



## Twin Cities Chapter Quarterly Newsletter

February 2019    Volume 17, Issue 1



### *Healing and Restoring Our Relationship With Nature*

#### **FEBRUARY 16, 2019**

9:00 am - 4:30 pm, James B. Woulfe Alumni Hall, Anderson Student Center, University of St. Thomas,  
2115 Summit Ave (at Cretin) St. Paul, MN,

Registration (ends Feb 2 or when sold out): Wild Ones Members: \$75, Non-Member: \$85.

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

Wild Ones 2019 Design With Nature Conference is planned and managed by volunteers who are members of Wild Ones in the greater Twin Cities metro. Host chapters include Big River Big Woods, Northfield Prairie Partners, Prairie Edge, St Croix Oak Savanna and Twin Cities

#### **Featured Topics and Speakers:**

**Living in the Liberated Landscape: How our gardens and landscapes can be a source of environmental change.** Presented by Larry Weaner, ASLA, Principal & Founder of Larry Weaner Landscape Associates, Author of Garden Revolution: How Our Landscapes Can Be a Source of Environmental Change. Learn how designer Larry Weaner combines design with the reproductive abilities of plants as well as ecological processes to create compelling, ever-evolving landscapes that bring new meaning to partnering with nature.

**A Discussion with Michael Lynch, Botanist and Restoration Ecologist. Creator of the Facebook group Botanical Wanderings.** Botanist and restoration ecologist Michael Lynch, the founder of the group will share his thoughts on the upside of web-based social networks and websites like [www.inaturalist.org](http://www.inaturalist.org) and [www.minnesotawildflowers.info](http://www.minnesotawildflowers.info); and the significant role they can play in sharing our stories and expanding our knowing of the natural world we live in.

**The language of plants – How traditional indigenous teachings can help heal our relationship with Nature, Robin Wall Kimmerer, Ph.D. Distinguished Teaching Professor of Environmental Biology and Founding Director of the Center for Native Peoples and the Environment at SUNY Syracuse, Author of Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants, and Gathering Moss: A Natural and Cultural History of Mosses** Plants, animals are our oldest teachers, though we have lost the ability to hear them. Her presentation will draw heavily on her understanding of Traditional Ecological Knowledge (TEK) as a cumulative body of knowledge, belief, and practice, handed down through generations, via traditional songs, stories and beliefs. It is concerned with the relationship between all living beings, including humans, with their environment.

## **SPOTLIGHT PRESENTATION:**

### **Xerces Society for Invertebrate Conservation**

**Sarah Foltz Jordan & Karin Jokela** Since 1971 The Xerces Society has worked to protect invertebrates and their habitats. Invertebrates are an essential part of all ecosystems, contributing to the survival of wildlife, the pollination of crops, and the health of our environment.

## **Upcoming Events/Monthly Meetings**

**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: Any suggestions for future presentations are welcome. Email them to Leslie Pilgrim, [lespilgrim@juno.com](mailto:lespilgrim@juno.com) & Marilyn Jones, [marilyndjones@gmail.com](mailto:marilyndjones@gmail.com)**

**March 19, 2019, Problem-Solving with Native Plants, a Site-Specific Solution,** Bonnie Harper-Lore, Ecologist and Author. Twenty-first century problems include diminished pollinator habitat, degraded water supplies, climate change, increasing invasive species and more. Some nonnative plants are used to solve these issues. However, in the big picture, native plants have fewer unintended consequences while protecting the natural environment at the same time. I now call for the sciences of horticulture and applied ecology that have been at odds for decades, to combine strengths. The well-being of the human environment and protection of land health hang in the balance. Let's examine environmental problems, examples of site-specific plantings and lessons learned to assure successful use.

**Bonnie L. Harper-Lore.** My journey began with a native wildflower garden at age 14. I intuitively knew how to match plant needs with planting site constraints. I thought everyone knew that. However, working with residential landscape projects for ten years, landscape architect students for nine years and highway corridor restorations for 17 years, I quickly learned I assumed too much. Now, I explain what works and what does not in the use of native plants - some of them wildflowers.



**April 16, 2019, 8th Annual Table Topics, featuring Local Native Plant and Landscaping Experts**

**May 21, 2019, Water in the Landscape: Design Considerations for Storage and Use.** Dan Peterson, Landscape Designer and Ecologist, Habadapt

## **Presidents' Message**

Winter without snow... brown rather than white. Our native plant gardens will be in good shape come spring. Why, you ask? Because not raking leaves or trimming forbs and grasses to the ground protects the roots and plants from stress of freeze thaw cycles, plus it holds moisture in the soil.

**What a year we had in 2018!** Our chapter was very busy, our leaders did a terrific job planning and hosting eight chapter programs, annual plant sale, three public tours, one member only tour and our first new member orientation program. In addition we played a key role in producing Wild Ones 2018 Design With Nature Conference and tabled at several metro area events. A big shout out and thank you to everyone who helped!

You may notice some changes in 2019 as we are transitioning to building cluster teams, easing the load on our leaders and giving more members a chance to be involved. You may have noticed changes at our monthly programs as hospitality has become a team effort. Treats come when someone steps up and volunteers, and several members have been coming early to help with set up.

Holley and I, with help from the executive committee, are working to build teams for Programs & Tours, Outreach & Special Events (Plant Sale) and Communications (Publicity, Web, FB, Instagram, Enews, Newsletter). Lots of ideas on things we can do to improve our chapter, make it run smoothly without overloading any individual, just need more people to make it all happen. Are you interested in helping? Please don't hesitate to contact me (Julia) via phone, text or email. 612-382-2800, [juliakay@winternet.com](mailto:juliakay@winternet.com)

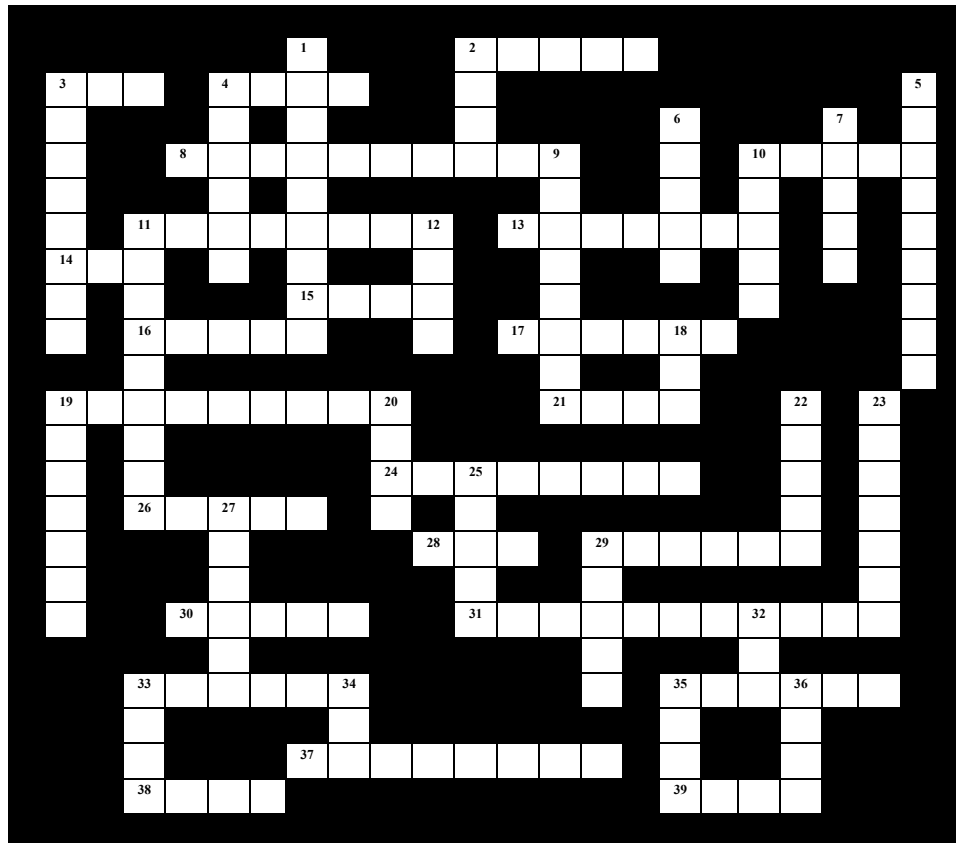
Spring will be here sooner than we think, can't wait to see green again in my garden. Thanks for your support of Wild Ones. See you all soon!

Your co-presidents,  
Julia Vanatta  
Holley Wlodarczyk

## CROSSWORD (All answers can be found in 2018 chapter newsletters)

### ACROSS

2. Characteristic shape found on diseased leaves with BOB
3. Boneset was a remedy for this sickness
4. Used to renew prairie areas
8. Provides wintering nest for many beneficial adult insects
10. Leaf structure that darkens with BOB
13. NY City \_\_\_\_\_ Tree initiative
14. Dzuik camera hint: keep setting at a negative \_\_\_\_\_
15. Another insect overwintering place
16. Cook's plant collector
17. Greek word for large
19. This allows species to intermingle and pass through areas
21. Edible wild native
24. State whose summer weather we will experience with climate change
26. Layer put down as weather warms used to help conserve water
28. Victim of BOB
29. Percent of water consumed on the East Coast to water lawns
30. Tree that will become more scarce here with global warming
31. Eloise Butler watercolor effort
33. Cause of BOB
- 37 This may increase with warming temperatures due to climate change
38. Name for years in which excess acorns are produced
39. In this pruning these branches are removed



### DOWN

1. Minnesota area where there were no glaciers
2. Disease that attacks a number of oak species
3. Area where local community action resulted in land acquired for a new park
4. Water conifers until the upper soils \_\_\_\_\_
5. One of 4 criteria for judging plant watercolors for Eloise Butler
6. Apply corn gluten meal late in this month to hinder weeds
7. Garden in California with watercolors of their plants
9. With Climate change and warming temperatures, also expect an increase in \_\_\_\_\_
11. A systematically arranged collection of dried plants
12. Glacial deposit
18. The "O" of BOB
20. Winter salt substitute
22. Environmentalist devoted to restoring habitat in southeast Minnesota
23. Tea from this native is a remedy for upset and nervous stomach
25. Paleozoic era prairies that are possibly most diverse in the Midwest
27. Wound found on leaves with BOB
29. Don't stake a new tree until it has fallen over \_\_\_\_\_ times
32. Technology used by Minnesota Wildflowers in locating plants
33. What medium conference speaker Catherine Zimmerman is now concentrating on
34. Good places to look for native plants
35. Type of pruning to stimulate bud growth.
36. "To do" order in the February - March time frame

## Meeting Notes

**October 2018, Seeds of Sustainability**, Rich Harrison, Registered Landscape Architect, currently works for Metro Blooms, which is a non-profit promoting gardening and beautifying our community. They, along with the Blue Thumb, advocate planting for clean water.

He began this presentation with a little background to set the stage. Only 3% of the earth's water is fresh. Of this amount, 90% of the fresh water is locked in glaciers with only 0.007% of fresh water available. With regard to Minnesota, in 1816 there were 18.6 million acres of wetlands in the state. Presently there are 9.3 million. We have more shoreline than California, Oregon and Hawaii combined. There are three major watersheds in Minnesota: Mississippi, St Louis and Red River. We are all connected to our streams, lakes and rivers.

In Minnesota 40% of our waters are impaired. Because of this and other factors, we must be aware of the consequences of urban storm runoff which frequently goes right to a river or stream and contains nutrients, salt, oil, and heavy metals. Climate change has only exacerbated the problems with an increase in extreme rainfall events which means that higher volumes of water are moving through our landscape with a subsequent increase in storm damage and more of the aforementioned materials released.

There are some Metro Bloom programs which are trying to retard runoff

1. Neighborhood of Rain Gardens. In partnership with the Conservation Corps, 1200 rain gardens have been installed in Minnesota and Iowa. The average garden is 130 square feet which translates into approximately 150,000 square feet of urban habitat.
2. Blooming Boulevards: Through this program boulevards are reshaped as ash trees are being removed on 37 properties. Typically the boulevards are excavated after the removal of the trees, by loosening the heavily compacted soil and creating swales. This allowed water to collect, instead of running off the boulevard, and should benefit any future tree planting.
3. Blooming Alleys: This project is focusing on the Lake Nokomis watershed where 60% of the properties drain to the alley. By working with community members to design and install visually appealing practices such as rain gardens, pervious pavement, and native plantings; the goal is to reduce the amount of runoff and pollution that would otherwise flow down the alley and into storm drains and transform alleyways into habitat corridors that attract pollinators.
4. Additional organization efforts include Field Maintenance, Sustainability Training Plots, Commercial Projects, and Workshops. Since 2007, 6,832 property owners have attended various workshops. There are approximately 15 workshops per year with 33% on installing rain gardens.

There are many things homeowners can do to reduce runoff and the amount of contaminants therein:

1. Keep grass clippings and leaves out of the street
2. Adopt a drain
3. Clean up pet waste
4. Avoid pesticides and fertilizers
5. Raise your mower blade (3" as the minimum height)
6. Water with intention. Don't set and forget. Don't water between 10am and 6pm
7. Shovel walks and driveways promptly, using grit if needed for traction. Avoid using excess salt.
8. If there is a concentrated flow in your yard, put in a rain garden

## 9. SOS Stop oversalting!!

Tools for a resilient lawn

1. Install rain barrels
2. Redirect runoff
3. Create swales and creek beds
4. Install channel drains
5. Install permeable pavement
6. Reintroduce native trees and plants
7. If you are not actively using an area it shouldn't be lawn.
8. Try not to have so much Kentucky bluegrass. To change the mix, cut grass very short, then seed with asters, and rake in for soil contact. Asters can be mowed and will still bloom. Ivory sedge is also a good shade ground cover
9. Restore and support healthy soil by
  - Mulching leaves in place in the fall Let them be where they are – this is where pollinators overwinter
  - Mixing shredded leaves or compost into the soil
  - Using ground covers
  - Planting deep-rooted native plants

### Suggested native species with lower vulnerability to climate change

**Trees:** Red Buckeye, Ironwood, Bur Oak, Linden, Scarlet Oak, Kentucky Coffee Tree, Eastern Red Cedar, Yellow Wood?

**Bushes:** Serviceberry, Blue beech, Pagoda dogwood, Witch Hazel, winterberry, raspberry, ninebark, nannaberry, Red twig dogwood, black chokecherry, Dwarf bush honeysuckle

When looking at designing your yard, keep in mind the following objectives:

1. Have a mixture of grass and shrubs.
2. Have a mixture of native plants. Try to have three flowering plants for each season (spring, summer, fall) for the pollinators.
3. Plant in masses, having drifts with variable heights.
4. Think about where the focal point is and where one will be viewing this area viewing.
5. When installing rain gardens:
  - a. The bottom should be perfectly flat
  - b. Side-slopes should be 1:3
  - c. Put double shredded leaf mulch on the bottom
  - d. Have clean edges
  - e. Leave some bare spots for native bees to nest
  - f. Some suggested natives include cup plant, bee balm, coneflower, goldenrod

**November 2018, From the ground up.....tips on pruning and timing”,** Jason S. Pruett, M.A., Treehugger Tree Care, Inc., ISA Certified Arborist MN-4226A, CTSP, TRAQ, EHAP, MNCPA. *(Editor's Note: Below are excerpts from the Jason Pruett's slide show given that evening. I was unable to attend, so the highlights from the power point presentation were copied directly with minimal interpretation of the contents which would have been more fully elucidated based on the speech itself had I attended.)*

The topics on pruning included the following:

- Sanitize your tools. Suggested products are shown here. If bleach is used dilute with 1 gallon of bleach to 3 of water. Time this job. That is, “Don't prune in April, May, and June”. Prune now, but not when it is wet.





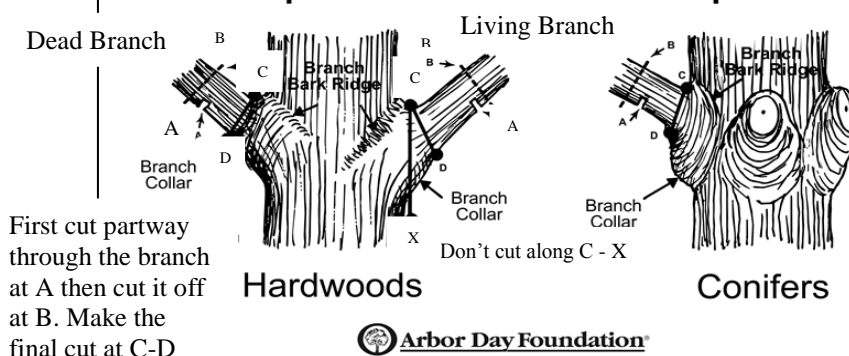
- Use the right tools.  
Examples are shown in the slide to the right.



- Tips on pruning:
  - **Ed Gilman:** “When in doubt, prune it out!”
  - **Katherine Aby:** “You can only cut it out once, so punish the tree nicely.” “Make one final cut!”
  - **Treehugger:** “If you own OR can manage the tree on an ongoing basis, then take your time.” BE conservative.
  - **If NOT....See Ed OR Katherine!**
- Auxins, which are produced by the tree, promote stem elongation. They inhibit growth of lateral buds and play a role in maintaining apical dominance (That is, in increasing the tree’s height or width). Note that as long as sufficient auxin is produced by the [apical meristem](#) (main lateral), the sub-lateral buds remain dormant. If the apex of the shoot is removed (by a browsing animal or an arborist), the auxin is no longer produced. This will cause the sub-lateral buds to break their dormancy and begin to grow. In effect, the plant becomes bushier. When a gardener trims a hedge, they are applying apical dominance.
- Branch Bark Ridge. Try to minimize the number of cuts. Also try to cut the least amount of surface area --- Think “less wounding of the cell covering”  
When the branch collar is present, it is the best guide for the final cut when removing a living branch.
- How and where to cut. See below.



## Proper Pruning Principles



- Compartmentalization (CODIT) - Compartmentalization of decay in trees:
  - Trees do not “heal.” They don’t have the ability to regenerate cells.
  - A way a tree protects itself is by slowing or preventing the spread of disease and decay by forming “walls” around the wounded area.
  - There are 4 walls of protection
- Arborist pruning techniques

- **Crown Cleaning:** Is the selective removal of dead, diseased, broken, or weakly attached branches from a tree crown. Also called “dead wooding”.
- **Crown Thinning:** Includes crown cleaning as well as the selective removal of live branches to increase light penetration and air movement through the crown, and reducing limb/branch weight.
  - Removes stacking branches.
  - Removes crossing branches.
  - Some interior leaves
- **Crown Raising:**
  - Removes the lower branches of a tree in order to provide clearance for buildings, signs, vehicles, pedestrians and vistas while being mindful of trunk taper and client privacy needs.
  - Typical Spec. range’s to 5’-8’, 8’-10’, 10’-14’, 14’-16’, & 16’+. With young trees more conservative due to encouraging trunk taper.
  - Most common pruning technique for inexperienced “tree guys.”
- **Crown Reduction:**
  - Is used to reduce the size of a tree limb by cutting branches back to their point of origin or back to laterals capable of sustaining the remaining limb.
  - Reductions are used to provide building clearance similar to crown raising, but in the upper canopy. (i.e. Crown reduction from home/garage by 7’-10’) Spec. range’s of 1’-3’, 3’-5’, 5’-7’, 7’-10’, 10’-12’, 12’-15’, & 15’+.
  - Could also be used to thin.
- **Subordination:** A technique to develop a strong central leader by select cuts in mid/upper canopy in younger trees by reducing canopy limb/branch weight so the tree will redistribute its hormones to the central leader. This is the most difficult, time consuming, and advanced pruning technique performed only by experienced arborists --- Class 1.
- **Retrenchment (Senescence):** The condition or process of deterioration with age. The practice of “**Retrenchment**” is used to bring a veteran/heritage tree into its elderly years by reducing upper canopy branch weight (similar to crown reduction.)

## Nokomis Naturescape (NN) News

A four-acre native planting at Lake Nokomis,  
50th Street and Nokomis Parkway,  
Minneapolis MN 55417

### WILD ONE’S NATURESCAPE GARDENING *for wonder-filled, purposeful, volunteering lakeside!*

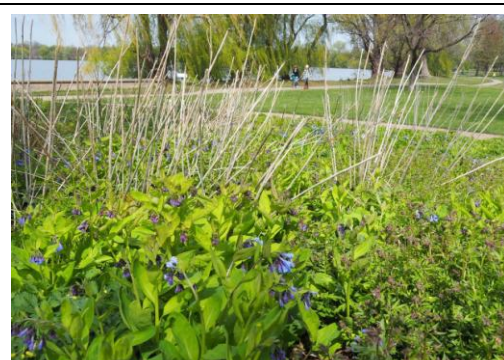
*Interested in hands-on native plant gardening experience?*  
Consider gardening alongside volunteers who have been at it for twenty years! *Value native plant landscapes and want to bring the beautiful benefits to others?* Join Wild One’s members gardening at the popular Lake Nokomis park. The NN Gardeneers 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



Bluebells excel at the the NN Lakeside Garden



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>



Last Year's Stem can mingle well among the spring blooms

## Earth Day 2019 Celebration *"Partnering with Nature"*

**Saturday April 21st, 9:30 - noon, meet at the Lakeside Garden**

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. We'll tour the gardens and have a **Partnering with Nature Spring Clean-up** discussion along the way (see below).

The Naturescape Gardeneers distinct approach to gardening partners with nature, striving to provide food and shelter to diverse native wildlife. We have learned through the years to modify our fall and spring clean-up routines with the goal of minimizing disturbance to our animal friends. Our maintenance role is to enhance their shelter and ability to overwinter successfully. After all, pollinators make the world go round!



Earth Day Cleanup 2018 done with a cavity nesting bee-friendly touch of leaving 14" stems for their homes

### *Partnering with Nature Spring Clean-up*

#### **The Garden Study**

First, enjoy an investigative spring nature stroll. What plants are showing signs of life? Are blooming? See any early pollinators? What plants to add as a wildlife invitation? How has the garden environment changed from last year and what adjustments would improve pollinator habitat? A deliberate study can help set habitat priorities before diving into a spring clean-up that could clean-out many beneficial insects with their shelters.

#### **Protecting Pollinator Homes**

One way to develop a habitat point-of-view, is to consider the following elements as potential homes for unseen beings. With this in mind, we modify garden care actions. We move away from the habit of blowing, raking, clipping and bagging all that valuable biomass that is then hauled away, diminishing important insect populations in the process.

- **Plant Stems** Many helpful insects including tiny native bees, pest-eating predators like lacewings and syrphid flies, overwinter in hollow plant stems. CARE: 1. Avoid cutting down plant stems too early in spring. 2. When cutting back, leave at least 14" of stem and let that remain up over the growing season for insect cavity dwellings the following year. 3. Cut stems may be strewn on the ground to double as mulch and insect havens. 4. Another solution is to bundle, tie and hang horizontally, a few dozen of the stems to serve as homes for native cavity dwelling bees.
- **Leaf Litter:** The leaf litter is a wintering nest for many beneficial adult insects, as well, as eggs and pupae. Some adult butterflies, such as mourning cloak, question marks, and commas hibernate in the leafy beds. CARE: 1. Wait until temperatures warm to remove leaves from perennial gardens (to a steady string of 50 degree+ days). 2. Leave at least a layer to act as moisture-retaining mulch while adding soil nutrition and fiber.
- **Soil:** A variety of insects overwinter in soil burrows in either adult, egg or pupae form, including hummingbird clearwing moths and many native bees. CARE: 1. Keep the soil uncovered and do not mulch, especially with a thick wood chip layer or plastic. 2. Wait to mulch until weather warms and soil is drier. 3. Try to maintain some open soil areas in your yard or garden.
- **Woody Perennials:** A variety of butterflies and moths overwinter as cocoons and chrysalises suspended on branches. CARE: Keep a look out for cocoons and chrysalises as you prune. Leave the occupied branch be or place cut branch in a safe place to emerge.

**These simple actions add up from garden to garden, making a significant difference towards healthier pollinator populations.**

## Member Input

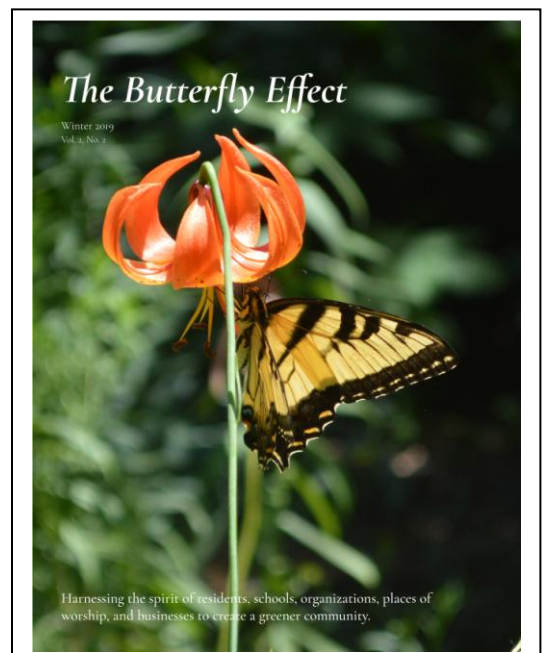
What to join a community of doers? Help make a "green" impact in your own community? Learn how by reading the stories of those who are making an impact in our neighborhoods.

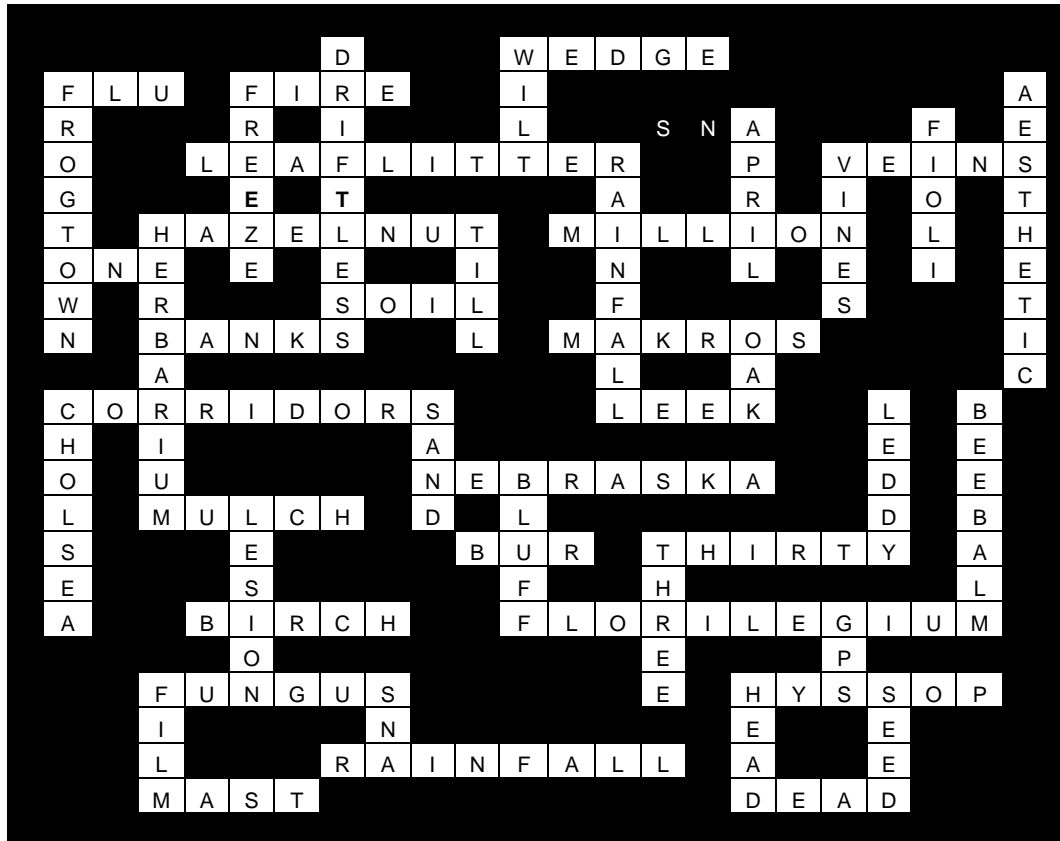
Sign up to receive your free Winter issue of *The Butterfly Effect* and receive future advertising-free-no-gimmicks issues delivered to your inbox four times per year.

Neighborhood Greening: "Harnessing the spirit of residents, schools, places of worship, organizations, and businesses to create a greener community."

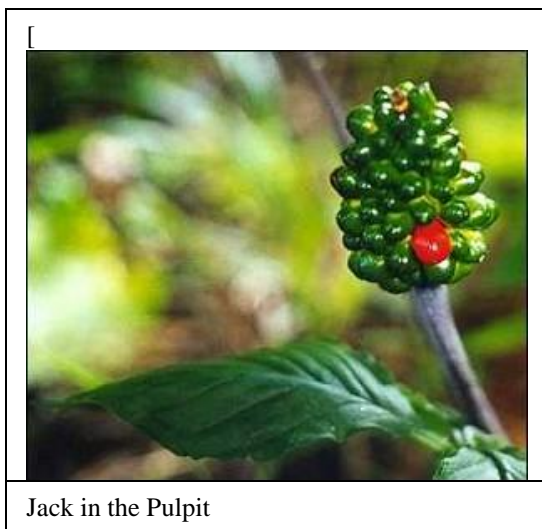
Thank you,  
Leslie Pilgrim

**"We must live together as brothers or perish together as fools."**  
Martin Luther King, Jr.





THINK SPRING!!



### **2018 Officers**

Co-Chairs: Holley Wlodarczyk/Julia Vanatta

Secretary: Sharon Clarey

Treasurer: Marilyn Jones

### **Board Members**

DWN Conference Liaison: Jeremy Mayberg

Audio Visual: John Arthur

Youth Education : Leslie Pilgrim

Librarian: Barb Gibson

Hospitality/Internet Inquiries: **OPEN**

Membership: Joelyn Malone

Merchandise: Erik Rotto

Newsletter: Mary Schommer

Nokomis Naturescape/Wild For Monarchs

Liaison: Vicki Bonk

Outreach: **OPEN**

Partner Liaison: Holly Breymaier

Print Materials: Doug BensonHolley

Wlodarczyk

Programs: Leslie Pilgrim/Marilyn Jones

Public Relations: Holly Breymaier

Tours: **OPEN**

Volunteer Coordinator: **OPEN**

Website : 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.