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# WILDFLOWERS

The Bulletin of the Botanical Society of Western Pennsylvania • September 2002

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## The Next Meeting is September 9

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The next meeting will be Monday, September 9, 7:15 p.m., at the **A. J. Palumbo Hall**, Carlow College, 3333 Fifth Avenue, Pittsburgh, PA (Oakland). As you approach the campus on Fifth Avenue (heading toward downtown Pittsburgh), do not turn right into the Carlow Campus entrance. Instead, pass the entrance, stay in the right lane, and make the immediate right into the parking area. Park here and cross the street.

**Joan Eiger Gottlieb** will present "Botany Among the Boobies; Plants of the Galapagos."

Although Charles Darwin described Galapagos plants as "wretched little weeds," the islands' flora is as rich an evolutionary treasure trove as are its more famous animals. This program will explore the selective pressures that have shaped Galapagos plants for over 5 million years, including the special threats from exotics recently introduced by human settlers. Can you say *Cinchona succirubra*?

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## Our Meetings Will Start at 7:15 p.m.

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Meetings will now begin at 7:15 p.m. When you attend, please place a note on your dashboard saying "Botanical Society Meeting," or use your parking permit.

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## What Should the Botanical Society's Wildflower Emblem Be?

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What wildflower should represent the Botanical Society of Western Pennsylvania?

At April's meeting, President Haywood suggested that members nominate a wildflower that we can adopt as the Society's flower.

Please give some thought and share your input. A few short sentences or paragraph will explain why your nomination will benefit us for the next 100 years. We will vote for the best entry at our Holiday Party in December 2002.

Send your entries to Dr. Haywood at: 3333 Fifth Avenue, Pittsburgh, PA 15213-3165; [mjhaywood@carlow.edu](mailto:mjhaywood@carlow.edu).

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## Enjoy Your Wildflowers: Self-Heal

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Self-heal lives its name. If it is broken or cut, the rooted and separated parts in contact with soil will still root and branch from their leaf nodes. However, the name was not given because of this adaptability. It was given because people were convinced that with Self-heal they would not need a doctor.

Over twenty-two hundred years ago, it was used for liver problems in China. It has been used for centuries in Europe, internally and topically, for many types of wounds. Although native to, and introduced into, North America, it lacked the prestige here that it had in Eurasia.

In France, there was a saying "No one wants a surgeon who keeps *Prunelle*." In England, the common names All-heal, Carpenter's Herb, Hook-heal and Sickwort (wort means plant) indicate a reliance on Self-heal.

John Gerard (1545–1612), English surgeon and apothecary, praised Self-heal when he wrote "...it serveth for the same as Bugle doth, and in

the world there are not two better wound herbs as hath been often proved." Nicholas Culpepper (1616-1654), herbalist and physician, promoted it in his Herbal "...an especial remedy for inward and outward wounds."

Self-heal is in the Mint family, Labiatae (classical name) or Lamiaceae (updated name). Its genus and species are *Prunella vulgaris*. The name, Prunella, has had numerous variations throughout its convoluted history. (It may have originated in the German *braune*, quinsy, because the herb was used for that ailment.) Tournefort (1656-1708), a French botanist, used the name *Brunella* when he developed a system of plant classification. It is still seen occasionally. Linnaeus (1707-1778), a Swedish botanist, used *Prunella* in his system. *Vulgaris* is from Latin *vulgatus*, common.

Self-heal likes open woods, fields and other uncultivated places if there is moisture and some shade. It can form large mats when cut, grazed, or trampled; it sometimes is semi-evergreen. Blooming may be from early spring into late autumn. Flowers are usually shades of purple, but both pink and white forms exist. Horticultural varieties with larger flowers in several colors are available.

Self-heal grows randomly throughout Pennsylvania.

*Anne S. Bahl.*

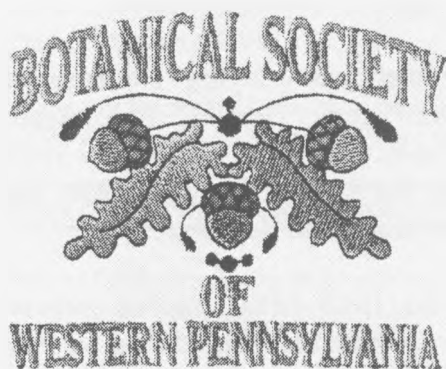
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## Botanical Society of Western Pennsylvania Sweatshirts Available

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The Botanical Society is selling sweatshirts with the oak leaf logo. The sweatshirts are the color of oatmeal and a rich, warm cotton. They are available in unisex sizes of small, medium, large and extra-large.

To get your sweatshirt, send a check payable to BSWP in the amount of \$20.00 to:

Dr. Mary Joy Haywood  
Carlow College  
3333 Fifth Avenue  
Pittsburgh, PA 15213  
(412) 232-8441

Let her know the number of sweatshirts desired, the size(s), and where to mail the shirts.

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## Hunt celebrates the birthday of Anne Ophelia Todd Dowden

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The Hunt Institute of Botanical Documentation presents Anne Ophelia Todd Dowden: A Blossom on the Bough from September 19 through February 28, 2003. The exhibit celebrates the artist's 95<sup>th</sup> birthday, and presents an overview of her career as it progressed from textiles to botanical art and illustration.

Flower pollination always has fascinated the artist,; other themes include roses, city weeds, flowers of trees, poisonous plants and Shakespeare's flowers.

The Institute is open from 9 a.m. to 12 noon and from 1 p.m. to 5 p.m. Monday through Friday. It is also open Sundays from 1 p.m. to 4 p.m. Call to confirm holiday hours. This Institute is located on the 5th floor of the Hunt Library at Carnegie Mellon University, 5000 Forbes Avenue, Pittsburgh, PA 15213, in the Oakland section of the city. (412) 268-2434  
Web site: [huntbot.andrew.cmu.edu](http://huntbot.andrew.cmu.edu)

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## Go Native! at Phipps

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Show native pride in Pennsylvania and its plants with a visit to the Go Native! Exhibit at Phipps Conservatory and Botanical Gardens from August 24 to October 13.

Visitors can find out the benefits of planting natives in one's garden, become familiar with plant species of this region and learn how to protect natives from invasive plants.

Go Native! will feature four habitats found throughout Pennsylvania: beech/hemlock forest, streamside, oak/hickory forest and forest edge/meadow. Go Native! will also cover the Frozen Garden, a seed bank of native plant seeds collected from plant populations in southwestern Pennsylvania, run by Phipps and the Carnegie Museum of Natural History.

Phipps Conservatory and Botanical Gardens, the thirteen-room Victorian glasshouse and gardens in Schenley Park, is open year-round, Tuesday through Sunday, 9 a.m. to 5 p.m., Friday until 9 p.m., closed Monday. For more information call (412) 622-6914, or visit Phipps online at [www.phipps.conservatory.org](http://www.phipps.conservatory.org).

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## Field Trip Schedule

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Registration is not required. Everyone is welcome, including non-members. For questions, call the trip leader or Loree at (724) 872-5232.

**Saturday, September 14, 2002**  
**Todd Sanctuary, Butler County**

**Time: 11:00 a.m.**

**Leader: Luc Berger (412) 683-3131**

Directions: Take Route 28 North to Exit 17 in Freeport. Then Route 356 North for 1 mile. At Davison's Restaurant, turn right into Monroe Road. After 1.3 mile, there is a fork in the road, with a big tree in the middle; keep right, and you are now on Kepple Road. Pass a golf course, farm buildings, and a trailer park. You enter a

forest, and soon there is a wooden sign on the right side of the road, saying "Todd Sanctuary". We will meet in the parking lot.

We expect the White Baneberry with white berries (doll's eyes), Spikenard, Wild Kidney Bean.

**Saturday, September 21, 2002**

**John's Farm and Fringed Gentian Fen,  
Lawrence County**

**Time: 1 p.m.**

**Leader: Howard McIlvried (412) 364-7329**

Directions: From Pittsburgh, take I-79 north and Rte 422 west. Turn north (right) onto Rte. 388 and continue to the second crossroad. Turn left onto Frew Mill Road. Proceed less than a mile and park on the left near a white house (before John's farm).

Expectations: Fringed Gentian, Grass of Parnassus, and Nodding Ladies' Tresses. Prepare for wet feet.

**Sunday, October 6, 2002**

**Dead Man's Hollow, Allegheny County**

**Time: 9 a.m.**

**Joint Trip with the Westmoreland Bird and  
Nature Club - (412) 736-4240**

Directions: From Pittsburgh, take I-376 (Parkway East) to Exit 10 - Forest Hills/ Route 30. Travel Route 30 west to Route 48. Turn right (south) on Route 48 to the town of Boston. Cross the bridge over the Youghiogheny, immediately turn right, then turn right again. We will meet at the Yough River Trail parking lot.

Or take Route 51 south to Elizabeth, where it crosses the Monongahela River. Continue about another 4 miles to Route 48 (near Round Hill Park). Turn left (north) on Route 48, and follow it for 6 to 8 miles to a 5-way intersection in Boston, just before a bridge. Turn left, then immediately right, to the Yough River Trail parking lot.

**Botanical Society of Western Pennsylvania – September 2002**

279 Orr Road  
West Newton, PA 15089

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**WILDFLOWERS - Bulletin of the Botanical Society of Western Pennsylvania**

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WILDFLOWERS is published monthly by the Botanical Society of Western Pennsylvania. We welcome short articles of botanical interest, drawings, and notices of botanical events and group activities. Send to the editor at the above address. Deadline for submissions is the 23th of the previous month.

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**The Botanical Society of Western Pennsylvania - Membership Information**

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The Botanical Society was founded in 1886. The object of the Society shall be to bring together those who are interested in Botany and to encourage the study of this science and a knowledge of plants. Annual dues are \$10.00 for individual and \$15.00 for family. Students can join at half-rate. To join, mail your name, your address, and check payable to "Botanical Soc. of W PA" to Loree Speedy, 279 Orr Road, West Newton, PA 15089. Your membership includes a subscription to the monthly bulletin WILDFLOWERS.

The Society meets the second Monday of each month, September through June, at 7:15 p.m. sharp, at Kresge Theater, Carlow College, 3333 Fifth Avenue, Oakland. All are welcome to the informative program and business meeting.

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**Wildflowers of Pennsylvania – Ordering Information – 400 pages of text and 612 color photographs**

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Wildflowers of Pennsylvania can be purchased for \$20.00 (plus \$1.40 sales tax for PA residents). Forward your check, made payable to Botanical Society of Western PA, to Dr. Haywood at the address below. If you order by mail, add \$2 postage and handling for one book, \$3.00 for two, \$4.00 for three, \$4.50 for four. Send your request to Dr. Mary Joy Haywood, RSM, Ph.D., 3333 Fifth Ave., Pittsburgh, PA 15213-3165 (412) 578 -6175; mjhaywood@carlow.edu