

**A VASCULAR PLANT Checklist
for Mount Mitchell State Park
303 taxa**

North Carolina has a diverse vascular flora.

**For more information, contact:
Mount Mitchell State Park**

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Notes

**VASCULAR PLANT
CHECKLIST
Mount Mitchell State Park**



Bloom Time:

Spring - March to May
Summer - June to August
Fall - September to November
Winter - December to February

Web Links

Vascular Plants of North Carolina
<https://auth1.dpr.ncparks.gov/flora/index.php>

Resources

Flora of the Southern and Mid-Atlantic States by Alan S. Weakley - <https://ncbg.unc.edu/research/unc-herbarium/floras/>

Wild North Carolina: Discovering the Wonders of Our State's Natural Communities by David Blevins and Michael Schafale - <https://uncpress.org/book/9780807834671/wild-north-carolina/>

Wildflowers and Plant Communities of the Southern Appalachian Mountains and Piedmont: A Naturalist's Guide to the Carolinas, Virginia, Tennessee, and Georgia by Timothy Spira - <https://uncpress.org/book/9780807871720/wildflowers-and-plant-communities-of-the-southern-appalachian-mountains-and-piedmont/>

A Field Guide to Wildflowers of the Sandhills Region: North Carolina, South Carolina, and Georgia by Bruce Sorrie - <https://uncpress.org/book/9780807871867/a-field-guide-to-wildflowers-of-the-sandhills-region/>

On-line database of the flora of the Southeastern States - <http://www.herbarium.unc.edu/seflora/querypage.htm>



<https://www.ncparks.gov/junior-rangers>

303 VASCULAR PLANT taxa**ADOXACEAE: [2]**

- Northern Wild-raisin - - -
 — *Viburnum cassinoides*
 — Hobblebush, Witch's-hobble,
 Tangle-legs x - -
 — *Viburnum lantanoides*

APIACEAE: [5]

- Filmy Angelica - x x -
Angelica triquinata
 — Cow Parsnip - - -
Heracleum lanatum
 — Stiff Cowbane - x -
Oxypolis rigidior
 — Hairy-jointed Meadow-parsnip - x -
Thaspium barbinode
 — Meadow Alexanders - x -
Zizia trifoliata

APOCYNACEAE: [1]

- Poke Milkweed - x -
Asclepias exaltata

AQUIFOLIACEAE: [1]

- Mountain Holly - - -
Ilex montana

ARACEAE: [1]

- Common Jack-in-the-pulpit - x -
Arisaema triphyllum ssp. triphyllum

ARALIACEAE: [1]

- Ginseng - - -
Panax quinquefolius

ARISTOLOCHIACEAE: [1]

- Canada Wild-ginger - - -
Asarum canadense

ASPLENIACEAE: [1]

- Mountain Spleenwort - - -
Asplenium montanum

ASTERACEAE: [38]

- Common Yarrow - x -
Achillea millefolium
 — Appalachian White Snakeroot - x x -
Ageratina altissima var. roanensis
 — Heart-leaf Aster - - -
Aster cordifolius
 — Large-leaf Aster - - -
Aster macrophyllus

ASTERACEAE: [38]

- Swamp Aster - x - -
Aster puniceus
 — English Daisy, Lawn Daisy x x - -
Bellis perennis
 — Devil's Beggar-ticks - - -
Bidens frondosa
 — Chicory - - x -
Cichorium intybus
 — Bull Thistle - x - -
Cirsium vulgare
 — White-top Fleabane - x - -
Erigeron annuus
 — Daisy Fleabane - x - -
Erigeron strigosus
 — Blue Ridge White Heart-leaved Aster - x - -
Eurybia chlorolepis
 — Common White Heart-leaved Aster - x - -
Eurybia divaricata
 — Spotted Joe-pye-weed - - - -
Eutrochium maculatum var. maculatum
 — Sweet Joe-pye-weed - x - -
Eutrochium purpureum var. purpureum
 — Shaggy Soldier, Fringed Quickweed - x - -
Galinsoga quadriradiata
 — Pale-leaf Sunflower - - x -
Helianthus strumosus
 — Meadow Hawkweed - x - -
Hieracium caespitosum
 — Panicked Hawkweed - - - -
Hieracium paniculatum
 — Tall Hawkweed, Glaucous King-devil - x - -
Hieracium piloselloides
 — Mountain Cynthia - x - -
Krigia montana
 — Oxeye Daisy - x - -
Leucanthemum vulgare
 — Pineapple-weed - x - -
Matricaria discoidea
 — Whorled Aster, Whorled Nodding-aster - x - -
Oclemena acuminata
 — Small's Ragwort - x - -
Packera anonyma
 — Golden Ragwort - x - -
Packera aurea

ASTERACEAE: [38]

- Tall Rattlesnake-root - - - -
Prenanthes altissima
 — Roan Rattlesnakeroot - - - -
Prenanthes roanensis
 — Black-eyed Susan - x - -
Rudbeckia hirta var. hirta
 — Cut-leaved Coneflower - x - -
Rudbeckia laciniata
 — Common Groundsel,
 Old-man-in-the-spring - x - -
Senecio vulgaris
 — Curtis's Goldenrod - - - -
Solidago curtisii
 — Smooth Goldenrod - - - -
Solidago gigantea
 — a goldenrod - x - -
Solidago glomerata
 — Early Goldenrod - - - -
Solidago juncea
 — Northern Roughleaf Goldenrod - x - -
Solidago patula var. patula
 — Common Dandelion - x - -
Taraxacum officinale
 — Colt's Foot - - - -
Tussilago farfara
BALSAMINACEAE: [1]
 — Pale Jewel-weed - x x -
Impatiens pallida
BETULACEAE: [3]
 — Yellow Birch - - - -
Betula alleghaniensis
 — Mountain Paper Birch - - - -
Betula cordifolia
 — Sweet Birch - - - -
Betula lenta
BRASSICACEAE: [5]
 — Yellow Rocket - x - -
Barbarea vulgaris
 — Burk's Smooth Rockcress - x - -
Boechera laevigata var. I
 — Common Shepherd's Purse - x - -
Capsella bursa-pastoris
 — Mountain Bittercress - - - -
Cardamine clematitis

BRASSICACEAE: [5]

- Hairy Bitter-cress - - -
 Cardamine hirsuta

CAMPANULACEAE: [3]

- Southern Harebell - x -
 Campanula divaricata
— Tall Bellflower - x -
 Campanulastrum americanum
— Indian-tobacco - x -
 Lobelia inflata

CAPRIFOLIACEAE: [3]

- Common Bush-honeysuckle - x -
 Diervilla lonicera
— Southern Bush-honeysuckle - x -
 Diervilla sessilifolia
— Red Elderberry - - -
 Sambucus racemosa

CARYOPHYLLACEAE: [7]

- Mouse-ear Chickweed - - -
 Cerastium brachypodium
— Common Mouse-ear - x -
 Cerastium fontanum ssp. vulgare
— Deptford Pink - x -
 Dianthus armeria ssp. armeria
— White Campion, White Cockle, Evening
 Lychnis - x -
 Silene latifolia
— Fire Pink - x -
 Silene virginica

- Little Starwort - x -
 Stellaria graminea
— Common Starwort - x -
 Stellaria media

CLETHRACEAE: [1]

- Mountain Pepper-bush - x -
 Clethra acuminata

CONVOLVULACEAE: [1]

- Hedge Bindweed - x -
 Calystegia sepium

CORNACEAE: [2]

- Alternate-leaf Dogwood - x -
 Cornus alternifolia
— Flowering Dogwood - - -
 Cornus florida

CUPRESSACEAE: [2]

- Eastern Red Cedar - - -
 Juniperus virginiana
— American Arborvitae - - -
 Thuja occidentalis

CUSCUTACEAE: [1]

- Beaked Dodder - x -
 Cuscuta rostrata

CYPERACEAE: [14]

- Woodland Sedge - - -
 Carex blanda
— Brown Sedge - - -
 Carex brunneoscens var. sphaerostachya
— Fibrous-root Sedge - - -
 Carex communis
— Fringed Sedge - - -
 Carex crinita
— White-edge Sedge - - -
 Carex debilis var rudgei
— Frank Sedge - - -
 Carex frankii
— a sedge - - -
 Carex gynandra
— Bladder Sedge - - -
 Carex intumescens
— Shallow Sedge - - -
 Carex lurida
— Wretched Sedge - - -
 Carex misera
— Pennsylvania Sedge - - -
 Carex pensylvanica
— Pointed Broom Sedge - - -
 Carex scoparia var. scoparia
— Stalk-grain Sedge - - -
 Carex stipata
— Blunt Broom Sedge - - -
 Carex tribuloides var. tribuloides

DENNSTAEDIACEAE: [2]

- Eastern Hay-scented Fern - - -
 Dennstaedtia punctilobula
— Bracken Fern - - -
 Pteridium aquilinum

DIAPENSIACEAE: [1]

- Galax, Beetle-weed - x -
 Galax urceolata

DIOSCOREACEAE: [1]

- Yellow Yam - - -
 Dioscorea villosa

DRYOPTERIDACEAE: [5]

- Southern Lady Fern - - -
 Athyrium asplenoides
— Fragile Fern - - -
 Cystopteris fragilis
— Mountain Wood-fern - - -
 Dryopteris campyloptera
— Spinulose Woodfern - - -
 Dryopteris carthusiana
— Christmas Fern - - -
 Polystichum acrostichoides

EQUISETACEAE: [1]

- Field Horsetail - - -
 Equisetum arvense

ERICACEAE: [14]

- Trailing Arbutus - x -
 Epigaea repens
— Mountain Fetterbush, Recurved
 Dog-hobble - - -
 Eubotrys recurva
— Black Huckleberry - - -
 Gaylussacia baccata
— Mountain Laurel - x -
 Kalmia latifolia
— Northern Maleberry, He-huckleberry - - -
 Lyonia ligustrina var. ligustrina
— Minniebush - x -
 Menziesia pilosa
— Indian-pipe - x -
 Monotropa uniflora
— Sourwood - - -
 Oxydendrum arboreum
— Flame Azalea - x -
 Rhododendron calendulaceum
— Catawba Rhododendron - x -
 Rhododendron catawbiense
— Great Laurel - x -
 Rhododendron maximum
— a Blueberry - - -
 Vaccinium constabiae
— Southern Mountain Cranberry - x -
 Vaccinium erythrocarpum

ERICACEAE: [14]

- a Blueberry - x - -
Vaccinium simulatum
- FABACEAE: [10]**
 - American Hog-peanut - - -
Amphicarpa bracteata
 - Broad-leaf Peavine - - -
Lathyrus latifolius
 - Black Medic - - -
Medicago lupulina
 - Yellow Sweetclover - - -
Melilotus officinalis
 - Bristly Locust - - -
Robinia hispida
 - Black Locust - - -
Robinia pseudoacacia
 - Ash-leaved Golden-banner (historical) - - -
Thermopsis fraxinifolia
 - Suckling Clover - - -
Trifolium dubium
 - Red Clover - x - -
Trifolium pratense
 - White Clover - - -
Trifolium repens
- FAGACEAE: [6]**
 - American Chestnut - - -
Castanea dentata
 - American Beech - - -
Fagus grandifolia
 - Chestnut Oak, Rock Chestnut Oak - - -
Quercus montana
 - Northern Red Oak - - -
Quercus rubra
 - Northern Red Oak - - -
Quercus rubra var ambigua
 - Red Oak - - -
Quercus rubra var rubra
- GENTIANACEAE: [2]**
 - Showy Gentian - - -
Gentiana decora
 - Stiff Gentian - - x -
Gentianella quinquefolia
- GROSSULARIACEAE: [2]**
 - Skunk Currant - x - -
Ribes glandulosum

GROSSULARIACEAE: [2]

- Appalachian Gooseberry - - - -
Ribes rotundifolium
- HAMAMELIDACEAE: [1]**
 - American Witch-hazel - - - -
Hamamelis virginiana
- HYDRANGEACEAE: [1]**
 - Wild Hydrangea - x - -
Hydrangea arborescens
- HYPERICACEAE: [4]**
 - Canada St. John's-wort x - - -
Hypericum canadense
 - Mountain St. John's-wort - x - -
Hypericum graveolens
 - Mitchell's St. John's-wort - x - -
Hypericum mitchellianum
 - Shrubby St. John's-wort - x - -
Hypericum prolificum
- IRIDACEAE: [1]**
 - Pointed Blue-eyed-grass - x - -
Sisyrinchium angustifolium
- JUNCACEAE: [6]**
 - Sharp-fruit Rush - - - -
Juncus acuminatus
 - Common Rush, Soft Rush - - - -
Juncus effusus
 - Slender Rush - - - -
Juncus tenuis
 - Southern Hairy Woodrush - - - -
Luzula acuminata var carolinae
 - Southern Woodrush - - - -
Luzula bulbosa
 - Wood Rush - - - -
Luzula echinata
- LAMIACEAE: [7]**
 - Canada Horse-balm - - - -
Collinsonia canadensis
 - Brittle-stem Hempnettle - x - -
Galeopsis tetrahit
 - Basil Bee-balm - - - -
Monarda clinopodia
 - Scarlet Beebalm, Oswego Tea - x - -
Monarda didyma
 - Self-heal - x - -
Prunella vulgaris

LAMIACEAE: [7]

- American Self-heal - x - -
Prunella vulgaris var. lanceolata
- Broad-toothed Hedge-nettle - x - -
Stachys latidens
- LAURACEAE: [1]**
 - Sassafras - - - -
Sassafras albidum
- LILIACEAE: [9]**
 - Small White Leek - - - -
Allium tricoccum
 - Clinton Lily - x - -
Clintonia borealis
 - Turk's-cap Lily, Lily-royal - x - -
Lilium superbum
 - Canada Mayflower - x - -
Maianthemum canadense
 - Pinebarren Death-camas - x - -
Stenanthium leimanthoides
 - White Mandarin - x - -
Streptopus amplexifolius
 - Eastern Rose Mandarin, Eastern Twisted-stalk - x - -
Streptopus lanceolatus var. lanceolatus
 - Ill-scent Trillium x x - -
Trillium erectum
 - American False-hellebore - - - -
Veratrum viride
- LYCOPODIACEAE: [4]**
 - Common Ground-pine, Flat-branched Tree-clubmoss - - - -
Dendrolycopodium obscurum
 - Appalachian Fir-clubmoss - - - -
Huperzia appressa
 - Shining Clubmoss - - - -
Huperzia lucidula
 - Running Pine - x - -
Lycopodium clavatum
- MAGNOLIACEAE: [3]**
 - Tulip-tree, Yellow Poplar, Whitewood - - - -
Liriodendron tulipifera
 - Cucumber Magnolia - - - -
Magnolia acuminata
 - Fraser Magnolia - - - -
Magnolia fraseri

NYSSACEAE: [1]

- Black Tupelo - - -
 Nyssa sylvatica

OLEACEAE: [1]

- White Ash, American Ash - - -
 Fraxinus americana

ONAGRACEAE: [5]

- Small Enchanter's Nightshade - - -
 Circaeal alpina
— Purple Willowherb - - -
 Epilobium angustifolium
— Purpleleaf Willowherb - - -
 Epilobium ciliatum
— Common Evening-primrose - x -
 Oenothera biennis
— Appalachian Sundrops - x -
 Oenothera tetragona

OPHIOGLOSSACEAE: [1]

- Rattlesnake Fern, Sang-find - - -
 Botrypus virginianus

ORCHIDACEAE: [5]

- Kidney-leaf Twayblade - x -
 Listera smallii
— Small Green Woodland Orchid - x -
 Platanthera clavellata
— Large Round-leaved Orchid - x -
 Platanthera orbiculata
— Purple Fringeless Orchid - x -
 Platanthera peramoena
— Small Purple-fringed Orchis - x -
 Platanthera psycodes

OROBANCHACEAE: [2]

- Squaw-root - x -
 Conopholis americana
— Early Wood Lousewort - x -
 Pedicularis canadensis

OSMUNDACEAE: [1]

- Cinnamon Fern - - -
 Osmundastrum cinnamomeum

OXALIDACEAE: [3]

- Great Yellow Wood-sorrel - - -
 Oxalis grandis
— White Wood-sorrel - x -
 Oxalis montana

OXALIDACEAE: [3]

- Upright Yellow Wood-sorrel - x -
 Oxalis stricta

PHYTOLACCACEAE: [1]

- Common Pokeweed - - -
 Phytolacca americana

PINACEAE: [6]

- Fraser Fir - - -
 Abies fraseri
— Norway Spruce - - -
 Picea abies
— Red Spruce - - -
 Picea rubens
— Red Pine - - -
 Pinus resinosa
— Virginia Pine - - -
 Pinus virginiana
— Eastern Hemlock - - -
 Tsuga canadensis

PLANTAGINACEAE: [7]

- White Turtlehead - x -
 Chelone glabra
— Pink Turtlehead - x x -
 Chelone lyonii
— English Plantain - x -
 Plantago lanceolata
— Nipple-seed Plantain - - -
 Plantago major
— Gypsy-weed - x -
 Veronica officinalis
— Purslane Speedwell - - -
 Veronica peregrina
— Thyme-leaved Speedwell - - -
 Veronica serpyllifolia

POACEAE: [18]

- Arctic Bentgrass - - -
 Agrostis mertensii
— Perennial Bentgrass - - -
 Agrostis perennans
— Spreading Bentgrass - - -
 Agrostis stolonifera
— Awnless Brome - - -
 Bromus inermis
— Cain's Reedgrass - - -
 Calamagrostis cainii

POACEAE: [18]

- Slender Wood-reed - - -
 Cinna latifolia
— Orchard Grass - - -
 Dactylis glomerata
— Flattened Oatgrass - - -
 Danthonia compressa
— Crinkled Hairgrass - - -
 Deschampsia flexuosa var. flexuosa
— Creeping Wild Rye - - -
 Elymus repens
— Slender Manna Grass - - -
 Glyceria melicaria
— Common Velvet Grass - - -
 Holcus lanatus
— Fox-tail Barley - - -
 Hordeum jubatum
— Meadow Timothy - - -
 Phleum pratense
— Grove Meadow Grass - - -
 Poa alsodes
— Swamp Bluegrass - - -
 Poa palustris
— Kentucky Bluegrass - - -
 Poa pratensis
— Tall Fescue, Alta Fescue - - -
 Schedonorus arundinaceus

POLEMONIACEAE: [1]

- Carolina Phlox - x -
 Phlox carolina ssp carolina

POLYGONACEAE: [11]

- Fringed Black Bindweed - x -
 Fallopia cilinodis
— Longbristle Smartweed, Bristly
 Ladyâ€™s-thumb, Oriental Lady's thumb. - - -
 Persicaria longiseta
— Lady's Thumb, Heart's-ease - x -
 Persicaria maculosa
— Jumpseed - - -
 Persicaria virginiana
— Knotweed - - -
 Polygonum aviculare
— Marshpepper Smartweed - - -
 Polygonum hydropiper

POLYGONACEAE: [11]

- Sheep Sorrel - x - -
- *Rumex acetosella*
- Clustered Green Dock - - -
- *Rumex conglomeratus*
- Curly Dock - x - -
- *Rumex crispus ssp. crispus*
- Bitter Dock - x - -
- *Rumex obtusifolius*
- Fiddle Dock - x - -
- *Rumex pulcher*

POLYPODIACEAE: [1]

- Rock Polypody - - -
- *Polypodium virginianum*

PRIMULACEAE: [1]

- Whorled Loosestrife - x - -
- *Lysimachia quadrifolia*

RANUNCULACEAE: [11]

- Mountain Black-cohosh, Late Black-cohosh - x - -
- *Actaea podocarpa*
- Wild Columbine - x - -
- *Aquilegia canadensis*
- Virginia Virgin-bower - x - -
- *Clematis virginiana*
- Kidney-leaved Buttercup - x - -
- *Ranunculus abortivus*
- Tall Butter-cup - x - -
- *Ranunculus acris*
- Bulbous Butter-cup - - -
- *Ranunculus bulbosus*
- Hooked Buttercup - - -
- *Ranunculus recurvatus*
- Creeping Butter-cup - - -
- *Ranunculus repens*
- Mountain Meadow-rue - x - -
- *Thalictrum clavatum*
- Leatherleaf Meadowrue - x - -
- *Thalictrum coriaceum*
- - x - -
- *Trautvetteria caroliniensis var caroliniensis*

ROSACEAE: [19]

- Allegheny Service-berry - - -
- *Amelanchier laevis*

ROSACEAE: [19]

- Black Chokeberry - x - -
- *Aronia melanocarpa*
- Purple Chokeberry - - -
- *Aronia prunifolia*
- Cockspur Hawthorn - - -
- *Crataegus crus-galli*
- Dotted Hawthorn - - -
- *Crataegus punctata*
- Virginia Strawberry - x - -
- *Fragaria virginiana*
- Spreading Avens - - -
- *Geum radiatum*
- Common Apple - - -
- *Malus pumila*
- Canada Cinquefoil - x - -
- *Potentilla canadensis*
- Canada Cinquefoil - x - -
- *Potentilla canadensis var canadensis*
- Norwegian Cinquefoil - x - -
- *Potentilla norvegica*
- Sulphur Cinquefoil - x - -
- *Potentilla recta*
- Old-field Cinquefoil - - -
- *Potentilla simplex*
- Fire Cherry - - -
- *Prunus pensylvanica*
- Black Cherry - - -
- *Prunus serotina var. serotina*
- Smooth Blackberry - x - -
- *Rubus canadensis*
- Red Raspberry - - -
- *Rubus idaeus var. strigosus*
- Purple Flowering Raspberry - x - -
- *Rubus odoratus*
- American Mountain-ash - x - -
- *Sorbus americana*

RUBIACEAE: [4]

- Sweet-scent Bedstraw - x - -
- *Galium triflorum*
- Common Bluet x x - -
- *Houstonia caerulea*
- Purple Bluet - x - -
- *Houstonia purpurea*

RUBIACEAE: [4]

- Michaux Bluet - - -
- *Houstonia serpyllifolia*

SALICACEAE: [3]

- Pussy Willow - - -
- *Salix discolor*
- Tall Prairie Willow - - -
- *Salix humilis*
- Silky Willow - - -
- *Salix sericea*

SAPINDACEAE: [5]

- Striped Maple - x - -
- *Acer pensylvanicum*
- Eastern Red Maple - - -
- *Acer rubrum var. rubrum*
- Sugar Maple - - -
- *Acer saccharum*
- Mountain Maple - x - -
- *Acer spicatum*
- Yellow Buckeye - - -
- *Aesculus flava*

SAXIFRAGACEAE: [6]

- False Goat's-beard - x - -
- *Astilbe biternata*
- Hairy Alumroot - x - -
- *Heuchera villosa*
- Hairy Alumroot - - -
- *Heuchera villosa var. villosa*
- Appalachian Saxifrage, Cliff Saxifrage - x x -
- *Hydatella petiolaris*
- Kidneyleaf Grass-of-Parnassus, Brook Parnassia - x - -
- *Parnassia*
- *Parnassia asarifolia*
- Heart-leaved Foamflower - x - -
- *Tiarella cordifolia*

SCROPHULARIACEAE: [2]

- Carpenter's Square Figwort - x - -
- *Scrophularia marilandica*
- Great Mullein - x - -
- *Verbascum thapsus*

SMILACACEAE: [2]

- Smooth Herbaceous Greenbrier - - -
- *Smilax herbacea*
- Common Greenbrier - - -
- *Smilax rotundifolia*

SYMPLOCACEAE: [1]

- Common Sweetleaf, Horse-sugar - - - -
Symplocos tinctoria

THELYPTERIDACEAE: [2]

- New York Fern - - - -
Parathelypteris noveboracensis
— Broad Beech Fern - - - -
Phegopteris hexagonoptera

TILIACEAE: [2]

- American Basswood - - - -
Tilia americana
— Northern Basswood - - - -
Tilia americana var. americana

URTIACEAE: [1]

- Wood Nettle - x - -
Laportea canadensis

VIOLACEAE: [5]

- Lecontes Violet - x - -
Viola affinis
— Sweet White Violet - x - -
Viola blanda
— Canada Violet x - - -
Viola canadensis
— Wild White Violet - - - -
Viola macloskeyi var. pallens
— Woolly Blue Violet - x - -
Viola sororia