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# UPSTATE happenings

JAN 2010

## Saturday, January 9 **RESCHEDULED!** Field Trip: Turkey Creek Trail in the Clemson Forest

What better way to start the new year!? We plan to offer several seasonal hikes on other Clemson Forest trails during 2010. (This trip was originally scheduled for December, but rained out.)

Well-known naturalist and NPS member, John Garton, assisted by Ette Ruppert, will lead this winter outing on the newly designated and marked Turkey Creek Trail in the north Clemson Forest. Easy-to-moderate walking of 3.8 miles.

To register, call Janine McCreery at 864-238-3253 and tell her your name, phone number, and email address.

Outing limited to 20 participants.

Preference given to paid-up NPS members.

Meet at 9:30 at the Forest gate. Bring lunch and a drink.

*Directions:* If coming from Clemson, turn left off Rt 133 at a water tower just past Maws Grocery Store, a few miles north of Clemson, past Daniel High School, on the way to Six Mile.

Folks arriving from Hwy 11 should take 133 south through Six Mile and a few miles beyond to the right turn just before Maws Grocery Store.

*Carpooling is encouraged:* Greenville folks can meet at the Walmart @ 6119 White Horse Rd, in the corner of the parking lot nearest Ryans, leaving there at 8:30 am. Travel on Hwy123 to Clemson. Turn right onto Rt 133 at the railroad viaduct on Clemson Blvd.

## Saturday, January 23 **RESCHEDULED!** Prairie Restoration

### & Invasive Species Work Day at Conestee Nature Park

#### with a Plant Rescue at Twin Chimneys

We will rescue plants from Twin Chimneys in the morning (yes, volunteers do get to take a few plants home :-), and we will continue our prairie restoration at Conestee Nature Park in the afternoon. We will also learn effective techniques for removing invasive species such as Chinese Privet (*Ligustrum sinense*) and Multiflora Rose (*Rosa multiflora*).

A carpool will leave at 8:00 am from the Home Depot parking lot on South Pleasantburg Dr in Greenville. For those coming from other areas and wanting to carpool, meet at the Clock Restaurant on Hwy 25 south just past the 185 toll road, ready to depart at 8:10.

We'll be at the Greenville County

... continued on page 2, Upcoming Events

## Green Blessings Everywhere: Medicine at Our Feet

"When I look around at the world, I don't see vines and trees and flowering plants – I see medicines everywhere," says Anderson herbalist Robin McGee. In January, we'll hear Robin describe the therapeutic uses of some common native and naturalized plants – "mostly weeds," she says. Robin will share her experiences and those of friends and relatives whose ills have been eased by extracts, syrups, teas and tinctures created from nature's limitless medicine chest. She's likely to start with plantain, a common weed she finds so useful that she is writing a book about it.

Robin gathers most of her plants from the 500-acre McGee farm, but makes occasional trips to the mountains to collect species that don't grow in the Piedmont, always using sustainable harvesting methods that don't harm plant populations.

As a tiny child, Robin began following her grandmother around the garden, learning how to grow, harvest, and appreciate plants. But she wasn't in the garden all the time: she watched TV too. Her favorite characters were inevitably the Indian medicine man or the old herb woman. "I couldn't be the Indian medicine man," she says, "so I had to become the old herb woman!" Her father's chronic illness, complicated by the side effects of some of his medications, encouraged her to look for alternatives as well.

Robin faced a daunting task in pursuing her chosen career. There are no schools of herbal medicine in South Carolina. There are some in North Carolina and in other parts of the country – all prohibitively far away. So she read everything she could find, and she earned an on-line certificate in herbal medicine from Clayton College of Natural Health. Herbal medicine conferences have allowed her to meet the authors of her favorite books as well as other renowned herbalists.

Her most important teachers are the experienced herbalist authors and practitioners who invite her to spend time with them, watching, listening, and learning. Participation in this traditional learning method connects her to a long line of herbal practitioners – one that stretches into the distant past.

Robin herself is herbalist, teacher, author – and she keeps doing more. She is renovating a building on the McGee farm to serve as the home of

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## Robin McGee

Herbalist

## Tuesday, Jan 19, 7:00 pm

Founders Hall, Southern Wesleyan University, Central

For more information, visit [www.scnps.org](http://www.scnps.org)

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*Upstate Chapter*

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## Medicine at Our Feet ... continued from page 1.

the Southeastern Herbal Education Center. She plans to offer certification program, weekend workshops, and guest teachers, while continuing to offer introductory classes and workshops.

Robin can't bring us sample plants in January, but she will bring her own "Wild Earth Botanicals" for sale, handouts from *United Plant Savers* (a plant-preservation group organized by concerned herbalists), and the titles and authors of some of her favorite references. If you want to get a head start, the two books she recommends for beginners are the Peterson *Field Guide to Medicinal Plants and Herbs: Eastern and Central North America* and *Mountain Medicine* by Darryl Patton (currently out of print, but likely to be reprinted soon). —  
*Amy Fendley*

## Upcoming Events ... continued from page 1.

landfill at 8:30 and remove plants until about 11:00, then have lunch at the Clock. (If you cannot be there in the morning, you can meet us at the Conestee site a little before 1:00.) At Conestee we will put these plants into the ground, and plan to be done by mid-afternoon.

*Please sign up with Bill Sharpton, gsharpton@aol.com* This will allow us to better plan the day's agenda, and it is the only way we can know whom to contact if there is a change of plans, rain delay, etc! Be sure to provide a phone number!

Bring gloves, shovel or sharp-shooter; wear long pants.

*Directions to the Twin Chimneys Landfill plant rescue site:* From Greenville, take US Hwy 25 South to Ware Place (where 418 & 8 intersect 25). Go south approximately 7.5 miles; turn left onto West Ridgeway; bear right onto Traynham Rd.

*Directions to Conestee Nature Park* (see map at [www.conestee.org](http://www.conestee.org)): From the intersection of I-85 and South Pleasantburg Dr/Hwy 291 (Exit 46), follow SC 291 South for 1.1 miles and turn left at the traffic light onto Old Augusta Rd; after 0.4 miles turn

left (gas station on corner) onto Fork Shoals Rd. Follow Fork Shoals Rd 0.2 miles then turn left onto Henderson Ave and follow til it ends (~ 0.6 miles); the entrance to the parking lot is on the right.

The prairie is located northeast of the Henderson Ave parking lot off an old road bed. Signs will be posted. Hey-where-are-you-guys phone number for the day: Cathy Foster 864-202-5062.

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**Tuesday, Jan 19, 7:00 pm**  
**Green Blessings Everywhere:**  
**Medicine at Our Feet**  
*See story page 1.*

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**Tuesday, Feb 16, 7:00 pm**  
**Against the Grain: Crisis and Hope in our Grasslands**  
Patrick McMillan, botanist, naturalist, host and co-creator of the award-winning ETV nature program, *Expeditions*. J. Verne Smith Technical Resource Center Auditorium, Greenville Tec Main Campus, Greenville.

*Ever have a sudden urge to get outside, but not sure where to go? This is the first of a series of suggestions....*

## PEARSON'S FALLS

The remarkable botanical diversity and the beautiful waterfalls in this peaceful Glen near Tryon, North Carolina, have attracted nature-lovers, botanists and picnickers for many generations. The Oconee Bells (*Shortia galacifolia*) and Showy Orchid (*Galearis spectabilis*) share the glen with warblers, thrush, redbirds and mockers.

The Glen is classified as a deciduous climax forest, a minority classification in the earth's population. The *Hugerii Trillium*, several rare lindens and one variety of rhododendrons have been found here that are not seen elsewhere. In fact Edwin Way Teal, in his popular book, *North with the Spring*, published in 1951, devoted a chapter to the Trillium Glen (which was his name for Pearson's Falls). Wild Ginger (*Asarum canadense var acuminatum*) and ginseng (*Panax quinquefolius*) have been spotted, and in the fall blue wood aster (*Aster cordifolius*) and broad-leaf coreopsis (*Coreopsis latifolia*), which is listed as a threatened plant in North Carolina, can be seen.

Visitors can enjoy a 90-foot falls and over 200 ferns, flowering plants, algae and mosses by hiking the quarter mile Glen Trail.

The Glen was purchased after the Civil War by engineer Captain Charles William Pearson who discovered the falls while scouting for a railroad route from South Carolina to Asheville.

In 1931 the Tryon Garden Club offered to buy a portion of Captain Pearson's holdings, and they are the owner and operator of what is now a wildlife preserve as well as an outdoor laboratory for area colleges and universities and the site of frequent student field trips. Over 15,000 people visit the property each year, and the Glen is one of five area NC Birding trails. (Picnicking is permitted, but fires and pets are not.)

*Pearson's Falls is located just off Route 176 four miles north of Tryon NC, or 3 miles south of Saluda, NC. 2720 Pearson Falls Road, Saluda, NC 28733. Call 828-749-3031 or visit [www.pearsonsfalls.org](http://www.pearsonsfalls.org) for hours of operation. Adults \$3.00; children 6-12 \$1.00; under 6 free (prices are subject to change without notice). — Jane Templeton*