

Shaw Nature Reserve (Wetland Trail)

September 21, 2026

	BOTANICAL NAME (with genus pronunciation)	FAMILY [CC] = Coefficient of Conservatism	COMMON NAME ☼ = Flowering / 🍇 = Fruiting / 🌿 = Fern
☐	<i>Agalinis tenuifolia</i> (agg-uh-LY-niss)	Orobanchaceae (Lamiales) [CC4]	False Foxglove / Gerardia ☼
☐	<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>Agrimonia parviflora</i> (ag-grim-MO-nec-uh)	Rosaceae [CC5]	Small-Flowered (or Swamp) Agrimony 🍇
☐	<i>Aralia spinosa</i> (uh-RAY-lee-uh)	Araliaceae [CC6]	Devil's Walking Stick 🍇
☐	<i>Boehmeria cylindrica</i> (bo-MEER-ee-uh)	Urticaceae [CC4]	False Nettle ☼
☐	<i>Boltonia asteroides</i> (bol-TOH-nec-uh)	Asteraceae (Astereae tribe) [CC4]	Doll's Daisy ☼
☐	<i>Cephalanthus occidentalis</i> (seff-uh-LANN-thus)	Rubiaceae [CC3]	Buttonbush 🍇
☐	<i>Chamaecrista fasciculata</i> (kam-ee-KRISS-tuh)	Fabaceae (Caesalpinioideae subfam) [CC2]	Partridge Pea ☼
☐	<i>Chelone lyonii</i> (cheh-LO-nec)	Plantaginaceae [garden]	Pink Turtlehead ☼
☐	<i>Chelone obliqua</i> (cheh-LO-nec)	Plantaginaceae [CC10]	Rose Turtlehead ☼
☐	<i>Cicuta maculata</i> (sick-KOO-tuh)	Apiaceae [CC5]	Water Hemlock 🍇
☐	<i>Cirsium discolor</i> (SR-see-um)	Asteraceae (Cardueae tribe) [CC3]	Field Thistle 🍇
☐	<i>Conoclinium coelestinum</i> (konn-o-KLINN-ec-um)	Asteraceae (Eupatorieae tribe) [CC3]	Blue Mistflower ☼
☐	<i>Cuscuta groenovii</i> (cuss-KOO-tuh)	Convolvulaceae [CC3]	Dodder 🍇
☐	<i>Elephantopus carolinianus</i> (el-eh-fan-TOE-pus)	Asteraceae (Vernonieae tribe) [CC3]	Elephant's Foot 🍇
☐	<i>Euthamia graminifolia</i> (yoo-THAY-mee-uh)	Asteraceae (Astereae tribe) [CC3]	Grassleaf Goldenrod ☼
☐	<i>Eutrochium purpureum</i> (yoo-TRO-kee-um)	Asteraceae (Eupatorieae tribe) [CC6]	Sweet (or Purple) Joe Pye Weed 🍇
☐	<i>Gentiana andrewsii</i> (jen-chee-AY-nuh)	Gentianaceae [CC9]	Bottle Gentian ☼
☐	<i>Gentiana puberulenta</i> (jen-chee-AY-nuh)	Gentianaceae [CC9]	Downy Gentian ☼
☐	<i>Helenium autumnale</i> (heh-LEE-nec-um)	Asteraceae (Helenieae tribe) [CC5]	Autumn Sneezeweed ☼
☐	<i>Helianthus grosseserratus</i> (hec-lee-ANN-thus)	Asteraceae (Heliantheae tribe) [CC4]	Sawtooth Sunflower ☼
☐	<i>Helianthus tuberosus</i> (hec-lee-ANN-thus)	Asteraceae (Heliantheae tribe) [CC3]	Jerusalem Artichoke ☼
☐	<i>Hymenocallis caroliniana</i> (hy-men-o-CAL-iss)	Amoryllidaceae [CC8]	Spider Lily
☐	<i>Hypericum walteri</i> [<i>Triadenum</i>] (hy-PAYR-i-kum)	Hypericaceae (Malpighiales) [CC9]	Walter's Marsh St. John's Wort
☐	<i>Lespedeza cuneata</i> (less-peh-DEE-zuh)	Fabaceae (Faboideae subfamily) [introduced]	Invasive Bush-Clover ☼
☐	<i>Lobelia cardinalis</i> (lo-BEE-lee-uh)	Campanulaceae [CC6]	Cardinal Flower ☼
☐	<i>Monarda fistulosa</i> (mo-NARR-duh)	Lamiaceae [CC4]	Wild Bergamot 🍇
☐	<i>Nyssa aquatica</i> (NISS-uh)	Nyssaceae (Cornales) [CC10]	Water Tupelo

☐	<i>Pedicularis lanceolata</i> (peddick-yoo-LAYR-iss)	Orobanchaceae [CC9]	Swamp Lousewort
☐	<i>Persicaria sagittata</i> (pr-seh-KAYR-ee-uh)	Polygonaceae [CC4]	Arrowleaf Tearthumb 🍃
☐	<i>Physostegia virginiana</i> (fy-so-STEE-jee-uh)	Lamiaceae (Lamioideae subfamily) [CC5]	Obedient Plant
☐	<i>Pilea pumila</i> (PY-lee-uh)	Urticaceae [CC4]	Clearweed 🍃
☐	<i>Pontederia cordata</i> (pon-teh-DEER-ee-uh)	Pontederiaceae [CC7]	Pickersweet 🍃
☐	<i>Quercus macrocarpa</i> (KWERK-us)	Fagaceae [CC4]	Bur Oak
☐	<i>Salvia azurea</i> (SAL-vee-uh)	Lamiaceae [CC4]	Blue Sage 🍃
☐	<i>Saururus cernuus</i> (suh-ROO-rus)	Saururaceae [CC6]	Lizard's Tail 🍃
☐	<i>Scrophularia marilandica</i> (skro-foo-LAYR-ee-uh)	Scrophulariaceae [CC3]	Figwort 🍃
☐	<i>Silphium x pinnatifidum</i> [natural hybrid] (SILL-fee-um)	Asteraceae (Heliantheae tribe) [CC]	Cut-Leaved Prairie Dock (<i>S.terebinthaceum</i> / <i>S.laciniatum</i> hybrid)
☐	<i>Sium suave</i> (SY-um)	Apiaceae [CC6]	Water Parsnip 🍃
☐	<i>Solidago altissima</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC1]	Tall Goldenrod 🍃
☐	<i>Solidago gigantea</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC3]	Giant Goldenrod 🍃
☐	<i>Solidago patula</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC10]	Swamp Goldenrod 🍃
☐	<i>Solidago rigida</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC5]	Stiff Goldenrod 🍃
☐	<i>Solidago rugosa</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC6]	Roughleaf Goldenrod 🍃
☐	<i>Solidago speciosa</i> (so-lid-DAY-go)	Asteraceae (Asteraceae tribe) [CC7]	Showy Goldenrod 🍃
☐	<i>Symphyotrichum novae-angliae</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Asteraceae tribe) [CC4]	New England Aster 🍃
☐	<i>Symphyotrichum praealtum</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Asteraceae tribe) [CC6]	Willowleaf Aster 🍃
☐	<i>Symphyotrichum puniceum</i> (SIMM-fee-o-TRY-kum)	Asteraceae (Asteraceae tribe) [CC10]	Swamp Aster, Purplestem Aster 🍃

NOTES

WHERE WE WALKED: Often when we walk the Wetland Trail we first make a stop near the Trail House area to look for this or that plant – such as the Crested Coralroot Orchid (*Bletia spicata*). But not this time. We went to the Wetlands directly. After parking in the Wetlands lot, we first checked-out the Bus-Stop shelter to see if any *Helianthus strumosus* (Pail-Leaved Sunflower) plants were still growing there. They weren't. Too bad. The species is hard to identify. It would have been nice to have a reliable reference that we could depend on. So we crossed the road and went on our way to the Wetland Trail.

The Wetland Trail is always a fun walk. We stopped at the swampy area near Observation Blind to look for some swamp species, such as the Swamp Goldenrod (*Solidago patula*) and the Swamp Aster (*Symphyotrichum puniceum*), both of which we found. After that we proceeded to the Wetland Pond, but we couldn't complete our walk around the pond because the trail was still closed (due to beaver damage). But the beloved Boardwalk was still open, so we went there to revisit the special plants that grow along it before returning to our cars. What an enjoyable morning we had!

SOLIDAGO GIGANTEA vs. SOLIDAGO ALTISSIMA:

How lucky we were that these two lookalike Goldenrods were so near each other on the trail! John invited us to compare the feel of their leaves. The Giant Goldenrod had slick leaves. The Tall Goldenrod had rough leaves. The difference was so noticeable that none of us are likely to ever confuse them again.

SMARTWEED GONE BAD:

Well, this was a surprise. We saw at least 3 smartweeds today. We saw the familiar reddish-pink one (probably *Persicaria longisetta*), and on the Boardwalk we saw a white one (probably *Persicaria hydropiperoides*, the Swamp Smartweed).

Although they can be weedy in our gardens, the *Persicaria* genus generally has a “friendly” reputation. Even as adults it’s fun to run our fingers along the “Virginia Jumpseed” infructescence to feel and watch the seeds jump. We enjoy looking for the darkened “Lady’s Thumbprint” at the base of *Persicaria* leaves. We enjoy looking for the ochrea (sheathlike fused stipules) on the stem at the leaf petiole. And although we don’t eat the smartweed leaves (they’re said to “smart” the mouth), they do look enticingly smooth and peach-leaf-like (“*persicum*” means “peach” in Latin).

So with all these positive associations, we were not prepared for the 3rd smartweed that Kathy Bildner found: *Persicaria saggitata*. Run your thumb along the stem of this ornery fellow and its curved prickles will “tear” into your skin. It’s even called “Tear Thumb”. (We weren’t sure whether to pronounce “tear” as the present tense of “tore” or “tear” that comes from crying. They both make sense.) It’s as bad as Japanese Hops. One plant can really besmirch a genus name. The “Arrowleaf Tearthumb” does it bigtime. It was fascinating to learn about it.

PHOTOS: Kathy Bildner has shared 28 of her wonderful photos of our walk today. You can find them on our Google Drive [HERE](#).

PARTICIPANTS:

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

Kathy Bildner, Tom Buescher, Jerry Castillon, Wayne Clark, Michael Laschober, Len Meier, Burt Noll, John Oliver, Dan Pearson, David Steinmeyer, Kathy Thiele, James Trager, George Van Brunt, and Laura Yates.