



May 2008 Volume 6, Issue 2

Upcoming Events/Monthly Meetings

Tuesday, May 20, 2008, Vicki Bonk/Diana Larsen: Nokomis Naturescape Prairie Gardens as a Sunny Native Garden Model, A Hands-on Experience. Vicki and Diana, will use the nearby Nokomis Naturescape area to talk about prairie gardens - the last of the three habitat areas in our spring program series. In addition to insights into prairie gardens, a discussion of the Naturescape project (past, present and future) will be incorporated into the presentation. It is hoped this will give others insights into how gardens such as these come into existence - and perhaps inspire similar development elsewhere. Moreover, for those willing hands, there will be a chance to do some real-time improvements in the gardens - otherwise known as the weeding out of any unwelcome plants that have sprouted. As usual we will meet at the Nokomis Nature Center, then walk from there to the Naturescape site.

Summer Tours:

Saturday, 21 June 2008 (10:00 am - noon), Hild and Associates Nursery, River Falls, Wisconsin: In conjunction with the St. Croix Wild Ones chapter there will be a tour of this native wetland and prairie plant nursery. For additional details and RSVP information go to their chapter website.

Nokomis Naturescape Inviting Monarchs to a 10-year Anniversary: Ten years ago neighborhood volunteers Vicki Bonk and Diane Larsen worked together with Nokomis East Neighborhood Association (NENA) and the Minneapolis Park and Recreation Board to create and plant what is now familiar to many of us as the Nokomis Naturescape. Located in south Minneapolis along the northeast end of Lake Nokomis, the three native demonstration gardens and naturalized hillside are popular rest stops for walkers and cyclists who frequent the area.

Plans for the Naturescape originated out of a NENA Neighborhood Revitalization Plan environmental focus group. Landscape designer Jim Hagstrom (Savanna Design) was selected to design and implement the original gardens. Since then the Naturescape has been maintained by a team of volunteers. Part of that team is our own chapter of Wild Ones, who set up one of our first outreach tables at a 2001 NENA event. Vicki, Diana and Marty Rice (Wild Ones) quickly determined this was a great opportunity that could be mutually beneficial.

Over the last ten years the focus of the demonstration gardens has been revisited annually, and each spring small changes are made and new plants are added. This year's focus will be plants that attract butterflies, inviting Monarchs to visit a family style birthday party on Saturday, August 16. In addition to the May 20 meeting described above, a series of tours are planned throughout the summer.

TABLE OF CONTENTS

Upcoming Events/Monthly Meetings.....	1
Meeting Notes	2
News From National.....	5
Presidents' Message.....	6
Member Spotlight	6
Book Review, etc.....	7
From the Brown Thumb.....	8
Gardener's To-Do List.....	9
Featured Native Plant.....	10
Member's Corner.....	11
New & Renewing Members....	11

The Twin Cities Chapter of the Wild Ones provides the principal garden volunteers for the hillside garden. New Nokomis Naturescape Gardeners are always welcome! Whether you come for one evening or many, any help is appreciated. This is a great opportunity to learn more about native plant gardening and/or impart your knowledge while contributing to the beauty and environmental health of the Lake Nokomis park.

June 5 through September 12, 2008, Historic Walking Tours: As members of Wild Ones, we often strive to create gardens that emulate a natural landscape. Imagine walking throughout area the 150 years ago. What do you think you would find? Julia Vanatta will be leading a series of historic walking tours to help celebrate Nokomis Naturescape's first ten years. Those who walk with Julia will not only learn about the history of the gardens, but they will also learn about the other chain of lakes in Minneapolis: Rice Lake (Hiawatha), Lake Amelia (Nokomis) and Mother Lake. You'll journey back in time to when Native Americans traded with the French, and when this area was a part of Richfield not Minneapolis. There will be stories about when the wetlands and lakes were home to cranberry farms, hunters and trappers - about the changes to the landscape as the city of Minneapolis grew and wrapped itself around the lakes.

The tours will begin with a private *members only* tour at 6:30 pm Thursday evening, June 5th. Refreshments will be served. Public tours will be at intervals that allow you to experience the changes in the gardens from summer into fall, alternating between 9:30 am Saturday mornings and 7:00 pm Tuesday evenings. Public tour dates are: June 14, July 8, July 26, August 19 and September 13. Meet near the intersection of E. 50th St. and Nokomis Pkwy. Optional dates will be scheduled for severe weather.

These tours are part of Julia's quest for her Wild Ones Ecoscaper Level I. They are co-sponsored by Nokomis Naturescape, NENA, Minneapolis Park and Recreation Board (celebrating 125 years) and the Twins Cities Chapter of Wild Ones.

Meeting Notes

February 2008 Spring Expo: "Through the Eyes of Nature: The Birds' View of Landscaping". *(For those of you who couldn't attend our Spring Expo, missed a presentation, or want to re-capture the guts of a particular topic; highlights of the talks are given below.)*

Yard Birds: Attracting and Identifying Them, Clay Christensen. What a plethora of bird feeder types there are for one to choose from! In addition to showing us what was available, the pros and cons of feeders were also discussed. For instance, tube feeders of Lexan plastic should have metal guards around the holes to prevent hole expansion by those over-eager birds. Thistle tube feeders should have tiny holes as well as a dome over the top to discourage unwanted consumption by others and to reduce effects from the elements. Placement of a feeder is crucial for bird safety. To limit disastrous crashes, it should either be greater than 30 feet from a window or less than 3 feet. Also put something on the window itself so it's easier for the birds to recognize that the glass pane is there. Anything from a silhouette of a diving falcon, to decorating the window with leaves in the fall, to drawing on the interior with a fluorescent marker (this can supposedly be seen by the birds but not by us looking out) could be done. The best bird foods are Black Oiler Sunflower which has a high meat ratio. Jumbo Striped Sunflower is also good and has a harder shell which sparrows can't open. Beware. The hulls contain a herbicide-like toxin that restricts plant growth, so vacuum up shells that fall to the ground. Other tasty morsels include safflower (another food that sparrows don't eat), niger thistle (goldfinches like this), white millet, cracked corn, peanut rejects, peanuts in the shell (blue jays will feed on this) and whole corn (more for game birds such as ducks and pheasants). Two words to the wise: (1) Avoid commercial products that have large amount of red millet, wheat oats and rape seed. (2) Store your seed outside as moth larvae may be present, which could develop into unwelcome house pets.

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As for squirrels - the bane of any feeder, put the feeder at least 6 feet from the ground and deter with baffles, domes, and/or PVC pipe around the post. Try distracting them with corn on the cob anchored with a chain.



Photo by John Arthur

Native Landscaping for Wildlife 101, Roy

Robison. Roy Robison of Landscape

Alternatives Inc. covered the “do’s” and “don’ts”

of landscaping with native plants. Before

proceeding with any plan, Roy underlined the

need to “Think Big, Start Small.” With that in

mind, Roy recommends the first step is to survey

and study your entire property and then determine your native landscape plan accordingly: consider those

natural features already present (trees, water, shrubs, etc.), then determine your soil conditions, (sandy,

mesic, clay) and the site’s light conditions, (full, partial, shade). Also keep in mind your personal features -

how much time do you have and what is your budget. Site preparation and turf removal are the next critical

steps and then, finally, comes the fun part (albeit a bit overwhelming) - selecting your plants. Again, Roy

offered some prudent advice - keep it simple: plant in groups and clusters for more aesthetic impact and to

attract pollinators and birds; plant fewer plants to avoid the “arboretum look”; and include plants that have

seasonal appeal. His concluding advice - complete your plan in phases over a couple of months as natives

can be planted in spring, summer and fall, or, if your project is really big, stage the plan over a couple of

years. Now, where did I put my trowel!?

Birdscaping in the Midwest, Mariette Nowak. Amidst absolutely beautiful photographs of birds and striking views of yards landscaped with native plants, Mariette Nowak drew from her wealth of information and passed on the following tidbits:

- There needs to be life (good habitat) beyond the bird feeder. Personal surveys have shown that while some 90 species of birds were found in a particular property only about 20 species actually visited that property’s bird feeder.

- The evils of invasive plants were made more clear by citing the basis for their bad reputation. For example: Garlic mustard wipes out undergrowth in forest areas not only because of its ability to rapidly spread but also because it sterilizes the soil by killing all the microorganisms and fungi found there. Honeysuckle (species of *Lonicera*) crowds out native species.

- The Cup Plant (*Silphium perfoliatum*) meets all three essential requirements for birds: food, cover/nesting, and water (captured in its leaves).

- Be sure to change the water in your birdbath every five days to thwart mosquito reproduction, since it takes one week for them to breed.

- Dogwoods are great shrubs for birds because the berries are particularly high in fats. Viburnum is another good species due to the fact that the berries last into late fall which is a boon to late migrating birds and those that over winter here.

- In a hummingbird garden two great plants to include are Wild columbine (*Aquilegia canadensis*) and Jewelweed (*Impatiens capensis*) since the former offers nectar in the spring and the latter in the fall.

Water Features in Your Yard, Brant Rooney. Water is an important element year round. Birds that don’t visit feeders will still visit your yard if there is a water source available. The simplest means of adding water to your landscape is a bird bath. Bird baths should mimic a shallow puddle - gently sloping to a 2-inch maximum depth and having a rough surface. Additionally, water movement even in a bird bath attracts birds. Beyond this, hummingbirds love misters. Having a bird bath with open water in the winter prevents birds from eating snow which lowers their body temperature. The ultimate bird bath is a pond complete

with the sights and sounds of moving water. When designing a pond consider having shallow areas (even as small as a 2 or 3 square foot area). These are great for small birds - somewhat on par with a beach for kids to play in. If a pond isn't your cup of tea, even a 5 foot waterfall into a pondless receptacle with a complex of multi-levels gives birds the opportunity to take baths and drink.

Photo by John Arthur



Plants around the edge of a pond make any man-made structure feel more natural. Native plants that can be added to the pond itself include Horsetail Rush (*Equisetum spp.*) and Marsh Marigolds (*Caltha palustris*). Having a portion of the surface area of your pond covered with plants, decreases the amount of algae present. You need a minimum of 30% coverage, with up to a maximum of 75%.

Man-made pond structures can be constructed from EDPM flexible rubber; Plymouth clay or bentonite (which lets water seep out at an extremely slow rate); or concrete (beware of freeze-thaw problems with this choice). Once your pond is installed, if you are filling it with chlorinated city water, it needs to sit for a week to allow the chlorine to dissipate. About twice a week you may need to add more non-chlorinated water to maintain water levels. As part of your ongoing maintenance be sure to control the parasites, especially in the winter, by treating with a product called Enz Biological and/or a bicarbonate for algae. In the spring clean out your pond area by removing leaves, sticks and other items.

Bio-Hedges, Tom Tennant. Loosely defined, a bio-hedge is a row of bushes and small trees planted closely together which create a habitat for life (in this case particularly for birds). What one uses to establish this outdoor space is, according to Tom Tennant, a very personal matter. One should go on a journey of discovery: viewing natural settings around you (particularly forest edges); doing some internet searches; relating these efforts to an area or areas in your yard where you wish to form the bio-hedge (looking at sun/shade, drainage, pH and soil); and then selecting shrubs and small trees that suit your particular site/s and desires. Judging from subsequent questions posed by the audience, people had lots of ideas on potential plants that might be used: Winterberry (*Ilex verticillata*), Highbush cranberry (*Viburnum trilobum*), Downy Arrowwood (*Viburnum rafinesquianum*), Serviceberry (*Amelanchier spp.*), and Red-berry elder (*Sambucus callicarpa*); with shade loving sedges for undergrowth.

Minnesota Bird Migration and Their Needs for Food and Shelter, Carol Henderson. The first part of this presentation concentrated on the types of migrants and permanent residents that are found in our area:

- Boreal migrants journey down from the far north. This includes Northern Shrike, Tundra Swans, American Tree Sparrows, Juncos, and Crossbills.
- Short-distance migrants are those that travel from here just a little ways south of us. This includes Canvas Backs, Robins, Redwing Blackbirds, Morning Doves and the Rufus Hummingbird.
- Central America is the next migration tier where Shorebirds, Warblers, Vireos, Orioles, Herons and Swallows head.
- South America is the final destination of migrants such as the Scarlet Tanager, Purple Martin, Upland Sandpiper, Bobolink, Swallowtail Kite, and Eastern Kingbird.
- Permanent residents are seed or meat eaters (not insect eaters) such as Trumpeter Swans, Crows, Blue Jays, Golden Eagles, Prairie Chickens, Goldfinches, Woodpeckers and Chickadees.

Other nuggets that were divulged included the fact that gray jays stick bugs in the bark of trees in the fall with sticky spit and remember the locations for winter feeding. Chickadees drop their body temperature at night, thereby needing less fuel to keep their engines running. The necessity of landscaping to help birds was re-emphasized. It was noted the number of local birds visiting your feeder can be doubled if a supply of water is handy. Brush piles 3 to 5 feet (base) by 2 feet high near a bird feeder help increase visitations.

March 2008, Wetland, Aquatic & Transitional Ecosystems as a Pond and Lakeshore Model, Jenn Morrow.

The first of our spring series of presentations on major habitats focused on aquatic areas. We were reminded how lakes in our region of the state can not be compared to those found in northern Minnesota due to geological events and land use - so we shouldn't lust after what can't be reproduced here. Typically lakes further to the north are deeper and are low in nutrients (oligotrophic), while ours are more shallow and nutrient rich (eutrophic). A closer look was taken at various ecosystems as one moves inward from the lake itself to dry land. Starting from the deeper areas here is a brief overview of each system; thoughts on a few natives that might be planted there; and wildlife benefits.

- Open Water: With regard to plants generally this means areas 1 to 4 foot deep where there is enough light for plants to grow. None of the possible vegetation found here was discussed.
- Floating/Submergent: As the name suggests plants are either fully submerged or their leaves and flowers float on the surface. Although people generally don't like "weeds" in their water, this is critical habitat for the health of the lake and its inhabitants - fish lay eggs and hide here, food is provided for waterfowl, it ties up nutrients, turbidity decreases by holding sediments in place, and wave energy is dissipated thereby decreasing lakeshore erosion. Wild celery (*Vallisneria americana*) offers shelter for fish and food for birds and White Water Lily (*Nymphaea tuberosa*) is great fish habitat and provides seeds for waterfowl.
- Emergent: Here plants are rooted to the lake bottom, but generally their leaves and stems emerge out of the water. Many of the benefits mentioned for submergent areas also apply here. A plethora of plants were shown for this ecosystem including Bullrushes (*Scirpis validus*) - ducks love their seeds; Blue Flag Iris (*Iris versicolor*) - a nectar source as well; and Arrowhead (*Sagittaria latifolia*) - great food source.
- Lake Bank: Consists of saturated moist soil similar to what is found in wetland areas and has many of the same positive attributes with an additional benefit of reducing shoreline erosion. Many plants found here could also be planted in one's rain garden: Marsh marigold (*Ladtha palustris*), Torrey's rush (*Juncas torreye*), Sweet flag (*Acorus calamus*), Marsh milkweed (*Asclepias incarnata*), and Turtlehead (*Chelone glabra*) were mentioned.
- Upland: Just like anyone's back yard, so not discussed in any depth.

Lots more information was given on a variety of plants that thrive in this habitat. One word to the wise. If you are thinking of improving your shoreline habitat, be sure to consult with your local Soil Conservation Service as a permit may be needed if you are planting below the ordinary high water line. Also buy from a reputable firm. Both actions are to help assure that no additional invasive enter these ecosystems. There did not appear to be many firms selling a wide variety of the plants that grow in submergent/emergent areas. One mentioned was Hild & Associates. Finally you need to really protect plants the first year to allow them to become established as wildlife consider these shoots a wonderful smorgasbord!

News from National

Submitted by: Marty Rice, National Wild Ones Board member

BIG Celebration!! As you probably know, Wild Ones now has *permanent* headquarters located on an inlet to the Fox River in Menasha, Wisconsin. After 28 years, our national headquarters no longer has to rely on the largesse of our Executive Director from whose residence we have lately been based. Photos and further details are available on the website: www.for-wild.org/eco/center. Our lovely building grounds will need some changes including handicap accessibility, and eventually an expanded room or two for larger meetings and other events and of course, some lovely landscaping. But in the meantime, since we won't occupy the entire building, some of the space will be rented out to like-minded organizations. The 3 acres of property on which the house sits will be turned into demonstration gardens (prairie, savanna, rain, butterfly, no-mow and woodland). You can get in on the fun now by submitting ideas for a name for our new headquarters.

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Hang on to your hats --- the latest news gets even more exciting!!! As you read this article, the adjoining 12½ acres may now also be ours, thanks to a very generous and anonymous Wild Ones donor, and the Wisconsin DNR. This parcel which had been headed toward a developer's table, consists of upland/riparian and woodland/marsh --- home to a vast array of wildlife and migrating birds. It is a dream come true for all of us --- not only the wildlife, but Wild Ones' members as well as all others who dream of environmental preservation and restoration. You can visit the dream at our Wild Ones National conference scheduled for the weekend of August 22 - 24, 2008. Come help us celebrate --- it will be a memorable event

Presidents' Message - Roberta Moore, Current President

Hi wild ones members! I continue to be amazed at how the word about native plants is spreading. Wild Ones is instrumental in helping drive the message and the exciting news about the new permanent headquarters will enable us to grow even bigger. Our local chapter is also looking for ways to help spread the word and make a difference in our community. We will again be present at the Living Green Expo armed with a new table top display board on which mounted pictures can be adhered to with Velcro. This means we can easily change our display, presenting a variety of themes. Rain gardens, prairies, woodlands, garden friendly natives... the possibilities are endless.



As we look for ways to reach out and put our mission statement into action, we also look for volunteers to support the effort. If you've been thinking about upping your participation please give Marty Rice (651-699-2426) or me (952-891-8956) a call. We'd love to hear about where your interests lie and what you want to do to make a difference! .. And that warm fuzzy felling you'll get ... no charge

OK, time to go dig in the dirt. Happy Spring!!
Roberta

Member Spotlight - Chapter Officers and Board Members

Editor's note: With the start of a new year and the election of officers at the November meeting, we have been giving you a brief introduction to these folks as well as the board members. Due to limited space we have been doing these introductions over a couple of newsletters. See the previous newsletter for the remainder.

Programs Co- Chair, Mary Alyce Krohnke (Years in WO: 7):

Occupation: Retired, formerly a social worker.

What drew you to native plants? I have no idea. I think it was that as a biology major in college I took a summer class in botany at Lake Okoboji in Iowa. I was assigned a bog area to study and told to identify every plant and this really interested me. After that experience I still can't go for a walk in the woods without trying to classify every plant I see.

What is your favorite native plant? Right now it is the Cardinal Flower (*Lobelia cardinalis*), because of the hummingbirds it attracts, especially during late-summer migration. I also admire how it grows so well in full sun and full shade where it can look like it's on fire.

Programs Co-Chair and Photographer/Historian, John Arthur (Years in WO: 5):

Occupation: Photographer, Computer Geek

What drew you to native plants? I've loved native plants forever. I'm a long time member of Audubon and the Native Plant Society. Pamela and I were introduced to Wild Ones at a P.O.O.P. (Plants Out Of Place) conference in Wisconsin back in 2003. We joined shortly thereafter.

What is your favorite native plant? The Common harebell (*Campanula rotundifolia*). It's a very pretty little plant that spreads wonderfully, even growing in cracks in the rocks that form my sidewalk.

Naturescape, Lisa McDonough (Years in WO: 3):

Occupation: Retired

What drew you to native plants? My interest in ecology.

What is your favorite native plant? Actually I don't have a favorite, but am especially attracted to anything I think has a pleasant fragrance, from pine to phlox. I have a particular interest in woodland plants.

Web Chair, Jim Sipe (Years in WO: 2):

Occupation: Environmental Engineer, semi-retired

What drew you to native plants? I married the owner of the Vagary

What is your favorite native plant? I especially like Goblin Gaillardia, although it is a cultivar bred from a native. It's my favorite because it thrives upon neglect ... so much so that it self-sows in our gravel driveway next to the greenhouse! Here's a picture of it.



Tours Chair, Carmon Simonet (Years in WO: 5):

Occupation: Landscape Architect

What drew you to native plants? Bonnie Harper Lore's *Environmental Planting Design* class at the University of Minnesota. We studied plant communities by taking field trips to places like Nerstrand Woods and Helen Allison Savanna, and then she challenged us to use what we were learning in planting designs.

What is your favorite native plant? Wild Ginger (*Asarum canadense*), Wild Geranium (*Geranium maculatum*), and Pussytoes (*Antennaria neglecta*) are favorite ground covers, and Meadow Blazing Star (*Liatris ligulistylis*) is a favorite for attracting butterflies... I'll stop there.

Book Review, Internet Info, You Name It!!

Editor's note: There were loads of book suggestions from Expo speakers. Below are a few. It's by no means a comprehensive list, but I hope it gives you some food for thought. Note, I have tried not to repeat suggestions found in past newsletters.

Landscaping Books

- *Birdscaping Your Garden: A Practical Guide to Backyard Birds and the Plants That Attract Them*, George Adams
- *Managing Iowa Habitats: Attracting Birds to Your Yard*, George Bryan and James Pease
- *American Wildlife and Plants, a Guide to Wildlife Food and Habits*, A.C. Martin, H.S. Zim and A.L. Nelson
- *Natural Landscaping: Designing with Native Plant Communities*, John Dickelmann and Robert Schuster
- *Landscaping with Wildflowers and Native Plants*, William Wilson
- *Birdfeeders and Bird Baths*, Simon Knott
- *Stokes Bird Gardening Book*, Donald and Lillian Stokes
- *The Bird-Friendly Back Yard, Natural Gardening for Birds*, Julie Zickefoose

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- *Attracting Butterflies and Hummingbirds to Your Backyard*, Sally Roth
- *Attracting Birds, Butterflies and Backyard Wildlife*, National Wildlife Federation

Web Sites and CD's

Cornell Lab of Ornithology "All About Birds":

www.birds.cornell.edu/AllAboutBirds

Diane Porter Birdwatching: www.birdwatching.com

The Backyard Shoppe: www.thebackyardshoppe.com/birdbath.html

"How to Clean a Bird Bath": www.statssheet.com/articles/article31023.html

Bird Identification: www.whatbird.com

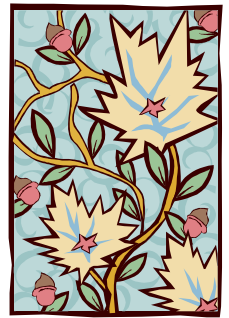
"Restore Your Shore" CR Rom available through Minnesota's Bookstore:
www.comm.media.state.mn.us/bookstore/

Looking for a bird identification book? Clay Christensen suggested you select a book that has good photos or drawings (he prefers drawing, because it is difficult to capture all the salient features with a single photo); text near the illustrations; an easy to carry size and weight; helpful introductory material; range maps; organized in a hand manner (either by color or

Field Guides, etc

- *Field Guide to North American Butterflies*, National Audubon Society
- *A Gardener's Encyclopedia of Wildflowers*, Colston Burrell
- *Birds of Minnesota Field Guide*, Stan Tekiela
- *A Field Guide to the Birds of Eastern and North Central America*, Roger Tory Peterson
- *Northland Wildflowers, The Comprehensive Guide to the Minnesota Region*, John B. Moyle and Evelyn W. Moyle

From the Brown Thumb



Our newsletter editor informed me in late February that she needed input from all her helpers by no later than April Fools Day. So now in early March, instead of glorying over the onset of spring with buds appearing and grass finally exposed, I remain mired in the doldrums of winter. Yesterday we were once again visited by a brief shower of snow and buffeted by strong winds out of the north. As a non-budging resident of Minnesota (no snow bird flights for me) this is my least loved month of the year. Winter seems to have lasted way too long by this time and the landscape slowly turns from beautiful white to a brown, muddy mess. Seeds that I started stratifying weeks ago in my refrigerator are still huddling there and my garden tool bag rests in the closet. So I hope you will forgive me if I don't blather on about how my garden is starting to burst forth and I'm so excited about the upcoming season. Instead I will rummage around in my winter activities for some thoughts.

First, our Spring Expo was wonderful. I went away with a better idea not only of what I wanted to plant in the back yard to attract birds, but also thoughts on bird feeders, water requirements and nesting. Given Roy Robison's advice on keeping things simple, I am scaling back the number of species I will be placing in my new garden spaces (which I listed in the newsletter last month). Instead I am setting my sites on my northern neighbor's non-lawn area between our two houses. Ever since we occupied our place a few years ago this 15 by 30 foot space next door has been barren. Casting a few of my seedlings her direction would advance our communal natural habitat and get rid of this unsightly patch of nothing. A small pond I was thinking of installing in the back will also change in looks thanks to Brant Rooney. It will become more a series of shallow descending minor puddles interspersed with rocks instead of a single pool of open water. I am also taking up the challenge laid down by Tom Tennant, who when asked for suggestions on what to plant in a bio-hedge, told the questioner to go figure it out herself. I have long been considering extending a small thicket area I already have in a corner of our back yard so that it completely borders the property of my southern neighbor. Don't jump to the conclusion that I think less of the person to the south and want to further screen him out, but rather that I see this as an opportunity to extend an already existing yard feature.

continued...



March and still neighbors dream of season's past

my selections.

This is a planting project I will take up in the fall, since I think my plate is full this spring with the planting of the already cleared space, pond construction, expansion with my northern neighbor, and putting in the last paths around our house. Since the current weather has been unhappily the same cold, gray; I have been contemplating what I would put in my future bio-hedge area to while away the time. To help me I have pulled out another library book, *The Audubon Society Guide to Attracting Birds*. With this in hand as well as the DNR publications that Carol Henderson wrote or co-wrote I am slowly winnowing down my shrub wanna-buy list. I will also peruse some other publications such as Lynn Steiner's *Landscaping with Native Plants in Minnesota*, then drive out to Tom's establishment sometime in the summer or fall and see if he has any comments about

And so I carry on through the winter, dreaming my dreams of an ever-expanding natural paradise - a small oasis for birds, butterflies, insects and friends. It is still very much in the painful growing stage and will not burst forth into the beauty I envision for several years. But each winter I picture it so and each summer I see it taking steps in the direction I want it to head. I hope your days are filled with the same happy summertime thoughts that mine are in spite of what the elements without throw at us.

Gardener's To-Do List (May, June July)

Spring has sprung and we hope you are enjoying signs of your garden coming to life. Here are a few reminders as the gardening season gets into gear.

- * The garden centers and native plant nurseries are open - do you have a list of your plant wants yet?
- * Start turning your compost pile, if you have the energy Or a helper!
- * A little time spent weeding early in the spring while weeds are tender will save you extra work later, when the weather is hotter.
- * Photograph new growth to help identify rosettes and seedlings and also to distinguish natives from weeds.
- * After the ground has warmed, spread 2-3 inches of mulch on beds to help conserve water and reduce weeds.
- * Keep an eye out for the return of wildlife to your garden: dragonflies, caterpillars and hummingbirds, to name a few.
- * Water any newly planted seedlings during drier periods to help them get well established.
- * Cut off dried seed heads of spring blooming flowers and save for propagating next spring or direct sow now.
- * Do you remember thinking any of your plants were a bit leggy or just too tall last year? Pinch them back to encourage denser, shorter growth - and with more blooms, too!
- * As weather permits start moving out seedlings that you germinated indoors over the winter to acclimate them to outdoor temperatures prior to planting.
- * Divide crowded clumps of summer and fall bloomers as shoots emerge from the ground.
- * If you have a small prairie garden, burn, cut or mow (with mower at a very high setting from the ground) as needed.
- * Don't get so busy with your gardening work that you forget to enjoy the beauty of your native plants, while sitting in the shade sipping an iced tea. Your back needs a break.



Featured Native Plant: *Arisaema triphyllum*

Common Names: Jack-in-the-Pulpit, Indian Turnip, Devils Nip, Wood Pulpit, Pepper Turnip, Marsh Pepper, Bog Onion, Priests Pentle, Little Pulpit, Cuckoo Flower, Memory Root, Devil's Ear, Dragonroot, Brown Dragon, Indian Almond

Scientific Name: *Arisaema triphyllum*

Family: Arum (Araceae)

IDENTIFICATION

Habitat: Found in rich, moist woods

Height: 6-24 inches

Leaves: The shiny, deeply veined green leaves (5 to 12" long) are divided into 3 almost equal parts.

Flowers: Tiny flowers are found clustered near the base of a club-like structure called a spadix (which is commonly referred to as the jack in this plant). This, in turn, is found enclosed within a narrow funnel-shaped leafy bract called a spathe which has an overhanging hood-like flap at its top (the "pulpit"). The spathe is usually all green or purple and the inside is striped purple and greenish white, though considerable color variations exist. Blooms mid-spring to early summer (April - May).

Fruit: In late summer a cluster (1 to 3" high) of green berries turning red are seen as the spathe withers.

Overall characteristics: Some classify this flower into 3 species (based on differences in leaves, size, and spathe); others say there's only one. The plant has a tuberous root. Most plants will vanish by mid summer (become dormant), but mature hermaphroditic flowering plants will produce a cluster of red berries (see fruit above). *Arisaema* is Arabic for fire. In Greek it means Arum plus haema which means blood. *Triphyllum* refers to 3 leaves.



There are many interesting tidbits about the sex of this plant, none of which I have been able to absolutely verify. They are included for your enjoyment, since the veracity of each statement may be questionable. The female plant has two leaves, while the male plant has one. Male plants are smaller with a little opening at the base of the spathe permitting pollinators to escape. The female plant on the other hand has no exit from the spathe forcing a pollinator to wander inside the spathe pollinating all flowers on the jack. A plant can display male, female or asexual traits (which may change from year to year). Generally younger plants or plants stressed in prior years produce only male flowers. Older plants doing well with lots of stored energy in the root, produce female flowers. Some plants become hermaphroditic as they further age (male flowers on the upper part of the spadix and female on the lower part).

GARDEN TIPS

Plant Hardiness: Zone: 3-8

Sun/Shade Needs: Partial sun to full shade.

Soil Needs: Humus rich, moist soil.

Planting: Plant 12 to 24 inches apart. Spreads 6 to 15 inches.

Propagation: Easily grown from seeds, but takes 3 to 5 years to flower. To gather seeds let the pods dry on the plant, break open and collect seeds or take ripe seeds from the plant, clean off the mushy part, and let dry for 1 day. When doing this wear gloves due to the presence of calcium oxalate. Sow the seeds directly in the fall by planting shallowly (or stratify first before germinating in the spring if growing indoors). Can also divide rhizomes or tubers when the plant dies in late summer, plant tubers about 3 inches deep.

Care: Tolerates a range of soil conditions. Likes constantly moist soil rich in organic matter. Does poorly in heavy clay soils. Water regularly but do not over-water. Mulch with organic matter in winter.

Companion Plants: Good with plants it is found with in the woods such as Wild Geranium (*Geranium maculatum*), Bloodroot (*Sanguinaria canadensis*), Trillium (*Trillium spp.*), and Swamp Buttercup (*Ranunculus hispidus*).

Friends & Foes: No serious insect or disease problems. May need protection from slugs.

NOTES

Current Use/Interest: The thickened root contains calcium oxalate which causes a burning sensation. All parts of the plant may be toxic to animals. No part of the fresh plant should be taken internally.

Historic Use/Interest: Native Americans used large taproots as a vegetable. May have been used on sore eyes, to combat cold symptoms, and for skin infections. According to some tribal customs, a seed was dropped in water and, if it floated around the container 4 times in a counterclockwise direction, the patient would live. If it did not make this number of revolutions before sinking, the person would die. Starch in the was roots used to stiffen clothes.

Members Corner

Planting . . . to grow Youth Social Justice. Native plant perennials (supplied by The Vagary and hand selected for this event) and garden annuals will be available for purchase on Mother's Day, May 11 at First Universalist Church, 3400 Dupont Ave. S., MPLS. Pre-orders of \$100+ through the church website www.firstuniv.org. Benefits the expansion of the church's youth social justice program--Unity Leadership (<http://www.firstuniv.org/unity.html>). Questions: Jean Buckley at 612-724-4460

Editor's Note: A new feature just added! Space below is provided for members who wish to "advertise" anything related to native plants. Some examples of acceptable types of information are plant rescue opportunities, sale of a house that features native plants, plant sales, seminars, and seed/plant give-away. This is offered with the following restrictions

- 1. Each member may enter one "advertisement" per calendar year.*
- 2. The "advertisement" is limited to 75 words or less.*
- 3. There must be some connection to native plants*

Welcome New & Renewing Members

As of 1 April 2008 according to the national website, our chapter had 96 active members. Thank you to the recent new and returning members for their support of Wild Ones (see list below). Whether you've just joined or have been a member for several years we look forward to your participation. Besides this newsletter, visit us at www.for-wild.org/chapters/twincities <<http://www.for-wild.org/chapters/twincities>>.

Cathy Bobbit, Jenny Brazzale, Jack Broughton, Carolyn Carr and Jonathan Sellman, Mollie Dean, Nancy Drake, Anne Hanley, Brent & Heather Holm, Francis Kiesling, Eileen Long, Tamara Martin, Kim & Thomas Medin, Mike Mesch, Jenn Morrow, Bruce Nelson, Sandra Nussbaum, Trudi Poquette, Michelle Prieditis and Joseph Zarr, Diane Rankin, Molly Rosenberg, Rusty Schmidt, Nancy Schumacher and Jim Sipe, Deb Strohmeyer, Julia Vanatta, Chester Wilson.

2007 Officers

President: Roberta Moore
Vice-President: Julia Vanatta
Secretary: Mary Schommer
Treasurer: Kris Martinka

Board Members

Hospitality: Rose Meyer
Membership: Marty Rice
Merchandise: **Unfilled**
Newsletter: Mary Schommer
Nokomis Naturescape: Lisa McDonough
Outreach: **Unfilled**
Photographer/Historian: John Arthur
Plant Rescue: **Unfilled**
Programs: **Unfilled by end May**/John Arthur
Public Relations: Julia Vanatta
Show Me, Help Me: **Unfilled**
Spring Expo: **Unfilled for 2009 Expo**
Tours: Carmen Simonet
Web: Jim Sipe

MEMBERSHIP

Benefits To You

- Monthly meetings featuring excellent presentation on a wide array of native landscaping topics.
- Receive the new member packet, including our handbook full of information and activities on natural landscaping.
- Receive the Wild Ones journal, with articles and information to inspire and educate you about natural landscaping.
- Free admission to Wild Ones' events, such as our garden tours, and native plant walks and sales/swaps.
- Reciprocity with other chapters' meetings.
- Gather and exchange information and expertise with other gardeners of all experience levels.
- Support for the Wild One's Mission.

Join or Renew

1. Sign up at a meetings, or
2. Call Marty Rice at 952-927-6531, or
3. Access the national website at www.for-wild.org



Twin Cities Chapter
c/o Marty Rice
4730 Park Commons Dr. #321
St. Louis Park, MN 55416
www.for-wild.org/chapters/twincities

OUR MISSION

Wild Ones: Native Plants,
Natural Landscapes
promotes environmentally
sound landscaping
practices to preserve
biodiversity through the
preservation, restoration
and establishment of
native plant communities.
Wild Ones is a not-for-
profit environmental
education and advocacy
organization.