A View From The Chair

These past months have been difficult for our Chapter, for AMC, and for us all. My thoughts are particularly with the many Chapter members who rely upon Chapter and AMC activities as the cornerstone of an active outdoor life. Notwithstanding the extra effort of some of our dedicated volunteer leaders, our Chapter outdoor activity schedule is the lightest within memory. Most of us who are getting outside are getting outside alone, or with people we know well or live with. We miss the energy and camaraderie of Chapter activities. Even if you are getting outside, please also explore the many opportunities for online engagement with AMC and with our Chapter. Investigate AMC’s website, and under the caption “Adventures”, go to “Search All Activities”. AMC has directed resources toward strengthening its online program and presence. You will find many great activities posted. Watch for emails from AMC regarding online programs. See our Connecticut Facebook page. Search our Connecticut Chapter website, particularly the Education Committee site, and particularly “Online Education”. There is every reason for optimism about our Chapter, and AMC. We know that this disruption is temporary. We know that we have an outstanding and resilient Chapter, among the several strongest in AMC, and that we will soon be back with a full schedule. Those of us who have been on the trails or on the waters over the past several months miss the energy and camaraderie of Chapter activities.

A Sudden Goodbye to One of Our Own

With a sorrowful heart, I share the news that David Roberts lost his battle with cancer. The CT Chapter Committee received notice of this in mid-September. As a Club member, I hope you had the opportunity to share an activity or event where David would have welcomed you, lead the way, or presented one of his many world adventures to you. All served up with his casual humor, wit, and comfortable disposition.

David’s CT-AMC resume goes as follows; Excursions Co-chair, Communications Chair, Fairfield County Group Co-chair, hike leader, club activity coordinator, accomplished world traveler and photographer, storyteller, mentor, and a good friend to so many. An irreplaceable member of our chapter.

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December 2020

John Grasso, CT-AMC Chapter Chair

Storms Beat the Hail Out of the A.T.

~ by Dave Boone & Jim Liptack

Concern began to arise when the local television stations interrupted regular broadcasting to follow rotation observed on their various dopplers—a suspected tornado, in the area of Sharon and Cornwall. As more detail... continued on page 5
Hello CT-AMC Chapter Members,

I would like to extend my thanks for the 2019 Lifetime Service Award. My journey with AMC and the Connecticut Chapter over the years has truly been a grand adventure filled with challenges and opportunities to trek, travel and train with all my backcountry friends!

Stay Safe ~ Leo Kelly

CT-AMC Chapter History Project!

Our Chapter History Book is Happening!

A big shout out to all who are making a difference contributing to the chapters effort to collect and document the past 25 years of the CT-AMC’s. Regular activities, individual contributions, and landmark accomplishments round out its content. This recent collection will be published including the collected histories of the prior 75 years as we celebrate the Chapters centennial in 2021.

In the meantime, immerse yourself into the “History of the CT Chapter of the AMC 1921-1996”, available on the Chapters History tab at: www.ct-amc.org/history/

All CT-AMC Members! We want to see it and hear about it.

Share your experiences! Write up your stories, send pictures, get published! Send to: ctamceditor@ct-amc.org.

THE CONNECTICUT TEEN WILDERNESS FUND NEEDS YOUR SUPPORT!

In May 2018, the Harry Duren - Gregory Simons Scholarship Fund was recast as The Connecticut Teen Wilderness Fund. The fund is to make it possible for disadvantaged teenagers from Connecticut to attend an AMC Summer Teen Wilderness Adventure program.

How can you help? Write to: treasurer@ct-amc.org.

The contribution to the Fund, please send a check made payable to “Appalachian Mountain Club,” with memo line “Connecticut Teen Wilderness Fund,” to Al Puches, Treasurer, 32 Highland Avenue, Redding, CT 06896. Enclose check with information to who or what the contribution is made, and please identify all persons who have contributed.

What adventures have you found in your big backyard? Please share your story with your CT-AMC chapter.
My late wife Ann and I met during a CT singles group hike in the year 2001. We hit it off immediately and life took on new meaning. We were married in 2004 and almost immediately started talking to friends about hiking in the Whites. In July of ’06 we climbed our first mountain, Mt. Washington, and that lit the flame. From that day on over the next 7 years Ann and I were going up frequently for hiking weekends in NH, alone or with other friends. Our enthusiasm had to be contagious because several of these friends have now finished their 48 and others are still actively bagging peaks up north even as I type this message.

In July of 2009 we had just enjoyed our day of climbing Mt. Lafayette and Mt. Lincoln on the Franconia Ridge Trail. While standing below the Stairs Falls, Ann said, ‘I love these mountains so much I wish I could stay here forever.’ The reality was we had to get home because in the coming days she would be tested to determine if she had the suspected Alzheimer’s Disease. Once it was confirmed, even though we knew that this was a death sentence for Ann, we increased the frequency of our NH hiking trips. She told me, ‘let’s go, we have work to do!’ The next four summers of hiking trips were amazing but we knew that our time was limited. Ann also underwent knee surgery and then a knee replacement but that didn’t stop us. But, in 2014, on Mt. Hale, Ann fell several times on the trail and Ann’s doctor said she had to be contagious because several of these friends have now finished their 48 and others are still actively bagging peaks up north even as I type this message.

My challenge during the last 6 years has been to be Ann’s primary care partner and figure out how to finish my 48. On June 8, 2019 I was part of an enthusiastic hike squad that summited Mt. Zealand and the three Bonds in 22 miles and 13.5 hours for me to earn my “48” status. Not bad for 71 years old!

That story was gobbled up by the Alzheimer’s Association of CT for their Longest Day Fundraiser project. I was interviewed on the New Haven Green and the donations came pouring in from all over the east coast. In six weeks the Ann and Norm story raised $5,400.00 for the cause of defeating Alzheimer’s Disease. Ann passed away on October 31, 2019 from the complications of her disease not knowing that I had completed the mission we had set up many years before.

I recently finished all the paperwork for the 48-4000 Footer Committee to seek membership in the 48 Four Thousand Footer Club. That truly was a tedious experience! Luckily Ann had kept great notes for our first 32 peaks and with my records from peaks # 33 to 48 I could fill out the paperwork. My request to the committee in Exeter was that Ann and Norm Schoeler be listed on the eternal roster as a Team. Ann didn’t complete the 48 but I did ONLY because of her dedication and inspiration. The Committee agreed to include her name even though she didn’t complete all 48 peaks and that her award would be listed posthumously.

On September 1st I received two official scrolls from the Four Thousand Footer Committee made out in the names of team Ann and Norm Schoeler. I had one framed immediately! All I could think of was how much time, planning, money, pain and suffering it took to reach this goal. Our feeling was always “whatever it takes”!

Congratulations Ann you made it. I know you will continue climbing other mountains even if they are far, far away in a place with no disease and no pain. I really miss you and will love you forever. See you on the other side!

Your best friend and hike partner,

Norm

*As a postscript I would tell you that I have summited 5 of the Whites for a second time and my goal is to get a few younger hiking friends up there for the first time as initiated by Ann. You have to give back!"
A Sudden Good-bye - continued from page 1...

As the chapter news editor, I first met David “on the job” 15 years ago. Of course, David immediately rallied me to partake in and promote the Fairfield County Group’s presentation dinners and gatherings. Here is where I witnessed David’s magic first hand. Since then, David has been a constant contributor and support person to our chapter newsletter. I am quite lost without him.

For now, here is an array of David’s outstanding photographs from his numerous travels and adventures he had shared with us all. Perhaps something here will bring to you a fond remembrance of David. 🙏

North Pole, curious bear - David Roberts.

Etosha National Park - David Roberts.

Mt. Everest from Gokyo Ri - David Roberts.

Mono Lake - David Roberts.

Moroccan Desert - David Roberts.

David Roberts meets a friend in Morocco.

Big Sky, South Dakota - David Roberts.

Hot air balloon, France - David Roberts.

Crater Lake Dawn - David Roberts.

Greenland - David Roberts.

Petra, Jordan. The Rose City.

Pembrokeshire Coastal Path - David Roberts.

Greenland - David Roberts.
Call of Nature, Pit Stop. Stop and Go. Carpe Pee-um(?) See a man about a horse(?)

On AMC hikes, it’s known as a Separation Break...men go forward and women stay back. Why? To pee in the woods! It’s generally assumed that men can do that quicker (based on the lines at public restrooms) so they walk farther down the trail, out of sight, and wait for the slower women.

It’s a topic that’s seldom addressed, common knowledge to just about every hiker, but a mystery to those who don’t hike. ‘What do you do if you have to pee?’ is a question I have heard while discussing hiking with the uninitiated, and it’s an excuse some people give for not venturing into the woods at all. Also an excuse that some hikers use for not drinking water while hiking. Since staying hydrated is one of the first rules of hiking, let’s just answer some basic questions and set people’s minds at ease. For men, it seems obvious, so I’ll just address women’s issues. I’ll leave it to someone else to talk to the men, just in case there’s some mystery to it that escapes me.

So the men have gone off down the trail, and what’s next? The women scatter into the woods, each to her own private(ish) place, but not too far from the trail. There are a few different postures, including The Squat, The Lean, and The Squat/Lean. In all cases, keep in mind that water flows downhill, and choose a spot where your shoes are not in the flood zone. In general, you’ll really not need to pull your pants any farther than mid-thigh, as long as you reach in front between your legs and hold both the front and back of the waistband together in one hand and pull forward.

The Squat requires some measure of balance, leg strength and flexibility, depending mainly on how long you plan to stay in that posture. It is basically the position you assume on the toilet (assuming you rest your elbows on your knees on the toilet) but without a toilet to support you. A little bit lower posture is more comfortable for some.

The Lean uses a standing tree or large-ish rock (about hip-height) and requires less leg strength, little flexibility, and just enough balance to get yourself back into a standing position. When you lean back, your hips can be level with your knees, or even a little higher. It does require a little more diligence about keeping your waistband (and maybe shoes) out of the way. To stand back up when you’re done, lean the top of your body forward and reach one or both hands back to push away from the tree or rock.

The Squat/Lean uses a smaller rock or downed tree, and is an almost-sit position, resting the buns at the very edge of the rock or tree. It requires no balance or flexibility, and only enough leg strength to stand back up. Some carry toilet paper into the woods. A paper towel folded in quarters also works and is more absorbent than toilet paper. Both are odor-free as long as you remain well-hydrated. The important thing is to bring along a zip-lock bag and PACK IT OUT! No leaving paper in the woods! Green leaves are another option, in season, as long as you can tell poison ivy from a maple sapling. Some choose to just air dry, or wear a panty liner to catch any drips.

It’s called the “call of nature” because it’s natural, a necessity of life, and shouldn’t be embarrassing. Don’t let it keep you from enjoying hours in the woods!

View From The Chair - continued from page 1...

months see that the public suddenly seems to have discovered the outdoors and is outside as never before. That can’t be bad! We discover in this pandemic that millions of us have come to value the outdoor life in ways that we scarcely understood as a nation. This unexpected surge of activity off the beaten path may be why the Great American Outdoors Act, which at long last permanently and fully funds the Land and Water Conservation Fund with federal offshore oil and gas lease revenues, passed by large margins in both houses of Congress and has become law. AMC was a driving force in this seminal accomplishment.

May we all enjoy the glorious seasons to the fullest. I hope to see you on the trail in 2021.

~ John Grasso, CT-AMC Chapter Chair

The Rockfall Foundation

Announcement September 10, 2020

Announcing the five winners of our 2020 Environmental Champion Awards! Congratulations to East Haddam Land Trust, to Margaret Miner from Rivers Alliance of Connecticut and Roxbury Land Trust, to Artfarm, to Nathan Botting from Nathan Hale-Ray Middle School, and to Chantal Foster from The Middlesex Land Trust. Learn more about why they were chosen for the awards here: www.rockfallfoundation.org and be sure to join the virtual celebration which honored them on October 8th. Let’s give them a big THANK YOU for their amazing service to the earth and our community. Event info: www.rockfallfoundation.org
Storms Beat The Hail... continued from page 1...
evolved, it appeared as though a tornado did touch down in Sharon and continued on northwesterly to Falls Village. The local stations, as they do, sent their on-the-scene crews to film the damage and talk to those impacted. A damaged greenhouse in Sharon was the focus of the reporters, but the focus of the CT AT Committee was on that land between White Hollow Road near the Sharon/Salisbury town lines and Rte 7 in Falls Village.

Monday morning, Jim Liptack, Overseer of Trails, was quick to check AT hiker websites and blogs, and did in fact find a hiker report posted to the Guthook app that a tornado had passed through the Belters campsite and caused much devastation. Jim also reached out to NOAA who graciously provided more detailed information, that confirmed that the AT from Hang Glider View to Rte 7 was hit by an EF1 tornado. Meanwhile, Chip Ward, maintainer for the section between Rte 7 and Hang Glider View (and our intrepid Boundary Coordinator) went in to survey the damage. Chip made it as far as the Belters Campsite, and reported that it was a horror show. He observed “the tornado touched down about 100 yards north of the campsite and then crossed the road near the cornfield... one part of the Trail is impassible just north of Belters Campsite. The Chim survived but the path to the chim is completely covered with trees”. He estimated at least 30 trees needed chainsawing. Based on Chip’s report (and, gratefully, not discovering any bodies), we decided to close the campsite, and planned for a work party for the coming Wednesday to deal with the storm damage. That was Monday night.

Tuesday, Tropical Storm Isaias hit Connecticut.

Wednesday, only Jim and Don Klein, (section maintainer for Paradise Lane) were able to make it to the meeting place at “the cornfield” by the junction of Rtes. 7 & 112. Although several others attempted the trip, it was just impossible to “get there” due to road closures, power outages, and other storm impacts. Ironically, Don was able to travel all the way from Danielson to the cornfield in Falls Village. Under blue skies, they were able to begin work on clearing the close to 60 trees that fell between the road and the end of the major damage on the AT south of the campsite. That was Wednesday.
SAVE THE DATE

139th Annual Fall Hiking Week - 2021
September 24th-October 1, 2021

The 2020 Fall Hiking Week (FHW) originally scheduled for Friday September 18th to Friday, September 25th was cancelled due to the COVID-19 restrictions. The FHW Committee has contacted the location for this year’s event and has agreed to re-schedule FHW for a week later next year. We will now be returning to the Town & Country Inn and Resort in Gorham, NH, Friday, September 24th to Friday, October 1st. This will give us another opportunity to hike many trails in the Northern Presidents as well as into Western Maine. You can join us for the weekend, a few days, or the full week.

This trip typically draws a large group. We normally offer about 40 hikes with almost half of those hikes being led or co-led by our own CT-AMC Leaders. The hikes range from easy to challenging in the White Mountains. The challenging hikes will usually tackle a 4000 footer. We expect to offer a similar hike agenda next year. A listing of the entire week’s hikes (Saturday through Thursday) will be posted on our large free standing bulletin board the first day of the trip and detailed information about each hike will be posted the day before each hike. All hikes are led by AMC volunteer leaders who will be available during the social hour and hike review meeting each afternoon for any questions about the hikes.

All meals are included. The day starts out with a buffet breakfast, a table fully stocked for trail lunch preparation, and continues with 4 pm tea and cookies, 5 pm social hour (punch, cheese, and crackers) and concludes with an evening meal with your choice of meat, poultry, seafood, or vegetarian meals. Amenities include indoor heated pool, Jacuzzi, sauna, and free Wi-Fi. Four (4) local golf courses are available nearby. Evening entertainment is provided daily.

Further information and registration details will be available early next year at www.fallhikingweek.org and at Outdoors.org. Visit the sites for additional information and pictures from last year’s event.

Like us on Facebook: www.facebook.com/AMCFallHikingWeek.

~ Phil Wilsey, Fall Hiking Week Committee

New & Updated AMC Books & Maps!

1. Reflections: 100 Years of Friendship and Hiking at AMC Cold River Camp.
The first 100 years of Cold River Camp, including photographs, memories from the CRC family, stories of land acquisitions, buildings and infrastructure, the nature trail and garden project, annual reports and poetry, songs and art.
Authors ~ Robert and Emma Crane

2. AMC’s Real Trail Meals: Wholesome Recipes for the Back country.
Tired of ending a day on the trail with packaged backpacking meals? Kick your menu up a notch.
Authors ~ Ethan and Sarah Hipple.

Authors ~ Charles W. G. Smith and René Laubach

The A.T. is one of America’s most revered resources, a path of near-mythic proportions combining rugged natural beauty and human determination. But few know the story of its journey to creation.
Author ~ Jeffrey H. Ryan

For all your AMC books, trip guides, maps, gear and gifts, visit the AMC Store: www.amcstore.outdoors.org

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www.facebook.com/AMCConnecticut

Like Us and Follow on Facebook
www.facebook.com/AMCFallHikingWeek

~ Phil Wilsey, Fall Hiking Week Committee

Storms Beat The Hail... continued from page 6...

sion of our neighbors, the Preston Mountain Club, we were able to access this remote section without the monster climbs up from Rte 341 and Schaghticoke Road. Four teams of sawyers cleared the 7.5 mile section in one day with no injuries, and only one rattlesnake encounter.

Over the following days and weeks, CT volunteers whittled (or more properly said sawed) away at opening the other Trail sections. This activity occurred pretty much every Wednesday and Saturday through August to the end of September, with other efforts by individual section maintainers. In the six weeks since the storms, over 250 trees have been removed. Jim points out that for the entire previous trail season, we cleared a total of 229 trees.

A huge thanks goes out to all those who helped in this effort, including our friends from the Mass AT Management Committee and AMC Staff out of Noble View. This could not have been so successfully accomplished without our devoted section maintainers and the dozen or so AT volunteers who came out week after week. As of this writing, at the end of September, we are proud to report that the AT CT is more than 95% cleared, and cleared safely.

FOR THE LATEST CT-AMC CHAPTER NEWS & ACTIVITIES VISIT WWW.CT-AMC.ORG
As I write this in early April, the state Department of Energy and Environmental Protection has announced that Kent Falls State Park will close for the duration of the public health emergency. In the preceding weekends of nice weather, I saw Twitter notices of state park parking lots closing because they were at capacity. It could be by the time you read this that the state parks were closed entirely because visitors were not practicing social distancing.

Early March seems like another world. Some of us in the Chapter attended a retirement dinner in Boston for Walter Graff, a longtime AMC employee who was the godfather of the Maine woods. Social distancing was already a topic, and many people opted for alternatives to hand shakes at that event. The following Saturday, I led a hike in Guilford’s Braemore Preserve. I took six people into the woods to hear wood frogs and peepers. (It would be the last hike I would lead.) On March 13, the Connecticut Forest & Park Association wisely shut down access to its building, which led to the cancellation of two chapter gatherings at that site in the following weeks. On March 18, AMC President John Judge announced that all events and facilities would close until April 30. Also during this time, the Appalachian Trail was closed.

By the time you read this, I would hope that things are on their way back to normal. If not and if state parks are further restricted, may I suggest alternatives that provide options for hikes without the large crowds at state parks. There are 137 land trusts in the State of Connecticut, according to our friends at the Connecticut Land Conservation Council. www.ctconservation.org/findalandtrust In my hometown of Guilford, the Guilford Land Conservation Trust owns 10 percent of the land in town. The town itself has conserved another 10 percent. It maintains

BE ONLINE WITH THE AMC ~ by Janet Ainsworth

As I write this on April 12th, an Easter Sunday to be celebrated in front of a television screen, the Appalachian Mountain Club is exploring how it may stay engaged with members, volunteers and the public when it cannot take people outside.

The Connecticut Chapter is stepping up its offerings in the virtual world. We are really good at taking people outside. We offer a large number of events each year with a dedicated group of volunteers. With restrictions imposed by state government and our parent organization due to the Corona virus we are exploring new ways of doing things.

By way of background, on March 16th, AMC President John Judge announced that all events and facilities would close until April 30th. The latest update is to close facilities until May 4th. Activities continue to be restricted until April 30th. The State of Connecticut currently has restrictions in place until May 20th.

We in Connecticut are lucky that outdoor recreation is not prohibited. I have heard that it is in some places. You may be outside, but are asked to observe social distancing restrictions, difficult to meet at the more popular state parks when they are crowded, as they have been in recent weeks. Plenty of hiking is available at lower profile state parks and forests. (There are 110 state parks and 32 state forests in Connecticut.)

The Connecticut Forest & Park Association maintains 825 miles of blue-blazed trails, including the New England National Scenic Trail. The Connecticut Forest & Park Association wisely shut down access to its building, which led to the cancellation of two chapter gatherings at that site in the following weeks. On March 18, AMC President John Judge announced that all events and facilities would close until April 30. Also during this time, the Appalachian Trail was closed.

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CT-AMC Annual Awards 2020

**Lifetime Service Award:** Presented to a Chapter member who has made a significant lifetime contribution to the Chapter. Recipients will have 10+ years of significant service to the Chapter. Candidates for this award may have been active for many years, but are perhaps not as active as they once were.

**Appie of the Year Award:** Appie of the Year Award: Presented to those individuals who have made a significant contribution to the Chapter over the last 5-10 years.

Note: A person may receive both awards if there has been at least a ten year period since the first award was given (except in special circumstances.)

Annual Chapter Awards Committee: Janet Ainsworth, Dave Boone, and Peg Peterson.

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**Dale Geslien** – Since the mid-90’s, you’ll see Dale Geslien’s name in chapter Annual Reports year after year in a variety of leadership roles. Beginning when former Chapter Chair Dave Cullen first recruited her to the Membership Committee to contact new members, her name appears as a committee volunteer or as a chapter committee leader in most years, until she ascended to the position of Regional Director from 2007-2012. During the years prior, she served in Membership, then as Program Committee Chair from 1999-2001, Chapter Vice Chair in 2002 and, following her tenure as Chapter Chair from 2003-2005, she took on leadership of the Education Committee from 2006-2010. She is a founder of the Fairfield County Group program in Bethel. A consequential decision that she made as Chair was to agree to sponsor the Fall Hiking Week program, after the club decided that it needed to be reorganized. Education has also been a constant for Dale. As Chapter Chair, she focused on chapter leadership and held retreats designed to ensure the success of the chapter’s Education program. She also sought training opportunities and educational roles outside of the chapter. She became a Leave No Trace Master Educator, was an instructor for the club’s Mountain Leadership School in New Hampshire and served on the club wide Outdoor Leadership Development Committee, the committee that develops the requirements and guidelines for club volunteers. In 2005, these achievements led to her receipt of the club’s Distinguished Service Award. Dale has been the administrator of the chapter Facebook account for many years and continues to lead chapter hikes and Adventure Travel trips to exotic locales around the world. She walks boundaries and patrols trails for the AT Committee. She also continues to teach activity leader prospects for the Education Committee. After cycling out of the Regional Director position, Dale was appointed to the club’s Board of Advisors, joining many other former Board of Directors members. She continues to serve on the board to this day. Congratulations Dale, our 2020 Lifetime Service Award winner! Your work over the years is much appreciated!

**Appie of the Year Award Recipient:**

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**Barry Resnick** – This year’s Appie of the Year has been working with the East of the River group for over 20 years, and did his stint as Vice Chair and Chair of EOR. But more importantly, he has been one of the monthly hike coordinators since 2002, taking just a short time off for a cardiac arrest five years ago, then right back in the game.

Most people don’t realize that the 4 monthly coordinators for Tuesday and Thursday hikes take responsibility for finding leaders for 4 hikes per week/52 weeks per year for the most part. That is a huge chunk of our monthly activities, since hiking is the most popular activity in our chapter. He not only continues as a monthly coordinator, but also took on the responsibility for finding the monthly coordinators. He also managed the hiking phone list; for years he read the hike list into the answering system every week for hikers who did not have internet access. This service was dropped only recently.

He was an extremely active hike leader for many years, generally leading 2 or 3 hikes every month of the year from 2002-2016. He was famous for his very popular urban hiking tours, including day trips to Boston and the NYC Wicky Wacky trips. From 2006-2015, he also organized and led the hike for the annual December cookie swap. Many people give some portion of their time to the AMC, but he has given decades of almost non-stop service and dedication to the AMC. Congratulations and much appreciation to Barry Resnick, our 2020 Appie of the Year.
New England Aster

Asteraceae - Michaelmas Daisy
July - October
Aster in Greek means "star". They are in the daisy family and are notable for their starburst arrangement of bright petals, which most often surround a yellow center.

Constant outstanding color along the road, meadows, open fields and in your home garden.

Goldenrod

Solidago
June - October
Goldenrod, a large family of tough, perennial North American native flowers that are growing happily everywhere. Roadside natively invasive Goldenrods, Woodland Goldenrod, and Goldenrod in the garden. Their sunny goldeness makes a big splash in floral arrangements And the myth is false, Goldenrod does not cause hay fever!