

**A VASCULAR PLANT Checklist
for Mount Mitchell State Park
295 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>

295 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

ASPLENIACEAE: [1]

- Mountain Spleenwort - - -
Asplenium montanum

ASTERACEAE: [37]

- Common Yarrow - x -
Achillea millefolium
 — Appalachian White Snakeroot - x x -
Ageratina altissima var. roanensis
 — Heart-leaf Aster - - -
Aster cordifolius
 — Large-leaf Aster - - -
Aster macrophyllus
 — Swamp Aster - x -
Aster puniceus
 — English Daisy, Lawn Daisy x x -
Bellis perennis
 — Devil's Beggar-ticks - - -
Bidens frondosa

ASTERACEAE: [37]

- 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
 — 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
 — Tall Rattlesnake-root - - - -
Prenanthes altissima
 — Roan Rattlesnakeroot - - - -
Prenanthes roanensis
 — Black-eyed Susan - x - -
Rudbeckia hirta var. hirta
 — Cut-leaved Coneflower - x - -
Rudbeckia laciniata

ASTERACEAE: [37]

- 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. 1
 — Common Shepherd's Purse - x - -
Capsella bursa-pastoris
 — Mountain Bittercress - - - -
Cardamine clematitis
 — Hairy Bitter-cress - - - -
Cardamine hirsuta

CAMPANULACEAE: [3]

- Southern Harebell - x - -
Campanula divaricata
 — Tall Bellflower - x - -
Campanulastrum americanum

CAMPANULACEAE: [3]

- 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*

DENNSTAEDTIACEAE: [2]

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

DIAPENSIACEAE: [1]

- Galax, Beetle-weed - x - -
- Galax urceolata*

DRYOPTERIDACEAE: [5]

- Southern Lady Fern - - - -
- Athyrium asplenioides*
- Fragile Fern - - - -
- Cystopteris fragilis*
- Mountain Wood-fern - - - -
- Dryopteris campyloptera*

DRYOPTERIDACEAE: [5]

- 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*
- a Blueberry - x - -
- Vaccinium simulatum*
- FABACEAE: [9]**
- Broad-leaf Peavine - - - -
- Lathyrus latifolius*
- Black Medic - - - -
- Medicago lupulina*
- Yellow Sweetclover - - - -
- Melilotus officinalis*

FABACEAE: [9]

- 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*
- 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*

HYPERICACEAE: [4]

- 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 *caroliniae*
- Southern Woodrush - - - -
- *Luzula bulbosa*
- Wood Rush - - - -
- *Luzula echinata*

LAMIACEAE: [6]

- Brittle-stem Hempnettle - x - -
- *Galeopsis tetrahit*
- Basil Bee-balm - - - -
- *Monarda clinopodia*
- Scarlet Beebalm, Oswego Tea - x - -
- *Monarda didyma*
- Self-heal - x - -
- *Prunella vulgaris*
- 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*

LILIACEAE: [9]

- 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 - - - -
- *Circaeaa alpina*
- Purple Willowherb - - - -
- *Epilobium angustifolium*

Mount Mitchell State Park, NC

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ONAGRACEAE: [5]

- Purpleleaf Willowherb - - -
- Epilobium ciliatum*
- Common Evening-primrose - x -
- Oenothera biennis*
- Appalachian Sundrops - x -
- Oenothera tetragona*

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 - - -
- Osmunda cinnamomeum*

OXALIDACEAE: [3]

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

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PINACEAE: [6]

- 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*
 - 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*

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POACEAE: [18]

- 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: [10]

- 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*
 - Knotweed - - -
 - Polygonum aviculare*
 - Marshpepper Smartweed - - -
 - Polygonum hydropiper*
 - 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*
- 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*

ROSACEAE: [19]

- 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 - -
- *Houstonia caerulea*
- Purple Bluet - x - -
- *Houstonia purpurea*
- 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*

SAPINDACEAE: [5]

- 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 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*

URTICACEAE: [1]

- Wood Nettle - x - -
- *Laportea canadensis*

VIOLACEAE: [5]

- Leontes Violet - x - -
- *Viola affinis*

VIOLACEAE: [5]

— Sweet White Violet	-	x	-	-
<i>Viola blanda</i>				
— Canada Violet	x	-	-	-
<i>Viola canadensis</i>				
— Wild White Violet	-	-	-	-
<i>Viola macloskeyi var. pallens</i>				
— Woolly Blue Violet	-	x	-	-
<i>Viola sororia</i>				