July Highlights

Cardinal Flower, *Lobelia cardinalis*, is perfectly designed to give and receive pollen when visited by its primary pollinator, the ruby-throated hummingbird. Red flowers born on a spike are dichogamous (pronounced di-cog-am-us), meaning male and female reproductive parts develop at different times, therefore reducing the risk of self-pollinating. Cardinal flower can be found at both ponds and in the Visitor Center Garden.

Spotted Jewelweed, *Impatiens capensis*. This self-seeding annual grows in moist to wet soils along streams, ponds and seeps. Each beautiful orange flower has a deep throat that ends in a hooked nectary. You may notice some flowers remain closed. These are called cleistogamous, meaning ‘closed marriage’ and will self-pollinate to ensure seeds will be made for the next year. Jewelweed’s other name is touch-me-not which refers to the ripe seed capsules that explode when touched! Jewelweed can be found around both pond edges, on Marsh-marigold Trail and along parts of Pidcock Creek. Come to the Preserve again and let your kids spread seeds for us!

Butterfly Weed, *Asclepias tuberosa*, is a low-growing milkweed that upon close inspection is made up of unusual crown-shaped flowers. A wonderful full sun garden plant, butterfly weed will grow in well-drained soil and behaves in a perennial bed. Though its toxins are not as potent as other milkweeds, monarch butterflies will still lay their eggs on it for their caterpillars. Look for splashes of orange throughout the meadow and you will be treated to a bevy of pollinators on this lovely native plant.

Wild Bergamot, *Monarda fistulosa*. This beautiful member of the mint family produces lavender to pink two-lipped tubular flowers with large showy bracts. An attractive plant to many butterflies and hummingbirds, wild bergamot needs a pollinator with a long deep tongue to reach into the tube to be rewarded with nectar. Wild bergamot can be found in many places in the South Meadow, Visitor Center Garden and around New Pond.

Sweetscented Joe Pye Weed, *Eutrochium purpureum* is one of several species of *Eutrochium* growing at the Preserve. Seen in many locations throughout including both ponds, the meadows, Visitor Center Garden and Marsh-marigold Trail, the purple domed flowers are a butterfly magnet; offering a landing platform, copious amounts of nectar as well as a butterfly’s favorite color, purple. Notice the whorled leaves of this plant are slightly torqued along the stem, ensuring the set above doesn’t shade those below.

Wild Senna, *Senna hebecarpa*. Bright yellow flowers containing brown stamens make this plant a showstopper in July for both humans and insects. Two different kinds of stamens full of pollen almost guarantee a bumblebee will leave sated. Ants are rewarded for their protective services with a sweet snack from extraloral nectaries (small protrusions on the axis of the leaves) and several species of butterflies use wild senna as their host plant for hungry caterpillars. Wild senna grows along President’s Drive, around New Pond and in the lower part of South Meadow. Look closely. It’s party on a plant!
Paths to follow

**EASIER**

**Penn's Woods to New Pond**
One of our most gentle trails, past the Moss Garden and magnolias. Good for strollers and most wheel chairs.

**New Pond Loop**
View the wonderful native plants and animals that live in this special place. Handicap parking nearby. Some rough paving.

**New Pond to Stone Bridge**
(via President's Dr.)
Walk down this shady road to the 1934 WPA Stone Bridge to view Pidcock Creek.

**Stone Bridge to Azaleas at the Bridge**
Stroll along Pidcock Creek and take a break on a peaceful bench.

**Gentian to Founders' Pond**
Visit our secluded pond and experience this natural spring-fed habitat.

**Cabin Path to Stone Bridge**
Walk down to the historic American chestnut log cabin. Take care on the stairs down to the Stone Bridge.

**Azalea to Millrace Dam**
This gentle wide trail will take you down to the dam on Pidcock Creek.

**Fern Trail to Gentian to Founders' Pond**
These trails meander through the forest to bring you to a woodland pond.

**Stone Bridge to Poconos Laurel**
A brisk walk uphill from the creek rewards the effort with a visit to the most remote part of the Preserve.

**MODERATE**

**Visitor Center Garden**
South Meadow
Moss Garden
Marsh-marigold Trail
Founders' Pond
Medicinal Trail
New Pond

**DIFFICULT**

**January HIGHLIGHTS**

**Visitor Center Garden**
South Meadow
Moss Garden
Marsh-marigold Trail
Founders' Pond
Medicinal Trail
New Pond

**Simple Rules**
Please follow these rules as a courtesy to other visitors and to protect the Preserve's habitats and native plants:
- Stay on the trails.
- Please do not pick or collect plants, flowers, seeds or animals.
- Be alert for stinging insects and poison ivy.
- Service dogs only. Pets are not allowed (even on leashes) in the fenced portion of the Preserve.
- No bicycling, fishing, hunting, cross-country skiing, horseback riding, motorcycles, snowmobiles, off-road vehicles or drones.
- Picnicking is permitted only in the Moore Pavilion and the adjacent lawn.
- No smoking inside of fence.

The Preserve CLOSES at 4:00 pm. All gates will lock at this time.

**Trail Distances**
- Aster Path - .03 mi
- Audubon - .12 mi
- Azalea - .15 mi
- Azaleas at the Bridge - .08 mi
- Bucks County - .16 mi
- Cabin Path - .07 mi
- Ecology (one-way) - .11 mi
- Evergreen - .27 mi
- Fern Trail - .20 mi
- Gentian - .14 mi
- Marsh-marigold - .12 mi
- Meadow Path - .14 mi
- Medicinal - .28 mi
- Millrace (one-way) - .31 mi
- New Pond Loop - .14 mi
- Parry Trail - .08 mi
- Penn's Woods to New Pond - .17 mi
- Poconos Laurel - .11 mi
- Violet - .04 mi
- Wayside - .03 mi
- Visitor Center to Stone Bridge Rd - .14 mi
- Stone Bridge to back gate (locked) - .37 mi
- Ecology to Stone Bridge - .3 mi

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