



Twin Cities Chapter Quarterly Newsletter

August 2016 Volume 14, Issue 3

Upcoming Events/Monthly Meetings

SUMMER TOURS

Saturday, August 6 – South Minneapolis, Seward, Longfellow, Corcoran, between 10:00 am to 3:00 pm. Pick up a guide for times and locations at:

Mon Petit Cheri (Open 7:00 am to 7:00 pm daily); **2401 E Franklin Ave**

Tour 1: Marilyn Jones' Garden (co-chair TC Chapter). As a Mother's Day gift in 2008, Marilyn's children removed the turf from the front yard, made a rain garden, and planted almost her entire yard in native plants. Then 5 years ago, the yard was declared an EPA superfund site (part of the arsenic triangle of South Minneapolis), and the EPA removed the natives, trees, and soil down 20 inches. Most of the yard has been replanted with natives. Half the roof drains into a rain garden and half into rain barrels watering the new plants. Come see the rebirth of the yard!

Tour 2: Common Ground Meditation Center. In keeping with Buddhist philosophy of non-harming, Common Ground is committed to minimizing their footprint on the earth. The site renovation removed most of the impervious surfaces, and included plantings of primarily native species. The extensive rain garden system contains runoff and provides on-site storm water infiltration.

Tour 3: Liz and Bill Blood's Garden. Bill and Liz have co-partnered a sunny yard with 100 prairie plants and 2 rain gardens. A curvilinear path thru the lush side yard leads to a labyrinth and water feature in the back yard.

Tour 4: Julia Vanatta's Yard (co-chair TC Chapter). Over the past 25 years, Julia's small city lot has gradually changed from lawn and ornamental plants to paths, terraces and a diverse selection of native plants. The boulevard is nearly 100% native transitioning from part sun to full shade. Chilton rock terrace in front has a secret rain garden and shady back yard is a mostly naturalized woodland with two rain gardens. Side yard is still a work in progress, all gardens have remnant ornamentals. Refreshments will be served for those who wish to linger, enjoy the peaceful back yard or look for visiting pollinators, including Rusty-Patched and Northern Yellow Bumblebees.

Revisit Gardens. Gardens change throughout the season. You have been invited to revisit the following:

Tour 1, Aug. 1: Maleah Maynard's Garden. 6:00 – 7:00 PM; 4453 Washburn Ave S. Minneapolis

Tour 2, Aug 8 & Sep 12: Jeremy and Amy Mayberg's Garden 7:15 – 7:45 PM; 4501 Lakeview Drive. Edina

Saturday August 13, 2016 – Crex Meadows Tour -- Members Only! Twin Cities Chapter has arranged for a tour, guided by Kim Wheeler, of Crex Meadows Wildlife Area near Grantsburg, WI. Carpools will be arranged for transportation to and from Crex Meadows visitor center, where we will board a school bus to travel to various sites within the large, natural area. Cost for this tour is \$15 (covers bus and guide) plus shared cost for transportation per person (\$10 for each passenger in carpool). Carpools will leave Minneapolis around 7:30 AM, return time may vary, depending on driver and lunch option. **Lunch is not included**, but there are several options in Grantsburg or you can bring a lunch. If you have questions, please contact Jan Coleman. Reservations can be made at Eventbrite, link is on our website.

Limited number of seats available.

RSVP by August 6, 2016: 612-293-3833 or on the website - <https://www.eventbrite.com/e/crex-meadows-tour-for-members-of-wild-ones-tickets-26629568757>

MONTHLY MEETINGS (*Meetings are held the third Tuesday of the month at Wood Lake Nature Center: social at 6:30, meeting to start promptly at 7:00.*) *Free and open to the public*

Tuesday, September 20, 2016: *A Walk through the Trespasser's Garden*. Join us for an evening with award winning artist **Emily Gray Koehler**, who will share her work on *The Trespasser's Garden*, exploring the history and consequences of natural landscapes compromised by introduced invasive plants and animals!

Tuesday, October 18, 2016: *Grow Native: Bringing Natural Beauty to Your Garden*. Learn from author **Lynn Steiner**, whose latest book shows how to transform your yard into a beautiful landscape using native plants!

Tuesday, November 15, 2016: *Annual Board Meeting and Potluck + Where the Wild Ones Have Gone: A Potluck Travelogue*. Come tour spectacular native landscapes from the Midwest to Hawaii with Wild Ones members who will share beautiful photographs and experiences from their recent travels! And if you, too, have visited somewhere of interest in terms of native plants or landscapes, please consider participating! To contribute your stories and images, please contact program co-chair Holley Wlodarczyk at holleywlod@comcast.net.

Monthly Meetings

March 2016 Meeting: Home Is Where the Habitat Is, Hannah Texler, Vera Ming Wong We were given a view of the process which went into a 20 year-long effort to develop Hannah Texler's gardens, which are located in the Hamline-Midway neighborhood in St. Paul. Her primary goal when she first moved in was to help her feel more connected to the natural world. As the garden developed so did her overall goals. Now the gardens are less about her needs and more about how can she make the habitat even better for the insects and animals that migrate through, feed, and reside there.

Specific areas within her yard were developed in a year by year step-wise fashion. All parts of her gardens are a constant experiment where she is always changing things up because some things don't work or because she sees ways to improve what is there. As she slowly started to change the landscape

she researched the area in order to learn what resources were present now and historically both regionally and locally. Soil was sent to the University of Minnesota for testing – the results confirmed sandy loam soil texture. Examining the Marschner map which shows pre-European settlement in Minnesota (*Editor's note: www.mngeo.state.mn.us/chouse/land_use_historic.html*) she found that the area was prairie in the 1800's with oak savanna also present. She also noted her presence close to the Mississippi River which is a major flyway for migratory birds. Based on this information native plants were selected that reflected her present conditions and past history with an eye toward assuring that they would adapt well and thrive. What follows is the gradual unfolding of her present yard going from space to space somewhat in the order she approached these areas. Note – the following descriptions list just a few of the plant species in each garden.

Step 1: Boulevard Garden: This was the first area she tackled. Here the goal was to use native prairie plants which would (a) make the space look attractive to those passing by, (b) have flowers throughout the growing season, and (c) stay within the city's plant height rules. She also hoped the desire to change boulevards would encourage others on the block to do the same. The area now contains prairie smoke and columbine which bloom in the spring and coreopsis, butterfly weed, silky aster, and little blue stem for summer attraction. Along the way trees located on the boulevard died. Working with the city foresters a bur oak and a Kentucky coffee tree were planted. **LESSON LEARNED:** From her boulevard experience she decided that massing of plantings doesn't work well for native plants – they move around anyway, and look better intermixed.

Step 2: Back Yard: Here she tore out an existing deck and sidewalk and put in a curved brick path and a patio as the hard spaces. In the sunny areas she created a herb/vegetable garden; a tall-grass prairie garden; and a rain garden. Shade garden areas were developed near the garage and next to the house. In the prairie can be found big bluestem, little bluestem, side-oats grama, and Indian grass. Early summer flowering plants include northern bedstraw, prairie ragwort, Ohio spiderwort, wild rose, and meadowsweet. In the late summer stiff goldenrod, smooth aster, and woodland sunflower bloom. The shade garden near the garage includes nannyberry, American hazelnut, early meadow rue and Virginia waterleaf. Wolfberry, zigzag goldenrod, and wild geranium (to name a few) grow near the house. All plants in her backyard are native to Ramsey County or are edible to humans. **LESSON LEARNED:** In order to clear the land she roto-tilled the turf grass which left root fragments of invasive quack grass, which she spent years trying to eradicate. After this, all the remaining patches to be cleared had layers of newspaper and mulch laid down to kill the turf grass.



Backyard view – photo by Hannah Texler



Rain Garden - photo by Hannah Texler

Step 3: Front near house: Along the house an amur maple hedge needed to be dug out along with large amounts of landscape rock, wood chips, and black plastic. Luckily, by this time she had acquired a spouse, Mike, who helped with this major digging

task. A rain garden was installed by digging a hole and piping in water from the two gutters that were present. A butterfly garden was planted which included green-headed coneflower, ironweed, grey goldenrod, giant hyssop, little blue stem, and butterfly weed.

Step 4: South-facing hillside along the sidewalk: This was the first garden planted entirely from seeds instead of plugs. . Black plastic was put down for one season. Hannah and her friends and family scraped out the remaining roots and broadcast the seeds in the fall. To help prevent erosion of the slope the hillside was covered with woven jute. A custom dry-mesic short to mid-grass prairie seed mix was sown here. The first year black-eyed Susan predominated, and in subsequent years prairie phlox, Kalm's brome, and other species became prominent.

The current total count of native species in Hannah and Mike's yard: 6 native tree species, 11 native shrubs, 80 native flowers/grasses/sedges. For Hannah some of the wildlife highlights of her garden include:

- American painted lady which lays eggs on her large-leaved pussytoes
- Multitudes of robins that congregate in the serviceberry and pagoda dogwood for the nutritious fruits in early summer
- 100's of native bees (& non-native honey bees) visiting her plants spring, summer and fall
- Monarchs seeking out milkweed, blazing star and other nectar plants
- American goldfinch on tall coneflowers and western sunflowers in the fall

Neighborhood Expansion: Four neighbors have planted boulevard gardens. Two community gardens have been established in the neighborhood and are thriving. One of these is in Horton Park, which through a community effort now has oak savanna, prairie and shade native wildflower gardens. Over 60 native tree species can be found here and many volunteers have contributed their time to planting and maintaining the gardens. They welcome additional volunteers.



Hannah's boulevard garden that inspired others

Hannah's advice to us was: When developing a garden, think like an ecologist. Ecology has many disciplines:

1. Landscape Ecology: Learn about nearby natural areas, parks and native gardens to find out how your area would fit into the landscape. Also look at what native animals reside there including birds and butterflies that migrate through in the spring and fall. Ask how you can provide better food and shelter for them.
2. Plant Community Ecology: Find out what plant communities would have existed on your site in the past. A good source already cited is the Marschner Map. Ask yourself if there are remnants on your land or nearby. Keep in mind your site conditions (slope, soil type, soil moisture, shade).
3. Species Ecology: Choose species native to the area. Consider pollinator needs and the needs of other animals. Choose plants that will be adapted to your site > ideally not too aggressive and not difficult to grow.
4. Genetic Ecology: Choose native species not cultivars. Choose plants and seeds that are as local as possible. One warning: Don't purchase state listed rare plants – it's illegal to sell and buy and may harm native populations.

Hannah's garden was featured in the March-April edition of the Minnesota Conservation Volunteer magazine along with illustrations by Vera Ming Wong. The second portion of this presentation was

devoted to her process of botanical illustration. This article was a collaborative project where author and artist as well as editor and art director work to achieve the final product. This particular effort was scheduled for publication in the winter, but naturally required summer observation of the subject area. The following was used to get to know the yard and the author:

- Making thumbnail sketches: These are little sketches that give a sense of the place, composition and colors.
- Grounding oneself in the place: to connect with the plants and animals you need to engage all of your senses – site, temperature, where the sunlight is coming from, sounds, moisture, odors. (Being in the place and connecting with what is there.)
- Knowing the author: Learn what she planted and why and how it is changing
- Focusing on the overall landscape and each individual plant
- Learning about the plant itself – its gestures and what it is doing when it is dry, wet, etc.

All in all an enjoyable and informative evening about someone's personal garden and what went into developing a magazine article. To read what was published go to the Minnesota Conservation Volunteer magazine, March-April 2015 go to <http://www.dnr.state.mn.us/mcvmagazine/archive.html>

May 2016 Meeting: Growing and Gathering Native Edible Plants. Wesley Nugteren

His very first words of advice were that one should enter into this endeavor respectfully and with knowledge. In Wesley's mind there are many reasons one would forage: a) The plants themselves are beautiful and adapted to grow in our climate; b) Eating straight from nature is deeply satisfying; c) Learning and interpreting native plants puts us more in touch with our surroundings; d) No pesticides are found in the food eaten. Beyond this, foraging a) appeals to the hunter-gatherer instinct; b) gets us into nature; c) feeds the mind, body and soul creating a kind of spirituality; and d) gives one a chance to study the designs of nature and what their surroundings are like. There was one word of warning: Know your plant identification and what the consequences of eating the plant may be, never eating anything you are unsure of. Even plants that seem safe such as wild watercress may not be safe as there is a liver fluke that may be present on the plant. So, be careful! Also, when starting to eat new food, take only a small amount at first in case you have a food allergy to the plant.

When approaching foraging the ethics as found in *Bearding Sweetgrass* by Robin Wall Kinner should be followed. Some of the principles found therein include

1. Know the way of the ones who take care of you so you can take care of them. These are not our woods that we are entering. Instead they should be seen as the place where plants and animals reside.
2. Introduce yourself – be accountable as you are the one who comes asking for life. Consider them as fellow beings – they are our kin.
3. Ask permission for taking and abide by the answer. The following examples illustrate this value
(a) wild leeks are plants that need our conservation in the spring. At that time the plant's energy is going into leaf production. Thereafter the roots grow. When harvesting take from the center of the clump so it can fill in again. Remember that it takes 25 years to establish a 12 inch clump.
(b) Chaga mushroom is illegal to harvest because it was over harvested. If one can easily be pulled off the tree, it is all right to harvest. If it is difficult, then it could harm the tree so don't remove it.
4. Never take the first; never take the last
5. Take only what you need. Don't waste life. Try to find ways to preserve it, if you can't eat it all.
6. Never take more than half. Leave some for others
7. Harvest in a way that minimizes harm – step lightly
8. Share – others may enjoy it too

9. Give thanks for what you have been given
10. Give a gift in reciprocity for what you have taken. It puts us in relationship with nature. One way to do this is pull some invasives or gather some trash.

Before harvesting, know the laws associated with the area in which you are foraging.

1. City and County Parks: Generally it is illegal to pick anything.
2. State parks: One can harvest mushrooms, fruits and nuts; but you can't take the roots
3. Superior National Forest: Foraging for plants, berries and mushrooms is okay for personal use without a permit.
4. Private land: One needs to get the owner's permission.
5. Scientific Natural Areas: You can't pick anything.

We were also encouraged to grow our own. The benefits of doing so are numerous. They are usually perennials. So being self-seeding you don't need to plant them every year. The plants are adapted to grow in our climate. It helps conserve the species. Growing for our needs also provides food for pollinators. And not the least, you get the benefit of growing beautiful food for people and for wildlife.

After convincing us to eat native edibles the list of possibilities was extensive. Some suggestions are shown in the boxes below.

Shrubs

1. June Berries/Serviceberries, Saskatoon – Tastes like blueberries but less sweet
2. Black Chokeberry/Aronea berry – High in anti oxidants. Tart but good as juice and jams
3. American Highbush Cranberry (*Viburnum opulus* L. var. *americanum*) – Tart but good for jams and sauces
4. Nannyberry (*Viburnum lentago*) – The taste is a mix of dates and prunes
5. Prickly Gooseberry (*Ribes cynosbati*)/Missouri Gooseberry (*Ribes missourrianae*)
6. Current (*Ribes* sp) – Put them in scones
7. Canada Elderberry (*Sambucus nigra*) – Can make honey and syrup. It's medicinal.
8. Carrion Flower (*Smilax herbacea*) – Smells like rotten meat or stinky cheese but one can eat the shoots as well as the berry.
9. American plum (*Prunus Americana*)
10. Clammy Ground Cherry (*Physalis heterophylla*) – some astringency to them. Good as jam.
11. Sumac (*Rhus typhina*) – Hollow stems have been used for tapping for maple sugar. They expand when pounded in. It is also used for seasoning



Choke Cherry - photo by Freeman Wicklund



Wild strawberry – photo by Freeman Wicklund

Berries:

1. Raspberries, blueberries, blackberries, black raspberries
2. Pin cherry, sand cherry, chokecherry, black cherry
3. Woodland strawberry, wild strawberry
4. Thimbleberry
5. Wild grape
6. Wild apple
7. Wild rose

Seeds/Pods/Other Parts

1. Trailing Wild bear (Stroploss)
2. Sweet leaf
3. Fiddlehead ferns (Ostrich/Lady) – pick when really tight.
Note that other ferns are toxic
4. Mushrooms – oyster, henna
5. Wild anise

Greens

1. Wood Nettles (*Laportea Canadensis*) – taste more like green beans pick when young – take the top only. Use in soup, quiche.
2. Wild leek (*Allium tricoccum*) also known as ramps
3. Virginia Waterleaf (*Hydrophyllum virginianum*) – young leaf
4. Wild garlic
5. Common Blue Violet – salad greens
6. Stinging Nettle
7. Canada Violet
8. Marsh Marigold – can use the buds and leaves.
Boil stem and pickle – like a caper
9. Cattail shoots
10. Field Thistle Shoots
11. Milkweed shoots – steam. Buds are sort of like broccoli



Common Milkweed Buds = photo by freeman Wicklund

Nuts:

1. American Hazelnut (*Corylus Americana*)
2. Shagbark hickory – closely related to pecans. Found more in southeast Minnesota
3. Butternut – close relative to the walnut. Endangered species list due to butternut canker
4. Black walnut
5. Beaked Hazelnut
6. Acorns – leach to get acid out through many water changes. Can then grind and make flour
7. Saps – maple and birch
8. Basswood leaves – the young, tender leaves can be used in salads

Roots and Tubers

1. Groundnut (*Apias Americana*) – This doesn't grow a lot in nature so don't pick in the wild. It can be compared to potato and cooked very similarly.
2. Common Evening Primrose – tuber
3. Jerusalem artichoke – edible but grassy
4. Wapato, Arrowhead, katniss – potato-like staple crop of indigenous culture
5. Trout lily
6. Wild leek
7. Wild onion
8. Wild garlic. Cattail
9. Toothwort root – tastes like horseradish



Trout lily – photo by Freeman Wicklund

Nokomis Naturescape (NN) News

WILD ONE'S NATURESCAPE GARDENING SESSIONS

Help maintain the gardens while having an enjoyable evening lakeside. We meet Tuesday evenings, between 5/6 to 7/8pm from May through the end of the growing season (September/October). Get on our email list for current updates on what's in bloom and related native plant gardening tips and information. Show up when you can – all work is appreciated. Since 2002 Wild Ones Twin Cities chapter has helped maintain the three prairie gardens located at the Nokomis Naturescape. These demonstration gardens are designed to encourage people to plant native species to liven up their own yard and become familiar with the life these plantings invite. We often receive a thumbs -up for our efforts from passersby and share our native plant information. These connections help spread the word of the many benefits native plant communities give to our environment and how they enhance the Lake Nokomis ecosystem. For more information contact Vicki at vbong@usiwireless.com or call 612-232-8196.



Bikers along the Naturescape – photo by Vicki Bong

Find the current Nokomis Naturescape Gardeneer calendar of events and goals for the 2016 season at <http://www.wildones.org/chapters/twincities/docs/NN%202016%20Calendar.pdf>.

We welcome you to join us anytime!

Check out the our facebook site to keep you current with happenings at the Naturescape <https://www.facebook.com/NokomisNaturescape>.

9th Annual MINNEAPOLIS MONARCH FESTIVAL

Saturday, September 10th, 2016 10am to 4pm

Lake Nokomis Naturescape, 49th St and Woodlawn Blvd., Minneapolis, MN

The festival (<http://www.monarchfestival.org/>) is dedicated to monarch conservation and celebrating the Minnesota/Mexico migration connection. Last year, the festival drew almost 10,000 people to the shores of Lake Nokomis. Some years back, the NN gardeners chose the monarch as an ambassador for gardening with native plants. We developed the Grow Monarch Habitat Workshops, which led to this wonderful event. Festival participants can learn more about monarchs and habitat first-hand from the experts (U of M Monarch Lab, Wild Ones, Monarch Joint Venture, US Fish and Wildlife, Pollinator Revival, native plant vendors and more); share their own monarch experiences; and enjoy a day by the lake with music, dance, art, nature activities and food. It's a delightful combination of fun and commitment to help the monarch survive for future generations.

Now, more than ever, the monarch needs the dedication of native plant advocates, such as Wild Ones, to promote creating and conserving habitat for pollinators. This year monarch populations suffered huge losses at their Mexico overwintering site due to a historic mid-March storm. It is an all hands-on-deck critical situation to restore populations to a sustainable level. One way to be an answer is to VOLUNTEER at the festival or attend and learn more. Prepare to be inspired!

NOKOMIS NATURESCAPE FUNDS NEEDED FOR INTERPRETIVE SIGNS

Minneapolis Park Dept will replace the big signs at Nokomis Naturescape only if private funds are raised. Cost is \$1800 per sign. Wild Ones Twin Cities has been maintaining this native plant acreage for 15 years. The signs are faded and WOTC can get listed on the new signs. Watch for email with information on Fundraising.

Office space in Eagan for rent: \$1,600/mo. Off Hwy 13 between Hwy 55 and Cedar Ave. Available Sept. 1st or earlier. Contact Douglas - [612-220-1911](tel:612-220-1911).

- 3 private rooms, plus full kitchen, and expansive foyer/meeting space. Some winter storage in warehouse.
- 900 sf outside, secure storage including water and power. Shed 10 x 20' with translucent roof.
- Furnishings, computers, file cabinets, copier also available. Toiletries and cleaning included. No extra for utilities. Off street truck parking.
- Also have various landscaping tools for sale ranging from hand tools to larger machines plus a walk-in trailer for hauling plants, etc.

Naturally WILD

Native Minnesota Wildflowers, 3539 West 44th Street, Minneapolis, MN 55410
612-922-9279
naturallywildflowers.com or naturallywild001@yahoo.com

- Open Saturdays, August 13th and September 10th, 10:00-2:00. Prices reduced 9/10 only.
- Plants are also available now by contacting us to schedule a plant pick-up on weekday afternoons.
- Seven varieties of milkweed are available now!
- For our current plant list, see minneapolis.craigslist.org. Under **Services**, click on **Farm + Garden** and search for **Native Wildflowers**.

2016 Officers

Co-Presidents: Marilyn Jones/Julia Vanatta
Secretary/Phones: Joelyn Malone
Treasurer: Trudi Poquette

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Audio Visual: John Arthur
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Tours: Jim & Jan Coleman
Volunteer Coordinator: **OPEN**
Website : Julia Vanatta/Holley Wlodarczyk

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.
- Receive the bi-monthly Wild Ones Journal, with articles and information to inspire and educate you about natural landscaping.
- Free admission to most Wild Ones' events, such as our garden tours, native plant walks and sales/swaps.
- Reciprocity with other chapters' meetings.
- Share experiences and expertise with other like-minded native gardeners.
- Access to the Wild Ones library of native landscaping books.
- Support for the Wild One's Mission.
- Membership dues and donations are tax deductible

Join or Renew

1. Sign up at a meetings, or
2. Call MEMBERSHIP at 612-293-3833, or
3. Access the national website at www.wildones.org



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c/o Marty Rice
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St. Louis Park, MN 55416
Chapter Website: 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.