *Polygonatum biflorum* A
249) Fairywand - *Chamaelirium luteum* T
250) Carolina Lily - *Lilium michauxii* R
251) Atamasco Lily - *Zephyranthes atamasca* R, NC
252) Yellow Star-grass - *Hypoxis hirsute* P, Q

Atamasco Lily

Agave - Agavaceae

253) Adam's Needle - *Yucca filamentosa* R
254) False Aloe - *Manfreda virginica* P, Q

Smilax - Smilacaceae

255) Bristly Greenbrier - *Smilax bona-nox* A
256) Carrion Flower - *Smilax herbacea* A
257) Roundleaf Greenbrier - *Smilax rotundifolia* A
258) Cat Greenbrier - *Smilax glauca* A
259) Lanceleaf Greenbrier - *Smilax smallii* R

Yam - Dioscoreaceae

260) Wild Yam - *Dioscorea villosa* A

Iris - Iridaceae

261) Blue-eyed Grass - *Sisyrinchium angustifolium* P, Q
262) Copper Iris - *Iris fulva* W

Orchid - Orchidaceae

263) Downy Rattlesnake Plantain - *Goodyera pubescens* R
264) Crested Coral-root - *Hexalectris spicata* R
265) Ladies' Tresses - *Spiranthes sp.* R
266) Cranefly Orchid - *Tipularia discolor* A

False Aloe

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

Persimmon Bread

by Lois Hebert

Common Persimmon

3/4 cup granulated sugar
2 large eggs
1/2 cup vegetable oil
1 cup peeled and mashed persimmons
1 teaspoon baking soda
1 1/2 cups sifted all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup chopped pecans
1/2 cup raisins

1. Preheat oven to 325°F (160°C). Grease the bottom of a 9 x 5 x 3-inch loaf pan.
2. In a large bowl, whisk together sugar, eggs and vegetable oil.
3. Stir together persimmon pulp and baking soda in a small bowl. Add to sugar mixture; mix well.
4. In another bowl, combine flour, cinnamon and salt. Add pecans and raisins. Fold into persimmon/egg mixture. Pour into prepared pan.
5. Bake for 1 hour and 15 minutes, or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Makes one (9 x 5 x 3-inch) loaf; or 12 servings.

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

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RUFFNER MOUNTAIN
NATURE PRESERVE