

Georgia Chapter (GHG) Of The American Herbalists Guild

Sunday, March 19th at 10 am

In case of bad weather, please check your email and/or GHG Facebook Group page for alternative meeting plans

Special points of interest:

- This Walk is considered to be: [Easy, on Board Walk length 1/4 mile; Moderate to Falls, 1.5 mile round trip]
- Entrance Fee? [Yes, a Georgia Outdoor Recreation Pass is required.]
- Parking Fee? [No]
- GPS Coordinates of Trail-head or Parking: [N34° 42.75' W85° 22.80']
- Wildcrafting Allowed? [No]
- What You will see today: [Ridge & Valley Physiographic Province, Armuchee Ridges]
- Safety Information: [Call 911 first!]

What You'll Need For Your Visit:

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The Shirley Miller Wildflower Trail at The Pocket—Pigeon Mountain WMA

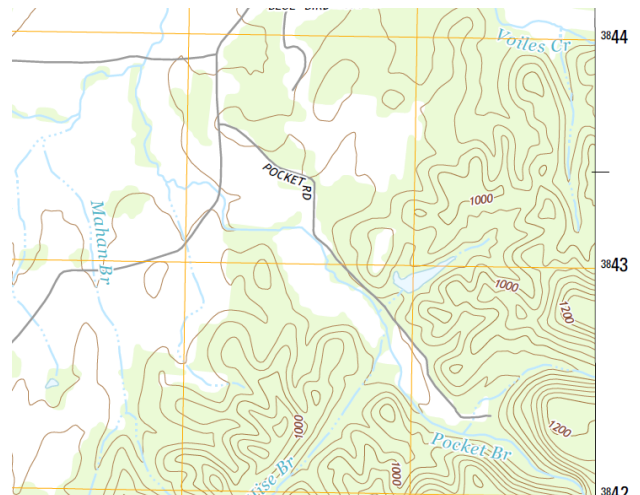


An Overview of the Walk:

The Shirley Miller Wildflower Trail at 'The Pocket' in the Pigeon Mountain Wildlife Management Area, is a fairly remote cove in Walker County, Georgia, which is renowned for its early spring display of ephemeral wildflowers. There is a small parking area from which the trails depart. The Shirley Miller Trail consists of a boardwalk section (accessible) and a steeper section on natural ground up to the first set of waterfalls.

The Walk Difficulty for the boardwalk section (about 1/4 mile) is defined as "easy" and (mostly) accessible, while the trail to the falls, is more difficult.

A Georgia Outdoor Recreation Pass is required to enter the Wildlife Management



USGS Cedar Grove 7.5 Minute Quadrangle Topographic Map; 2014. For Location Only; Not to Scale.

Area, where the trails run. If you have signed up with GHG for this walk, and are a member of AHG, there is no charge. If you are attending the walk as a guest who signed up, the GHG asks for a small donation to cover the

cost of your permit access. If you did not sign up, please provide your own permit, available online or from local outfitters.

Wildcrafting of plants or mushrooms is **NOT** allowed at The Pocket.

Driving Directions:

From Atlanta:

From I-75, take exit 320, go west on GA 136, crossing US 27 onto GA 193 into downtown LaFayette.

From LaFayette:

From South Main Street,

follow GA 193 for 8 mi. to Davis Crossroads, at intersection with GA 341. Turn left onto Hog Jowl Rd (sometimes unmarked but paved), go south 2.6 mi passing Mt Herman Baptist Church. At top of next hill, turn left on Pocket Rd and

continue for 1.2 miles, crossing a creek, and then turn left into parking lot at end. Walk down the gravel driveway through the handicap parking area to get to the Shirley Miller Wildflower Trail.



A few items which will make your walk more enjoyable and safer!

What To Bring:

A List of Items to Consider Bringing Along Includes:

- Small backpack or mushroom basket
- Small pocket knife, soil knife or mushroom knife
- First Aid Kit
- Drinking Water
- Lunch for the Break, and some Trail Snacks
- Sunglasses
- Broad-brimmed hat
- Trail Maps
- GPS and Compass
- Walking Stick(s)
- Sunscreen and Insect Repellant
- A 10X Hand lens or magnifying glass
- Plant Keys and Guides
- Plant ID books
- Pruners and bags, when wildcrafting or harvesting is allowed.
- Small bottles or bags for collectibles, if allowed
- Camera
- Notepad and pencil/pen
- Rain gear

Classifying The Plant Community:

The Natural Environments of Georgia (1998) describe this area as belonging to the Ridge and Valley Physiographic Provinces, specifically, the Armuchee Ridges.

The Plant Communities, as defined in that publication, include the “Oak-Pine Forest of the Great Valley” [Type 46, see page 117] and “Armuchee

Ridge Forest” [Type 47, see pages 117-119].

“The Oak-Pine Forest [Type 46] is found on the rolling hills and higher terraces in the valleys of the Great Valley and the Armuchee Ridge areas, underlain by soils of the Conasauga, Fullerton, and Sequoia groups.”

Forests of the Armuchee Ridges [Type 47] are found on the steeper side slopes and the ridgetops, and are “underlain by shales, cherts and sandstones” on soils derived from sandstones.”

Species composition varies greatly depending on slope, aspect, and the amount of available soil moisture.

A great website with information about the wildflowers of The Pocket, is presented by Gerald C. Williamson, at <http://www.USWildflowers.com>



The Plant Community

The Plant Community Components:

Overstory Species:

Mesic (Moist) Areas: American Sycamore, American Beech, Southern Sugar Maple, Loblolly Pine, White Oak.

Xeric (Drier) Areas: Blackgum, Sassafras, Shortleaf Pine, Loblolly Pine, Black-Jack oak, White Oak, Post

Oak, Virginia Pine, Chestnut Oak.

Midstory Species (the Smaller Trees and Shrubs):

Mesic (Moist) Areas: Witch-hazel, Ohio Buckeye, Mountain Laurel, Catawba Rhododendron.

Herbaceous Layer:

Virginia bluebells, Trout Lily, Celandine Poppy, Bent Trillium, Twin Leaf, and a huge variety of other wildflowers. Please see the list on the next page.

Wildflowers You'll See Here:

Historical Order of Appearance, from Williamson, G. (2014)

End of February:

Bloodroot - *Sanguinaria canadensis*
 Carolina Spring Beauty - *Claytonia caroliniana*
 Cutleaf Toothwort - *Cardamine concatenata*
 Harbinger of Spring - *Eriogonum bulbosum*
 Sharp-lobed Hepatica - *Hepatica nobilis*
 Star Chickweed - *Stellaria pubera*
 Trailing Trillium - *Trillium decumbens*
 Trout Lily - *Erythronium americanum*
 Virginia Bluebell - *Mertensia virginica*
 Wood Poppy - *Stylophorum diphyllum*
 Wild Hydrangea - *Hydrangea arborescens*

Opening Next/Continuing to Bloom (March 1 to 10):

Bellwort - *Uvularia grandiflora*
 Bloodroot - *Sanguinaria canadensis*
 Cutleaf Toothwort - *Cardamine concatenata*
 Dutchman's Breeches - *Dicentra cucullaria*
 Heartleaf Foamflower - *Tiarella cordifolia*
 Hepatica - *Hepatica nobilis*
 Rue Anemone - *Thalictrum thalictroides*
 Spicebush - *Lindera benzoin*
 Spring Beauty - *Claytonia caroliniana*
 Trailing Trillium - *Trillium decumbens*
 Trillium spp. - probably *Trillium flexipes*
 Trout Lily - *Erythronium americanum*

Virginia Bluebell - *Mertensia virginica*
 Wood Poppy - *Stylophorum diphyllum*

Opening Next/Continuing to Bloom (March 11 to 20):

Bellwort - *Uvularia grandiflora*
 Bloodroot - *Sanguinaria canadensis*
 Canada Violet - *Viola canadensis*
 Dogtooth Violet - *Erythronium americanum*
 Dutchman's Breeches - *Dicentra cucullaria*
 Eastern Redbud - *Cercis canadensis*
 Long-spurred violet - *Viola rostrata*
 Purple Phacelia - *Phacelia bipinnatifida*
 Rue Anemone - *Thalictrum thalictroides*
 Sharp-lobed Hepatica - *Hepatica nobilis*
 Spring Beauty - *Claytonia caroliniana*
 Trailing Trillium - *Trillium decumbens*
 Virginia Bluebell - *Mertensia virginica*
 Wild Blue Phlox - *Phlox divaricata*
 Wild Geranium - *Geranium maculatum*
 Wood Poppy - *Stylophorum diphyllum*

Opening Next/Continuing to Bloom (March 21 to 31):

Bellwort - *Uvularia grandiflora*
 Bishop's Cap - *Mitella diphylla*
 Blue Cohosh - *Caulophyllum thalictroides*
 Canada Violet - *Viola canadensis*

Eastern Columbine - *Aquilegia canadensis*
 Foamflower - *Tiarella cordifolia*
 Jack-in-the-Pulpit - *Arisaema triphyllum*
 Purple Phacelia - *Phacelia bipinnatifida*
 Sharp-lobed Hepatica - *Hepatica nobilis*
 Trailing Trillium - *Trillium decumbens*
 Virginia Bluebell - *Mertensia virginica*
 White Baneberry - *Actaea pachypoda*
 White Trillium - *Trillium flexipes*
 Wild Geranium - *Geranium maculatum*
 Wood Poppy - *Stylophorum diphyllum*
 Yellow Mandarin - *Prosartes lanuginosa*

Opening Next/Continuing to Bloom (April 1 to 9):

Bent White Trillium - *Trillium flexipes*
 Canada Violet - *Viola canadensis*
 Columbine - *Aquilegia canadensis*
 Crested Dwarf Iris - *Iris cristata*
 Fairybells/Mandarin - *Disporum lanuginosum*
 False Solomon's Seal - *Maianthemum racemosum*
 Mayapple - *Podophyllum peltatum*
 Meadow Parsnip - *Thaspium barbinode*
 Squawroot - *Conopogon americanus*
 Violet Wood Sorrel - *Oxalis violacea*
 Wild Blue Phlox - *Phlox divaricata*



Many of our Wildflowers have Medicinal Qualities

A great website with information about the wildflowers of The Pocket, is presented by Gerald C. Williamson, at <http://www.USWildflowers.com>

Safety During Your Visit:

The Pocket is remote, and the nearest emergency medical facilities are some distance away. Cell phone coverage can be lacking in the area. That being said, in any emergency, try to call **911** emergency service first, or get to a place where you have service to call **911**!

The nearest **Urgent Care** facility is operated under the auspices of the Hutcheson Medical Center:

615 E. Villanow Street, LaFayette, GA 30728 (706) 638-6016.

The nearest **Hospital Emergency Room** is:

Hutcheson Medical Center, 100 Gross Crescent Circle, Fort Ogelthorpe, GA 30742 Call **911**.

As always, please be aware of the possibility of poison ivy, stinging insects, and take proper precautions if you are sensitive or allergic to any of these.



Geology, Soil and Water affect the plant community and the types of plants on the site.

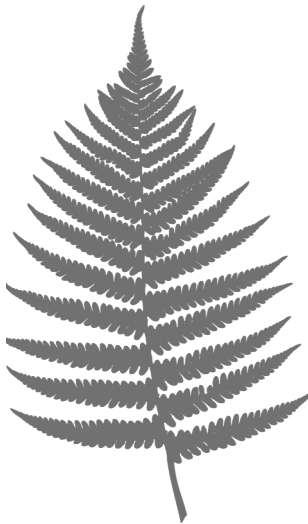
Georgia Herbalists Guild

A Chapter of the American
Herbalists Guild



Come Walk With Us!

[http://
www.georgiaherbalists
guild.org/](http://www.georgiaherbalistsguild.org/)



**These references will help you to
enjoy your visit.**

From the Website:

We are a community of lay- and professional herbalists, lovers of the plant world, cooks, healers, gardeners, and other kindred spirits. As an official chapter of the American Herbalists Guild, we support access to herbal medicine for all and advocate excellence in herbal education. Our most common activity is our monthly meeting, typically the third Sunday of every month, but we also have a variety of speakers that we invite and endorse throughout the year.

Please check our website for more information, and thank you for visiting our site.

Useful References and Tools:

Ecosystem Descriptions:

The Natural Environments of Georgia, 1978. Wharton, Charles H. Office of Planning and Research, Georgia Department of Natural Resources.

Forest Cover Types of the United States and Canada, 1980. The Society of American Foresters, F. H. Eyre, ed.

NatureServe. 2014. NatureServe Explorer: An online encyclopedia of life [web application]. Version 7.1. NatureServe, Arlington, Virginia. Available <http://explorer.natureserve.org>. (Accessed: February 4, 2015).

Plant Identification:

How to Identify Plants, H. D. Harrington. 1985, Swallow Press.

Botany in a Day: The Patterns Method of Plant Identification, 2004. Thomas J. Elpel, Hops Press.

Plant and Mushroom Field Guides:

Muenschler's Keys To Woody Plants, 2001. Edward A. Cope. Comstock Publishing Associates.

A Field Guide to the Trees and Shrubs, George A. Petrides. Peterson Field Guide Series, Houghton-Mifflin Co., 1958.

A Field Guide to the Ferns and Their Related Families, Boughton Cobb. Peterson Field Guide Series, Houghton-Mifflin Co., 1963.

A Field Guide to Wildflowers, Roger Tory Peterson and Margaret McKenny. Peterson Field Guide Series, Houghton-Mifflin Co., 1968.

Peterson Field Guide to Medicinal Plants and Herbs of Eastern North America, Steven Foster and James A. Duke. Houghton Mifflin Harcourt, 2014.

Newcomb's Wildflower Guide, Lawrence Newcomb. Little, Brown and Co., 1977.

National Audubon Society Field Guide to Mushrooms, Gary Lincoff. Alfred A. Knopf, 2006.

Mushrooms of West Virginia and the Central Appalachians, William C. Roody. University Press Kentucky, 2003.

Helpful References for Photo Identification:

Native Plants for Georgia: Part I: Trees, Shrubs and Woody Vines; Part II: Ferns; Part III Wildflowers; Part IV: Grasses. Gary Wade, Elaine Nash, Ed McDowell, Brenda Beckham, and Sharlys Crisafulli. The University of Georgia Cooperative Extension Service, 2014.

A Georgia Native Plant Guide, Tina M. Samuels. Mercer University Press, 2005.