

# Forest Park – Steinberg Rink Trail

September 23, 2024

|                          | BOTANICAL NAME<br>(with genus pronunciation)                            | FAMILY<br>[CC] = <a href="#">Coefficient of Conservatism</a> | COMMON NAME                            |
|--------------------------|---|--|--|
| <input type="checkbox"/> | <a href="#"><i>Agastache nepetoides</i></a><br>(AGG-uh-STACK-ee)        | Lamiaceae (Nepetoideae subfamily)<br>[CC4]                   | Yellow Giant Hyssop                    |
| <input type="checkbox"/> | <a href="#"><i>Ageratina altissima</i></a><br>(AJ-jr-uh-TY-nuh)         | Asteraceae (Eupatorieae tribe)<br>[CC2]                      | White Snakeroot                        |
| <input type="checkbox"/> | <a href="#"><i>Ailanthus altissima</i></a><br>eye-LAN-thus              | Simaroubaceae / Sapindales<br>[introduced]                   | Tree of Heaven                         |
| <input type="checkbox"/> | <a href="#"><i>Ambrosia trifida</i></a><br>(am-BRO-see-uh)              | Asteraceae (Heliantheae tribe)<br>[CC0]                      | Giant Ragweed                          |
| <input type="checkbox"/> | <a href="#"><i>Amorpha fruticosa</i></a><br>(a-MOR-fuh)                 | Fabaceae (Faboideae subfamily)<br>[CC6]                      | False Indigo Bush                      |
| <input type="checkbox"/> | <a href="#"><i>Baptisia alba</i></a><br>(bap-TIZZ-ee-uh)                | Fabaceae<br>[CC6]  | White Wild Indigo                      |
| <input type="checkbox"/> | <a href="#"><i>Boehmeria cylindrica</i></a><br>(bo-MEER-ee-uh)          | Urticaceae<br>[CC4]  | False Nettle                           |
| <input type="checkbox"/> | <a href="#"><i>Carya illinoensis</i></a><br>(KAYR-ee-uh)                | Juglandaceae<br>[CC7]  | Pecan Hickory                          |
| <input type="checkbox"/> | <a href="#"><i>Cephalanthus occidentalis</i></a><br>(seff-uh-LANN-thus) | Rubiaceae<br>[CC3]   | Buttonbush                             |
| <input type="checkbox"/> | <a href="#"><i>Chasmanthium latifolium</i></a><br>(kazz-MAN-thee-um)    | Poaceae (Panicoideae subfamily)<br>[CC4]                     | River Oats                             |
| <input type="checkbox"/> | <a href="#"><i>Chelone obliqua</i></a><br>(cheh-LO-nee)                 | Plantaginaceae<br>[CC10]                                     | Pink Turtlehead                        |
| <input type="checkbox"/> | <a href="#"><i>Coreopsis tripteris</i></a><br>(kor-ee-OPP-sis)          | Asteraceae (Coreopsidae tribe)<br>[CC6]                      | Tall Coreopsis                         |
| <input type="checkbox"/> | <a href="#"><i>Crataegus phaenopyrum</i></a><br>(kruh-TEE-juss)         | Rosaceae<br>[CC5]  | Washington Hawthorn                    |
| <input type="checkbox"/> | <a href="#"><i>Desmanthus illinoensis</i></a><br>(dez-MAN-thus)         | Fabaceae (Caesalpinioideae subfam)<br>[CC3]                  | Illinois Bundleflower                  |
| <input type="checkbox"/> | <a href="#"><i>Echinacea purpurea</i></a><br>(eck-in-AY-see-uh)         | Asteraceae (Heliantheae tribe)<br>[CC5]                      | Purple Coneflower                      |
| <input type="checkbox"/> | <a href="#"><i>Elymus hystrix</i></a><br>(ELL-uh-muss)                  | Poaceae (Pooideae subfamily)<br>[CC4]                        | Bottlebrush Wild Rye                   |
| <input type="checkbox"/> | <a href="#"><i>Eupatorium serotinum</i></a><br>(yoo-puh-TOR-ee-um)      | Asteraceae (Eupatorieae tribe)<br>[CC1]                      | Late Boneset                           |
| <input type="checkbox"/> | <a href="#"><i>Hamamelis virginiana</i></a><br>(ham-a-MEE-liss)         | Hamamelidaceae<br>[CC9]                                      | Fall Witch-Hazel / Eastern Witch Hazel |
| <input type="checkbox"/> | <a href="#"><i>Helianthus maximiliani</i></a><br>(hee-lee-ANN-thus)     | Asteraceae (Heliantheae tribe)<br>[CC5]                      | Maximilian Sunflower                   |
| <input type="checkbox"/> | <a href="#"><i>Helianthus strumosus</i></a><br>(hee-lee-ANN-thus)       | Asteraceae (Heliantheae tribe)<br>[CC7]                      | Pale-Leaf Woodland Sunflower           |
| <input type="checkbox"/> | <a href="#"><i>Heliopsis helianthoides</i></a><br>(hee-lee-OPP-sis)     | Asteraceae (Heliantheae tribe)<br>[CC5]                      | Ox-Eye Sunflower / False Sunflower     |
| <input type="checkbox"/> | <a href="#"><i>Hibiscus laevis</i></a><br>(hy-BISS-kuss)                | Malvaceae<br>[CC4]   | Halberd-Leaved Rose Mallow             |
| <input type="checkbox"/> | <a href="#"><i>Hibiscus lasiocarpus</i></a><br>(hy-BISS-kuss)           | Malvaceae<br>[CC5]   | Hairy-Fruited Rose Mallow              |
| <input type="checkbox"/> | <a href="#"><i>Ilex decidua</i></a><br>(EYE-lex)                        | Aquifoliaceae<br>[CC5]                                       | Possumhaw / Deciduous Holly            |
| <input type="checkbox"/> | <a href="#"><i>Ilex verticillata</i></a><br>(EYE-lex)                   | Aquifoliaceae<br>[CC10]                                      | Winterberry                            |
| <input type="checkbox"/> | <a href="#"><i>Ludwigia leptocarpea</i></a><br>(lood-WIG-ee-uh)         | Onagraceae<br>[CC10]   | Angle-Stem Primrose-Willow             |
| <input type="checkbox"/> | <a href="#"><i>Ludwigia peploides</i></a><br>(lood-WIG-ee-uh)           | Onagraceae<br>[CC3]  | Floating Primrose-Willow               |
| <input type="checkbox"/> | <a href="#"><i>Magnolia virginiana</i></a><br>(mag-NO-lee-uh)           | Magnoliaceae<br>[introduced]                                 | Sweetbay Magnolia                      |
| <input type="checkbox"/> | <a href="#"><i>Monarda fistulosa</i></a><br>(mo-NARR-duh)               | Lamiaceae<br>[CC4]   | Wild Bergamot                          |

|                          |   |   |                                     |
|--------------------------|---|---|-------------------------------------|
| <input type="checkbox"/> | <a href="#"><u><i>Nyssa sylvatica</i></u></a><br>(NISS-uh)                        | Nyssaceae (Cornales)<br>[CC5]             | Blackgum / Black Tupelo             |
| <input type="checkbox"/> | <a href="#"><u><i>Oenothera biennis</i></u></a><br>(ee-no-THEER-uh)               | Onagraceae<br>[CC0]                       | Common Evening Primrose             |
| <input type="checkbox"/> | <a href="#"><u><i>Oenothera gaura</i></u></a><br>(ee-no-THEER-uh)                 | Onagraceae<br>[CC2 - Illinois]            | Biennial Beeblossom                 |
| <input type="checkbox"/> | <a href="#"><u><i>Persicaria virginiana</i></u></a><br>(pr-seh-KAYR-ee-uh)        | Polygonaceae<br>[CC1]                     | Jumpseed / Virginia Knotweed        |
| <input type="checkbox"/> | <a href="#"><u><i>Phlox paniculata</i></u></a><br>(FLOCKS)                        | Polemoniaceae<br>[CC3]                    | Garden Phlox                        |
| <input type="checkbox"/> | <a href="#"><u><i>Physostegia virginiana</i></u></a><br>(fy-so-STEE-jee-uh)       | Lamiaceae (Lamioideae subfamily)<br>[CC5] | Obedient Plant                      |
| <input type="checkbox"/> | <a href="#"><u><i>Pontederia cordata</i></u></a><br>(pon-teh-DEER-ee-uh)          | Pontederiaceae<br>[CC7]                   | Pickernelweed                       |
| <input type="checkbox"/> | <a href="#"><u><i>Quercus macrocarpa</i></u></a><br>(KWERK-us)                    | Fagaceae<br>[CC4]                         | Bur Oak                             |
| <input type="checkbox"/> | <a href="#"><u><i>Ratibida pinnata</i></u></a><br>(ruh-TIBB-i-duh)                | Asteraceae (Heliantheae tribe)<br>[CC4]   | Gray-Headed Coneflower              |
| <input type="checkbox"/> | <a href="#"><u><i>Rhus glabra</i></u></a><br>(ROOS)                               | Anacardiaceae<br>[CC1]                    | Smooth Sumac                        |
| <input type="checkbox"/> | <a href="#"><u><i>Rhus typhina</i></u></a><br>(ROOS)                              | Anacardiaceae<br>[introduced]             | Staghorn Sumac                      |
| <input type="checkbox"/> | <a href="#"><u><i>Rudbeckia subtomentosa</i></u></a><br>(rood-BECK-ee-uh)         | Asteraceae (Heliantheae tribe)<br>[CC5]   | Sweet Coneflower                    |
| <input type="checkbox"/> | <a href="#"><u><i>Sambucus canadensis</i></u></a><br>(sam-BOO-kuss)               | Adoxaceae<br>[CC2]                        | Black Elderberry                    |
| <input type="checkbox"/> | <a href="#"><u><i>Spigelia marilandica</i></u></a><br>(spy-JEE-lee-uh)            | Loganiaceae<br>[CC8]                      | Indian Pink                         |
| <input type="checkbox"/> | <a href="#"><u><i>Saururus cernuus</i></u></a><br>(suh-ROO-rus)                   | Saururaceae<br>[CC6]                      | Lizard's Tail                       |
| <input type="checkbox"/> | <a href="#"><u><i>Scrophularia marilandica</i></u></a><br>(skro-foo-LAYR-ee-uh)   | Scrophulariaceae<br>[CC3]                 | Figwort                             |
| <input type="checkbox"/> | <a href="#"><u><i>Silphium perfoliatum</i></u></a><br>(SILL-fee-um)               | Asteraceae (Heliantheae tribe)<br>[CC3]   | Cup Plant                           |
| <input type="checkbox"/> | <a href="#"><u><i>Solidago altissima</i></u></a><br>(so-lid-DAY-go)               | Asteraceae (Astereae tribe)<br>[CC1]      | Tall Goldenrod                      |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum drummondii</i></u></a><br>(SIMM-fee-o-TRY-kum)    | Asteraceae (Astereae tribe)<br>[CC4]      | Drummond's Aster                    |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum ericoides</i></u></a><br>(SIMM-fee-o-TRY-kum)     | Asteraceae (Astereae tribe)<br>[CC5]      | White Heath Aster                   |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum lanceolatum</i></u></a><br>(SIMM-fee-o-TRY-kum)   | Asteraceae (Astereae tribe)<br>[CC3]      | White Panicked Aster                |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum novae-angliae</i></u></a><br>(SIMM-fee-o-TRY-kum) | Asteraceae (Astereae tribe)<br>[CC4]      | New England Aster                   |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum pilosum</i></u></a><br>(SIMM-fee-o-TRY-kum)       | Asteraceae (Astereae tribe)<br>[CC0]      | Hairy Aster, Frost Aster, Awl Aster |
| <input type="checkbox"/> | <a href="#"><u><i>Symphotrichum racemosum</i></u></a><br>(SIMM-fee-o-TRY-kum)     | Asteraceae (Astereae tribe)<br>[CC5]      | Small White Aster                   |
| <input type="checkbox"/> | <a href="#"><u><i>Taxodium distichum</i></u></a><br>(tax-O-dee-um)                | Cupressaceae<br>[CC8]                     | Bald Cypress                        |
| <input type="checkbox"/> | <a href="#"><u><i>Verbesina alternifolia</i></u></a><br>(vr-beh-SEE-nuh)          | Asteraceae (Heliantheae tribe)<br>[CC4]   | Yellow Wingstem                     |
| <input type="checkbox"/> | <a href="#"><u><i>Verbesina virginica</i></u></a><br>(vr-beh-SEE-nuh)             | Asteraceae (Heliantheae tribe)<br>[CC5]   | White Wingstem / Frostweed          |

## NOTES

**WHERE WE WALKED:** We met in the Steinberg Skating Rink parking lot, then walked across the rink to the trail (near the chess tables and restrooms) on its North side. We took the trail to the Victorian Bridge, stopping along the way to visit the Cabanne Spring, the monstrous (now dead) Mulberry Trees, and to examine the Juniper-Hawthorn Rust on the Hawthorn trees. Crossing the famous 1885 footbridge we visited the state-champion Fall Witch-Hazel Tree at its other end. After reaching the dual “Wheels and Heels” paths, we made a loop that encircled the Monarch Garden via a rich, unnamed trail behind it all. We stopped to admire the magnificent new Round Lake Fountain in the distance. We walked along the edge of Klein Prairie on our way back to the cars.

### JUNIPER-HAWTHORN RUST:

If I die and return to earth, I hope it's not as a Hawthorn tree. They never look very happy or healthy. Here's a short (3:03) but informative [VIDEO](#) that reinforces what John explained to us.

### LUDWIGIA LEPTOCARPEA:

Well, this was unexpected. Like 4 bees we were drawn to its yellow flowers at the water's edge. But when we got there we were stumped. 6 petals? How weird is that for a dicot! And the shape of the flower and its fruit exceeds traditional botanical terminology. Calling it "horn-shaped" would be insufficient, unless of course it refers to one of those Swiss ALPHORNS [photo [HERE](#)] that are found printed on hot chocolate packages.

Kathy opened one of its long seed capsules. We found that it contained 5 tubelike locules filled with stacks of tiny cookie-like pellets – the square shortbread kind – each with a seed embedded in it.

Its common name ("Angle-Stem Primrose-Willow") doesn't exactly flow off the tongue. But we probably won't be saying it much. According to its BONAP map [[HERE](#)], not only is this C10 plant NOT a St. Louisan, it seems to be disappearing from Missouri altogether (signified by the yellow color on the map).

It's a shame we didn't know to look for its PNEUMATOPHORES because we had just been discussing pneumatophores some 15 minutes earlier when looking at the Bald Cypress trees near Round Lake. (Tina had found a pneumatophore coming up through the walkway there.)

### SHORT OBSERVATIONS:

- We noticed a **Tree of Heaven** in a patch of its lookalike Smooth Sumac. John said it was hiding there for protection. We all laughed.
- Right before we reached the Staghorn Sumacs and the Anglestem Primrose-Willow, a **crayfish** stopped us in our tracks, angrily protesting our presence with his raised chelipeds and thorax. After posing for photos and putting on quite an entertaining show, the crayfish was kindly taken out of harm's way by Tina who returned him to the nearby water – only a meter or two away. In return the ungrateful fellow pinched her!
- Kathy noticed both species of our St. Louis native *Hibiscus* species (*Hibiscus laeve* and *Hibiscus lasiocarpus*) growing side-by-side alongside the trail.

### TODAY'S PARTICIPANTS:

Because of this morning's heavy rain (which kindly paused for the duration of our walk), our group today was unusually small. But small groups have their advantages. We were able to focus on things as a team and hear each other's every word. It made for a fun and productive learning environment.

The 4 of us were (in alphabetical order): Kathy Bildner, Michael Laschober, John Oliver, and Tina Richardson.