



## Twin Cities Chapter Quarterly Newsletter

February 2017    Volume 15, Issue 1



## WILD ONES ANNUAL CONFERENCE *Planting Matters*

***Are “Alien” Plants Bad?*** *Keynote* / Doug Tallamy Author *Bringing Nature Home*: Latest research comparing the ecological value of alien plants to native plant communities

***What is the Value of Biodiversity?*** Forest Isbell, UMN Cedar Creek Ecosystem Reserve: Comparing ecological effects between plots planted with mono- to multi-cultural plant species

***Nuts & Bolts of Selecting & Planting Trees*** Nathalie Shanstrom, PLA Landscape architect: Perspectives on why, what and how to choose and plant trees or shrubs for your project

**FEBRUARY 18, 2017**

9:00 am - 4:30 pm

University of St. Thomas, St. Paul

**\*\* Native Plant | Natural Landscape Exhibitors** offer expertise to match your ideas with the land

**\*\* Register by mail or on-line by February 8. See details at:**  
**[www.DesignwithNatureConference.org](http://www.DesignwithNatureConference.org)**

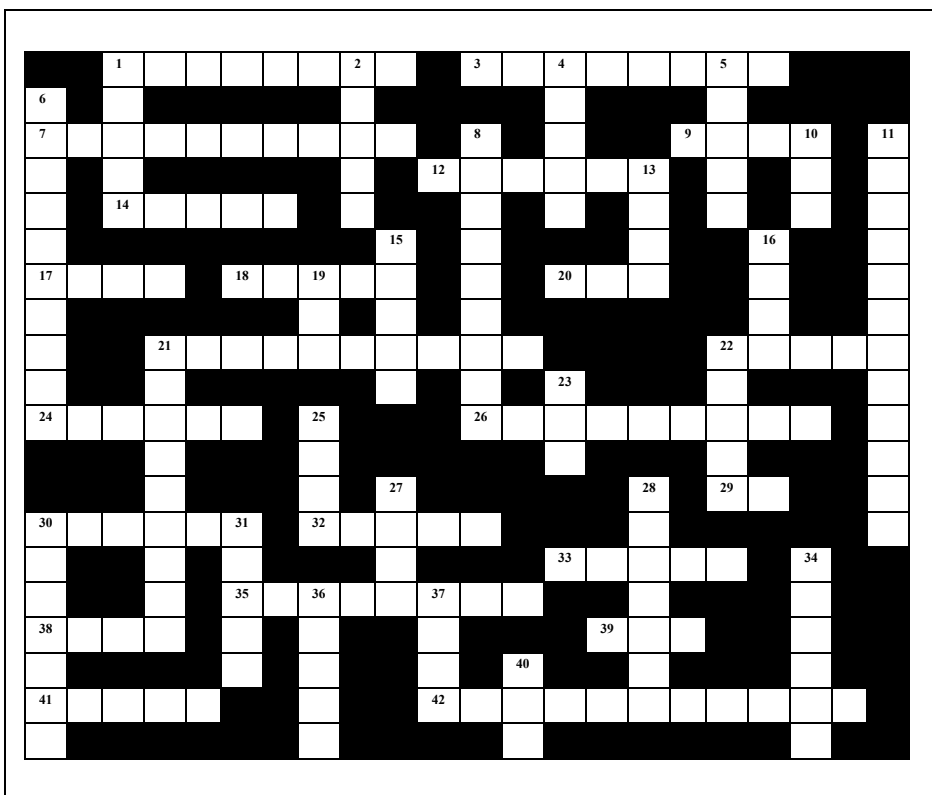
## CROSSWORD (All answers can be found in 2016 chapter newsletters)

### ACROSS

1. "Loner" bee
3. First part of 2-part name for tree with fruits dispersed by very large animals
7. Bee job
9. Gatherers principle: Never take the first, never take the \_\_\_\_\_
12. Monarch descriptor, along with awesome, amazing, famous.
14. Buckthorn prevents this from self-sowing.
17. Another name for wild leek
18. Tree giver of popular edible sap.
20. Honey bee tongue length \_\_\_\_\_ mm.
21. This substance contains many antioxidants.
22. Government entity that allows foraging for mushrooms, fruits and nuts in its parks - but you can't take the roots.
24. "Home is Where the Habitat Is" presenter
26. Little sketches that give a sense of place, composition and colors.
29. Greek word meaning "well".
30. Bumblebee species name.
32. Plant that was considered a bee heaven in Brown Thumb's yard.
33. Length of time for monarch to go from egg to an adult.
35. Part of Clean-up team on Floating Islands.
38. Number of monarch caterpillar instars.
39. What honey bees can't do in cool weather.
41. Somewhat surprising monarch food source.

### DOWN

2. Plant part that takes up water soluble contaminants.
4. Shrub with edible parts tasting like a mix of dates and prunes \_\_\_\_\_ berry.
5. Photographer and writer on his butterfly magnet garden.
6. Post blueberry bloom forbe bee food.
8. Presenter advice when developing a garden "Think like an \_\_\_\_\_"
10. Particulate phosphorous is a one member of this category (acronym).
11. Doug Tallamy advocates for this.
13. Wisconsin summer tour destination.
15. Host for larvae of some sulphur butterfly species.



16. Winter beauty advocate at 2016 WO Nature Conference.
19. Acronym for a recycled material used in making floating islands
23. Monarch butterfly possible navigational migration aid.
25. Mexican monarch population size is measured by \_\_\_\_\_.
27. WO Seeds for Education program named for this person.
28. Smell given off when Joe-Pye Weed parts crushed.
30. Water quality improved by this activity in the floating island slime layer
31. Hollow stems of this shrub used to tap for maple sugar
34. Hamline area park where volunteers tend native garden
36. Over-harvested mushroom.
37. Pollination by bee grabbing the flower, rapidly moving its wings
40. Acronym for what is present due to decaying material.

## CO-CHAIR MESSAGE:

The political winds of change are upon us, and we shiver with dread. Each of us will find our voice in as big a way as possible, and respond where we can be heard and seen advocating for our values, perhaps marching and communicating with politicians. Most of us will not do this full time, but need to find relief from the terrors on a regular



basis, to help focus on the possibilities. Aren't we lucky we have Wild Ones.

In the *Scientific American*, author John R. Platt interviewed conservation experts from across the globe to get their take on the year ahead. While the outlook isn't quite rosy, he concluded there may be bright spots to be found in local action taken by engaged individuals.

We Wild Ones are the bright spots in desperately needed native habitat planting, in our yards, on the boulevards in our neighborhoods, and in schoolyards, churchyards and businesses, and as we volunteer garden in Parks and preserves and natural areas. How nice that we Wild Ones can get right down to the business of being a bright spot, get our hands dirty, and make a difference for the wildlife that thrives on our native plantings ultimately improving all life.

Marilyn Jones

## Upcoming 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 **NOTE THE EXCEPTION TO THIS FOR THE APRIL MEETING***

### **Tuesday, March 21, 2017. Selecting Native Trees and Shrubs that Support**

**Pollinators, Heather Holm.** Local author and pollinator expert Heather Holm discusses the habitat and food requirements of birds and bees, and which of the native trees and shrubs provide flowers for bees, and insects, seeds, or fruit for birds. She will also describe natural communities related to those native woody plants, and cover the range of influences that cue pollinator visits—flower structure, resources & phenology.

*Books will be available for sale and signing.*

### **Thursday, April 20, 2017. 5th Annual Table Topics: Native Plant Gardening Basics and Plant Sale Kickoff.**

Table Topics is an opportunity to gather information and discuss a variety of topics—from site and soil preparation, plant selection, garden maintenance, creating wildlife habitat, and managing invasive species. Tables are hosted by local landscaping professionals or Wild Ones members with a depth of experience.

***NEW DATE & LOCATION—Diamond Lake Lutheran Church 5760 Portland Ave S, Minneapolis***

### **Tuesday, May 16, 2017. Backyard Phenology: Tracking Nature's Cycles and Seasons in a Changing Climate Rebecca Montgomery.**

Dr. Montgomery, professor in the UMN's Forest Resources department, explores how nature's calendar tells us about changes in the environment due to climate change. Her field research on phenology of Midwest trees and herbs will be shared, inviting participation in observing phenology as part of a new art/science collaborative.

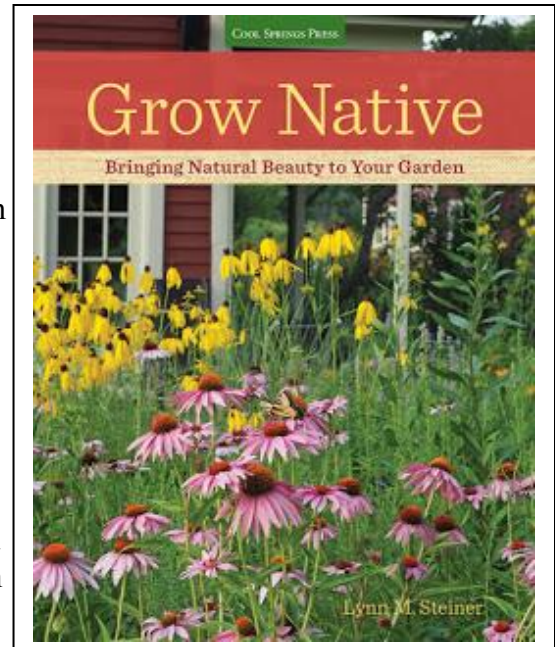
## Meeting Notes

### October 2016 Grow Native, Bringing Natural Beauty to Your Garden, Lynn M.

**Steiner.** Lynn Steiner's basic tenet is that we can no longer garden in a vacuum. Instead we must adopt a new approach to gardening. This should reflect Doug Tallamy's premise that unless we modify the places we live, work and play in to meet not only our needs but the needs of other species as well nearly all species of wildlife in the U.S. will disappear forever.

This requires that we garden responsibly by giving some thought to the plants we grow. Things that one should keep in mind when approaching your garden include:

1. Use native plants whenever possible. Not only an effective landscape (attracting insects, birds, wildlife), but also it looks good. Note that of the about 9 million insect species in the world a mere 1% are considered to be pests.
2. Avoid using invasive non-natives
3. Plant habitat gardens whenever possible
4. Don't use pesticides/fungicides
5. Use Round-up and other insecticides responsibly
6. Reduce Kentucky bluegrass where possible
7. Replace peat moss as a soil amendment
8. Install a rain garden if appropriate. This garden should be designed to capture rainwater that is destined to run off your property and temporarily store it (ideally for 24 to 48 hours) so it can soak in. This helps purify the water and resupply the aquifer. In the center of the rain garden you want plants that can tolerate having wet feet but can also tolerate being completely dried out. Generally they should be deep rooted. As one goes outward from the center of this garden you can have more regular natives.



She briefly touched on some of the creatures one can find in the garden and their needs

1. Butterflies need shade, food (nectar), and water. They particularly like tubular flowers and large open flowers. In order to have sufficient food they need a long season of blooms. Their caterpillars are voracious eaters, so we should accept holes found in the leaves of our plants.
2. Birds disperse seeds and some are pollinators. The greatest benefit in your garden is that they keep insects in check. Their habitat preference is a layered approach where there are tall trees, a middle layer (typically shrubs) and a lower layer.
3. Hummingbirds eat more than one half of their weight each day. Food sources include tiny insects as well as nectar. Having no sense of smell, instead they are attracted to color (red being the best) and to shape (tubular). They need blooms from spring to fall. As long as there is food they will stay near. Willow is a wonderful nesting material.
4. Pollinators are insects that either purposely or inadvertently collect this material which is a protein source. Bees are the largest group of pollinators (Flower color, shape and fragrance attract them). Wasps, beetles, butterflies, moths and flies also gather pollen. The greatest threat to bees is insecticides. However climate change also affects them as it alters the flowering times. This is



especially critical in the spring where early blooming plants have very short bloom times. The pollinators may arrive at the wrong time to collect and help distribute pollen.

General suggestions were given for traditional native planting and design

1. Plant in groups
2. Limit the number of species planted
3. Use your lawn as a design element
4. Plant in drifts
5. Repetition

As Lynn does all the research herself she feels comfortable recommending the plants she does. Her presentation was sprinkled with many suggestions and advice based on these many years of experience. For instance she is conscious of the trials and tribulations of first time gardeners and tries to suggest plants with which they will have success. For example, plant butterfly weed instead of milkweed because of its neater look. She is also not averse to using native cultivars rather than non-natives. Practical reasons for doing this include reduction of potential powdered mildew problems; the native is too tall for the area; and the non native may be less prolific. There is ongoing research by Doug Tallamy which may indicate that for the most part cultivars seem to attract the same amount of insects IF: (a) the cultivar blooms at the same time; (b) is the same shape, and; (c) has the same color. As have many other of our lecturers she reminded us to think about leaving plants to over-winter (as they offer food, shelter, and winter interest). If you feel a need to cut these plants back, it is good to leave at least 10 to 12 inches. In shady areas let the plants move around. The created tapestry affect is good.

<http://www.invasiveplantatlas.org/>

Prairie Moon Catalogue and Minnesotawildflower.org

## Pussytoes

**Common Name:** Nuttall's pussytoes, small-leaf pussytoes

**Scientific Name:** *Antennaria parvifolia*

**Family:** Asteraceae

### IDENTIFICATION

**Habitat:** Found in open plains and prairies, in open forests, dry meadows and pastures and along roadsides. It is widespread in the Great Plains and the Southwest. Also found throughout western Canada. Its distribution in Minnesota is limited as it typically is found in prairie and savannah areas. Since 1984 it has been listed as a species of special concern in this state.

**Height:** 2 to 6 inches tall.

**Leaves:** Gray-green, spatula shaped whorled leaves. Color is due to the presence of white hairs Alternate leaves are ½ to 1 ½ inches long and 1/8 to ½ inches wide.

**Flowers:** Short flower stems rise above leaf rosettes. The composite flowering head has many tiny, white flowers that bloom from May to June

**Fruit:** Light weight seeds are wind dispersed



**Overall Characteristics:** This plant can produce both sexually and asexually with the latter being more common in most areas. In Minnesota female plants are present which can reproduce asexually without pollen. They also don't produce nectar. It spreads via stolons which sprout new stems. According to a US Forest Service website its presence is an indicator of overgrazing in Colorado. Its common name refers to the tightly packed flower heads that from the top resemble a cat's paw

### **GARDEN TIPS**

**Plant Hardiness:** Zone: 4-7

**Sun/Shade Needs:** Full sun.

**Soil Needs:** Prefers dry soils

**Planting:** Space 9 to 12 inches apart

**Care:** Easy. Plants are drought resistant once established.

**Features:** Mat forming perennial. Stem 1-6"

**Note:** Given that this is a species of limited availability – for good ground cover choose *Antennaria neglect* (Field Pussytoes) or *Antennaria plantaginifolia* (Plantain-leaved Pussytoes) which are not species of concern and are widely available.

## **Nokomis Naturescape/Monarch Habitat News**

**Nokomis Naturescape News**  
a four-acre native planting at Lake Nokomis,  
50th Street and Nokomis Parkway, Minneapolis MN 55417

### **WILD ONE'S NATURESCAPE GARDENING**

*Interested in hands-on native plant gardening experience?* Consider gardening alongside volunteers who have been at It for twenty years! *Value native plant landscapes and want to bring the beautiful benefits to others?* Join Wild One's members gardening at the popular Lake Nokomis park. The NN Gardeneers meet Tuesday evenings, between 5/6 to 7/8pm from May through the end of the growing season (September/October). Since 2002 Wild Ones Twin Cities chapter has helped maintain the three prairie gardens located at the 4-acre Nokomis Naturescape. These demonstration gardens are designed to encourage people to plant native species to liven up their own yard. Get on our email list for current updates on Naturescape volunteering, garden bloom's and wildlife, native plant gardening tips and more. For more information contact Vicki at [ybonk@usiwireless.com](mailto:ybonk@usiwireless.com) or call 612-232-8196. Also check out our facebook site to keep you current with happenings <https://www.facebook.com/NokomisNaturescape>



Nokomis Naturescape gardeners enjoying spring gardening among early blooms

## Gardeneering Season Opening Event

Since the gardens were first planted in 1998, we have taken part in the **Minneapolis Park Board's Earth Day Clean-Up**. This is our opportunity to reacquaint ourselves with the gardens and each other, plus spread the word of native plant gardening to park patrons and an environmentally engaged community. Mark the date of Saturday April 23rd, 9:30 - noon. We'll meet at the Lakeside demonstration garden to begin a tour of the gardens, see what's coming up, discuss best spring maintenance practices, and the upcoming season.



Virginia bluebells at the Naturescape lakeside garden

## New Native Plant Educational Signage

We need new interpretive signage at the Naturescape. The park board does not have funding for this so a group of NN Gardeneers are working to raise money and work on content. Interested in helping or have suggestions? Contact Vicki (info above).

## GROW MONARCH HABITAT WORKSHOP

Saturday, May 20, 2017, 10am to 12:00noon

Nokomis Community Center, 2401 E. Minnehaha Parkway, Mpls., MN 55417

In 2005 the Nokomis Naturescape Gardeneers created the *Grow Monarch Habitat* project to connect monarch conservation to the importance of native plant habitat. This is a positive vision to see monarch habitat grow rather than diminish - every yard making a difference! We know planting the monarch host plant, milkweed is crucial but also critical is providing the nectar plants which are an especially important fuel for the monarch migration. An educational powerpoint featuring the Nokomis Naturescape is presented alongside a wealth of current educational materials including *Wild for Monarchs*. The workshop features the Monarch Garden-to-Go, a native plant kit including milkweed and a variety of nectar plants including the monarch magnets in the liatris family. Workshop admission is free, but registration is required for the kits. The Monarch Garden-to-Go kits are \$30 (\$36-42 value). Two different kits are available, each including 12 plants in 3.5" pots: one for dry to medium soils and one for medium to wet soils. Additional native plants will also be available and pollinator plants will be highlighted. The exceptional plants are supplied by the Vagary <http://www.thevagary.com>. For additional information, call the Nokomis East Neighborhood Association 612-724-5652, email [monarchnokomiseast.org](mailto:monarchnokomiseast.org) or visit [nokomiseast.org](http://nokomiseast.org).



Monarch on Anise hyssop at the Nokomis East Gateway Garden – bookend to the Naturescape on the soon to be Monarch Corridor



## A New Monarch Corridor Happening!

Volunteers at the **Nokomis Naturescape Gardens** (50th St. and Lake Nokomis Parkway) and the **Nokomis East Gateway Gardens** (50th St. and Hiawatha Ave.) have dreamt of creating a 1.3 mile-long Monarch Corridor along 50th Street that would “connect” our native plant gardens. This year we begin actualization thanks to the Nokomis East Neighborhood Association’s Green Initiatives Committee and the offering of garden grants to at least 15 residences along this route. Stay tuned for further information to this exciting project.

## Books Reviews, Member Input, You Name it!!

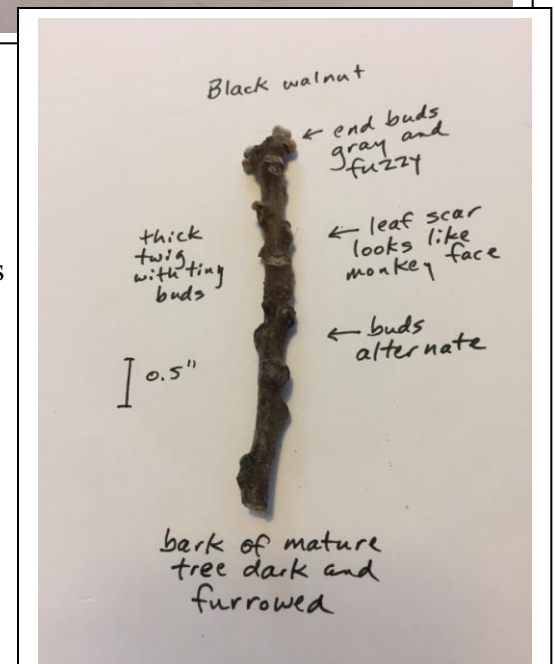
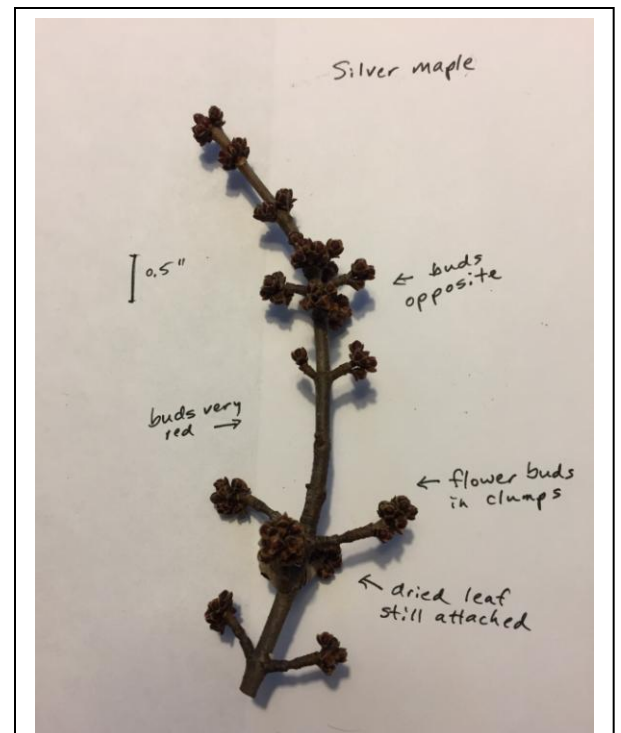
### Insane Equines – or Winter Tree Identification

First of all, what is a tree? A tree is generally 12 feet tall or more, with a single main trunk. Of course, some shrubs may exceed that height, and some trees may sprout up from the roots so there is more than one stem. As with other plants with leaves, deciduous trees have leaves either alternately along the twig, or oppositely. For those with opposite leaves, you can use the acronym MAD Horse: maple, ash, dogwood and horse chestnut. Buckeye is related to horse chestnut and falls into the opposite leaf category, so you can also say MAD Horse Bucks.

A good, small and inexpensive guide to winter trees is Winter Tree Finder: for identifying deciduous trees in winter, by May Theilgaard Watts and Tom Watts. This is about \$6 and is a handy size for putting in a hip pocket. A good way to begin with learning winter trees is to begin with one you know – perhaps one in your yard or boulevard – and key it out. With any luck the key will corroborate what you know.

Besides the twigs, other things will help you with identification. What the bark looks like and its color, habitat (for instance, cottonwoods are often found in or near river bottoms), the leaf scars on the twig, and the lenticels – or spots – on the bark. Lenticels are the corky part of the twig that allow the tree to breathe through the bark, and often have distinctive shapes.

Another good guide in this series is Winter Weed Finder: a guide to dry plants in winter, by Dorcas S. Miller. As you know,





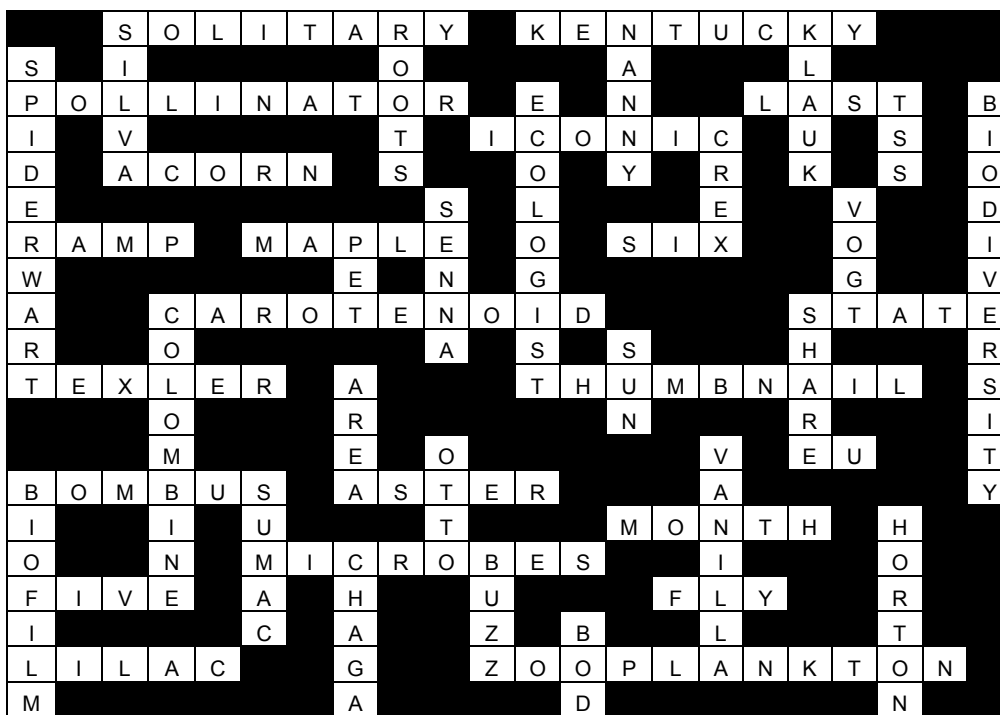
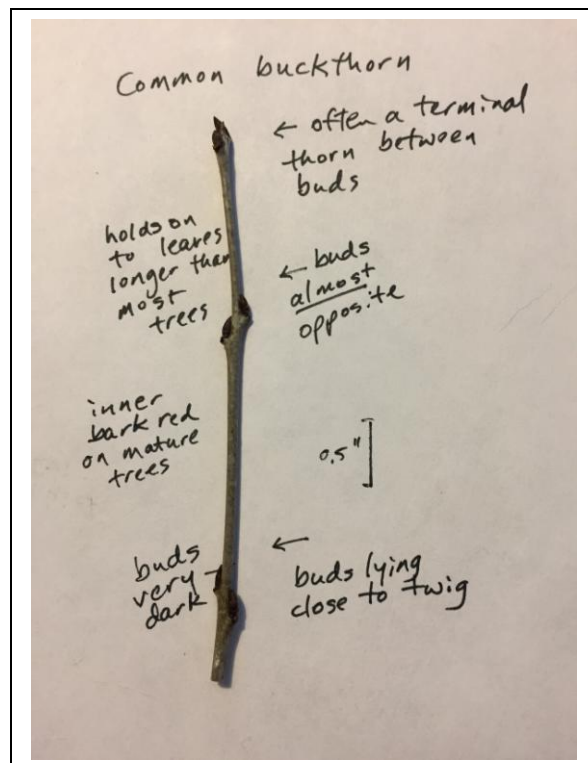
what some people call weeds, others call native plants or wildflowers. These two guides will assist you on your winter walks!

Susan Tertell

### To inspire us...

#### Beneficial insect actions by a local entity: The Minnehaha Creek Watershed District as reported by Cynthia Krieg Grant 2016

Highlighting the diverse roles that beneficial insects play within ecosystems, monthly residential raingarden surveys were led by University of Minnesota Bee Squad team member, Jessica Miller. Participants took photographs that visually connected raingarden plants with the insects that were observed. Native plants frequently had the highest insect activity. Ms. Miller identified the insects and shared the various functions they served within the raingarden ecosystem, such as pollinator, predator, and prey. At the end of the season (Oct), Ms. Miller presented a talk about the importance of stormwater management within raingardens and the resulting establishment of healthy ecosystems where beneficial insects like bee pollinators thrive at the Urban Growler Brewing Company.



### **2015 Officers**

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

### **Board Members**

DWN Conference Liaison: Karen Graham  
Audio Visual: John Arthur  
Education/Librarian: Kris Martinka  
Hospitality: Rose Meyer  
Internet Inquiries: Laurie Bruno  
Membership: Leslie Modrack  
Merchandise: Erik Rotto  
Newsletter: Mary Schommer  
Nokomis Naturescape/Wild For Monarchs  
Liaison: Vicki Bonk  
Outreach: Laurie Bruno  
Partner Liaison: Holly Breymaier  
Print Materials: Doug Benson  
Programs: Roz Johnson/Holley Wlodarczyk  
Public Relations: Holly Breymaier  
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 Marty Rice at 952-927-6531, or
3. Access the national website at [www.wildones.org](http://www.wildones.org)



Twin Cities Chapter

c/o Marty Rice

4730 Park Commons Dr. #321

St. Louis Park, MN 55416

Chapter Website: [www.wildonestwincities.org](http://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.