

The Plants of Endview

Self-Guided Nature Trail Walk



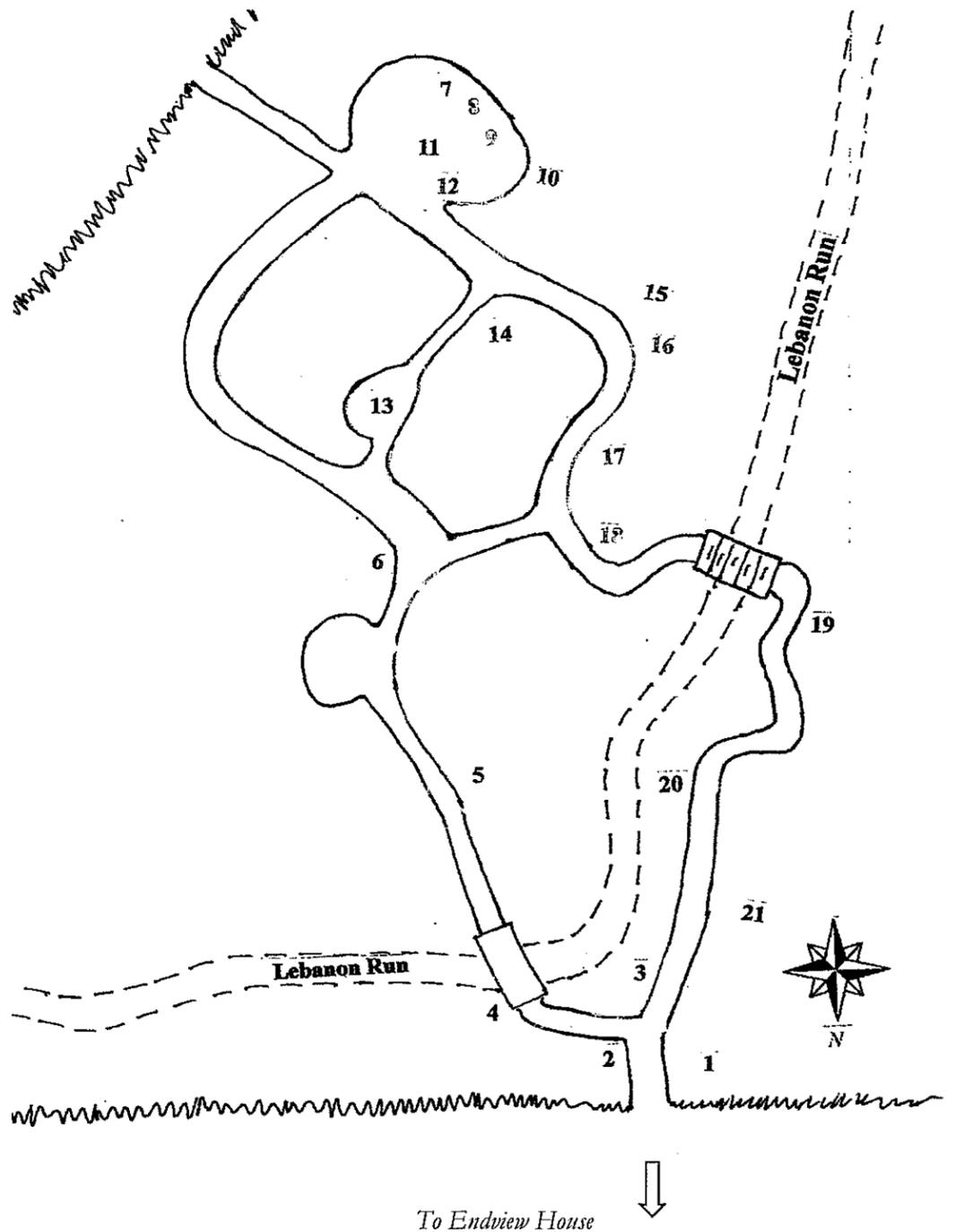
Endview Nature Trail

The trail you are following is filled with an abundance of both historical and natural resources. The land on what is now Endview Plantation was first traversed by Native Americans 15,000 to 17,000 years ago. Thomas Harwood arrived from England in late 1622 or early 1623 and by 1635 had acquired 1,740 acres including the land that makes up present day Endview. The main house now standing on the property was built in 1769 and became known as Endview due to fact that the end of the house was the first feature seen as one approached from the drive. Generations of Harwood and later Curtis family members would own and cultivate the property for 350 years. During this time the land would witness activity related to the Revolutionary and Civil Wars, the toil of slavery, and the subsequent efforts of Curtis family members to farm and landscape the grounds into the twentieth century.

Today this quarter mile trail is host to a number of native plants and trees, some used by Native Americans for medicinal purposes. A few non-native examples can be found along the trail as well including Chinese privet, introduced in the United States in 1852. Two distinctive habitats exist within the trail, each with unique growing characteristics. A variety of wildlife can be seen along the trail including at least 23 identifiable species of birds.

As you walk the trail please respect the natural and historical surrounding. Stay on the pathway, keep a safe distance from wildlife, and don't disturb or pick-up vegetation or other natural features. Please leave the trail as you found it for future generations to learn from and enjoy.

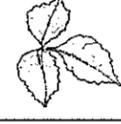
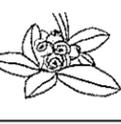
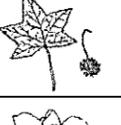
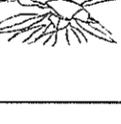
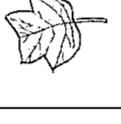
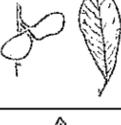
The conservation and maintenance of the trail and the production of this brochure is made possible by the Peninsula Master Naturalists. Ongoing support is provided by local Boy Scouts of America troops and members of the Armed Services stationed in the area. Volunteers are welcome. For further information on the trail and volunteer opportunities visit www.endview.org.



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Newport News

Name	Facts	Sketch
1. Wild grapevine, riverbank grape; <i>Vitis riparia</i> (Grape family)	Size/Habitat: Deciduous vine trails or climbs 35 feet or more; moist to dry, rich soils. Sun, part shade, shade. Leaves: Alternate, heart-shaped at base, lobed with long pointed tips, coarsely toothed along margin. Fruit: Bluish-black edible berries Fun Facts: Native Americans used grape vine, roots, leaves and fruit for food, drink and tonic to relieve pain and treat diarrhea, fevers, liver troubles, rheumatism and insanity. Only produce fruit on shoots that came from buds developed during the previous growing season.	
2. Red maple, swamp maple, water maple; <i>Acer rubrum</i> (Maple family)	Size/Habitat: 20 to 40 feet tall, 1 to 2 feet in diameter; well-drained moist soils to wet sites Leaves: Opposite, simple, 2 to 6 inches long, with 3 to 5 short pointed lobes, coarsely toothed Fruit: 5/8 to 3/4 inch long winged nutlets (samaras) in a pair, clustered on long stalks Fun Facts: Native Americans used the bark to make remedies for inflamed eyes, cataracts, hives, muscular aches. Pioneers used tannin from a bark extract to make ink and dye. It is a valuable riparian buffer plant due to its tolerance of wetter soils.	
3. Mulberry; <i>Morus rubra</i> (Mulberry family)	Size/Habitat: 30 to 60 feet tall, 1 to 2 feet in diameter; floodplains, river valleys, moist hillsides Leaves: Alternate, simple, 3 to 5 inches long, oval, mitten-shaped or multi-lobed, toothed Fruit: 1 to 1 1/4 inch fleshy cluster resembling a blackberry, edible, deep purple when ripe Fun Facts: Native Americans used the sap to treat ringworm. A tea made from the leaves was used to treat dysentery, weakness and urinary disorders. Pioneers used wood for fencing, barrels and floor planking in their cabins.	
4. Hackberry, sugarberry; <i>Celtis laevigata</i> (Elm family)	Size/Habitat: 40 to 60 feet tall, 1 to 2 feet in diameter; stream edges, bottomlands, woodlands Leaves: Alternate, simple, 2 to 5 inches long, oval with curved pointed tip and uneven base Fruit: Small drupes, thin-fleshed, dry but edible, orange-red to dark purple when ripe, often remain on the tree over winter. Fun Facts: Native Americans treated sore throats with a concentrate made from the bark and venereal disease with a decoction made from bark and shells. They also used the berries as food or roast rolled fruit pulp with fat.	
5. Chinese privet, privet; <i>Ligustrum sinense</i> (Olive family)	Size/Habitat: 5 to 12 feet tall; bottomland forests, fencerows Leaves: Evergreen to semi-deciduous, opposite, elliptical, untoothed Fruit: Blue-black, berry-like, oval to round, produced abundant in persistent, pyramidal clusters Fun Facts: Introduced as an ornamental shrub for its foliage and its profusion of small white flowers. Privet forms impenetrable thickets and is now considered invasive. Especially abundant along fence rows, streams and forest margins. The fruit is toxic to humans, with numerous unpleasant symptoms.	
6. Flowering dogwood, Arrowwood; <i>Cornus florida</i> (Dogwood family)	Size/Habitat: 20 to 40 feet tall; floodplains, slopes, bluffs, ravines, gum swamps, fencerows Leaves: Opposite, simple, 2 to 5 inches long and less than 3 inches wide Fruit: Red 1/2 inch berries Fun Facts: During the Civil War, dried ground bark was used as a quinine substitute for treating fevers. Native Americans used root bark to counteract the effects of poisons, as a fever reducer and treat many ailments. The hard wood is extremely shock resistant and was used to make implements such as weaving shuttles.	
7. Poison ivy; <i>Toxicodendron radicans</i> (Cashew family)	Size/Habitat: Shrub or thick, hairy vine; moist soil up to 500 feet in elevation Leaves: In clusters of three, shape variable, notched or unnotched, red coloration, shiny Fruit: White, berry-like, high in fat, important food for many animal and bird species Fun Facts: Poison is the oil urushiol; it does not affect animals but may cause severe allergies in humans. Crushed jewelweed leaves are a traditional relief/remedy for poison ivy rash.	
8. Wild black cherry, rum cherry; <i>Prunus serotina</i> (Rose family)	Size/Habitat: 50 to 80 feet tall; openings in rich forests, fencerows, old fields Leaves: Alternate, simple, shiny, serrated edges Fruit: Small, berry-like, black when ripe, edible but sour Fun Facts: Only the fruit is edible. A colonial beverage called "cherry bounce" was made from the fruit, sugar and whiskey. Native Americans used dried bark tea to treat colds, fevers, diarrhea and labor pains. The wood is strong, hard and reddish-colored, one of the most valued woods for furniture making.	
9. Blueberry, high bush blueberry; <i>Vaccinium corymbosum</i> (Heather family)	Size/Habitat: Shrub 5 to 10 feet tall; rich, wet, well-drained soil Leaves: Alternate, simple, green, 1 to 2 inches long, turning bright red in fall Fruit: 1/2 inch with a flared crown at the end, covered in a protective coating of epicuticular wax Fun Facts: Early colonists made gray paint by boiling blueberries in milk. Native Americans used blueberries for the treatment and prevention of diseases of the urinary tract. Native Americans once called them star berries due to the five points of the blossoms.	
10. Sassafras; <i>Sassafras albidum</i> (Laurel family)	Size/Habitat: 50 to 70 feet tall; rich, moist soil up to 5000 feet in elevation Leaves: Alternate, in three different shapes: unlobed, 2-lobed, and 3-lobed Fruit: Dark blue-black drupe, 3/8 inch long contains a single seed, borne on a red-stalked cup Fun Facts: In the 16th century, Native Americans used sassafras to ward off evil spirits and illness. The bark was used as an emetic purification after funeral ceremonies. Highly regarded in early medical literature, sassafras later was valued for improving flavor in other medications.	
11. American holly; <i>Ilex opaca</i> (Holly family)	Size/Habitat: 25 to 65 feet tall; moist forests of the southeast Leaves: Alternate, stiff, depressed rib, evergreen, spine-tipped Fruit: Small red drupes, poisonous to humans Fun Facts: Native Americans preserved berries to make decorative buttons to use for bartering. A drink made from roasted leaves was a popular tea substitute during the Civil War.	
12. Sweetgum, gumball tree; <i>Liquidambar styraciflua</i> (Sweetgum family)	Size/Habitat: Up to 130 feet tall; moist rich soil, cannot have its roots permanently flooded Leaves: Alternate, star-shaped, turning multiple colors in fall Fruit: Spiky balls containing tiny winged seeds Fun Facts: Native Americans used the sap to make chewing gum. The bark and roots were used to make various teas and medicines to treat dysentery and diarrhea.	
13. Magnolia, southern magnolia, bullbay; <i>Magnolia grandiflora</i> (Magnolia family)	Size/Habitat: Usually about 50 feet tall, but champion trees reach over one hundred feet; found on edges of bodies of water and swamps from southeastern Virginia to central Florida. Leaves: Simple, dark green, stiff, leathery, broadly ovate, untoothed Fruit: A heavy, long pod, exposing bright red seeds in fall Fun Facts: <i>M. grandiflora</i> contains phenols shown to possess significant antimicrobial activity. Early settlers made a tincture from the bark to treat coughs, colds and fevers.	
14. American hornbeam, ironwood, muscle wood; <i>Carpinus caroliniana</i> (Birch family)	Size/Habitat: 20 to 30 feet high, 8 to 12 inches in diameter; rich soil near streams and lakes Leaves: Alternate, simple, 2 to 4 inches, oval, toothed Fruit: 1/4 inch ribbed seed on a wing Fun Facts: This is an extremely dense hardwood that may not float in water. Pioneers used the dense wood for sailing masts, tool handles, bowls and dishes. Native Americans used hornbeam as a cure for many skin conditions and a urinary aid.	
15. Loblolly pine, southern yellow pine; <i>Pinus taeda</i> (Pine family)	Size/Habitat: 90 to 100 feet high, 1 to 5 feet in diameter; dry to wet acidic soils Leaves: Needles are sometimes twisted, 6 inches and longer, in clusters of 3 Fruit: Seed cones 3 to 5 inches long, each scale bearing a small spine Fun Facts: Native American warriors carried a small bag of pollen with them to eat before battles to "pump them up" for the coming fight.	
16. Tulip tree, tulip poplar, yellow poplar; <i>Liriodendron tulipifera</i> (Magnolia family)	Size/Habitat: 90 to 110 feet tall, 2 to 3 feet in diameter; stream edges, lower mountain coves Leaves: Alternate, 4 or 6 pointed lobes, outer 2 lobes flattened into a squared end Fruit: Narrow, light brown cone of winged seeds Fun Facts: Pioneers used the wood to line their wells. Colonists and Native Americans hollowed out trunks for dugout canoes and used the bark medicinally to treat various ailments. Tulip poplar is the tallest hardwood tree in the United States.	
17. Water oak, possum oak, spotted oak; <i>Quercus nigra</i> (Beech family)	Size/Habitat: 50 to 100 feet tall, 2 to 3 feet in diameter; lowlands, bottomlands, stream edges Leaves: Simple, alternate, 2 to 4 inches long, spoon-shaped, lance-shaped, lobed or unlobed Fruit: Dark acorn, 1/3 covered by a flattened, tight-scaled cap; maturing in two seasons Fun Facts: Native Americans used the galls on the tree to treat hemorrhages, chronic diarrhea and dysentery. Leaves were used to make mulch that repelled slugs, grubs, etc. Wood is used for rough construction lumber	
18. Paw paw, ozark banana; <i>Asimina triloba</i> (Custard apple family)	Size/Habitat: Up to 35 feet tall, 8 to 12 inches in diameter; well-drained, deep, fertile soil Leaves: Simple, alternate, spirally arranged, clustered symmetrically at the ends of branches Fruit: Looks a bit like mango, but with pale yellow, custardy flesh and black seeds. It is the largest edible fruit indigenous to the United States. Fun Facts: Native Americans used the inner bark to weave into a fiber cloth, and pioneers used it for stringing fish. Native Americans used dried pawpaw seed powder to control head lice.	
19. Eastern sycamore; <i>Platanus occidentalis</i> (Sycamore family)	Size/Habitat: 80 to 100 feet tall, 3 to 4 feet in diameter; stream banks, rich bottomlands Leaves: Alternate, simple, 5 to 8 inches long and wide, palmate, 3 to 5 lobes, toothed Fruit: Seeds clustered into a 1 inch ball that hangs on a long stalk Fun Facts: Native Americans used bark and leaves to make treatments for cuts, wounds and infant rash. Sycamore has the largest trunk diameter of any North American hardwood and Native Americans hollowed out trunk sections for dugout canoes.	
20. Spicebush; <i>Lindera benzoin</i> (Laurel family)	Size/Habitat: 6 to 12 feet tall and wide; low deciduous woods, stream banks, swamps Leaves: Simple, alternate, ovate, narrow end attached to the stem Fruit: Glossy red berries on female plants only Fun Facts: Native Americans made a tea from the bark as a "blood purifier" and for sweating, colds, rheumatism and anemia. Settlers used a twig tea to treat colds, fevers, worms and gas.	
21. Black walnut; <i>Juglans nigra</i> (Walnut family)	Size/Habitat: 50 to 90 feet tall, 2 to 3 feet in diameter; rich bottomlands, coves, stream edges Leaves: Alternate, pinnately compound, 10 to 24 sharply oval, toothed, pointed leaflets Fruit: Round, 2 to 2 1/2 inches across, thick, green, non-splitting husk; nut is furrowed, hard Fun Facts: Native Americans used husk juice to clean maggots out of wounds, rid dogs of intestinal worms, and protect horses and livestock from parasites.	