

Salt Lick Trail & Johnson Trail Loop

September 07, 2026

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME ☼ = Flowering 🌱 = Fruiting 🍄 = Fern
☐	<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>Arisaema dracontium</i> (ayr-eh-SEE-muh)	Araceae [CC6]	Green Dragon 🌱
☐	<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>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>Chamaecrista fasciculata</i> (kam-ee-KRISS-tuh)	Fabaceae (Caesalpinioideae subfam) [CC2]	Partridge Pea ☼
☐	<i>Cichorium intybus</i> (sick-KOR-ee-um)	Asteraceae (Cichorieae tribe) [intro]	Chicory ☼
☐	<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>Dasistoma macrophylla</i> (da-sis-STO-muh)	Orobanchaceae (Lamiales) [CC5]	Mullein Foxglove ☼
☐	<i>Desmanthus illinoensis</i> (des-MAN-thus)	Fabaceae (Caesalpinioideae subfam) [CC3]	Illinois Bundleflower 🌱
☐	<i>Desmodium sessilifolium</i> (dez-MO-dee-um)	Fabaceae (Faboideae subfamily) [CC5]	Sessile-Leaved Tick-Trefoil 🌱
☐	<i>Dioscorea villosa</i> (dy-o-SKOR-ee-uh)	Dioscoreaceae (Dioscoreales / Monocots) [CC5]	Wild Yam 🌱
☐	<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>Elymus canadensis</i> (ELL-eh-muss)	Poaceae (Pooideae subfamily) [CC5]	Canada Wildrye 🌾
☐	<i>Equisetum hyemale</i> (eck-weh-SEE-tum)	Equisetaceae [CC3]	Rough Horsetail (with conelike strobili)
☐	<i>Eragrostis spectabilis</i> (ayr-uh-GROSS-tiss)	Poaceae (Cloridoideae 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 circaeazans</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>Helianthus tuberosus</i> (hee-lee-ANN-thus)	Asteraceae (Heliantheae tribe) [CC3]	Jerusalem Artichoke 🌿
☐	<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>Lactuca floridana</i> (lack-TOO-kuh)	Asteraceae (Cichorieae tribe) [CC3]	Woodland Lettuce 🌿 & 🌿
☐	<i>Laportea canadensis</i> (luh-POR-tee-uh)	Urticaceae [CC4]	Wood Nettle 🌿
☐	<i>Lespedeza capitata</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [CC6]	Round-Headed Bush-Clover 🌿
☐	<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>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>Populus deltoides</i> (POP-yoo-lus)	Salicaceae [CC2]	Eastern Cottonwood
☐	<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 laciniata</i> (rood-BECK-ee-uh)	Asteraceae (Heliantheae tribe) [CC4]	Cutleaf Coneflower / Goldenglow / Sochan 🍃
☐	<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 (Millerieae 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 diphyllum</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" from which we were able to see the St. Louis skyline – and with a little magnification we could even see the Arch!

MOST MEMORABLE PLANTS:

Although we observed and talked about dozens of plants, here are several that are likely to stick in our memories:

1. *Solidago buckleyi* (Buckley's Goldenrod). Why memorable? Because it's a rather rare goldenrod but we saw lots of them! It's a slender, columnar plant with a high C8 conservation value. It has narrowly elliptic, 1-veined leaves with conspicuous teeth. The ray florets of its flowerheads are extra-large, and its flowerheads point in every-which direction. Its most noticeable feature is that all its phyllary tips curl outwards!
2. *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!
3. *Phaseolus polystachios* (Thicket Bean). Why memorable? Although its leaflets are pleasantly round and its fruit did not taste as off-putting as other raw beans, we'll probably remember it because we had some trouble identifying it. It's quite conservative (C7) and we don't see it very often.
4. *Helianthus tuberosa* (Jerusalem artichoke). We saw this along the Johnson Trail not too far from the parking lot. Yellow composites are frustratingly difficult to identify. But this one had flowers that smelled like chocolate! And its leaf arrangement changed from "opposite" lower in the plant to "alternate" near the top.
5. On the Johnson Trail we found 2 lookalikes conveniently growing near each other so that we could compare them: *Smallanthus uvedalia* (Yellow Bearsfoot – C8) and its sticky, fragrant-leaved lookalike *Polymnia canadensis* (White Leafcup – C6). A teachable moment for sure – and we're lucky that John was here to do it!

FREE PHOTOS!

Kathy Bildner has again shared her always-excellent photos of today's walk. This time she's included some insects! You can find them on our Google Drive [HERE](#).

PARTICIPANTS:

There were 15 of us botanists today, who are (in alphabetical order):

Prem Barton, Kathy Bildner, Jerry Castillon, Wayne Clark, Sebastian Forward, Tom Hardy, Michael Laschober, Matthew Mayer, Tayebbeh Moayedzadeh, John Oliver, Dan Pearson, Mark Peters, David Steinmeyer, George Van Brunt, and Laura Yates.