



Twin Cities Chapter Quarterly Newsletter

August 2017 Volume 15, Issue 3

Upcoming Events/Monthly Meetings

SUMMER TOURS

Saturday August 19, 2017, *Native Plant Rain Gardens*

10:00 am - 11:00 am

Lutheran Church of Christ Redeemer
5440 Penn South Minneapolis, Mn. 55410

Guide: Laurie Bruno, Master Naturalist

This garden was planted in the fall of 2014. The garden is the capstone project for Master Water Stewards Joan Freese and Laurie Bruno. Costs for this rain garden were around \$500.00 plus in kind labor by congregation members. The cash costs were reimbursed by a cost share grant from the Minnehaha Creek Watershed District with in kind labor balancing the out of pocket costs.

The original plan listed 16 different native plants. Several additional natives have been added in subsequent years. At the end of the first year a storm water credit was applied for. This was eventually approved and is currently saving this congregation about \$600 per year.

11:15 am - 12:00 pm

St Thomas the Apostle Catholic Church Linden Hills
2914 W 44th St Minneapolis, MN 55410

Guide: Dottie Dolezal

There are three separate areas on the parish grounds:

1. Two rain gardens and a bioswale were installed in 2014 with assistance from Minnehaha Creek Watershed District and the Linden Hills Neighborhood Council (and many, many church bake sales!). It is planted predominately with native plants and maintained by the church's garden club. These rain gardens manage storm water on the parish's property, prevent erosion, capture runoff allowing it to seep slowly into the ground and protect Minnehaha Creek and Lake Harriet by filtering pollutants from the storm water. These gardens qualify for storm water abatement credits from Minneapolis and within the next two years, this monthly credit will have paid off the cost of the garden. Design work by Nature's Edge Designs.

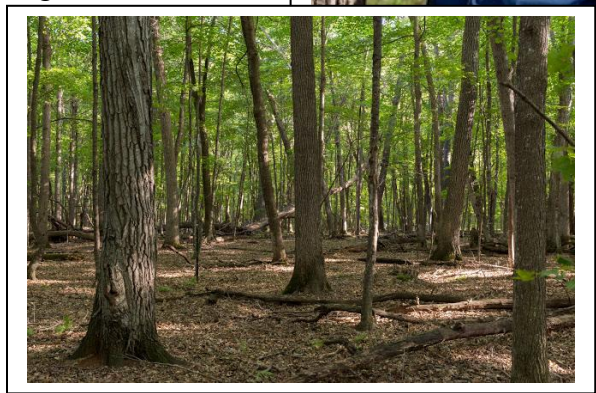
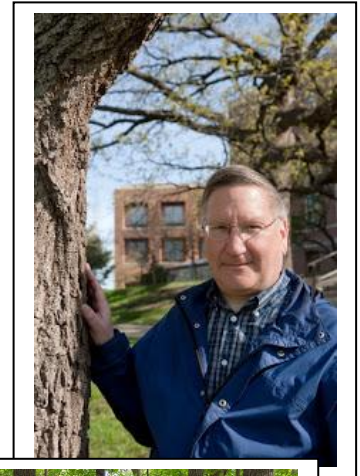
2. This summer, a nonnative hedge by the parking lot was removed and the church garden club planted an oak savanna with predominately native plants. Oak savanna was the original habitat in south Minneapolis. It is certified as a Monarch Waystation. 3 baby oak trees were planted by Wetland Habitat, Minneapolis’s partner in greening the city.

3. Formerly a thick thistle patch in the lower parking lot corner, became a small prairie garden, planted approximately 8 years ago. As the linden tree grows, the garden will gradually become a shade garden.

T

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 19, 2017. CONSERVATION STRATEGIES FOR NATIVE ‘BIG WOODS’ FOREST PLANT COMMUNITIES, Dr. Lee E. Frelich, Director, The University of Minnesota Center for Forest Ecology. Understory plant communities in Big Woods (maple, basswood and oak) forests were historically lush with high species richness. In recent decades, these plant communities have become highly degraded by high deer populations, invasive earthworms and invasive plants. Slow growth rates of native plants due to low light levels in even-aged forests and lack of seed sources are further complications. Although some species probably cannot tolerate the presence of European earthworms and may require special conservation strategies, restoration of lush native plant communities is possible and strategies for doing so will be discussed.



Upper Photo: Dr. Lee Frelich
Lower Photo: Empty understory in Patch Woods Scientific and Natural Area.

TUESDAY, October 17, 2017. MINNESOTA WILDFLOWERS, Katy Chayka & Peter M. Dziuk minnesotawildflowers.info For anyone who is interested in learning about Minnesota’s native or invasive plant species, Katy Chayda and Peter Dziuk have developed one of the best online field guides of any state. Find out how this online guide was started and how to search for plants, learn photography tips and view beautiful photos of rare/endangered and other plant species.

TUESDAY, November 21, 2017. Annual Member Meeting and Potluck. WILD ONES IN THE FIELD, A panl featuring WOTC members. Join us for an introduction to local programs and organizations that align with Wild Ones’ mission to educate the public about the benefits of preserving and restoring biodiversity of our native plant communities. WOTC members will share experiences working with or volunteering for affiliate organizations—such as Audubon, Great River Greening, Humming for Bees, MN Master Gardeners, Naturalists and Water Stewards, MN Native Plant Society, Monarch Joint Venture, and Xerces Society. Panelists will further share the special knowledge and perspective they bring as Wild Ones working in the wider community. This meeting includes Election of Officers and a Potluck.

Monthly Meeting Wrap-up

May 2017 Backyard Phenology. Native's Cycle and Seasons in Changing Climate, Rebecca Montgomery (Department of Forest Resources, University of Minnesota).

First, of course, comes a definition of phenology per Rebecca Montgomery: To show, to appear; the science of phenomena that appear successively on the globe. Another definition was given which was coined in 1849: The study of the recurring life cycles of plants and animals. The word was originally derived from the Greek word phaino which means to show, to bring to light, to make appear.

Linnaeus originally created the first phenology network in 1756. This sprang into being at the same time that meteorology was growing as a science. The weather was tracked at that time in conjunction with plants and their blooming. A little later in our country the US Patent Office and the Smithsonian were making meteorological observations.

With regard to phenology efforts Aldo Leopold leaps to the fore due to his recordings of nature. He so rightly state that from the beginning of history people have searched for order and meaning in these events, but only few have discovered that keeping records enhances the pleasure of the search and also the chance of finding order and meaning in these events – these few are called phenologists.

The more recent study of climate change turned to phenology records for concrete data. To date, phenology has provided the most wide-spread and coherent information. Examples of records examined include:

- a. Robert Marsham (who was considered to be one of the first citizen scientists). Here there are 2 centuries of data showing the responses of species to climate as subsequent generations continued to record information first collected by this gentleman.
- b. Nina Leopold (daughter of Aldo Leopold) also continued the tradition of gathering data and looked at data in the 1990's.
- c. The longest known record keeping was of cherry blossoms in Japan. There are 1200 years of written records starting in 850 AD.

So why should we really care?? Changes in climate can affect a multitude of things such as:

- a. Growing season lengths.
- b. Food availability.
- c. Pest outbreaks.
- d. Pollination services.
- e. Human health. For example, the ragweed season will be longer. In our area it has increased by 19 days.
- f. Management decisions. Such as when to plant.



From this overview some of the ongoing efforts in her department were related.

1. Digitizing Data. Taking information from sources such as Jim Gilbert Nature Notes and number of others who have collected data.
 - a. Aspen leafing recorded from 1941-1991, and again starting in late 2000's. It has been

confirmed (not surprisingly) that warmer temperatures in spring correspond with earlier leafing out of the trees

- b. Relationship of bird arrivals in spring showed some were arriving earlier (Responders) while others (Non-responders) showed no change in their migration patterns. This difference may be because for the latter their migration is a response to light and not temperature as the non-responders were birds wintering in warmer climates such as Central and South America. It was noted that if birds depend on insects these two must appear together along the migratory route and at their final destinations.
 - c. Flowers
 - a. Responders: marsh marigold, zigzag goldenrod, blue cohosh, white trout lily
 - b. Non-responders: Red baneberry, cup plant, cotton grass, sessile bellwort
2. Twin Cities Greening. Here they are looking at street sweeping practices and the organics entering the sewer system. Normally cities in our area sweep two times a year. What if one could predict when leaves would fall and then could sweep at the most opportune times. To test this, neighbors in one area of town collected information on the dates when leaves fell for specific tree species. This information will be used to see if one could establish hot spots. Based on what species are found in a locality and the dates the leaves fall, one could decide to sweep more frequently during these periods. It has been estimated that it costs \$40 to \$100 a pound to sweep and 3 to 4 times that much to remove phosphates from bodies of water.
 3. Artist Collaboration: The objective of this endeavor is to create an iconic object that draws people in so they become more engaged in the environment around them. At selected sites these are used to ask people thought provoking questions such as: What have they seen changing around them? What is their theory as to why this is happening? Through this means people are telling their own stories. The question then is do people's stories reflect the same things that the hard data does.

In conclusion she emphasized that phenology is important to biological and human systems. For those interested in learning more or participating go to:

1. Minnesota Phenology Network: <https://mnpn.usanpn.org/>
2. Nature's Notebook: https://www.usanpn.org/natures_notebook

January 2017 Selecting Native Trees and Shrubs That Support Birds and Pollinators, Heather Holm, Environmental educator. (Her latest book is "Bees, An Identification and Native Plant Forage Guide". Her website is: www.pollinatorsnativeplants.com)

At the onset of this presentation the following aspects of what makes good habitat for birds and insects were discussed:

- a. Layers of flowering vegetation. This consists of canopy, understory and an herbaceous layer. It is most important to birds.
- b. Rotting wood on the ground. These are bird foraging spots for insect larva. Additionally it is used as nesting sites for solitary bees such as the pure green metallic sweet bees and digger bees.
- c. Leaf litter and plant debris. This has a number of benefits by providing:
 - Foraging places for birds



Augochlorella – Photo by Heather Holm

- Nesting material: Baltimore orioles use peeling fibers found on perennial plants such as milkweed. Predatory birds and corvids (such as blue jays and crows) use twigs to construct nests. Smaller birds use grass blades to build theirs. Cavity nesting bees may nest in pith-filled plant stems such as golden rod and asters. Because they use the dry stalks from the previous season, you want to leave them standing in your garden indefinitely or for as long as possible. Cut the stalks down, leaving 15” of stem stubble. Some cavity-nesting bees construct nests in the stem stubble and emerge the following year.
 - Overwintering habitat: This is used by soldier beetles and hummingbird moths who spin cocoons that drop to the ground.
- d. Standing dead or dying trees. Trees with existing nesting cavities or rotting trees where cavities can be created (by woodpeckers) make excellent habitat. Insects may also create holes which become bee and wasp nesting sites.
 - e. Bare soil. Solitary bees create nests in these areas.
 - f. A diversity of plants that flower. Flowers are needed throughout all seasons to provide nectar produced by these plants for insects. Insects in turn provide food for 96 percent of our terrestrial birds. (Recall the Douglas Tallamy speech at our recent WO conference where it was stated that it takes from 4800 to 9000 caterpillars to feed a nest of baby chickadees before they fledge.) As alluded to previously the plants themselves are used as nesting sites by some insects and as material to build nests by other insects and creatures.

Research to date (based on the number of insects found in them) indicates that the following 10 woody plants primarily support birds: oak, willow, cherry, birch, poplar, maple, pine, hickory, cranberry, and blueberry. Sap from trees such as poplar, mountain ash, birch and maple support hummingbirds, sap suckers and the mourning cloak butterfly. The nectar from the flowers of woody plants is used by bees, wasps, butterflies, moths, and beetles.



Most of deciduous trees in Minnesota are wind pollinated. The protein content is much lower in this pollen source. Those trees that are pollinated by insects have showy flowers that are brightly colored and fragrant. Looking at specific trees and shrubs it was noted that:

- a. Red maple: Attracts a number of different kinds of bees.
- b. Hackberry: Is wind pollinated, but birds depend on their fruit and it's a larval host plant for the hackberry emperor butterfly.
- c. Black cherry: Is reliant on insect pollination. Their leaves come out first then the flowers, followed by the berries which are consumed by robins and waxwings.
- d. American Basswood: Is insect pollinated. Blue jays and song birds eat its fruit. The flowers are also visited by nocturnal moths.
- e. Chokecherry (a large shrub): This is found in the open or under shade trees.
- f. Serviceberry: Bees, flies, beetles visit this shrub. Its berries are fruit for birds. This plant is bisexual.
- g. Dogwood: Bees, flies, wasps, beetles and butterflies forage at this tree. Three bees are dogwood specialists in that the females will only collect pollen from this dogwood.



Bombus - Photos by Heather Holm

- h. Pagoda Dogwood: Understory.
- i. Sumac: Bees, flies, wasps, and beetles frequent it in late June/early July.
- j. Elderberry (Canadian Elderberry is a wetland edge plant. Red Elderberry is a woodland, understory shrub.)
- k. Viburnum: Visited by fly catchers, flickers, and bluebirds

In summation: There are way too many flowerless landscapes that lack nesting sites, forage, food and cover. Given this challenge we need to build upon, expand and improve existing habitat. The solution is to incorporate leaves, logs, stem stubble, and standing dead trees in our landscapes and add layers of vegetation, cover and forage food.

Nokomis Naturescape (NN) News

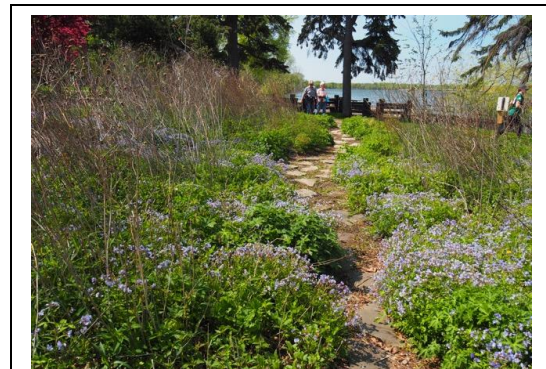
A four-acre native planting at Lake Nokomis, 50th Street and Nokomis Parkway, Minneapolis MN 55417

WILD ONE'S NATURESCAPE GARDENING

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 Gardeners 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. Find our 2017 calendar at Wild One's Twin Cities <http://www.wildonestwincities.org/p/volunteer>. For more information contact Vicki at vbonk@usewireless.com or call 612-232-8196. Also check out our facebook site to keep you current with happenings <https://www.facebook.com/NokomisNaturescape>

Adopt-a-Garden

The Naturescape Gardeners have renewed campaign. Two Wild Ones Twin Cities members have signed on. Last week Joelyn Malone adopted the far south corner of the Lakeside Garden. Sandra Nussbaum has adopted the east corner. THANKS! Our longest adopted garden (since 2002) was WO's Kris Martinka's hillside section. Over the years this well tended plot had more diversity and more definition thanks to her. Her focus, gave the rest of us gardeners, opportunity to work on other territory. Adopting a small section gives it special attention, the gardener gets to know the plants, and can come anytime during the week, as well as our regular session time. There is a sweet sense of ownership. The garden corners and the lakeside pathway are optimal spaces to adopt. Does this interest you? Our usual gardening session is Tuesday eve and this is inconvenient for some. This option opens the possibilities. Consider adopting a garden with a friend for



The Lakeside Garden Path is up for adoption. This is a little kid's favorite for a "wild run"

company. I will meet beforehand with anyone who would like to consider doing this service. We'll look at garden plot choices and their unique features. Adopt-a Garden is a special way to advocate the benefits of native plant habitat gardening. Give it a try and see how it works for you!

9th Annual MINNEAPOLIS MONARCH FESTIVAL

Festival de la Monarca

Saturday, September 9th, 2017 10am to 4pm

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

This colorful, heartwarming festival has become a Minnesota favorite. It is a bilingual event (<http://www.monarchfestival.org/>) dedicated to monarch conservation and celebrates the Minnesota/Mexico monarch migration connection. For the past few years, this celebration has drawn about 10,000 people to the shores of Lake Nokomis and to the Nokomis Naturescape. 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, US Forest Service International Program, native plant vendors and many more); share their own monarch experiences; and enjoy a day by the lake with music, dance, art, theater, nature activities and food. It's a delightful Minnesota Mexico cultural blend 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. One way to be an answer is to **VOLUNTEER** at the festival or attend and learn more. This year the NN Gardeners will have more activities at our lakeside gardens including a Kid's Nature Scavenger Hunt with a free milkweed prize, the Monarch Story tent (with butterflies, caterpillars and home rearing information), Master Naturalist Bug Walks and a Monarch Habitat Faces photo op. The Wild Ones Twin Cities website will soon have more festival volunteer information available. You can also email volunteer4monarchs@gmail.com and request to put on the Nokomis Naturescape volunteer list.



Free guided nature walks integrated with art-making workshops for the annual Monarch Festival at Lake Nokomis Park and the Nokomis Naturescape. A creative outdoor activity for the whole family! For a schedule visit <http://monarchfestival.org/monarch-magic-workshops/>

Nokomis Naturescape News . Check out the new facebook site to keep you current with happenings at the Naturescape <https://www.facebook.com/NokomisNaturescape>. We have had a terrific growing season and the plants are thriving – now is a great time to visit. Diligent volunteer maintenance over the years is showing reward. We have fewer weeds and more diversity.

In Memorium – Kris Martinka

I have known Kris for a couple of years shy of a half a century. Hard to believe our friendship extends so far into the past. I met her and her husband Jim in Germany all those years ago where my husband and those two adventuresome souls were teaching English in German schools. Although there are stories to be told from that era, I will confine my thoughts, to my knowledge of her during our time together as native plant enthusiasts. It was Kris who first introduced me to Wild Ones way back in 2005. I had just returned from another, more lengthy foray to Germany (13 years) and was looking to transform my yard from grass to native plants. What a perfect way to obtain information and plants. Not only did I get seedlings from this organization, but also from Kris' constant generosity with plants she contributed from her own garden. I can't begin to count the number of "Kris Martinka Memorial Plants" I have scattered throughout the yard. Beyond growing natives in her own yard she also spread the knowledge of native plants by establishing and tending gardens at her favorite local coffee shop/s and volunteering at various grade schools to talk about them. Within Wild Ones she served at various times in officer positions (as president, secretary and treasurer); as board chair for Outreach, the Annual Conference, the Seeds for Education program and for the library (for which she championed the establishment); and could be counted on most Tuesdays to be a volunteer gardener at Nokomis Naturescape. Her dedication to the Twin Cities chapter and quiet unassuming leadership will be long remembered. She will be missed.



Kris at Nokomis Naturescape

Twin Cities Newsletter Editor, Mary Schommer

... and as so aptly expressed by Vicki Bonk on her dedication to Wild Ones and the Naturescape

We knew Kris as the perpetually upbeat, cheerful presence for Wild Ones outreach and a most dedicated Nokomis Naturescape (NN) Gardener. Kris's adopted NN garden flourished while she diligently kept Early Sunflower and Wild Geranium in check since 2002. In fact, she had the longest ongoing adopted garden commitment at the Naturescape plus she started our ice cream cone visits to Nokomis Beach.

And then there was her knowledge and love of native plants - it is contagious and inspiring. A couple years back her home was on a WO's home tour. People were amazed and charmed. Large numbers of monarch butterflies and bees were drawn in by the Meadow Blazing Star and Anise Hyssop flourishing on their boulevard. With all this activity, her yard is well-known in her Minneapolis Kingsfield community and her neighbors count themselves very lucky (having met quite a few, I know first-hand) Kris also established a boulevard garden at her neighborhood coffee shop and was instrumental in establishing a memorial prairie garden at a nearby school.

That's Kris - the native plant gardener, advocate, generous volunteer and friend. She was also, many other good things including wife and mother. Her wonderful husband, Jim, you may know, as he was often with her at Wild Ones meetings, outings and gardening sessions.

Co-Chair Message/Input Request

At our May 16th, 2017 meeting, a year-end Program Feedback Survey was distributed for programs conducted between September 2016 - May 2017. Approximately 55 people attended the meeting. Only 8 people returned their survey; 6 were members and 2 were non-members. Membership years ranged from less than 1 year to over 8 years. With only 8 responses we are seeking further input from members any of the numbered categories below. The responses received to date are shown under each category. Please send your thoughts and suggestions to Roz Johnson at rjohnson2122@comcast.net or Holley Wlodarczyk at holleywlod@comcast.net

Summary of Responses

1. Respondents favorite presentations were “Selecting Native Trees and Shrubs that Support Pollinators” by Heather Holm and Dr. Rebecca Montgomery’s “ Backyard Phenology”. Another person mentioned “ A Walk Through Trespasser’s Garden by Emily Gray Koehler (invasive plant artist). The main reasons people like the monthly meetings is because they find the topics and speakers interesting and they learn new things. One person commented that there’s “a sense of community plus learning” at the meetings.

2. Suggestions how to improve our monthly meetings but no main theme.

“Make them a little shorter”.

“Not interested in travel slide shows”.

“Ask speakers to provide handouts”.

“Evaluate speakers after each meeting, not just May”.

“The room is very big. Please use a microphone. No one can project as well as they think they can. This is an accessibility issue”.

“Keep up the great work!”

3. When ask about specific topics or speakers for future meetings, suggestions were:

“Art and nature”

“Bring in Wood Lake Nature Center staff to lead walks so we can ask questions”.

“Gary Johnson, Ph.D from U of MN Forestry is a great speaker on climate change and trees.”

“Deer and rabbit resistance native plants”

“Invasive plant species”

4. Suggestions on how we can reach new members include:

- Contact Master Gardener groups in counties where we have chapters and advertise meetings to them and ask friends who like to garden.
- Give away promotional materials, Wild One stickers, T-shirts, etc.
- Do outreach at MN Landscape Arboretum and other pollinator/bee events.
- Put up flyers in grocery stores.
- Submit articles in MN Monthly Magazine and other local publications.

2017 Officers

Co-Presidents: Marilyn Jones/Julia Vanatta
Secretary/Phones: Joelyn Malone
Treasurer: Rita Ulrich

Board Members

DWN Conference Liaison: Karen Graham
Audio Visual: John Arthur
Youth Education: Leslie Pilgrim
Librarian: Barb Gibson
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 meeting, or
2. Call MEMBERSHIP at 612-293-3833, 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
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.