

Founded in 1997.  
Logo art of Tall Goldenrod,  
*Solidago altissima*,  
by Nat Cleavitt, 2006.

# Solidago

## Newsletter of the Finger Lakes Native Plant Society

Volume 20, No. 1



March 2019

### REVIEW

## Members' Night 2019



Five of the six presenters, front to back: Left row: **Norm Trigoboff**, **Anna Stalter**; center right row: **Robert Wesley**, **Ken Hull**, (and Linda Hull); and **Gin Mistry**, standing at the far right. Photograph by Rick Lightbody.

Attendees at this year's annual Members' Night, held on January 16<sup>th</sup>, 2019, in Ithaca, N.Y., enjoyed a nice variety of presentations and a chance to learn about their fellow members' interests and talents.

**Arieh Tal** began the program with a talk about "A Trip to Mt. Washington," featuring photos of this famous mountain in N.H., including details of rare alpine flora (*see next page*). **Ken Hull** presented images of the tiny "White Adder's-mouth Orchid," a rarely seen denizen of N.Y., which can easily be overlooked among bog mosses (*see photos, page 2*). Then **Gin Mistry** demonstrated how to assemble "Native Gardens, Inside," using a moss base, and adding stones, ferns, and conifer seedlings. These miniature gardens bring cheer to the cold, dark days of winter (*photos, this page & page 8*). After a short break, **Anna Stalter** showed slides taken at the "Orto Botanico Di Pisa" in Italy, including images of a famous tower. **Norm Trigoboff** presented a "Mysterious Black Light Show," illustrating fluorescent properties of several local plants. Because of safety lights in the building where we meet, the room could not be fully

darkened, which was frustrating for Norm, and the audience. The final presentation was a photo gallery of "Recent Botanical Explorations" by **Robert Wesley**, whose 76 slides took us through an array of uncommon and noteworthy plants and habitats. *Many thanks* to all who presented, helped set up the room, and organized the program, especially **Audrey Bowe**, **Gin Mistry**, & **Rick Lightbody**. It certainly was worth coming out on a cold January evening!



Photo by  
Rick Lightbody





Members' Night, continued

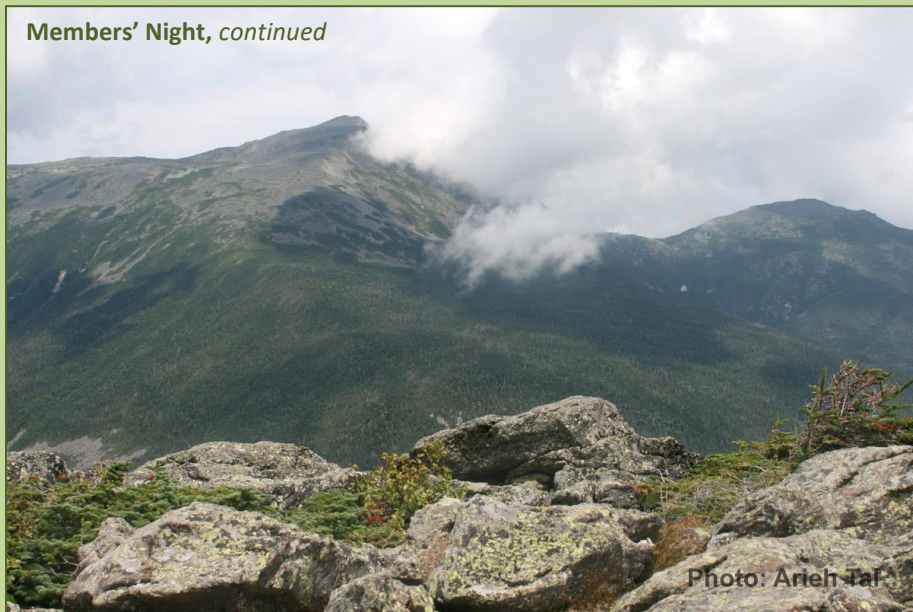


Photo: Ariele Tal



▲ North American White Adder's Mouth orchid (*Malaxis monophyllos*, var. *brachypoda*, top right), photos by Ken Hull



Photo: Ariele Tal

▲ Mount Washington scenic (top left), and Cutler's Alpine Goldenrod (*Solidago leiocarpa*, above). Ariele Tal (bottom right). ►



## Thank You!

**MANY THANKS** to all who contributed to *Solidago*, Volume 20, No. 1. We thank **WRITERS** Sue Gregoire, Julia Miller, Rosemarie Parker, Sandy & Bill Podulka, Linda Uhl, David Werier, & Robert Dirig. **ILLUSTRATIONS** were loaned by Hal Gardner [p. 7], Ken Hull [p. 2], Rick Lightbody [pp. 1, 7-8], Julia Miller [p. 4], Ariele Tal [2, 7], David Werier [p. 4], & Robert Dirig [pp. 1, 3, 6, & 8]. **CALENDAR ITEMS** were organized by Rosemarie Parker & Audrey Bowe. **LAYOUT and DESIGN** by the Editor. **PROOFREADING** by Rosemarie Parker. **PRINTING** of paper copies by Gnomon Copy, Ithaca, N.Y. **ONLINE POSTING** by Audrey Bowe & Rosemarie Parker. And **MAILING** by Gin Mistry.

*BEST WISHES* to FLNPS members (and all others in our reading audience) for joyous outdoor revels with wild flora during the coming spring!

— Robert Dirig



## THE FINGER LAKES NATIVE PLANT SOCIETY STEERING COMMITTEE

**Audrey Bowe:** Secretary, Membership

**Krissy Boys:** Native Plant Gardener

**Robert Dirig:** Newsletter Editor\*

**Meena Haribal:** Publicity

**Rick Lightbody:** At Large

**Susanne Lorbeer:** At Large

**Carri Marschner:** At Large

**Gin Mistry:** Meetings & Mailings

**Anna Stalter:** Treasurer, Outings & Education Chair

**Robert Wesley:** President



## ADDITIONAL NEWSLETTER STAFF

**Rosemarie Parker:** Webmaster & Assistant  
Newsletter Editor [info@flnps.org](mailto:info@flnps.org)

**David Werier:** Newsletter Editor Emeritus

## Please Contribute to *Solidago*

WE WELCOME CONTRIBUTIONS THAT FEATURE WILD PLANTS OF THE FINGER LAKES REGION OF NEW YORK AND NEARBY. We include cryptogams (bryophytes, lichens, fungi, and algae) as "flora," and recognize that green plants provide habitats and substrates for these and many animals, especially insects. We are interested in zoological associations as long as plants are an integral part of the story.

We can use a wide spectrum of material in a variety of writing styles. Our regular columns include **LOCAL FLORA** (plant lists or details of species from specific sites), **OUTINGS** (reports of FLNPS-sponsored excursions), and **PLANT PROFILES** (on specific local plants). We also occasionally publish **APPRECIATIONS** (memorials to local botanists and naturalists), **REVIEWS** (of books, talks, meetings, workshops, and nurseries), **LETTERS** (commentaries and letters to the editor), **ESSAYS** (on botanical themes), **VERSE** (haiku, limericks, sonnets, and poems of less formal structure), **ART** (botanical illustrations, plant designs, pencil sketches, decorations), and **PHOTOGRAPHS** (stand-alone images, photo essays, and full-page composite plates, or originals that can be scanned and returned). We also can always use **FILLERS** (very short notes, small images, cartoons) for the last few inches of a column.



## *Solidago*

Newsletter of the  
Finger Lakes Native Plant Society

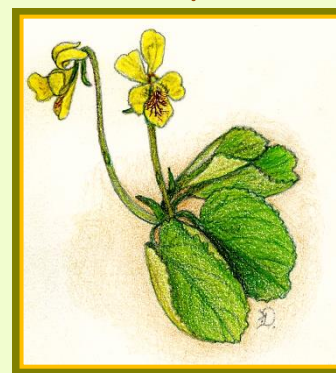
Volume 20, No.1

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FLNPS (founded in 1997) is dedicated to the promotion of our native flora. We sponsor talks, walks, and other activities related to conservation of native plants and their habitats. *Solidago* is published as a colorful online version, and a B&W paper version that is mailed. The online format is posted 3 months after publication. Please see [www.flnps.org](http://www.flnps.org) for details of membership, past *Solidago* issues, and updates about our programs.

## Contents



The golden flowers and glossy green leaves of **Round-leaved** or **Early Yellow Violet** (*Viola rotundifolia*) are harbingers of spring, often growing along footpaths or on exposed banks in moist woodlands. Drawn 21 April 1980; copyright © 2019 by Robert Dirig.

## REVIEWS

- Members' Night 2019* (Robert Dirig) • 1-2, 8
- Solstice Gathering 2018* (Rosemarie Parker) • 5
- Three Sisters Casserole with Cornbread Topping* (Linda Uhll) • 5
- Pawpaw Chiffon Pie* (Sandy & Bill Podulka) • 6
- Prairie Herbarium*, by H. W. Gardner & M. A. Berhow • 7

## COLUMNS, NOTES, & MISCELLANY

- Thank You!* (Robert Dirig) • 2
- Front Matter & Contents* • 3
- Name That Plant Contest* (David Werier) • 4
- Letters* (Sue Gregoire, Julia Miller) • 4
- FLNPS Treasurer David Keifer Says Goodbye* • 7
- Chanterelles at Buttermilk Falls State Park* (Arieh Tal) • 7

## FLNPS PROGRAMS, WINTER & SPRING 2019

- FLNPS Calendar; Other Regional Walks* • 8

\*Please send *Solidago*  
contributions & correspondence  
to Robert Dirig, Editor, at  
[editorofsolidago@gmail.com](mailto:editorofsolidago@gmail.com)

Deadline for the June 2019  
issue is May 15<sup>th</sup>!

## NAME THAT PLANT CONTEST

The photo from last issue's *NAME THAT PLANT CONTEST* [Solidago 19(4), page 5] was of **PURPLE SPRING CRESS** (*Cardamine douglassii*). It is a delightful member of the mustard family that often grows in large patches in rich, moist bottomland forests. Look for it in early spring, along with all the other beauties of that time. Spring is never too far away. Thanks to all those who entered the contest, and congratulations to contest winners: *Bob Dirig*, *Susanne Lorbeer*, *Rosemarie Parker*, and *Robert Wesley*.



This issue's mystery plant is shown above. Even as an evergreen, it puts on quite a show in the spring. Hints and suggestions are often provided to contest participants who try. Common and/or scientific names are acceptable, and more than one guess is allowed. Please submit your answers to **David Werier** at

**Nakita@lightlink.com.**

The photographs were taken by David Werier on 25 May 2018 in Tompkins County, N.Y. (background image) and 23 May 2017 in Washington County, N.Y. (closeup of unfurling leaves).



Thanks, Bob!

My but you do an excellent job with *Solidago*. These newsletters are beautiful and I've picked up some interesting tidbits.

**Sue Gregoire**

Burdett, N.Y., email of 10 Jan. 2019

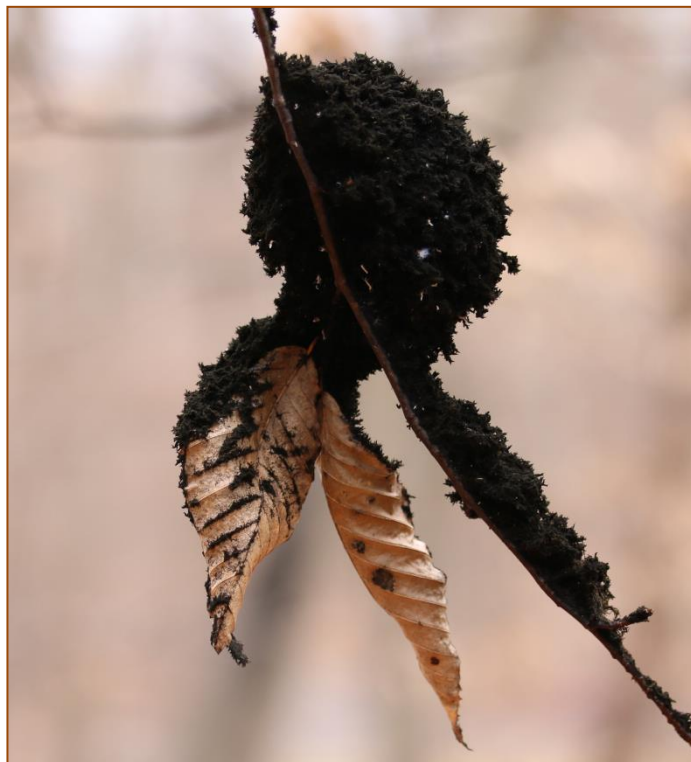


## LETTERS

Hi Bob,

I want to share two things for *Solidago*:

The first isn't a plant, but can only be found on a specific plant, American Beech (*Fagus grandifolia*). **Black Sooty Mold** (*Scorias spongiosa*) is a fungus that only grows on honeydew produced by **Beech Blight Aphids** (*Grylloprociphilus imbricator*). These aphids feed exclusively on American Beech trees. Thus, the mold is only found on Beech leaves and bark, or on material under Beech trees where the honeydew fell. These black fungal structures are mature and have started to produce sexual spores. The tree was found at the Mulholland Wildflower Preserve along Sixmile Creek in Ithaca, Tompkins Co., N.Y.



The second is the **Grain-of-Wheat Moss** (*Diphyscium foliosum*), found at Buttermilk Falls State Park, also in Ithaca. I really enjoy the round spore capsules that are held close to the short leaves.



Best,  
**Julia Miller**  
email,  
5 Feb.  
2019





## REVIEW

## Solstice Gathering 2018

by Rosemarie Parker

If you have never been to one of FLNPS' December Solstice Gatherings, or haven't been in awhile, this note is for you. Between 30 and 40 plant lovers show up to celebrate plants for a couple of hours each year. December 2018 was no different, with gardening and botanical conversation for everyone. Our youngest participant was under 1 year old, a record!

As usual, we had great food — all sorts of fruit, desserts, salads, main dishes, and drinks, with at least one native or naturalized plant ingredient. It seemed to be the *Year of the Cranberry*, with that native fruit (see page 8) appearing frequently in both savory and sweet dishes. Tasting everything in order to vote for a favorite dish was tough but very pleasant. The winning recipe for a **savory** dish, called **Three Sisters Casserole with Cornbread Topping**, prepared by LINDA UHLL, follows. And no, the "three sister" plants (corn, squash, and beans) are not true natives, but have an illustrious regional history, and FLNPS members have never complained, because they taste good! Winners for best **sweet** dish were SANDY and BILL PODULKA (see their recipe for **Pawpaw Chiffon Pie** on the next page).

Attendees also picked up lots of seeds to grow this spring (about 150 species were collected in 2018, and over 100 species made it to the table in December). The dead-plant ID contest (also including a few evergreens — see p. 7) challenged us to dig into memory, into field guides, or into our friendly neighbor's expertise, to come up with at least a plausible name. ROBERT WESLEY guided us through the answers to this self-graded contest, explaining the key identification points and nifty facts about the plant. Plus participants were eligible to win a door prize, even if they guessed everything wrong. *Thanks* to everyone who donated door prizes, including a plant press, native plant books from departing member DAVID KEIFER, colorful floral placemats, Finger Lakes wine, and gift certificates for membership and the May plant sale.

### Three Sisters Casserole with Cornbread Topping

by Linda Uhl

Winner in the Savory Category at the 2018 Solstice Gathering

#### INGREDIENTS

For the cornbread topping

1½ cups yellow cornmeal

½ cup all-purpose flour (or your favorite all-purpose

gluten-free flour blend)

2 teaspoons baking powder

1 teaspoon kosher salt

2 tablespoons unsalted butter, melted

½ cup whole milk

½ cup water

#### For the filling

3 tablespoons extra virgin olive oil

1 yellow onion, diced (about 1 cup)

4 cloves garlic, minced

1 pound butternut or kabocha squash, peeled and cut into 1-inch cubes (about 2 cups)

1 (15-ounce) can of diced fire-roasted tomatoes

2 tablespoons tomato paste

1 teaspoon ground coriander

1½ teaspoons ground cumin

½ teaspoon chili powder

¼ teaspoon smoked paprika

½ teaspoon kosher salt

¾ cup vegetable broth

1 cup fresh or frozen corn kernels

1 (15-ounce) can kidney beans, rinsed and drained

2 cups chopped greens (such as spinach or kale)

#### DIRECTIONS

**1) Preheat the oven to 350°F.** Spray a 9×13-inch baking dish with non-stick cooking spray and set aside.


**2) Make the filling:** In a large, high-sided skillet or Dutch oven, warm the olive oil over medium heat until it's shimmering and add the onions. Cook until translucent, about 4-5 minutes. Add the garlic and cook for an additional minute. Add the squash, tomatoes, tomato paste, spices, and salt. Stir in the broth and bring mixture to a boil.

**3) Simmer the filling:** Cover the pot and reduce heat to low. Simmer for 15-18 minutes, or until squash is tender.

**4) Make the cornbread topping while the filling simmers:** In a medium mixing bowl, whisk together cornmeal, flour, baking powder, and salt. Using a wooden spoon, slowly stir in the butter, milk, and water; mix only until just combined. Set aside and let it sit for ten minutes or so, while the filling simmers.

**5) Add the rest of the ingredients to the filling:** Stir the corn, beans, and greens into the filling, and continue cooking, covered, for 3 to 5 minutes, until mixture has thickened slightly and all the ingredients are incorporated.

**6) Transfer to baking dish and bake:** Scrape the filling into the prepared pan and top with generous biscuit-sized clumps of cornbread topping (this can be rustic and uneven). Bake for 20-25 minutes, or until filling is bubbling and topping is golden brown.

**7) Serve:** Remove from the oven; allow to cool for 5-10 minutes before serving. 

## REVIEW

## Pawpaw Chiffon Pie

by Sandy &amp; Bill Podulka

*Winner in the Sweet Category at the 2018 Solstice Gathering*

**PAWPAWS** (*Asimina triloba*) are native to the Midwest and eastern United States from Pennsylvania (and western New York) to northern Alabama. **Pawpaw Pie**, like our previous **Persimmon Pudding** [See *Solidago* 18(1), March 2018, p. 14], came to our attention because our daughter, Lisa, attends college in Bloomington, Indiana, which could be a “sister city” to Ithaca, except for its southern climate. At their farmer’s market, pawpaws and persimmons are plentiful in season, and local farmers also sell bags of frozen pawpaw (and persimmon) pulp, which is helpful if you have an 11-hour drive back to your kitchen! This pie may be made with fresh pawpaws or frozen pulp. We assume one could reduce the egg whites and/or cream for a more intense flavor, but the pie will be less fluffy then.

A regular pie crust may be used, or try our version with ginger snaps, for a little more spice. Crust could be made with all ginger snaps, or with a mix of ginger snaps and graham crackers, as we did (because we ran out of ginger snaps). You can make the crust by hand in a mixing bowl, or use a food processor to make the crumbs and mix in the butter.

### Filling Ingredients

- 1½ Tbsp. gelatin
- ¼ cup cold water
- ½ cup brown sugar
- ½ tsp. salt
- 3 egg yolks, beaten
- ½ cup milk
- 1 cup pureed pawpaw pulp
- 3 egg whites
- ¼ cup white sugar
- 1 cup heavy cream, whipped

### Crust Ingredients

- ½ cup ginger snap crumbs
- 1 cup graham cracker crumbs
- ¼ cup sugar
- 1/3 cup melted butter

### Directions

#### Crust:

- (1) Combine ginger snap crumbs, graham cracker crumbs, and sugar. Mix well.
- (2) Drizzle in melted butter and mix well (either with your fingers, a spoon, or a food processor).
- (3) Press gently into a 9-inch pie pan.
- (4) Bake at 350°F. for 8-10 minutes.

#### Filling:

- (1) Soften gelatin in cold water.
- (2) Combine ½ cup sugar with the salt, egg yolks, and milk in the top of a double boiler. Cook over boiling water, stirring constantly, until the mixture coats a spoon.
- (3) Remove from the heat and stir in softened gelatin and pawpaw puree. Chill until a spoonful holds its shape (about half an hour).
- (4) Beat the egg whites stiff with ¼ cup of white sugar. Fold egg whites and half of the whipped cream into the filling. Pour into the baked pastry shell and chill to firm it up.
- (5) Spread remaining whipped cream on top of pie right before serving.

[This recipe was adapted from one at this site: <https://hort.purdue.edu/newcrop/ksu-pawpaw/cooking.html> .]



**PAWPAW**, all photos from cultivated plants at Ithaca, N.Y.: Leaves, mid-June 2005, Flower, 23 May 2018, Cluster of Pawpaws inside a bush, 14 October 1996.

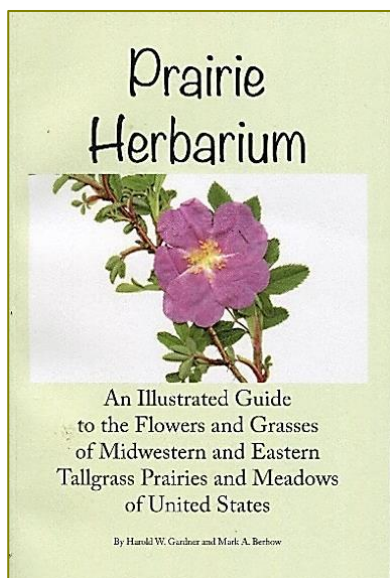


## REVIEW &amp; MISCELLANY

Announcing publication of the  
**PRAIRIE HERBARIUM: An Illustrated  
 Guide to the Flowers and Grasses of  
 Midwestern and Eastern Tallgrass  
 Prairies and Meadows of United States**  
 by **Harold W. Gardner & Mark A. Berhow**

This book features 213 digital images of freshly cut flowers and grasses. Superimposed on the flower image is a seed-head and seeds of the species. The book is available at Amazon, Barnes & Noble, and Lulu Press. The best price is at Lulu Press: <http://www.lulu.com/shop/harold-w-gardner-and-mark-a-berhow/prairie-herbarium/paperback/product-23945216.html>

Preferred soil moisture for the plants can be obtained from the authors at either  
[hridgrdnr4@aol.com](mailto:hridgrdnr4@aol.com) or  
[berhowma@comcast.net](mailto:berhowma@comcast.net)



► **David Keifer (left ) and Anna Stalter at the 2018 Solstice Gathering**, showing David's *Certificate of Merit*, honoring his eight years as FLNPS's Treasurer, and a book on Northwestern wildflowers, which we presented as a parting gift. He retired to Oregon shortly after. Anna has taken on the Treasurer's duties, while surrendering her long-standing FLNPS Presidency to Robert Wesley. (In the background are winter plant decorations that also form the basis for the plant identification contest at this annual party.)  
 Photo by Rick Lightbody.



## Greetings from Buttermilk Falls State Park



© <http://botphoto.com>

August 30, 2018

▲ Lovely, orange **Chanterelle mushrooms (*Cantharellus* sp.)** growing in a carpet of moss. Photographer **Arieh Tal** suggested that this was *Cantharellus cibarius*. **Teresa Iturriaga**, Curator of Cornell's mycology herbarium, agreed. **Steven Daniel** suggested "one of the smaller, thinner, less 'meaty' species. It may be *C. minor*, which often grows in moss." He added "Sometimes, with mushrooms, it's hard to be definitive from a photo (or even a specimen) without microscopy."  
 [As in roses — "A mushroom by any other name would be as beautiful!"]





# Finger Lakes Native Plant Society



**Large Cranberry** (*Vaccinium macrocarpon*) — berries left, and leafy stems with flowers, center; and **Small Cranberry** (*Vaccinium oxycoccos*) — right, showing berries and much smaller leaves. Photos © 2019 by Robert Dirig.

## FLNPS CALENDAR, WINTER & SPRING 2019

### Wednesday ~ March 20<sup>th</sup> ~ 7:00 p.m.

A talk, *Update on the Hemlock Woolly Adelgid & Emerald Ash Borer*, by Mark Whitmore (Cornell Dept. of Natural Resources).

### Wednesday ~ April 17<sup>th</sup> ~ 7:00 p.m.

A talk on *Botanical Treasures of the Gorge at Buttermilk Falls State Park*, by Ariele Tal (local botanist).

From May through October, hundreds of people hike the trails (daily) around the gorge at Buttermilk Falls State Park. The hikers are of all ages and from many countries. They come to enjoy the scenic qualities that make Buttermilk Falls so special. Yet, extremely few people seem to show much curiosity about the plant life that covers the stones at the gorge. We invite you to join us for a unique, virtual hike around one of New York's most scenic natural landscapes.

### Wednesday ~ May 15<sup>th</sup> ~ 7:00 p.m.

A talk on *Ferns*, by Fay-Wei Li (of the Boyce Thompson Institute), oriented to a general audience with botanical and scientific interest. †Please check our website for details.

### WALKS & RAMBLES

Volunteer to lead a walk, or suggest a theme or location, by contacting Anna Stalter [redacted]. Please keep an eye on the FLNPS website† for updates.

*FLNPS evening Talks are held at the Unitarian Church Annex (second floor; enter on East Buffalo St.) in Ithaca, N.Y.*

*An elevator is available.*

†Please check our website (flnps.org.) for updates and details. There may be some walks as the season progresses. We appreciate suggestions for speakers or topics, walks, outings, and rambles.



## OTHER REGIONAL WALKS

After a brief hiatus, Anurag Agrawal's "Winter Walks" — a long-standing Ecology & Evolutionary Biology tradition — are returning in 2019 on March 8<sup>th</sup>, March 29<sup>th</sup>, and April 26<sup>th</sup> (all are Friday afternoons). We will depart from Cornell's Corson-Mudd Atrium at 12:30 p.m., and return by 4:30. If you have a vehicle and can drive, please let Anurag know at [redacted]@cornell.edu. We will spend a few hours enjoying natural history and the local winter landscape, while emphasizing tree identification. Please bring water and winter gear. All are welcome.



➤ More of Gin Mistry's indoor moss gardens, from Members' Night. See page 1 for details.



Photo by  
Rick Lightbody