

Salt Lick Trail & Johnson Trail Loop

September 22, 2025

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME ☼ = Flowering / 🌱 = Fruiting
☐	<i>Aesculus glabra</i> (ESS-kyoo-luss)	Sapindaceae [CC5]	Ohio Buckeye
☐	<i>Agastache nepetoides</i> (AGG-uh-STACK-ee)	Lamiaceae (Nepetoideae subfamily) [CC4]	Yellow Giant Hyssop 🌱
☐	<i>Ageratina altissima</i> (AJ-jr-uh-TY-nuh)	Asteraceae (Eupatorieae tribe) [CC2]	White Snakeroot ☼
☐	<i>Anemone virginiana</i> (uh-NEMM-o-nee)	Ranunculaceae [CC4]	Tall Thimbleweed 🌱
☐	<i>Arnoglossum atriplicifolium</i> (awr-no-GLOSS-um)	Asteraceae (Senecioneae tribe) [CC4]	Pale Indian Plantain 🌱
☐	<i>Asarum reflexum</i> (uh-SAYR-um)	Aristolochiaceae [CC6]	Wild Ginger
☐	<i>Asimina triloba</i> (uh-SIM-in-uh)	Annonaceae [CC5]	Pawpaw 🌱
☐	<i>Asplenium rhizophyllum</i> (uh-SPLEE-nee-um)	Aspleniaceae [CC7]	Walking Fern
☐	<i>Auricularia auricula</i> (awr-rick-yoo-LAR-ee-uh)	Auriculariaceae [fungus]	Wood Ear
☐	<i>Bidens bipinnata</i> (BY-denz)	Asteraceae (Heliantheae tribe) [introduced]	Spanish Needles 🌱
☐	<i>Boehmeria cylindrica</i> (bo-MEER-ee-uh)	Urticaceae [CC4]	False Nettle 🌱
☐	<i>Boltonia asteroides</i> (bol-TOH-nee-uh)	Asteraceae (Astereae tribe) [CC4]	Doll's Daisy ☼
☐	<i>Bouteloua curtipendula</i> (boo-tuh-LOO-uh)	Poaceae (Chloridoideae subfamily) [CC7]	Sideoats Grama ☼
☐	<i>Brachyelytrum erectum</i> (brack-ee-ell-LY-trum)	Poaceae [CC5]	Long-Awned Woodgrass 🌱
☐	<i>Campsis radicans</i> (KAMP-sis)	Bignoniaceae [CC3]	Trumpet Vine ☼
☐	<i>Carex eburnea</i> (CARE-x)	Cyperaceae [CC7]	Bristleleaf Sedge / Cedar Sedge
☐	<i>Carya texana</i> (KAYR-ee-uh)	Juglandaceae [CC5]	Black Hickory 🌱
☐	<i>Cercis canadensis</i> (SR-siss)	Fabaceae (Caesalpinioideae subfam) [CC3]	Redbud 🌱
☐	<i>Cichorium intybus</i> (sick-KOR-ee-um)	Asteraceae (Cichorieae tribe) [intro]	Chicory ☼
☐	<i>Conocephalum salubrosum</i> (kon-o-SEFF-uh-lum)	Conocephalaceae (Marchantiales)	Snakeskin Liverwort
☐	<i>Croton monanthogynus</i> (KROH-ton)	Euphorbiaceae [CC2]	Prairie Tea / One-Seed Croton 🌱
☐	<i>Cryptotaenia canadensis</i> (kripp-toe-TEE-nee-uh)	Apiaceae [CC2]	Honewort 🌱
☐	<i>Cystopteris bulbifera</i> (sis-STOP-tr-riss)	Cystopteridaceae (Polypodiales) [CC8]	Bulblet Fern
☐	<i>Desmanthus illinoensis</i> (des-MAN-thus)	Fabaceae (Caesalpinioideae subfam) [CC3]	Illinois Bundleflower 🌱
☐	<i>Elephantopus carolinianus</i> (el-eh-fan-TOE-pus)	Asteraceae (Vernonieae tribe) [CC3]	Elephant's Foot ☼
☐	<i>Eleusine indica</i> (e-loo-SY-nee)	Poaceae (Chloridoideae subfamily) [intro]	Goosegrass 🌱
☐	<i>Equisetum hyemale</i> (eck-weh-SEE-tum)	Equisetaceae [CC3]	Rough Horsetail (with conelike strobili)
☐	<i>Eragrostis spectabilis</i> (ayr-uh-GROSS-tiss)	Poaceae (Chloridoideae subfamily) [CC3]	Purple Lovegrass 🌱
☐	<i>Erigeron canadensis</i> [Conyza] (er-RIJ-er-on)	Asteraceae (Astereae tribe) [CC0]	Horseweed 🌱

☐	<i>Euonymus atropurpureus</i> (yoo-ONN-i-mus)	Celastraceae [CC5]	Wahoo 🌿
☐	<i>Eupatorium altissimum</i> (yoo-puh-TOR-ee-um)	Asteraceae (Eupatorieae tribe) [CC3]	Tall Boneset 🌿
☐	<i>Eupatorium serotinum</i> (yoo-puh-TOR-ee-um)	Asteraceae (Eupatorieae tribe) [CC1]	Late Boneset 🌿
☐	<i>Euphorbia corollata</i> (yoo-FOR-bee-uh)	Euphorbiaceae [CC3]	Flowering Spurge 🌿
☐	<i>Euphorbia dentata</i> (yoo-FOR-bee-uh)	Euphorbiaceae [CC0]	Toothed Spurge / Green Poinsettia 🌿
☐	<i>Euphorbia prostata</i> (yoo-FOR-bee-uh)	Euphorbiaceae [introduced]	Prostrate Spurge
☐	<i>Frangula caroliniana</i> (FRANG-goo-luh)	Rhamnaceae [CC6]	Carolina Buckthorn 🌿
☐	<i>Fraxinus quadrangulata</i> (FRACK-sin-us)	Oleaceae [CC8]	Blue Ash
☐	<i>Galium circaeans</i> (GAY-lee-um / sr-KAY-zanz)	Rubiaceae [CC4]	Licorice Bedstraw
☐	<i>Gymnocladus dioicus</i> (jim-no-KLAY-dus)	Fabaceae (Caesalpinioideae subfam.) [CC6]	Kentucky Coffeetree 🌿
☐	<i>Helianthus hirsutus</i> (hee-lee-ANN-thus)	Asteraceae (Heliantheae tribe) [CC4]	Hairy Sunflower 🌿
☐	<i>Hydrangea arborescens</i> (hy-DRAIN-jee-uh)	Hydrangeaceae [CC7]	Hydrangea 🌿
☐	<i>Hydrophyllum virginianum</i> (hy-dro-FILL-um)	Boraginaceae [CC4]	Virginia Waterleaf
☐	<i>Ilex decidua</i> (EYE-lex)	Aquifoliaceae (Aquifoliales) [CC5]	Possumhaw / Deciduous Holly
☐	<i>Impatiens pallida</i> (im-PAY-shenz)	Balsaminaceae [CC5]	Yellow Jewelweed 🌿
☐	<i>Juglans nigra</i> (JUG-lanz)	Juglandaceae [CC4]	Black Walnut 🌿
☐	<i>Kummerowia striata</i> (kum-er-OW-ee-uh)	Fabaceae (Faboideae subfamily) [introduced]	Japanese Clover
☐	<i>Laportea canadensis</i> (luh-POR-tee-uh)	Urticaceae [CC4]	Wood Nettle 🌿
☐	<i>Lespedeza frutescens</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC5]	Shrubby Bush-Clover 🌿
☐	<i>Lespedeza virginica</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC5]	Slender Bush-Clover 🌿
☐	<i>Lindera benzoin</i> (lin-DEER-uh)	Lauraceae [CC5]	Spicebush 🌿
☐	<i>Lobelia inflata</i> (lo-BEE-lee-uh)	Campanulaceae [CC3]	Indian Tobacco 🌿
☐	<i>Menispermum canadense</i> men-eh-SPERM-um	Menispermaceae [CC4]	Moonseed 🌿
☐	<i>Monarda bradburiana</i> (mo-NARR-duh)	Lamiaceae [CC5]	Bradbury's Beebalm 🌿
☐	<i>Nostoc commune</i> [a cyanobacterium] (NOSS-stock)	Nostocaceae / Nostocales [short VIDEO]	Sky Jelly
☐	<i>Ostrya virginiana</i> (o-STRY-yuh)	Betulaceae [CC4]	Hop Hornbeam 🌿
☐	<i>Passiflora lutea</i> (pass-i-FLOR-uh)	Passifloraceae [CC4]	Yellow Passionflower
☐	<i>Persicaria longiseta</i> (pr-seh-KAYR-ee-uh)	Polygonaceae [introduced]	Long-Bristled Smartweed 🌿
☐	<i>Persicaria virginiana</i> (pr-seh-KAYR-ee-uh)	Polygonaceae [CC1]	Jumpseed / Virginia Knotweed 🌿
☐	<i>Phacelia bipinnatifida</i> (fuh-SEE-lee-uh)	Boraginaceae (Boraginales) [CC5]	Fernleaf, Purple, or Leopardleaf Phacelia
☐	<i>Phaseolus polystachios</i> (faz-ee-OH-lus)	Fabaceae (Faboideae subfamily) [CC7]	Thicket Bean
☐	<i>Phryma leptostachya</i> (FRY-muh)	Phrymaceae [CC2]	Lopseed 🌿
☐	<i>Pilea pumila</i> (PY-lee-uh)	Urticaceae [CC4]	Clearweed

☐	<i>Plantago rugelii</i> (plan-TAY-go)	Plantaginaceae [CC0]	Rugel's Plantain 🍃
☐	<i>Polymnia canadensis</i> (po-LIMM-nee-uh)	Asteraceae (Polymnieae tribe) [CC6]	Whiteflower Bearsfoot 🍃
☐	<i>Ptelia trifoliata</i> (TEE-lee-uh)	Rutaceae [CC5]	Wafer Ash
☐	<i>Rhus glabra</i> (ROOS)	Anacardiaceae [CC1]	Smooth Sumac
☐	<i>Rubus occidentalis</i> (ROO-bus)	Rosaceae [CC3]	Black Raspberry
☐	<i>Rudbeckia triloba</i> (rood-BECK-ee-uh)	Asteraceae (Heliantheae tribe) [CC3]	Brown-Eyed Susan 🌼
☐	<i>Ruellia strepens</i> (roo-ELL-ee-uh)	Acanthaceae [CC3]	Smooth Wild Petunia 🍃
☐	<i>Sambucus canadensis</i> (sam-BOO-kuss)	Adoxaceae [CC2]	Black Elderberry 🍃
☐	<i>Sanicula canadensis</i> (suh-NICK-yoo-luh)	Apiaceae [CC3]	Black Snakeroot 🍃
☐	<i>Sassafras albidum</i> (SASS-uh-frass)	Lauraceae [CC2]	Sassafras
☐	<i>Scutellaria ovata</i> (skoo-teh-LAYR-ee-uh)	Lamiaceae (Scutellarioideae subfam.) [CC5]	Heartleaf Skullcap 🍃
☐	<i>Scrophularia marilandica</i> (skro-foo-LAYR-ee-uh)	Scrophulariaceae [CC3]	Figwort 🍃
☐	<i>Silphium integrifolium</i> (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC4]	Rosinweed 🍃
☐	<i>Sium suave</i> (SY-um)	Apiaceae [CC6]	Water Parsnip
☐	<i>Smallanthus uvedalia</i> (small-ANN-thus)	Asteraceae (Milleriaceae tribe) [CC8]	Yellowflower Bearsfoot 🍃
☐	<i>Solidago altissima</i> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC1]	Tall Goldenrod 🌼
☐	<i>Solidago buckleyi</i> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC8]	Buckley's Goldenrod 🌼
☐	<i>Solidago drummondii</i> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC8]	Cliff Goldenrod 🌼
☐	<i>Solidago gigantea</i> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC3]	Giant Goldenrod 🌼
☐	<i>Solidago ulmifolia</i> (so-lid-DAY-go)	Asteraceae (Astereae tribe) [CC4]	Elmleaf Goldenrod 🌼
☐	<i>Staphylea trifolia</i> (staff-ill-LEE-uh)	Staphyleaceae (Crossosomatales) [CC5]	American Bladdernut 🍃
☐	<i>Stylophorum diphylllum</i> (sty-LOFF-or-um)	Papaveraceae [CC7]	Celandine Poppy 🍃
☐	<i>Symphoricarpos orbiculatus</i> (SIMM-for-ee-KARR-pos)	Caprifoliaceae [CC1]	Coralberry
☐	<i>Symphyotrichum anomalum</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Astereae tribe) [CC6]	Manyray Aster 🌼
☐	<i>Symphyotrichum lateriflorum</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Astereae tribe) [CC3]	Calico Aster 🌼
☐	<i>Symphyotrichum patens</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Astereae tribe) [CC5]	Spreading Aster or Late Purple Aster 🌼
☐	<i>Toxicodendron radicans</i> (TOX-eh-ko-DEN-dron)	Anacardiaceae [CC1]	Poison Ivy 🍃
☐	<i>Tribulus terrestris</i> (TRY-bull-luss)	Zygophyllaceae / Zygophyllales [introduced]	Puncture Vine 🌼
☐	<i>Verbascum thapsus</i> (vr-BASS-kum)	Scrophulariaceae [introduced]	Mullein 🍃
☐	<i>Verbena urticifolia</i> (vr-BEE-nuh)	Verbenaceae [CC2]	White Verbena 🍃
☐	<i>Verbesina alternifolia</i> (vr-beh-SEE-nuh)	Asteraceae (Heliantheae tribe) [CC4]	Yellow Wingstem 🍃
☐	<i>Vernonia missurica</i> (vr-NO-nee-uh)	Asteraceae (Vernonieae tribe) [CC5]	Missouri Ironweed 🍃
☐	<i>Veronicastrum virginicum</i> (vr-ron-ik-KASS-strum)	Plantaginaceae [CC7]	Culver's Root 🍃

☐	<i>Viburnum rufidulum</i> (vy-BURR-num)	Viburnaceae [CC4]	Rusty Blackhaw
☐	<i>Vitis aestivalis</i> (VY-tis)	Vitaceae [CC5]	Summer Grape
☐	<i>Vitis cinerea</i> (VY-tis)	Vitaceae [CC3]	Graybark Grape / Winter Grape

NOTES

WHERE WE WALKED: Whenever we come to Salt Lick Point, there's always a big decision we have to make: "Should we take the "Salt Lick Trail" or the "Johnson Trail"? The trails go through very different habitats, so they both have their own special charms. But today we didn't have to make that big decision because we took BOTH trails! We started with the high-climbing Salt Lick Trail, and then at its end we made a left, taking a section of the Newman Trail down to the low-lying Johnson Trail. On the way down we made a brief detour to visit the "Overlook" in hopes of seeing the St. Louis Arch, but it was a bit too overcast to see that far.

MOST MEMORABLE PLANTS:

Although we observed and talked about dozens of plants, here are 3 of them that, for whatever reason, are likely to stick in our memories:

1. *Tribulus terrestris* (Puncture Vine, or Caltrop Vine). Why memorable? Because it has such a "bad boy" reputation, plus we found it to be attractive with its small yellow flowers and its compound leaves of tiny hairy leaflets.
2. *Solidago buckleyi* (Buckley's Goldenrod). Why memorable? Because it's a goldenrod that we St. Louisans have but most others don't (being indigenous to this part of the country). Also, it's a slender, columnar plant with a high C8 conservation value, the ray florets of its flowerheads are extra-large, its flowerheads point in every-which direction, its phyllary tips curl outwards, and it has narrowly elliptic, 1-veined leaves with conspicuous teeth.
3. *Solidago drummondii* (Cliff Goldenrod). Why memorable? Because this C8 goldenrod has an attractive pyramidal inflorescence with its flowerheads all pointing upward along its arching branches. It has wide, elliptical, toothed leaves with 3 veins. Most memorable of all, it's name is "Cliff Goldenrod" and true to its name we actually found it growing on limestone cliffs – the weirdest of habitats!

BEST TEACHABLE MOMENTS:

1. On the Johnson Trail we found *Smallanthus uvedalia* (Yellow Bearsfoot – C8) growing amongst its sticky, fragrant lookalike *Polymnia canadensis* (White Leafcup – C6).
2. Also on the Johnson Trail, John led us to a large patch of *Solidago gigantea* (Giant Goldenrod – C3) with its conspicuously **smooth** leaves. They were growing next to their lookalike *Solidago altissima* (Tall Goldenrod – C1) with conspicuously **rough** leaves. We were able to feel the leaves of one, then the other, back and forth. It was a thrilling learning opportunity!

PHOTOS: We're so lucky that Kathy Bildner has shared her photos with us on our Google Drive ([HERE](#)). One photo even shows an Ear Fungus wearing an earring!

INSECTS: We're also lucky that our entomologist Ted was with us to identify and explain the insects that we found, including a Redbud Leafroller Moth Caterpillar, a Crowned Slug-Moth Caterpillar, and a Splendid Earth-Boring Beetle.

PARTICIPANTS:

There were 12 of us botanists today, who are (in alphabetical order):

Kathy Bildner, Wayne Clark, Lessingia, Michael Laschober, Ted MacRae, Len Meier, Burt Noll, John Oliver, Kathy Thiele, Elaine Wolshock, Richard Wolshock, and Matthew Wolshock.