

Upcoming Events

Garden Crawl

Saturday, August 12, 9:30–11:30 a.m.

Meet at 9:30 at 5240 Beard Avenue South, Minneapolis

Free and open to the public

This is an informal tour of a variety of front yard gardens all of which use natives to some degree: rain, bog, steep slope, and shade gardens; gardens composed from 100% native plants to ones with just a smattering of natives, all within about an 8 block perimeter so you can walk, bike, or drive. Talk to the owners and see/hear their gardens stories. Bring your friends and neighbors. Our goal is to show how natives can be used in a variety of ways in front yards. Call Marty Rice at 952-927-6531 if any questions.

Parade of Community Gardens

Saturday, August 19, 10:00 a.m. – 2:00 p.m.

Green Institute, 2801 21st Avenue South, Suite 110, Minneapolis

Participating gardens throughout the metro area will open up their gates to the public. As part of this, Midtown Greenway coalition will have representatives at each of their rain gardens along the Greenway corridor. There will be a Wild Ones bike-led tour of the Greenway tentatively scheduled for 10:00 a.m. starting at the Green Institute parking lot. Contact Mary Schommer at rmschommer@hotmail.com or 612-729-5274 if you are interested so she can get a head count. Additional information will be relayed as it becomes available.

Design Ideas to Shrink your Lawn

Tuesday, September 19, 6:30/7:00 p.m.

Nokomis Community Ctr, 2401 E. Minnehaha Pkwy, Mpls

Free and open to the public

A colorful slideshow and talk by Evelyn J. Hadden, author of *Apprentice to a Garden* and editor of LessLawn.com and LessLawn Press. Explore the possibilities of less lawn. Come and see color photos of secret gardens, tea gardens, xeriscaped boulevards, tree islands, and welcome gardens. Learn different techniques for designing lawns out of your landscape, including:

- Where to start if you and your family are uncertain
- Where to site outdoor "rooms" and what they get you
- Native plants and other low-maintenance elements
- Plantings that solve problems and provide services
- Many models for lawn-free landscapes

Across the country, people are gaining variety, year-round interest, birds and butterflies, and relief from the routines of mowing and watering. Let their landscapes inspire you!

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*Upcoming Events, continued***Show Me - Tell You**

Tuesday, October 17, 6:30/7:00 p.m.

Nokomis Community Center, 2401 East Minnehaha Pkwy, Minneapolis

Free and open to the public

A sharing session of our own gardening.

We hold monthly meetings on the third Tuesday of the month which are typically presentations on topics relating to native plant gardening/landscaping. Tours or field trips are substituted June through August; in February or March is our Spring Expo.; and in December we take a break. In addition, from May-September we offer hands-on participation at the Nokomis Naturescape. Check for updates at www.for-wild.org/chapters/twincities.

Message from the Presidents

As more and more natives are revealing their plumage, I hope you are all able to sit back a bit and enjoy the fruits of your labors which kept your gardens in shape! I know that we as co-presidents of this chapter are doing so with regard to our thriving organization. This thought spurs us on to pause for a moment and thank the laborers in our chapter garden who have helped make it continue to blossom. Not sure that we will remember all of the points at which people have stepped up, but will give it a try and hope that you will forgive us if we fail in making the list complete. First to all the chapter board members who through their efforts not only in the area they have assumed responsibility, but also for providing great ideas and discussions at meetings and via email. Special appreciation to the folks who have volunteered to help out at various events throughout the year - the Spring Expo; manning the Wild Ones' booth at other venues; the Science Museum grant project; and the Nokomis Naturescape (at which all but one of the 12 Wild Ones' garden plots have someone to tend them). Last but not least to all members who by the simple act of joining this organization have contributed to its viability. Without all of you we would not be flourishing as we are today.

We want to also take the time to congratulate our own Marty Rice who was just elected to the Wild Ones National Board. We know she will bring great energy to her new role in the organization and are looking forward to her enthusiastic espousal of ideas that she gleans from working with others from around the country.

Finally, we are starting a new regular feature with this edition of the newsletter, which will introduce a Wild Ones chapter member in each publication. We hope this will give you a sense of the diversity of folks that are part of our organization and their varying activities. This will be in a question/answer type format. Hope you enjoy this addition to the newsletter. Let us know!

Kris Martinka & Mary Schommer, Co-Presidents

Announcements

Wild Ones Awards First Ecoscaper Certification

Congratulations to our member Marty Rice for being the first person to complete Level 1 of the Wild Ones' Ecoscaper Program! Marty successfully completed field work and a written test on native plants to qualify for this designation. The Ecoscaper Certification Program provides opportunities to enhance members' knowledge about landscaping in harmony with nature and apply that knowledge as an advocate for native plants and natural landscaping in the member's neighborhood/community. Visit the Wild Ones' website at www.for-wild.org for more details about the program and how you too can take part.

New Membership Benefit

Have you seen the new online group for members to discuss native plants? Ask questions, invite advice on your dilemmas, share your experiences, post pictures and more! Recent conversations have discussed rain gardens, french drains, and characteristics of various native and invasive plants. Visit this URL to join:

<http://groups.yahoo.com/group/wildonesnativeplants/>



Laptop Projector Needed

Many speakers have wonderful presentations to illustrate their talks, though most lack a projector. We would like to be able to offer this option as part of providing our members with the best coverage in native plant-related topics. If you have a source for a projector or your company would like to donate one to us in support of our mission please contact Mary Schommer at 612-729-5274.



Member Spotlight: James Wellman

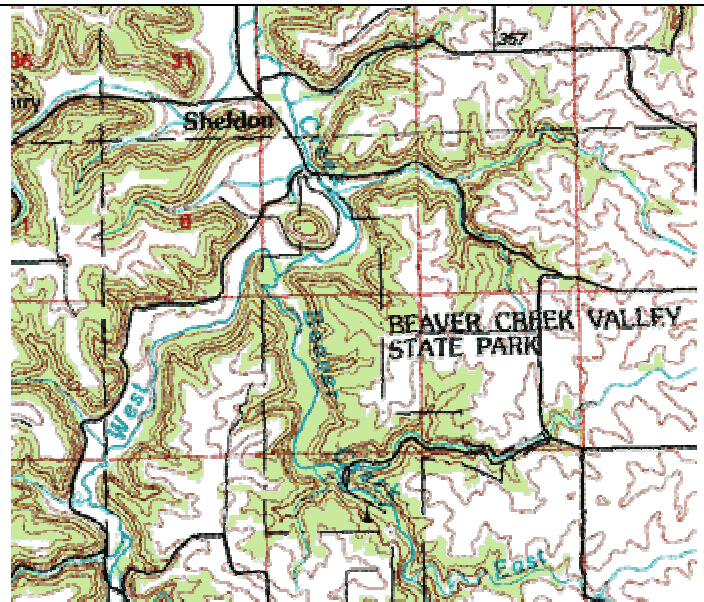
Occupation: Retired. Last job prior to retirement: University Professor in the Chicago area in plant science.

Highlight: In May/June 2006 Channel 11's Minnesota Bound did a program on Beaver Creek Valley State Park, part of which featured Wild Ones member James Wellman.

Length of Wild Ones involvement: 2 years

Q: What led to your inclusion in this program?

A: My wife, Lori, and I are really big on hiking state park trails. In September 2005 we did so in Beaver Creek Valley State Park, one of the smaller parks in the Minnesota system. The park, located in the SE corner of the state, apparently was acquired pretty



Continued on next page

Member Spotlight, continued

much as virgin land (never cultivated). We came away thinking it was a jewel of a park in part due to the diversity of native plants we found throughout the area - shade tolerant plants, sun-loving species, you name it. We were most impressed while hiking the predominantly wooded, mile long, Hole in the Rock Trail. At the far end of this path we came out of the woods into an open meadow area (at least 5 acres in size) that in our minds was the most gorgeous native prairie that we had ever seen at a state park. It contained a large diversity of native plants with no exotics. This hiking track then lead to another trail that went up to the top of a steep hillside. Here numerous 5-foot high, stacks of buckthorn, cut by park staff, were piled. It seemed as if a great effort to control the invasion of buckthorn in the park was being made. Upon returning home we contacted Roger Heimgartner, park superintendent, to tell him how impressed we were with the park and the work they were doing. He related how this meadow area had gone from mostly weeds to its present state. The previous winter with the help of a youth group similar to the old WPA program (*Editor's note: probably the Minnesota Conservation Corps*) they had done a controlled burned there. It was phenomenal what had come from that single burn effort. He also said they intended to burn the buckthorn area in early 2006. Both Lori and I were struck by the superintendent's enthusiasm, the ongoing park maintenance/improvement efforts; and the use of the youth for the job; and offered to donate a sum for the burn effort. Concurrent with this Channel 11 was looking to do a story on a DNR state park. Beaver Creek Valley State Park was recommended because of the upcoming burn, my donation and the magnetic personality of the park superintendent. Thus, as part of the program which featured the burn, I was interviewed at my home. The final product had a bit on my park enthusiasm and monetary contribution as well as our back yard prairie garden.



Q: So you weren't able to go out and watch the action?

A: Unfortunately neither my wife nor I were able to go down and watch the burn itself. In any case, since we were not going to be allowed to get close because of liability concerns, it probably was not a bad thing to be otherwise committed at that time. But we did get a video, so we could see how it was actually done. (*Editor's note: We hope to be able to show this at one of our monthly programs soon.*)

Q: Any thoughts of doing a burn on the prairie in your back yard?

A: Probably not – I don't think I would be arrested, but there is a lot of rigmorole one has to go through to burn safely and legally.

Q: So what do you do to control your prairie area?

A: I go out early in the spring and cut off a great deal with a pair of hedge clippers, then use this for compost. Unfortunately over 5 and more years of growth, native grasses (especially little blue stem and prairie drop seed) develop a thick, extremely tough, thatch-like mound. A burn would remove a lot more of this. In the past I have used a saw used for cutting tree branches to cut off some of this thick mound. This is very labor intensive. Not sure, but it might help to start using those hedge clippers the third year or so after planting to keep that growth done down.

Q: One final question - what inspired you to join Wild Ones?

A: As part of a U of MN Extension class for adults I was touring their research center at Cedar Creek. In the course of a side conversation I heard about the upcoming national WO conference that was being held locally (September 2005). I was looking for further ways to become involved with natives and decided to join.

Nokomis NatureScape

Every Tuesday from 6:30 to 8:30 p.m. Wild Ones volunteers maintain the hillside garden area of the Nokomis Naturescape (50th Street east of Nokomis Parkway on the east side of the lake) in exchange for our use of space at Nokomis Community Center. The garden is split up and volunteers may adopt a certain area.

There is still one lonely area looking for someone to give it personal attention. We have a good time and with the work divided up it goes along easily. Anyone interested? If you want to just come and help you are welcome to do that without adopting that last spot.

The hillside garden is looking beautiful. We get compliments from passers-by each week. There are many new plants and plants from previous years are looking healthy.

Questions? Contact Lisa McDonough lisa@scanman.mine.nu or 612-721-1361.

August–October Gardeners' To-Do List

- Stay on top of weeding; just a few minutes a day (depending on the size of your garden) can catch them before they go to seed.
- Water newly planted additions to your garden during drier periods.
- If you plan to gather seeds to share with others or start more plants for yourself, watch seed heads for readiness to harvest.
- Clip off seed heads before they ripen on plants that are too "exuberant" in your garden.
- The cooler temperatures of autumn are a great time to add plants. Keep watered to help them establish well before winter.
- Take pictures (and notes) to aid in winter planning for next year—and for our upcoming "show and tell".
- Consider doing your garden cleanup in the spring; standing plants bring winter interest to your yard and continue to provide shelter and food to wildlife.
- Determine where you might want to expand your garden and smother the grass with newspaper/cardboard and mulch. By spring, the area will be ready for planting (or winter sow some of your collected seeds).
- Don't forget to take time and enjoy the wildlife that makes use of your native plants.
- Replenish mulch, as needed (2-4 inches).

Summer's flying by but don't let it fly past before taking photos of your favorite plant combos or other enjoyable garden spots. When those cold, gray winter days hit you'll cherish those lovely blooms, and they can be help you in figuring out what to do with your garden next spring. Also, at our year's wind up meeting in November, it might be fun to share your favorite garden photos.

The Brown Thumb: Monarchs & Milkweed



As I was out walking today monarchs were floating round me. This set me to musing over the many new facts I had learned about this creature and its related habitat these last few months. This knowledge was garnered from the final spring presentation at our monthly meeting (which I found fascinating), an article in the National WO newsletter and myriad other articles triggered by the curiosity these two sources inspired.

So what did I learn of late and how can I apply this to better garden with native plants? I was amazed to learn that the monarchs I spotted had not just flown directly up from Mexico, but were probably the fourth generation produced once their direct ancestors started northward. This last generation which emerges from the locally produced larval stage no longer concentrates on reproduction, but instead starts storing up reserves for the autumn trip back south which is accomplished solely by that these last butterflies. More astounding to me is they somehow are able to make this journey without ever having been there before or having any companions that have previously made the trip to lead the way.

I also had not realized that the foliage of the milkweed family (Asclepiadaceae) is the exclusive food source of not only monarch butterfly larvae, but also milkweed leaf beetles and milkweed bugs (remember you are starting with a native gardening neophyte here!). Some say that the common milkweed (*Asclepias syriaca*) is the monarch's sole food source; however, this may not be true - although it is at least the most frequently consumed milkweed species. Further, I was unaware that chemicals in the milkweed itself which when transferred to the larvae as food, make the larvae and ensuing adult butterflies distasteful, even toxic, to predators. Monarch Queen and Viceroy butterflies are similarly toxic and also have warning patterns to alert predators. Speaking of the common milkweed did you know about the scientific name derivation? "Asklepios" is the Greek god for medicine. This is apropos since the plant does have a number of medicinal properties. Native Americans used milkweed as a laxative, for stomach pains, chest discomfort, venereal disease and a wart remover, to name a few. However "syriaca" was incorrectly assigned originally by Linnaeus in the 1700's because he thought the seed had come from the Orient, not North America.

I hope you were inspired, as I was, by the information from Wild Ones this past year and have taken special care of your milkweed plants or planted more to help the Monarch butterfly reproduce and thrive. If not, think about getting started this fall by planting some seeds in your garden. Collect the seeds after the pods have ripened but not yet opened - and of course after you have obtained permission to do so! Test for ripeness is: pods open without difficulty when squeezed. You can plant the seeds immediately outside or start them indoors later, where they need to be cold stratified for 3 months. You can also propagate by taking stem or root cuttings in the fall. Typically these plants bloom the second year. If you would like more detailed information on starting and growing milkweeds, a great source is www.MonarchWatch.org (under milkweed/propagation). Finally I should put in a disclaimer about propagation since I am just going to try it for this first time this coming fall. I'll let you know how successful I was next year!



Signed... The Brown Thumb

Editor's note: "The Brown Thumb" is a Wild Ones member who reports a reputation for killing (or at least seriously injuring) any unsuspecting plant coming under his (or is it her?) care. Look to each newsletter for interesting tidbits gleaned from WO meetings or readings to be passed on to us by this brave soul, on a journey to move from the "Black Thumb" category to that of a "Green Thumb".

Local News

Rain Gardens in Burnsville Win Award, Protect Crystal Lake from Phosphorus

Residents of Crystal Lake in Burnsville are learning firsthand about the many benefits of rain gardens. The stormwater runoff reaching Crystal Lake from streets and other nearby impervious surfaces contributes heavy phosphorous loading, among other pollutants, into the lake system. In an effort to address the harmful runoff, the city of Burnsville and the Metropolitan Council funded the development of 17 rain garden sites on one neighborhood street, filtering runoff headed towards the lake. In order to measure the efficacy of the rain garden system, the project also developed a control site on a similar street. The first three years of data indicate the rain gardens reduced the levels of phosphorus coming from the neighborhood by 90 percent and stormwater volumes by over 80 percent. The project was recently recognized for its excellence in receiving one of the 2005 Minnesota Environmental Initiative Awards: www.mn-ei.org/awards/finalistswinners.html. *(Reprinted with permission from the Minnesota Lakes Association Lake Bulletin.)*

Mendota Heights Protects Pilot Knob

The Pilot Knob Natural Resources Management Plan by Great River Greening ecologists is the center of the City of Mendota Heights' work to restore the historic site above the Minnesota River. On November 1st the city council voted to acquire the 8.5 acre Pilot Knob site opening the way for the restoration work to begin. The site sits on the edge of Fort Snelling State Park, within a major bird migration route, and is mostly surrounded by dense urban development. You can learn more at www.pilotknobpreservation.org.

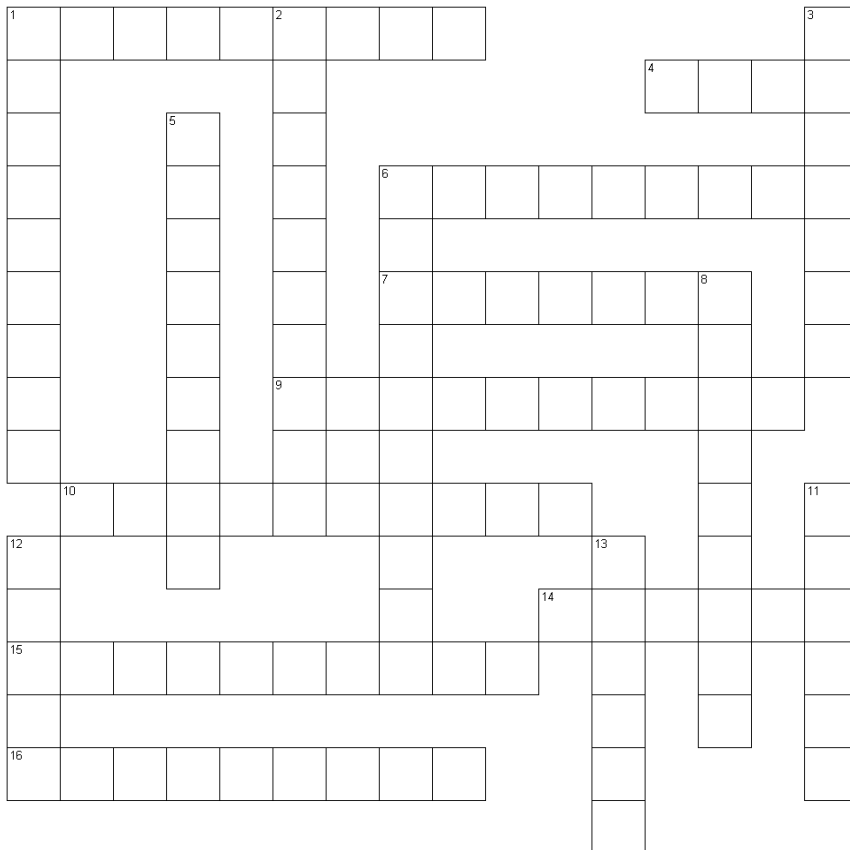
New Membership Benefit: Show Me/Tell Me Program

The Twin Cities Chapter of Wild Ones is launching a new service to help members learn more about the benefits of using native plants in their gardens and landscaping in ways that work with nature and natural processes. Interested Wild Ones members will volunteer a little time each month to the "Show Me-Tell Me" program, a service designed to utilize the knowledge and skills of chapter members to answer questions posed by gardeners landscaping with native plants.

The way the service works, a person poses a question to Wild Ones, either by telephone or email, and a knowledgeable Wild Ones member responds in a timely fashion with information and suggestions for the caller. Common questions include those about how to use native plants in the garden, what kind of garden design is necessary for native plants, how to attract birds or butterflies, and how to create a rain garden. The Show Me/Tell Me volunteers will also be available to offer help and answer questions during the social time before the monthly meetings, every third Tuesday at 6:30 PM at Nokomis Community Center in Minneapolis.

Twin Cities Chapter WO members are being asked to complete a survey of their talents in order to create a skill bank the chapter can use to make the Show Me/Tell Me service effective and reliable. Contact Fran Kiesling at 612-722-7596 for more information about volunteering for this program.

Crossword Puzzle - Native Plants



1 (across). A woodland perennial with white, eight-petaled flowers that has been used as a dye and herbal remedy.

1 (down). One of the common names of *Carpinus caroliniana*, an understory tree with smooth bark and attractive autumn color.

2. This moisture-loving tree is known for its attractive, peeling, white bark.

3. These plants have an important role in supporting forbs in a prairie.

4. The Twin Cities' USDA plant hardiness zone.

5. To sprout from seed.

6 (across). A low-growing perennial herb having leaves with whitish down and clusters of small white flowers.

6 (down). An insect that fertilizes blooming plants as a by-product of gathering food.

7. Many cultivars of this plant have been bred, the native versions include cardinal flower and great blue _____.

8. This plant comes in "golden" and "heart-leaved" varieties and is a food source for swallowtail caterpillars.

9. A group of plants strategically located to capture and filter water runoff.

10. This shrub has yellow flowers, either in the spring or the fall, depending on the species. A medicinal, astringent extract is still made from its bark and leaves.

11. Joe-pye This native perennial is probably one of the most common native plants with general gardeners. Its pinkish plumes of flowers often reach 5-feet tall, are very popular with insects, and provide striking winter interest.

12. The first part of a plant's botanical name indicates its _____.

13. One of the first native plants to bloom in the spring, this flower looks like some kind of alien as it emerges from the ground.

14. The new growth on the tip of an evergreen's branch.

15. This large shrub/small tree in the *Viburnum* family has drupes (a kind of fruit) that are attractive to birds and other wildlife.

16. This fern in the genus *Onoclea* gets its name from its observed susceptibility to frost.

Answers on page 9

Welcome New & Renewing Members

Our chapter has 108 active members. Thank you to these new and returning members for their support of Wild Ones. Whether you've just joined or have been a member for several years we look forward to your participation.

Bednarski, Joanne	Jacobson, Ardis	McKasy, JoAnna	Rice, Marty & Jeff
Devlin, Heather	Kraft, Barbara & Richard	Meyer, Rose	Skinner, George &
Eckhardt, Anne & Steve	Larsen, Diana Lynn	Miller, Mary & Todd	Hanley, Anne
Foss, Mary & Darrell	Larson, Elaine	Moran, Jane & Jack	Torresani, Peter
Fossum, Merle	Lubinski, Sharon	Nelson, James W	Troha, Susan & Todd
Gimbel, Jill	Madlon-Kay, Richard	Olsen, Erik	Vanatta, Julia
Harstad, Carolyn & Peter	McGlynn, Ed & Rosemary	Owens-Pike, Douglas	Windschitl, Virginia E

Other Events

Friends of the Mississippi River

www.fmr.org/calendar.html

- Oak Savanna Workdays: Wed., 8/2, 6:30-8:30 pm at 36th Street & West River Parkway, Minneapolis
- Mississippi River Challenge: Saturday and Sun., 8/5 & 8/6 on the Twin Cities stretch of the Mississippi River (1- and 2-day options)
- Wildflower Walk at Grey Cloud Dunes Scientific and Natural Area: Thu., 8/10, 3:30-5:30 pm or 6:00-8:00 pm in Cottage Grove
- Oak Savanna Workdays: Wed., 8/23, 6:30-8:30 pm at 36th Street & West River Parkway, Minneapolis

Great River Greening

www.greatrivergreening.org/events_calendar.asp

- Indian Mounds Park Restoration: 10/7, 8:30 am - noon at Earl Street & Mounds Blvd in Saint Paul
- Flint Hills Resources Acorn Planting & Seed Collection: 10/14, 8:30 am - noon at Pine Bend Bluffs in Rosemount

Minnesota Native Plant Society

www.mnnps.org/Events.htm

CROSSWORD PUZZLE ANSWERS:



- 1 across, bloodroot
- 1 down, bluebeech
- 2. riverbirch
- 3. grasses
- 4. four
- 5. germinate
- 6 across, pussytoes
- 6 down, pollinator
- 7. lobelia
- 8. alexander
- 9. rain garden
- 10. witchhazel
- 11. joepe
- 12. genus
- 13. pasque
- 14. candle
- 15. nannyberry
- 16. sensitive

MEMBERSHIP**Benefits To You**

- Monthly meetings featuring excellent presentation on a wide array of native landscaping topics.
- Receive the new member packet, including our handbook full of information and activities on natural landscaping.
- Receive the Wild Ones journal, with articles and information to inspire and educate you about natural landscaping.
- Free admission to Wild Ones' events, such as our Native Plant Expo, garden tours, and native plant walks and sales/swaps. Reciprocity with other chapters' meetings.
- Gather and exchange information and expertise with other gardeners of all experience levels.
- Support for the Wild One's Mission.

Join or Renew

- Sign up at a meetings, or
- Call Elaine Larson at 612-925-4416, or
- Access the national website at www.for-wild.org

2006 Officers

Co-President: Mary Schommer
 Co-President: Kris Martinka
 Newsletter/Website: Rebecca Chesin
 Hospitality: Rose Meyer
 Membership: Elaine Larson
 Merchandise: Kim Medin
 Nokomis Naturescape: Lisa McDonough
 Outreach: Marty Rice
 Photographer/Historian: John Arthur
 Plant Rescue: Carmen Simonet
 Programs: Mary Alyce Krohnke
 Public Relations: Barb Gallagher
 Secretary: Becky Wardell-Gaertner
 Show Me/Help Me: Fran Kiesling
 Spring Expo: Evelyn Hadden
 Treasurer: Jim Martinka

Open chair positions: Tours



Twin Cities Chapter

c/o Marty Rice

4501 Lakeview Dr

Edina, MN 55424

www.for-wild.org/chapters/twincities

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.