



Twin Cities Chapter Quarterly Newsletter

February 2014 Volume 12, Issue 1

Upcoming Events/Monthly Meetings



ANNUAL CONFERENCE

Saturday, 22 February, 8:30 am - 4:00 pm

Plymouth Creek Center
14800 34th Avenue
Plymouth, MN 55447

EcoShifting: Re-imagining our relationships in a rapidly changing landscape. Ecological shifts are impacting many aspects of our lives and the lands around us. How might we respond to these changes, given lands in which water and soil resources are increasingly impaired and overused, and with local environments now hosting insect, plant, and bird species previously known one or two zones away?

2014 Design With Nature Conference hosts are Wild Ones Twin Cities and Wild Ones St. Croix Oak Savanna chapters. Our speakers will explore these and other questions as they offer their insights on how we can integrate adaptability, beauty, and ecology into the design and management of natural landscapes. In addition to the speakers listed below, included in the conference is an (1) Exhibitor Hall with local native plant nurseries, natural landscape businesses and related organizations; (2) Book Sales; (3) Author’s Corner; and (4) a Silent Auction

Speakers include:

- * **Lisa Lee Benjamin**, Principal, EvoCatalyst, environmental design and consulting firm creating landscapes that integrate humans and structures with the ecology of their surroundings.
- * **Mark Seeley**, Professor, University of Minnesota, climate and environmental educator about the effects of global climate events on the temperatures, waters and plants in our state, region and local landscapes.
- * **Douglas Owens-Pike**, Founder, EnergyScapes, a landscape design firm promoting ecologically based practices and planning for environmental change.

Admission is \$60 per person.
This includes buffet lunch and afternoon dessert.

TABLE OF CONTENTS

Upcoming Events/Monthly	
Meetings.....	1
Meeting Notes.....	2
Crossword Puzzle	5
President’s Message.....	5
Wanted Board Chairs.....	6
Member Appreciation.....	6
Gardener’s To-Do List.....	7
Native Plant.....	7
Brown Thumb.....	8
Crossword Puzzle Answers.....	9

NOTE: Discounted admission is available through 7 February (\$50 for WO members; \$55 for Non-Members; \$25 for qualifying Full-time Students).

For additional information and to register go to: www.DesignWithNatureConference.org or call 612-293-3833.

MONTHLY MEETINGS

(Meetings at the Wood Lake Nature Center: social at 6:30, meeting to start promptly at 7:00. Free and open to the public)

March 18, 2014: Pollinators and Beneficial Insects

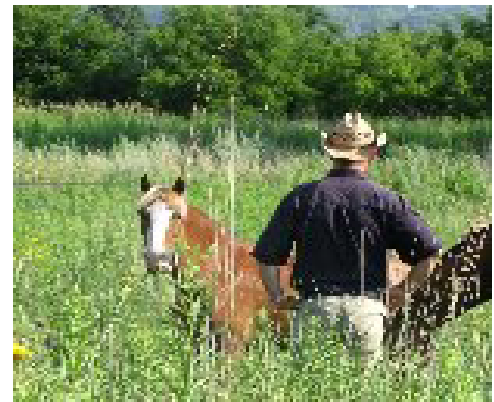
April 15, 2014: Annual Native Plant Table Topics

May 20, 2014; Program has not yet been finalized

Meeting Notes

Oct 2013 Grazing Animals to Restore Metropolitan Sites, Wiley Buck, and Steve Thomforde, Great River Greening ecologists.

Buck and Thomforde have several projects under way to secure the legacy of Minnesota land, including prescribed grazing, and alternate burning/grazing. Keystone species historically involved in symbiotic nutritional relationships between plants and animals in Minnesota were buffalo, beaver, bees, passenger pigeons, pocket gophers, and humans. Removal of one species and the whole trophic cascade breaks down. Native Americans utilized patch burn processes. Animals contributed hoof action, trampling, and left varying heights of plants. All contributing to healthy biodiversity. Contemporary land use heavily involves chemical warfare. Overcoming this damage will require hand to hand combat which mimics the controls and processes of historic times.



Grazing horses - photo by Deborah Karasov of *Great River Greening*

One of the restoration projects involves horse grazing at Pilot Knob Hill in Mendota Heights. Horses were brought to the site daily (and taken safely home to their barn each evening) to graze. Like cows and sheep, horses graze nearly exclusively on grasses. The disturbance of their hooves and the natural fertilization of manure yield plant diversity. A 15 acre prescribed grazing project in Rosemount mimics the bison and elk contribution of past times. Goats, which graze in circles, graze on broadleaves including buckthorn, garlic mustard, Canada goldenrod, and snakeroot. A planned project is on Water Street in the City of St. Paul at the Great River Greening office, where a prairie patch is to be grazed by 3 goats as a burn alternative. Another project is in development in South Washington County. The outcome of innovative restoration techniques is the active participation of farmers and communities; biodiversity of plants, insects, birds, animals and ultimately a healthier ecosystem.

Nov 2013 Native Plants and Making Teas, Fionna Lennox. First a little background on teas brewed from native plants. In the 1770's Colonists forsook the partaking of tea imported from the British. Instead American women looked to their own gardens and the world around them to create their own teas. Ribwort, sassafras, willow bark, birch, strawberry leaf, lemon balm, verbena and currant bush were used as substitutes, as well as raspberry leaves which were used to make "Hyperion Tea". Spearmint, peppermint, wintergreen, orange bergamot, and catnip produced mint teas. Flowers such as red rose petals, blossoms of linden, elder, red clover

continued.....

chamomile, violet, red rose petals, rosehips, and goldenrod were also brewed into tea. Additionally teas were made from sweet fern, spicebush, ambrosia, twigs of sweet gum, fennel and dill seed, parsley, thyme, marjoram, rosemary and sage, Four-leaved loose-strife was pulled up like flax, its stalks were stripped of their leaves and boiled; the leaves were put into an iron kettle and basted with liquor from the stalks; then put in an oven and dried. The Daughters of the Revolution vowed to drink tea made from weeds instead of imported teas. From these various actions so-called LIBERTY TEAS were produced. They were sold for sixpence a pound and drunk at spinning bees and women's gatherings. Below are some contemporary native teas which were discussed and tasted at our meeting.

1. New Jersey Tea (*Caenothus americanus*). One of the most popular replacements for teas of the British East India Company back in the 1770's. This Liberty Tea was also shipped to England and the rest of Europe for sale. This tea is made by taking 2 tablespoons of the dried leaves and steeping them for 3 to 5 minutes.
2. Wild Bergamot (*Monarda fistulosa*) and Blue Giant Hyssop (*Agastache foeniculum*). The Oswego Indians introduced this tea to the colonists in the 1770's. This tea was a traditional folk medicine used to ease rheumatism. The Ojibway used it as a dressing for burns, a cough medicine and to produce sweating which would decrease fevers. Brew by steeping 2 tablespoons of fresh or dried leaves and flowers in a cup of hot water for 3 to 5 minutes (depending upon the strength preferred).
3. Labrador Tea (*Ledum groenlandicum*). This plant thrives in peat bogs and swamps. Thoreau stated that it had an agreeable fragrance between turpentine and strawberries. It was rather strong and penetrating and sometimes reminded him of a peculiar scent of bee. To make this tea, crush dried leaves and steep a handful for 5 minutes, then sweeten to taste.
4. Wild Red Raspberry (*Rubus idaeus*) In the 1940's it was used as a woman's tonic as it was thought to have positive effects during pregnancy and birth. This tea is made by pouring a cup of boiling water over 2 teaspoons of dried leaves and letting it infuse 10 to 15 minutes.
5. Sumac-ade from Smooth Sumac (*Rhus glabra*) In the Middle East the fruits from the smooth sumac are ground to a powder and used as a spice to add a lemony taste to meats and salads. One should taste the berry before picking it is as the good flavor is on the outside. Don't pick after a rain and don't wash. Hot water kills the flavor so this is a cold drink. Soak 4 to 6 berry clusters in a pitcher of cold water for 15 minutes, then rub the berries between your hands. Strain the liquid through a cheese cloth. Sweeten to taste and serve chilled. Note that white sumac is poisonous.
6. Chaga (*Inonotus Obliquus*) This is a fungus which is rich in antioxidants and anti-inflammatory phenols which are derived directly from their host (birch trees). To harvest one needs to chop off the fungus which is not great for the trees, so be careful in how you harvest it. To make this tea grind up in a coffee grinder then steep 2 tablespoons of the powder for 10 to 15 minutes.

Twin Cities Chapter Election of officers for 2014 (voted at Nov. 2013 meeting)

Co-Presidents: Marilyn Jones and Julia Vanatta

Secretary: Joelyn Malone

Treasurer: Elaine Larson

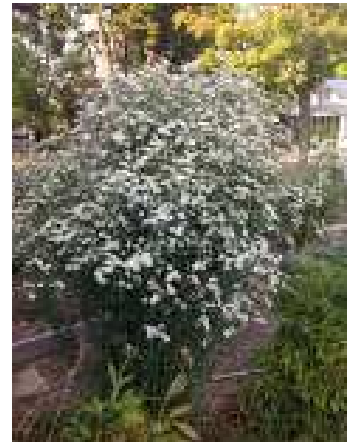
Nov 2013 Member's Gardens. Following the formal presentation people enjoyed delicious potluck fare. As a backdrop to this, a slide show with photographs from members gardens ran. A representative sampling from these is shown below with photographed garden identified.



Jeanette Mayo



Vicki Bonk



Debbie Hansen



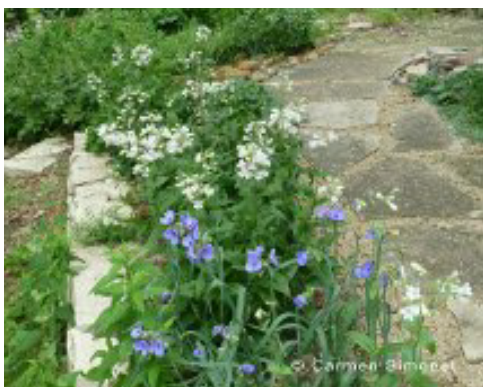
Randy Klauk



Julia Vanatta



Marilynn Torkelson

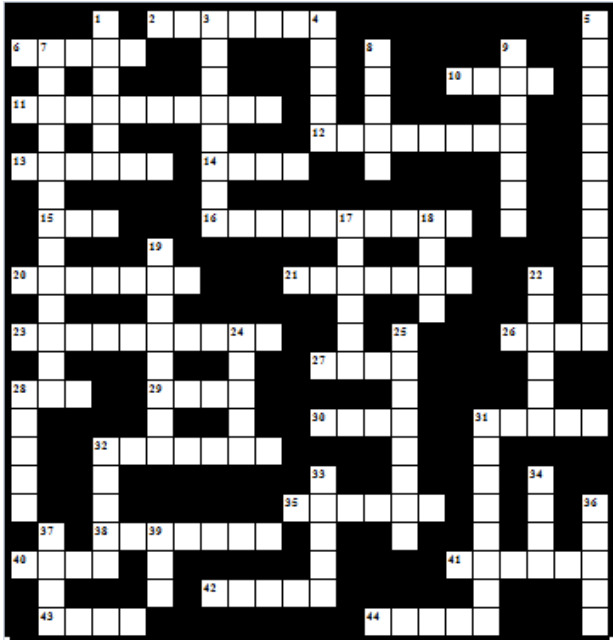


Carmen Simonet



Marilyn Jones

CROSSWORD PUZZLE (Editor's note: This puzzle challenges you to see how closely you read newsletters of the previous year, since almost all words can be found in issues from 2013.)



ACROSS

- 2. Main attraction at September Nokomis festival.
- 6. Location of leaves on first year growth on Black-eyed Susan.
- 10. Advice: When planting seeds think like a _____.
- 11. Second host in White Pine Blister Rust.
- 12. Virginia bluebell relation.
- 13. Biggest park in St. Paul.
- 14. Type of prairie found on land that is steep and south facing.
- 15. Milkweed product that can cause vomiting, etc.
- 16. Edible native that can be used in making banana bread.
- 20. Predicted ecosystem of Boundary Waters in 100 years.
- 21. One of the 4 characteristics central to having landscape design be considered ecological art.
- 23. Edible part of Ostrich fern.
- 26. Increase in this natural act due to climate change.
- 27. ____ flower which opens only for a couple of hours in the afternoon.
- 28. Small insect that is a pollinator.
- 29. Bee home.
- 30. Type of land that Labrador Tea thrives in.
- 31. Bees that lay eggs in holes in woods.
- 32. One of three features of an experientially-rich landscape.
- 35. This biome will decline in Minnesota with global warming.
- 38. Mechanical seed collector.
- 40. Bark eating animal.
- 41. Category of disease caused by living entities.

- 42. What Canadian Yew needs in the fall to prevent winter burns.
- 43. Action to prevent volunteer seeding ____ head.
- 44. For how many years after planting is maintenance really important?

DOWN

- 1. State which may be best case scenario for MN climate in 50 years.
- 3. Common nutrient deficiency.
- 4. Nut that critters eat faster than people can pick.
- 5. Heat generating plant allowing early spring sprout.
- 7. Large tree plantings
- 8. State with the most ash trees.
- 9. One of three features of an experientially-rich landscape.
- 17. Bread of which one component is an edible berry.
- 18. Type of garden used to combat water impairment.
- 19. Advice source to be wary of.
- 22. Recommended planting pattern
- 24. Good companion plant to Black-eyed Susan.
- 25. Mulching method under trees.
- 28. Scent given off by crushed seeds of grey-headed coneflower.
- 29. Plants should be matched with _____.
- 31. Asklepios was the Greek god for _____.
- 33. One of three features of an experientially-rich landscape.
- 34. Type of disease found in oak and elm trees.
- 36. How aphids extract a plant's sap.
- 37. Sumac tea is served ____
- 39. What you can't do on Roadsides For Wildlife areas.

Presidents' Message - Marilyn Jones, Co-President

As a volunteer organization Wild Ones is dependent on the commitment of individuals. It is that time in history where the world needs Wild Ones more than ever. We members have resolved to help educate our neighbors and communities.

Some members are extraordinary in their devotion to Wild Ones Twin Cities and issues we are focused upon. I am referring to the 2013 Board of Directors and Committee Chairs. Executive Board: Elaine Larson (Board Treasurer), Becky Wardell-Gaertner (Secretary), and Committee Chairs: Tammy Argus, John Arthur, Bill Blood, Vicki Joy

Bonk, Sydney Campbell, Kris Martinka, Rose Meyer, Marty Rice, Mary Schommer, Carmen Simonet, Marilynn Torkelson, Julia Vanatta. The monarchs thank you, the bees thank you, the birds thank you, all creatures thank you, even me.

Want a NEW YEAR'S RESOLUTION that you will enjoy keeping? Many resolutions are about things we want to do for ourselves, e.g. lose weight. How about a resolution that is a gift for yourself and others as well. And is way more fun than dieting. Step-up your commitment by volunteering for a Wild Ones committee. I double-dog dare you. If you are already on a committee, I double-dog Thank You.

Today I am asking members to resolve to have a bigger impact in 2014, and have fun doing it! I always wonder if anyone reads the President's message besides Mary Schommer the Newsletter Editor. I will find out soon.

Wanted: Board Chairs and Co Chairs

If interested in any of these positions contact Marilyn Jones: 518-928-7819/marilyndjones@gmail.com

Monthly Programs: Our chapter has seven monthly meetings every year (January, March, April, May, September, October and November). The major tasks are identifying topics, developing events, and then finding speakers and introducing them. NOTE: Programs are already set for meetings through May 2014!!

Merchandise: Wild Ones merchandise is offered for sale at all monthly meetings and our annual conference. Keeping track of merchandise and sales as well as bringing and selling these products at our events is the majority of the effort involved.

Public Relations: Makes sure that all chapter events (especially, monthly meetings, the annual conference and tours) are publicized in local community newspapers and in the two major Twin Cities newspapers.

Membership co-chair: Share a fun opportunity to welcome new members and calling current members whose membership are getting close to expiration. Call from your home evenings and/or weekends. Time commitment: maybe 30 minutes per week. Questions? Marty at JCRMFR@msn.com or 952-927-6531.

Outreach co-chair: Share setting up Outreach events (we had 11 last year, mainly in late spring to early summer). Call members to staff our table for 2-hr stints and make sure they have the materials they'll need. Since we have marvelous members who believe in what WO does, it's easy to find willing people to staff our table/display. Questions? Marty at JCRMFR@msn.com or 952-927-6531

Member Appreciation

Organizations such as ours are only able to thrive based on the enthusiastic participation of its members. Marilyn Jones has already written about the dedication of our board members without whose efforts the numerous activities our chapter is involved in would either simply not take place or not exist at the high quality level that they do. Additionally this would not be so were it not for the volunteer support for these endeavors such as the annual

conference, fairs and plant sales. In recognition of these efforts below is a list of those who have stepped forward this past year and given of their time and talents. Our apologies for anyone that we may have missed.

Andreen, Lori,	Argus, Tammy	Bender, Cathy	Bender, Jeff
Bonk Richard	Bowden, Frank	Bower, Doreen	Campbell, Sydney
Christen, Nancy	Cunningham, Val	Damon, Susan	Domyancich, Laura
Eckman, Karen	Erdmann Paul	Filbin, Sue	Gershone, Jerrold
Gibson, Barbara	Graham, Karen	Hanley, Anne	Harper-Lore, Bonnie
Healy, Kit	Hodgden, Roberta	Kooyman, Shirley Mah	Krohnke, Mary Alyce
Lynch, Michael	MacKimm, Melissa	Madlon-Kay, Richard	Malone, Joelyn
Mayo, Jeanette	Modrack, Leslie	Musumeci, Joann	Nelson, James
Newton, Anna	Nolte, Mary	Nussbaum, Sandra	Oberhauser, Karen
Owens-Pike, Douglas	Pape, Dawn	Poquette, Trudy	Rose, Nancy
Sanders, Rick	Sanders, Sherry	Scott, Janet	Seemann, Paul
Seemann, Sandra	Smith Kathy	Stack, Dave	Stevesand, Pat
Stuhr, Roxanne			

Gardener's To-Do List (February, March, April)

- * Prune trees and shrubs of dead or damaged limbs, shoots or waterspouts while they are still dormant; also shrubs that need shaping and rejuvenation. Best to trim up to 1/3 of the branches all the way back than to shorten all the branches.
- * February/March is a great time to start winter sowing hardy plant seed.
- * Start a compost pile in March/April.
- * Prevent soil damage by using coarse sand to provide traction and make sidewalks and driveways less slick. If that doesn't do the trick, try de-icing products from calcium chloride or calcium magnesium acetate (CMA) - salt-free melting agents.
- * Finalize your garden plans for this year. Order seeds or make a list of plants to pick up at garden nurseries.
- * As the weather warms up, put away suet bird feeders; the suet doesn't keep and birds are switching to their warmer weather diets. Also clean up birdseed shells, as build-up can hinder plant growth and become moldy.
- * Pull off mulch as it thaws (but be ready to put it back on if there's another deep freeze)!
- * Apply corn gluten meal to hinder weed seed germination in late April/early May. Spread it at a rate of 20 pounds per 1,000 SF. Water it lightly to activate it. It will remain effective for 5-6 weeks. (Note: will affect any seed it contacts)
- * Sort your seeds by the date each needs to be planted, if starting indoors. We're fast coming up on the time to start them, especially ones that need cold, moist stratification.



Native Plant: Thimbleweed

Common Names: Thimbleweed, Long-Fruited Thimbleweed, Indian balm, Candle Anemone

Scientific Name: *Anemone cylindrica*

Family: Ranunculaceae

continued,,,

IDENTIFICATION

Habitat: Prairies and dry open places (woods)

Height: 1 - 2 feet

Leaves: Basal leaves are found in whorls of 3 to 10 leaves. Additionally there is a second whorl of leaves midway up the long stem. Each leaf is palmately divided. White hairs can be found both on the leaves and their stalks.

Flowers: A single greenish-white flower (about ¾ inches wide) emerges from a long naked stalk. There are 1 to 4 per plant. Each flower has 5 petal-like sepals and many stamens with yellow anthers. The flowers bloom in mid summer (June - July).

Fruit: As the summer progresses the flower cone elongates to about 1½ inches. It resembles a cylindrical green thimble. The fruit itself consists of cottony tufts. They contain dark brown seeds which are scattered by the wind.

Overall characteristics: Anemone may come from Greek word anemos for wind. Cylindrica obviously comes from the cylindrical shape of fruit head.

GARDEN TIPS

Plant Hardiness: Zone: 3-8

Sun/Shade Needs: Full Sun, partial shade.

Soil Needs: Medium dry soil.

Planting: Plant 12 to 15 inches apart.

Propagation: Sow seeds in fall or spring. Can divide older plants in the spring

Care: Drought tolerant.

Friends & Foes: Pollen attracts bees & syphid flies. The foliage is toxic so it is avoided by mammals

NOTES

Current Use/Interest: None known

Historic Use/Interest: Native Americans had many uses for this plant:

A poultice of the leaves was used to treat burns; tea was drunk for headaches and dizziness; the roots contain an astringent that was used for sores and swellings.



Brown Thumb

There will be no coherent message found here as I have no all encompassing theme to impart. Instead there are two random tidbits from here and there. After hearing Dr. Chester Wilson's presentation on climate change I began musing about what actually the difference might be between our climate and that of Kansas and Oklahoma - a sort of preview of coming attractions. Although it is highly unlikely that I will around 50 years hence, the knowledge may somewhat influence my forthcoming garden plans.

Location	¹ July High/Low	² Average High Temp (July)	Ave Annual Rainfall ³	⁴ Longest Daylight	⁵ Highest / Lowest Temp	Zone
Minneapolis, MN	83 / 65	83.4	32.16 inches	15.31 hrs	108 / -41	4
Wichita, KS	93 / 71	92.9	34.34 inches	14.42 hrs	114 / -22	6
Oklahoma City, OK	102 / 54	93.9	36.5 inches	14.17 hrs	113 / -17	7

Sources 1. Weatherspark.com (MN & KS records from 1974 - 2012; OK from 2012); 2. MN & OK; wikipedia.org; KS: Iscide.com; 3. Weatherdb.com; 4. Climatemps.com 5.Weather.com;

Below is a continuation of my personalized “To Do” list for February through April. As with my previous list for the fall, the starred items have been added to reflect my particular garden plot.

Brown Thumb To Do List

February

- a. Sort your seeds by the date each needs to be planted. If starting indoors, need time to start cold, moist stratification.
- b. Finalize your garden plans for this year. Order seeds or make a list of plants to pick up at garden nurseries.

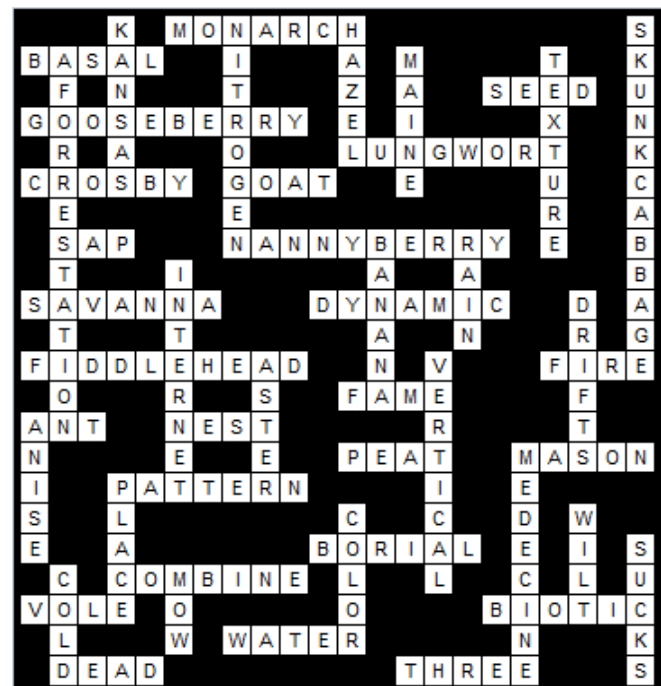
February/March

- a. Start winter sowing hardy plant seed.
 - * “Renewal” pruning of fruit trees on a warm, sunny day to shape plants with the goal of sun shining on every branch. Remove dead and damaged limbs or shoots while plant is still dormant. In renewal pruning the largest, heaviest canes are cut back at the ground line using a pruning saw or scissor-type lopper. Black Chokeberry, Snowberry, Highbush Cranberry
 - * Cut clumps to ground in late winter and periodically burn individual plants: Sideoats Gamma, Little Bluestem Grass, Indian Grass, Pennsylvania Sedge – cut to 3”

April

- * Shrubs need shaping and rejuvenation by “heading” or “thinning”.
 - Canada Yew – these should be trimmed every year. Trim up to 1/3 of the branches all the way back; don’t shorten all branches. To achieve a more natural shape selectively trim back the most vigorous branches to a side branch or bud. Can follow-up around July to help achieve this form and create a smaller denser plant.
 - White Spruce. These require little pruning. Any pruning **must** be limited to only new growth, since buds aren’t produced in older limbs. Never prune back the leader. Can prune back new growth to just before a lateral bud.
 - * Spread 1” compost on Wild Ginger
- a. Pull off mulch as it thaws (be ready to put it back if there's another deep freeze)
 - b. As the weather warms up, put away suet bird feeders. Also clean up birdseed shells.
 - * Clean out window boxes and planters.
 - * Plant those stratified seedlings.
 - * Mulch in spring: Sneezeweed; Purple Prairie Clover

CROSSWORD PUZZLE ANSWER



2013 Officers

Co-Presidents: Marilyn Jones & Julia Vanatta

Secretary: Joelyn Malone

Treasurer: Elaine Larson

Board Members

Annual Conference: Julia Vanatta

Audio Visual: John Arthur

Hospitality: Rose Meyer

Internet Inquiries: JoAnn Musumeci

Membership: Marty Rice

Merchandise: **OPEN**

Newsletter: Mary Schommer

Nokomis Naturescape: Vicki Bonk

Outreach: Marty Rice

Programs: **OPEN**

Public Relations: **OPEN**

Tours: Jim & Jan Coleman

Volunteer Coordinator: Bill Blood

Website: Carmen Simonet

WO Phone Inquiries: Tammy Argus

Youth Education: Kris Martinka

Chapter Message Center: 612-293-3833

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 meetings, or
2. Call Marilyn Jones at 518-928-7819, or
3. Access the national website at www.WildOnes.org



Twin Cities Chapter

c/o Marty Rice

4730 Park Commons Dr. #321

St. Louis Park, MN 55416

www.WildOnesTwinCities.org

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.