



## Twin Cities Chapter Quarterly Newsletter

August 2018    Volume 16, Issue 3

### Upcoming Events/Monthly Meetings

#### **CHAPTER Business Meetings**

##### **WILD ONES TWIN CITIES 4th Quarter BOARD MEETING:**

Monday, October 8th, from 1:30-3:30 pm

Augsburg Park Library Meeting Room, 7100 Nicollet Ave, Richfield, MN 55423

Members are welcome to attend!

##### **DESIGN WITH NATURE CONFERENCE Planning Meetings:**

(Members are welcome to attend planning meetings!)

- July 23, 1:30-3:30 pm — Augsburg Park Library, 7100 Nicollet Ave, Richfield
- August 20, 1:30-3:30 pm — Augsburg Park Library, 7100 Nicollet Ave, Richfield
- September 17, 1:30-3:30 pm — Augsburg Park Library, 7100 Nicollet Ave, Richfield
- October 15 | November 19 | December 17 | January 14 | February 11 — locations tbd

**NOTE SAVE THE DATE: The Design with Nature Conference will be held on:**

**Saturday, February 16, 2019 — University of St. Thomas, St. Paul Campus**

#### **SUMMER TOURS**

##### ***August 11, 2018: Twin Cities Chapter Wild Ones 4<sup>th</sup> Annual Member Only Tour***

Join other members of Wild Ones on a field tour to Root River Valley near Rushford, Minnesota. Trip coordinator and contact: Julia Vanatta, 612-382-2800 (text for a call up), [juliakay@winternet.com](mailto:juliakay@winternet.com)

Please note: Coordinator will not be participating in the carpool, will arrive in Rushford Friday evening.

Our trip leader will be Scott Leddy, a naturalist and restoration practitioner who is intimately familiar with the diverse plants of this region along with the wildlife they support. Scott has referenced several sites we may tour, some are rolling hills, others are steep goat prairies. Members in attendance will choose the sites after a brief overview the morning of the tour. In addition to plants of the driftless sand prairies, we'll be keeping an eye out for reptiles, grassland birds, and many pollinators.

Should we decide to venture on to one of the goat prairies, participants who prefer not to climb the bluffs will be welcome to continue exploring the low elevation prairies on their own. All participants should bring sunscreen as

well as water and a bag lunch. Our tour coordinator will provide a cooler to store lunches and extra water to refill bottles. Keep in mind that these sites do not have groomed paths and the grass may be tall, brushing against our legs. Appropriate hiking shoes, socks and light-weight long pants are recommended.

Rushford, Minnesota is roughly a 2.5 hour drive from Minneapolis, a bit more if you break at a rest stop on the way down. Carpools are being organized by the tour coordinator. Please consider whether you would like to be a driver or a passenger when registering. To cover cost of gas, passengers should bring \$10 to \$15 to give to driver, depending on number in car.

#### **Carpool Instructions:**

7:30 am: Meet at Beach Coffee House at corner of 50<sup>th</sup> St E and 28<sup>th</sup> Ave S, along 28<sup>th</sup> Ave.

7:45 am: Depart for Rushford, goal is to be there by 10:30 am

#### **Itinerary**

10:30 am: Scott Leddy will meet us at Jessie Street Java where he will tell a bit of the history of area and provide us options to tour based on level of difficulty and what's in bloom.

11:00 am to 2:30 or 3:00 pm: Tour at least two, perhaps three sites with a break for lunch along the road. How long we tour will be dependent on comfort level of weather and stamina of the group. At the end of the tour each carpool group will make their own decision on whether to go directly back to Minneapolis, explore more of the Root River Valley area or stop for dinner along the way.

**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*

**September 18, 2018 • Scott Leddy**, “Endangered Pollinators, a SE MN Perspective”

**October 16, 2018 • Rich Harrison** of Metro Blooms, “Building More Resilient Yards: What You Can Do Now to Plan for the Next Growing Season”

**November 13, 2018 • Annual Member Meeting and Potluck Dinner**, with **Jason Pruett** of Treehugger, “Tree Trimming Tips: What to Tackle in the Dormant Season

**January 15, 2019 • Andy Scott**, “Transforming Lawn to Habitat Over Five Growing Seasons,” and **Jeremy Mayberg**, “An Urban Oasis: Landscape Gardening with Native Plants”

**March 19, 2019 • Bonnie Harper-Lore**, “Not Your Mother's Garden: Adding Native Diversity”

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

**May 21, 2019 • Dan Peterson** of Habadapt, “Water in the Landscape: Design Considerations for Storage and Use”

## **Co-President Message**

What has Wild Ones done for you?

Working in our native plant gardens has a way of keeping us grounded in the amazingly wild world around us. Taking that passion a step further, connecting with others, allows us to become immersed in a new community of like-minded people. Serving on a committee, helping at a meeting, volunteering at an outreach event or becoming a chapter leader are all a part of making our community and chapter what it is today. More importantly, what can

you do for Wild Ones?

Twin Cities Chapter Executive Committee and Board are restructuring how our chapter programs and events are produced and staffed. Committees are forming and we are calling on you, our members to become more involved. But you don't need to wait to be called – both of us look forward to hearing from you! Please contact us for more information about how to become more involved. Our cluster committees include: Meeting Hospitality and Member Benefits; Summer Tours and Monthly Programs; Marketing/Communications and Social Media; Outreach and Special Projects; and of course, the Design With Nature Conference. Our contact information is on the last page of this newsletter.

A personal note of gratitude: There's not a lot of time at meetings to talk about what goes on in our lives outside of Wild Ones. As a volunteer organization, we all juggle our chapter service with day-to-day commitments to family, work and our communities. Many of us have faced illness, become caregivers or suffered the loss of a loved one. These past several years, the friends I've made through Wild Ones have carried me through a long journey as a caregiver, and as many of you know, my husband, Jack, passed away after a long battle with cancer in May. Jack became ill in late winter, 2012, just after helping me and attending our spring conference in Plymouth. Our path since then was challenging and unpredictable, shared only as needed with those outside our family and close friends. My involvement in Wild Ones has been a life line that kept me connected to the world around me. I am forever grateful to all my wild friends who helped me through this difficult time, especially my co-presidents, both Marilyn and Holley, our chapter board and Design With Nature committee. So thank you all.

Julia Vanatta, Co-president

## Notes from Summer Tours and Monthly Meetings

### MONTHLY MEETING NOTES

#### **May 2018 Gardening With Grasses and Sedges**

Dustin Dunner, Owner of Blazing Star Gardens in Owatonna. His firm sells plants at Souba Greenhouse in Owatonna. He also designs, installs and maintains native gardens. For additional information on his operation go to [blazingstargardens.com](http://blazingstargardens.com).

The first question posed in this presentation was why emphasize grasses and sedges? It is because:

- These features help tie gardens and yards together giving them more of a cohesive, serene look.
- Leaves and seeds from these plants are used by pollinators. For example skippers use prairie dropseed and lady bugs eat the pollen from Pennsylvania sedge. Birds also eat the seeds.
- Their occurrence reduces weeds through competition both above ground and below. If one looked at the underground root system of these plants, one would see numerous roots from a single plant reaching to a depth of about 8 feet. Their presence crowds out roots of weeds that are usually found up to the same depth. This is in contrast to areas where flowering native plants abound that can reach depths of 20 feet, in which weeds can more easily co-exist.
- They can provide natural mulch. Especially prairie drop seed which lays down at the end of the growing season forming a mat. Note also that if these are trimmed in the fall, the cut open stem is easy access for bees to nest in.



Garden installed by Blazing Star Gardens



His design recommendation is to push toward naturalization. Not only should one put the right plant in the right place, but also the right plant composition in the right place. From his perspective grasses and sedges would be found mixed throughout the garden with native plants. Here there would be groups of flowers in a cover of grasses. Some native grasses and sedges that he suggested included

- Little blue stem: Silver green in the summer, copper in the fall.
- Prairie dropseed: Slow growing, long lived. One of the best ornamental grasses.
- Blue gamma grass: Put in dry sunny areas. Great for edges of a garden because of its height.
- Big blue stem: Tall aggressive grass.
- June grass: Short-lived. Put in a dry sunny location.
- Star sedge: Clump forming. Grows well in shade. Also good at the edges of a garden.
- Pennsylvania sedge: Grows well in shade. Native to woodlands. It is commonly used for groundcover. Spreads by root system and can be aggressive.
- Ivory sedge: Very short sedge. Can be used as a lawn alternative or as an edge in a garden.
- Fox sedge: Good in rain gardens.
- Prairie sedge: Versatile.
- Palm sedge: Good for rain gardens. Spreads by seed.
- Bottle brush sedge

## **SUMMER TOUR NOTES**

**Friday, June 8, 2018 • Native Plants on the Roof of Minneapolis City Hall** This tour was led by Nathalie Shanstrom, Registered Landscape Architect, Pasque Ecological Design and Consulting, LLC. The rooftop garden was established in 2008, having the general purpose of stormwater management and extension of the roofing membrane lifespan. Plants found here included 43 species of native plants such as Jacob's ladder, cranesbill, columbine, large leaved aster, partridge pea. In addition to its stormwater management function one could see the benefits to wildlife through the many pollinators and birds visiting at the same time we were there. It was buzzing with honeybees, thanks to a gift from the Shakopee Mdewakanton Sioux Community, which donated the bees from its own apiaries. Finally the project serves as a demonstration green roof for residents and businesses considering starting their own green roof projects.



**Saturday, June 30, 2018 • Sustainable Yard & Home.** Native plant and pollinator expert Dave Crawford and homeowner and designer Chris Burda led a walk through Chris' yard, landscaped to support native habitat while optimizing stormwater management, and her home, designed for aging in place while integrating sustainability and accessibility.



## July 14, 2018 • Native Landscaping in Mendota Heights

**#1 | Leslie Pilgrim:** For nearly seven years, this 1/2 acre yard has been slowly transitioned from a conventional to a native landscape. Approximately 75% of the vegetation is now native flowers, grasses, shrubs, and trees. Most lawn has been removed and replaced with vegetation or mulch. The home is circled by various gardens including two "unmanicured" native gardens, a formally landscaped hillside in the backyard, as well as wooded sideyards. Sprinkled throughout the property is whimsical artwork, water sources for birds, and wind chimes.



**#2 | Kraus Native Landscape:** Plans for an addition to their house presented an opportunity to create an outdoor space that evoked images of the North Shore and included native grasses and forbs found here in northern Dakota County, a rock wall built with large boulders from a quarry in Dresser, WI. Plants were selected to include a mixture of different sizes, textures, colors and bloom times, as well as to attract a variety of birds, insects, and other native critters.

**#3 | Sue Light:** The garden is situated behind the house and slopes toward a small lake. In the summer of 2012, the homeowner decided to convert a conventional garden to a native garden for the health of the lake. She was also tired of the labor involved in maintaining a conventional garden on a slope. 6 years later it is a beautiful, lower maintenance garden with many more beneficial insects and even a few new bird species visitors. Part of the garden is sunny and part is in shade, so the spring highlights the woodland garden and the sunny, prairie plants shine in the summer.

## Design with Nature Conference Notes

*(Editor's NOTE: Many thanks to Holley Wlodarczyk for taking notes during my absence from the conference.)*

### **February 17, 2018 CONFERENCE: Natural Landscape as the New Norm**

**WE ARE WILDLIFE Jared Rosenbaum.** The primary focus of this presentation was the restoration and utilization of native foods and medicinal plants as fundamental to healing habitats and our connection to them,

**Food Systems** Around 200,000 years in the past we survived on this earth as hunter gathers and it was not until about 10,000 years ago that agriculture came to the fore. Currently:

- a. Forty percent of the earth's land is now given over to agriculture,
- b. In the United States 29 million irrigated acres use 83 percent of the total water consumed,
- c. Food systems contribute 19 to 29 percent of global anthropogenic greenhouse gas emissions,
- d. Erosion rates from conventionally plowed agricultural fields average 1 to 2 orders of magnitude greater than rates of soil production, erosion under native vegetation and long-term geological erosion,
- e. Emissions from farms outweigh all other human sources of fine particulate air pollution in much of the United States, Europe and China



Looking at hunter gatherer systems, this takes place in fully functional ecosystems and are responsive to local habitats. A large diversity of food plants are used by each group. For example: Haudenosaunee use 119 different plants, Tibetan indigenous 168, Cherokee greater than 80 as opposed to contemporary Americans who use 30,

**Reawakening Human Connection** The relationships between species have developed interdependently. These relationships have been broken through degraded habitats such that we now have missing soil and soil/organisms; missing pollinators; missing plants; and missing predators. Our most broken relationship can be found in suburbia where children average only 7 minutes outdoors per day; Americans use 70 million pounds of pesticides on over 45 million acres of lawn per year; and thirty percent of the water consumed on the East Coast goes to watering lawns. It was noted that one native edible, the Common Milkweed, has largely been eradicated from the residential environment. This human connection to the environments must be renewed. Tending and harvesting native food plants is a powerful way of reconnecting people to natural habitats

**Restoring Our Habitats** Degraded habitat areas that need to be focused upon include lawns, blighted urban areas, farms, parks, and stream sides. To revive these areas we need to ask what does an intact native habitat look like and then what food plants does it contain. This “Reference Ecosystem” would then be a model or target, for the local native ecosystem being restored. The reference model is derived from multiple sources or information which aim to characterize the condition of the ecosystem as it would be had it not been degraded, adjusted as necessary to accommodate changed or predicted biotic or environmental conditions (Society for Ecological Restoration). Several examples were then given:

1. Reference Site, Dyberry Creek, PA. Plant lists were developed and, from this, list native edible and medicinal species were identified. These included wild leek, common milkweed, boneset, wood nettle, yellow birch, Virginia waterleaf, blue cohosh and ostrich fern. Beneficial maintenance of riparian corridors found here included disturbance, weeding, limiting herbivory, and augmenting/plants.
2. Reference Site: Pyramid Mountain NHA, NJ. Again plant lists were made and edible & medicinal species identified which included downy serviceberry, bristly dewberry, black chokecherry, lowbush blueberry, black birch, Indian cucumber root, black hackberry, Solomon’s seal, black cherry, sassafras, oaks and blackhaw viburnum. Identified beneficial maintenance of the ridges, glades, and slopes found in this ecosystem included use of fire; coppicing and thinning; harvesting/exposing soil; and augmenting/seeds

Through experience a Land Cookbook has been developed in which the key ingredients are

1. Focusing on degraded areas,
2. Using locally-appropriate species modeled on real habitat types,
3. Weighting of restoration species towards edible and medicinal species,
4. Melding the need for long-term maintenance with the interests of harvesters and caretakers,
5. Decreasing human alienation by designing natural communities in which we are beneficial components.

This cookbook can and should be used by

1. Farmers: Here they could focus on retaining marginal land and hedgerows in their natural state and augmenting the farm with plantings that provide ecological function and are also a valuable crop.
2. Restoration practitioners: Areas of possible concentration included long term maintenance of restored habitats; getting the community involved; and increasing nature connections.
3. Gardeners: We all can help build a new culture by our planting, harvesting, and preparation, relationships.

**STORIES OF BRINGING NATURE HOME’ Catherine Zimmerman** Her life has been prolific and varied. From free-lance photographer, to certified horticulturalist and landscape designer to teaching organic landscaping for the USDA graduate school horticulture program. More recently she has written a book titled: *Urban and Suburban Meadows* and completed a documentary with Doug Tallamy - *Hometown Habitat*. She is now focusing her life on making films that concentrate on improving the environment by trying to educate people about native plants and natural landscapes.

At the onset of this presentation she admitted to not always having been into natives and during one period used

chemicals in her yard. Unfortunately the fireflies that had been there were wiped out by pesticide use. Seeing this she decided to use an organic approach. As further background in 1984 she began freelancing as a photographer. After many years she decided that she didn't want to carry around a camera forever and went back to school in horticulture and landscape design. Having noticed that they had nothing on native plants or organic land care, she took this lack up with the school. They suggested she teach such a class, so she did starting the very next year. However she realized she was only reaching a limited number of people – maybe her background in filming could be used to expand that audience. She started a project on urban and suburban meadows. She then heard Doug Tallamy speak and this led to consolidation of the many pieces she had gathered over the years, but had not made the leap to how all that worked in an ecosystem. This channeled her energies to concentrate on how meadow scapes can incorporate natives in suburban landscapes.

To set the stage, a John Deere commercial was shown depicting lawn care she found to be horrible (<https://www.ispot.tv/ad/A2Pi/john-deere-z535m-spread-the-word>). The sterile lawn tended by the John Deere tractor could so easily be replaced by a meadow where less water would be required, runoff is retained, and fertilizers and pesticides are not needed.

This was followed by a brief clip from her movie in which Doug Tallamy uses chickadees as example of the need for an ecosystem made up of local natives to support the birds. (See Twin Cities chapter newsletter from May 2017 for his speech on this topic.)

Numerous examples were then given of involved community groups and projects:

1. Million Trees NYC: This was a city-wide, public-private program that had an ambitious goal to plant and care for 1 million new trees across the city's five boroughs within a 10 year period in order to increase the urban forest. Seventy percent was planted by the City of New York in parks and public places, The remainder came from private and community organizations and home owners. They met their goal in year eight. Although the ecological benefit of planting local native was not part of the main focus many were native species placed.
2. Frogtown Park & Farm: A bit of background on the area was given – for example the tree canopy deficit here is 23.4% In partnership with the Trust for Public Land and Frogtown Gardens, Saint Paul acquired land for a new park for the Frogtown neighborhood. The 12.7 acre parcel contains a natural area, a recreational space and an urban farm demonstration area. In the Frogtown neighborhood there have been several notable activities/projects within this community
  - a. Monarch City sanctuary
  - b. Asian-American Elders Gardens
  - c. Our Village-community garden
  - d. Frog Lab neighborhood water stewardship
  - e. 2017 Harvest Festival
3. Edina Colonial Church restoration. Carole Rothe, a member of this congregation, with a small group of volunteers has led an effort to make the shoreline and outside setting of the church as spiritually inspiring as its interior. This is an example that could and should be spread to other suburban churches as they typically have large tracts of land and also parking lots with huge runoff. People attend church every week and in looking at the native landscapes may take the idea home to their own yard.
4. Nokomis Naturescape. A community effort that is well known to Twin Cities chapter members and is reported on in each of our chapter newsletters.



5. Landscape Revival Native Plant Sale & Expo
6. Sierra Club — North Star Chapter

**THE IZAAK WALTON LEAGUE OF AMERICA, Bush Lake Chapter (short presentation by Paul Erdman).**



The Isaak Walton League is a non-profit organization dedicated to protecting our nation's soil, air, woods and water. This organization was founded in 1922 by 54 Chicago outdoor enthusiasts when they called a halt to the destruction in our great outdoors. It spread like wildfire, establishing chapters throughout the country. The local Bush Lake chapter has been involved in many efforts including:

- a. The Upper Mississippi Wildlife refuge - established in 1922
- b. Twin Cities sewage treatment - in the 1930's
- c. Protection of the Boundary Waters Canoe area - from 1923 to the present
- d. Campaign to save the wetlands and establish wildlife areas - from the 1950's to the present
- e. Lead nationally in Clean Water Act in 1972
- f. Lead in the passage of the Minnesota Clean Water, Land and Legacy amendment - 2008

The Bush Lake chapter was founded in 1937 and focuses on protecting fish and wildlife and water quality in the Minnesota River Valley and the area's contributing watersheds. The chapter is located on the shores of Bush Lake where they have conducted numerous restoration projects. Recent efforts include:

- a. In 2013 a 1,300 acre site located between Bush Lake and East Bay Pond was restored. Over 9,000 native plants were planted using over 150 different species. Maintenance and invasive species control is ongoing.
- b. In 2014 3,000 plants were added to the East Pond Bay area
- c. In 2015 East Bay Pond was restored with 2700 plants installed
- d. In 2016 another 2,400 natives were planted adjacent to the 2013 effort
- e. In 2017 additional areas were restored to the east of the original site

At the conclusion membership benefits were cited (Use of chapter grounds, private beach, outdoor recreation opportunities, chapter events, use of the historic chapter lodge, Outdoor America magazine, National and state membership and more...) with a call for all to join the organization.

**NATIVE NOURISHMENT: BREAKING BREAD WITH WILDLIFE** < **Rachel Mackow**. Talking about native edibles & medicinals is like "opening a door" for people. Plants can be viewed as "friends". She spent a year doing an herbal apprenticeship. This and other efforts have allowed her to see these plants in a new way. In preparation for this presentation she used the USDA list for plants that grow in Minnesota, coupled with their availability in the nursery trade. Just as the tomato, for example, is a familiar plant (we know how to eat it, when it is ripe, and how to use/cook it) - we need to learn the culinary ways of preparing and eating natives. This was followed by numerous examples of plants we should become more acquainted with.

#### TREES

1. Shagbark Hickory: The nut of this tree tastes like a pecan. However it does have a tough shell, so it takes a labor of love to extract it.



2. Oak spp.: The nuts of these trees are tough as well. Not only do you need to crack it open, but also you need to grind it and soak it to leach out tannins. It can be used as a flour.

## SHRUBS

1. There are a number of shrubs whose berries can be eaten fresh, such as
  - a. Gooseberry
  - b. Lowbush blueberry
  - c. Red raspberry (Note that the foliage also makes a nice tea)
  - d. Black huckleberry
2. Blackhaw Viburnum: This shrub has small fruit with large seeds. Use a food mill to get a paste which can be eaten in place of applesauce.
3. Elderberry. This is an outstanding pollinator and nesting plant. A cooling, soothing tea can be made from the flowers, which have been used as a fever reducer. Traditionally this brew supports immune system. Wine can also be made from the flowers as can syrup which can be frozen for later use.
4. American Hazelnut: It is a very pretty shrub with good fall color. It is wind pollinated and you only need to plant one. The nut is easy to crack open from which nut meal can be made.



## FOREST HERBS

1. Giant Solomon Seal: This large and prolific plant can be harvested and its extractions, when reduced in alcohol and vinegar, are good for joint and bone issues. The large rhizome of this plant can be cooked like potatoes. The young shoots are prepared like asparagus.
2. Wild Leek: The leek is edible plant having a potent flavor. It is a good plant for the farm and market grower. It has few pests and the foliage can be eaten as well as the roots. In the wild, however, it is a native of concern which needs conservation as it is a slow grower.
3. Wood Nettle: This is not the prettiest of plants, but it is delicious. Harvest and use the top couple inches of foliage. Once you cook it, it no longer stings. It is the host of Red Admiral Butterfly

## MEADOW & EDGE HERBS (Most species are found in "open areas.")

1. Wild Strawberries: This native can be use as ground cover. It works well planted with violets and in poor, sandy soil. These plants are great for weed suppression. It can easily be divided. The foliage makes good tea. The fruit which is usually small, but copious, is excellent for eating.
2. Ground Nut: This is an herbaceous vine found along shores and edges. It dies back every year and needs something to climb up. The roots are an edible much like fingerling potatoes. Just peel off the outer skin, then fry them in fat until they are soft. It may be easier to go to the market and purchase them, as the number of calories is small for the amount of work involved. But these edible plants are part of our history.
3. Cutleaf Coneflower: These plants are great finch feeders! Additionally they are somewhat deer resistant and the coarse foliage keeps weeds in check. The plant can be eaten when young.
4. Boneset: This native is not edible, but has medicinal qualities one of which is as a flu remedy. Harvest the top 6 inches of the flowering top. You can make tincture or bitters extracts in alcohol. Application of a small amount of the extract is fantastic for bringing in wasps. They are great pollinator plant.
5. Bee Balm (*Monarda didyma*): This is a known remedy for upset and nervous stomach. You can use the foliage and flower to make tea by pouring hot water over it. Easy to grow.



6. Anise Hyssop: A great beverage/tea can be made from the foliage and flowers. Like basil teas it can be made with fresh or dry parts and is good in cold or hot tea. This plant spreads by seed easily.
7. Common Milkweed: We can't do much to help some endangered species like hippos or rhinos, but we can directly help the monarch by planting milkweed! The common milkweed is the ONLY edible milkweed. One can eat new shoots and early buds, but one must simmer and change water a few times, then fry it in a fat.

## Nokomis Naturescape (NN) News

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

### Join The Naturescape Volunteer Gardeners

*"Encouraging People to Connect with Nature by Growing Native Plant Gardens"*

#### Gardeners meet Tuesday evenings from May to September, 5-7 pm.

Gardening by the lakeside is an enjoyable time spent with people sharing your interest. We welcome all help to keep our garden a native plant showcase, inspiring park patrons to go native in their yards and to see the beautiful liveliness of natural habitats.

Choose your level of commitment — from the occasional helper, to adopting a section of a garden. The Wild Ones Twin Cities — a native plant landscaping group — are the principle volunteers for the hillside garden. The Twin Cities Audubon Stewardship Committee and area residents are also among the volunteers.



For more information or to volunteer, call the Nokomis East Neighborhood Association at (612) 724-5256.

### Save the Date!

#### 10th Annual Monarch Festival – Festival de la Monarca

This year's Monarch Festival will occur on Saturday, September 8, 2018, from 10 am to 4 pm. The Festival celebrates the monarch butterfly amazing 2,300 mile migration from Minnesota to Mexico with music, food, dance, hands-on art, native plant sales and plenty of opportunities to get up close with monarch butterflies, learn about their habitats, and what you can do to make a difference.

The Festival will be held just east of the Lake Nokomis Community Center in the area bounded by E. Minnehaha Parkway, Woodlawn Boulevard, and E. Nokomis Parkway



*Contacts for more information:*

**General Information & Event Manager:**

MaryLynn Pulscher, Minneapolis Park and Recreation

Board

[mpulscher@minneapolisparks.org](mailto:mpulscher@minneapolisparks.org) | 612-313-7784

**Volunteering Opportunities:**

[volunteer4monarchs@gmail.com](mailto:volunteer4monarchs@gmail.com)



## Member Input

Friends of Bass Lake, a St. Louis Park non-profit, has initiated a project to restore a two acre woodland on the edge of the Bass Lake Preserve. The area has many large cottonwood trees, but the ground layer has become infested with buckthorn, to the exclusion of other native plants. In 2017, much of the buckthorn was removed, and that effort is continuing this summer. Nathalie Shanstrom completed a planting plan in April, 2018 for the sunniest corner of the woods. That area has been fenced, to protect new plants from voracious deer. Through July, we will continue to clean up that corner, to be ready to begin planting when weather is favorable.

Two woodchip paths have been laid through the woods, and walkers and birdwatchers are frequenting the new walks.

Participation by Wild Ones Twin Cities, in the work crew or by plant donations, would be welcomed. Ground covers will be emphasized this season, with trees & shrubs to be added in subsequent years.

**Shade plants wanted in 2018: maidenhair fern, cinnamon fern, interrupted fern / columbine, wild ginger, heart-leaved aster and big-leaved aster, roune-leaved dogwood, Joe Pye Weed, woodland sunflower, Virginia bluebells, Mayapple, Jacob's Ladder, green-headed coneflower, zig-zag goldenrod.**

**Any or all would be welcome!**

Contact:

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### **2018 Officers**

Co-Chairs: Holley Wlodarczyk/Julia Vanatta  
Secretary: Sharon Clarey  
Treasurer: Rita Ulrich

### **Board Members**

DWN Conference Liaison: Karen Graham  
Audio Visual: John Arthur  
Youth Education : Leslie Pilgrim  
Librarian: Barb Gibson  
Hospitality/Internet Inquiries: Laurie Bruno  
Membership: Leslie Modrack/Joelyn Malone  
Merchandise: Erik Rotto  
Newsletter: Mary Schommer  
Nokomis Naturescape/Wild For Monarchs  
Liaison: Vicki Bonk  
Outreach: Marilyn Jones  
Partner Liaison: Holly Breymaier  
Print Materials: Doug BensonHolley  
Wlodarczyk  
Programs: Douglas Owens-Pike/Sara Nelson  
Public Relations: Holly Breymaier  
Tours: Jim & Jan Coleman  
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 meeting, or
2. Call MEMBERSHIP at 612-293-3833, 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  
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### **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.