

# Mallard Lake Loop Trail

June 24, 2024

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME
<input type="checkbox"/>	<a href="#"><i>Asclepias syriaca</i></a> (uh-SKLEE-pee-us)	Apocynaceae [CC0]	Common Milkweed
<input type="checkbox"/>	<a href="#"><i>Asimina triloba</i></a> (uh-SIM-in-uh)	Annonaceae [CC5]	Pawpaw
<input type="checkbox"/>	<a href="#"><i>Berchemia scandens</i></a> (br-KEE-mee-uh)	Rhamnaceae [CC6]	Alabama Supplejack
<input type="checkbox"/>	<a href="#"><i>Bignonia capreolata</i></a> (big-NO-nee-uh)	Bignoniaceae [CC6]	Crossvine
<input type="checkbox"/>	<a href="#"><i>Blephilia hirsuta</i></a> (bleh-FILL-ee-uh)	Lamiaceae (Nepetoideae subfamily) [CC7]	Hairy Pagoda Plant / Wood Mint
<input type="checkbox"/>	<a href="#"><i>Daucus carota</i></a> (DOW-kuss)	Apiaceae [intro]	Wild Carrot / Queen Anne's Lace /
<input type="checkbox"/>	<a href="#"><i>Desmanthus illinoensis</i></a> (dez-MAN-thus)	Fabaceae (Caesalpinioideae subfam) / [CC3]	Illinois Bundleflower
<input type="checkbox"/>	<a href="#"><i>Fraxinus smallii</i></a> (FRACK-sin-us)	Oleaceae [CC3]	Sullivan's Ash [yes! our own Father Sullivan!] (a type of White Ash with, among other differences, brown buds instead of the typical black ones)
<input type="checkbox"/>	<a href="#"><i>Heliopsis helianthoides</i></a> (sunlike + resembling a sunflower) (hee-lee-OPP-sis / hee-lee-ann-THOY-deez)	Asteraceae (Heliantheae tribe) [CC5]	Ox-Eye Sunflower / False Sunflower ("false" because ray florets are fertile, unlike true sunflowers with sterile rays) perennial / rhizomatous / <b>leaves:</b> opposite, <b>petioles up to 1"</b> , lanceolate to ovate, <b>serrate</b> (lower leaves), surface rough, edges can be wavy / <b>venation:</b> 2 lateral veins diverge from midvein AT the base, with <b>secondary and tertiary veins</b> visible / <b>phyllaries:</b> <b>alternating long and short bracts</b> , with the outer series longer and the shorter inner series interspersed / densely appressed pubescence <b>ray florets:</b> 10-16 rays / <b>look for forked style at base of rays</b> (rays of true sunflowers are sterile with no style) / <b>dry flower:</b> when rays dry-out they <b>persist</b> (unlike true sunflowers whose rays wither away) / also, the base of the dried rays turn a deep <b>orange</b> color <b>chaff:</b> chaffy bracts subtending the disk florets are more <b>linear</b> (true sunflowers have broad chaff) <b>receptacle:</b> conical (on a true sunflower the receptacle is flatter)
<input type="checkbox"/>	<a href="#"><i>Hibiscus laevis</i></a> (hy-BISS-kuss)	Malvaceae [CC4]	Halberd-Leaved Rose Mallow
<input type="checkbox"/>	<a href="#"><i>Humulus scandens</i></a> (japonicus) (HYOO-muh-luss)	Cannabaceae [intro]	Japanese Hops
<input type="checkbox"/>	<a href="#"><i>Hydrangea arborescens</i></a> (hy-DRAIN-jee-uh)	Hydrangeaceae [CC7]	Hydrangea
<input type="checkbox"/>	<a href="#"><i>Hydrophyllum appendiculatum</i></a> (hy-dro-FILL-um)	Boraginaceae [CC6]	Great Waterleaf / Woolen Breeches /
<input type="checkbox"/>	<a href="#"><i>Ilex decidua</i></a> (EYE-lex)	Aquifoliaceae [CC5]	Possumhaw / Deciduous Holly
<input type="checkbox"/>	<a href="#"><i>Impatiens capensis</i></a> (im-PAY-shenz)	Balsaminaceae [CC3]	Orange Jewelweed
<input type="checkbox"/>	<a href="#"><i>Impatiens pallida</i></a> (im-PAY-shenz)	Balsaminaceae [CC5]	Yellow Jewelweed
<input type="checkbox"/>	<a href="#"><i>Laportea canadensis</i></a> (luh-POR-tee-uh)	Urticaceae [CC4]	Wood Nettle
<input type="checkbox"/>	<a href="#"><i>Ligustrum obtusifolium</i></a> (ligg-GUSS-strum)	Oleaceae [intro]	Privet
<input type="checkbox"/>	<a href="#"><i>Lonicera sempervirens</i></a> (lo-NISS-r-uh)	Caprifoliaceae [CC]	Coral Honeysuckle

<input type="checkbox"/>	<a href="#"><i>Microstegium vimineum</i></a> (my-kro-STEE-jee-um)	Poaceae (Panicoideae subfamily) [intro]	Japanese Stiltgrass
<input type="checkbox"/>	<a href="#"><i>Monarda fistulosa</i></a> (mo-NARR-duh)	Lamiaceae [CC4]	Wild Bergamot
<input type="checkbox"/>	<a href="#"><i>Nyssa aquatica</i></a> (NISS-uh)	Nyssaceae (Cornales) [CC10]	Water Tupelo
<input type="checkbox"/>	<a href="#"><i>Nyssa sylvatica</i></a> (NISS-uh)	Nyssaceae (Cornales) [CC5]	Blackgum / Black Tupelo
<input type="checkbox"/>	<a href="#"><i>Pilea pumila</i></a> (PY-lee-uh)	Urticaceae [CC4]	Clearweed
<input type="checkbox"/>	<a href="#"><i>Polymnia canadensis</i></a> (po-LIMM-nee-uh)	Asteraceae (Polymnieae tribe) [CC6]	Whiteflower Leafcup / Whiteflower Bearsfoot /
<input type="checkbox"/>	<a href="#"><i>Pycnanthemum tenuifolium</i></a> (pik-NANN-thuh-mum)	Lamiaceae (Nepetoideae subfamily) [CC4]	Narrowleaf Mountainmint
<input type="checkbox"/>	<a href="#"><i>Quercus lyrata</i></a> (KWERK-us)	Fagaceae [CC8]	Overcup Oak
<input type="checkbox"/>	<a href="#"><i>Ratibida pinnata</i></a> (ruh-TIBB-i-duh)	Asteraceae (Heliantheae tribe) [CC4]	Gray-Headed Coneflower
<input type="checkbox"/>	<a href="#"><i>Saururus cernuus</i></a> (suh-ROO-rus)	Saururaceae [CC6]	Lizard's Tail
<input type="checkbox"/>	<a href="#"><i>Scrophularia marilandica</i></a> (skro-foo-LAYR-ee-uh)	Scrophulariaceae [CC3]	Figwort
<input type="checkbox"/>	<a href="#"><i>Sicyos angulatus</i></a> (SISS-ee-os)	Cucurbitaceae [CC4]	Bur Cucumber
<input type="checkbox"/>	<a href="#"><i>Solidago altissima</i></a> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC1]	Tall Goldenrod
<input type="checkbox"/>	<a href="#"><i>Teucrium canadense</i></a> (TOO-kree-um)	Lamiaceae (Ajugoideae subfamily) [CC2]	Germander
<input type="checkbox"/>	<a href="#"><i>Torilis arvensis</i></a> (tor-RILL-iss)	Apiaceae [intro]	Hedge Parsley
<input type="checkbox"/>	<a href="#"><i>Urtica dioica gracilis</i></a> (UR-tick-kuh)	Urticaceae [CC3]	Tall Stinging Nettle
<input type="checkbox"/>	<a href="#"><i>Verbena urticifolia</i></a> (vr-BEE-nuh)	Verbenaceae [CC2]	White Verbena
<input type="checkbox"/>	<a href="#"><i>Vernonia missurica</i></a> (vr-NO-nee-uh)	Asteraceae (Vernonieae tribe) [CC5]	Missouri Ironweed

## NOTES

**WHERE WE WALKED:** We met in the Mallard Lake parking lot and walked clockwise around the lake and woods on the 1.7 mile Mallard Lake Loop trail. It was a hot, sunny day, so we stopped a while in the shade of the \$74,000,000 Creve Coeur Lake Memorial Park Bridge to look at the antlion holes [video about antlions [HERE](#)].

### SHORT OBSERVATIONS:

- **Beebalm:** Today we learned that there is more than one variety of *Monarda fistulosa*. The flowers of our *Monarda bradburiana* (sessile leaves, and flowers with a white corolla blotched with maroon) have been gone a long time. In their place we got *Monarda fistulosa* (leaves with petioles, and flowers with a lavender corolla). But today we seem to have found a 3<sup>rd</sup> kind of *Monarda*. It has lavender-colored flowers like *Monarda fistulosa*. But the plant is very tall – even a bit weedy if I may be blasphemous. The earlier, tidier *M. fistulosa* plants were apparently “*Monarda fistulosa* var. *hirsuta*”. But today’s much taller plants seem to be “*Monarda fistulosa* var. *mollis*” and are called “Soft Wild Bergamot”.
- **Milkweed:** Milkweed plants have large, sweet-smelling inflorescences with dozens of flowers in each inflorescence. Today somebody observed that there only seems to be 2 or so seedpods in each infructescence. So apparently most of the flowers don’t get pollinated. (By the way, milkweed seedpods are called “follicles”. The seedpods only open along one suture, so there’s only one opening for the seeds to exit. It would be **folly** to look for another one. My joke.)
- **Forest Releaf:** This nonprofit organization has their tree nursery in a small section of Creve Coeur Lake Park. Our trail goes right past it. South of their nursery, they seem to have planted a variety of trees in the park itself. We found Overcup Oak, Possumhaw, Crabapple, a Fr. Sullivan Ash, and many other interesting species.

- Poison Ivy Infiltration: Early along the trail, we found a Boxelder Tree (*Acer negundo*) with its famous poison-ivy-lookalike leaves. But insidiously, there was a true Poison Ivy vine (*Toxicodendron radicans*) that had climbed up into the tree and had wrapped around the tree's lower branches at face-level. Nobody would ever suspect that the boxelder's leaves were actually poison-ivy leaves. (Except, of course, for John or whoever noticed it in the first place.) I feel guilty for having not gone back with a saw to remove that vine. But I will.
- Heliopsis and Its Bug: It seems important to be able to identify *Heliopsis helianthoides*. (Its common names such as "False Sunflower" or "Oxeye Sunflower" sure don't help out much.) The species list above has a useful sequence of identification tips. There's also a beautiful "Heliopsis Bug" that will gladly confirm the plant's I.D. for us. (See page 72 of Fr. Sullivan's book for a great photo of the bug or visit a webpage [HERE](#).)
- Japanese Stilt Grass: (*Microstegium vimineum*): This is a big, big problem. At least it's easy to identify because it often displays a silver smudge down the middle of its leaves. Not to pick on beautiful Japan, but Japanese Hops (*Humulus japonicus*) is also a big problem here. It's easy to identify with its attractive leaves and its vicious stems dense with short, downward-pointing spines.
- Water Tupelo (*Nyssa aquatica*): I don't remember who first saw it, but when she pointed to it out in the water we all froze in our tracks. It's a magnificent tree buttressed with a cone-shaped base. John mentioned that the flowers from this tree are responsible for the much-sought-after "Tupelo Honey". (There's a respected 1997 movie called "Ulee's Gold" with Peter Fonda as a beekeeper who produces honey from Water Tupelo trees. Here's the [TRAILER](#).)
- Urtica: This is the "real" stinging nettle, the genus that the Urticaceae family is named after. We hardly ever see it in St. Louis. It seems to be more of an easy-going plant – not like our high-strung Wood Nettle (*Laportea canadensis*) with its "sting now, ask questions later" attitude. There are 2 subspecies of *Urtica* – a taller one (ssp. *gracilis*) and a shorter one (ssp. *dioica*). We were so very lucky that they were both growing alongside our trail right next to each other! This made our walk extra memorable! (There's currently some controversy about what common name to give them – with some people strongly objecting to ssp. *dioica* being called "European Stinging Nettle").
- Jewel Weed: Unless I'm dreaming, we also found both versions of Jewel Weed (the orange *Impatiens capensis* and the yellow *Impatiens pallida*) growing in close proximity to each other. John mentioned that it was Justin Thomas who noticed that the plants can be distinguished vegetatively by counting the number of teeth on a leaf. Leaves with fewer than 9 teeth per side belong to the more common orange species. Leaves with more than 9 teeth per side belong to the more conservative yellow species. To remember that "9" is the over-under number, just count the number of letters in J-E-W-E-L-W-E-E-D.

#### PARTICIPANTS:

There were 14 of us botanists today, who are (in alphabetical order):

Kathy Bildner, Steve Bizub, Jerry Castillon, Wayne Clark, June Jeffries, Michael Laschober, Sharon Lu, Pat Lynn, Burt Noll, John Oliver, Anne Rankin, Tina Richardson, David Steinmeyer, Kathy Thiele