



Twin Cities Chapter Quarterly Newsletter

February 2008 Volume 6, Issue 1

Upcoming Events/Monthly Meetings

2008 Spring Expo: "Through the Eyes of Nature: The Birds' View of Landscaping". Saturday, February 23, 8:30 am - 4:30 pm.

Where: Radison Hotel, Roseville, 2540 Cleveland Avenue North, Roseville, Minnesota
Admission: \$30 including lunch (pre-registration before February 16 required); \$20 at the door for Expo only

Wild Ones 2008 Expo focuses on attracting birds to your yard using the beauty and ecology of natural landscaping. This day-long event has something for everyone, whether you are a garden or bird enthusiast, beginner or expert. The Wild Ones chapters of Twin Cities and St. Croix are pleased to have the St. Paul Audubon Society and the Audubon Chapter of Minneapolis join us for this event! We have also received accreditation for Master Gardener education credits. Please check with your county coordinator for details.

The Expo includes over thirty exhibits ranging from business to public and volunteer organizations, who are eager to share their knowledge with you! These exhibitors specialize in birding and native landscaping. They can help you attract birds, discover the beauty and variety of native plants and realize the benefits of a natural landscape. Come and learn "how to," "what's new" and "what could be" for the birds and you.

We are fortunate to have two nationally noted wildlife authors, Mariette Nowak and Carrol Henderson, giving feature presentations in the morning and in the afternoon respectively. Mariette will discuss her new book, *Birdscaping in the Midwest: A Guide to Gardening with Native Plants to Attract Birds*. Learn how easily you can transform your yard into havens for birds and other wildlife. Carrol Henderson of the Minnesota Department of Natural Resources Non-Game Wildlife Program and author of *Landscaping for Wildlife* will describe bird migration through our region, natural landscaping ideas to provide migratory birds food and shelter, and how the National Lights Out program aids bird migration. Additional workshops will address a variety of habitat topics from native plant and birding basics, to bio-hedges and water features..

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Registration for the Spring Expo is open, and it's easier than ever! Go to the Wild Ones (WO) national website at www.for-wild.org/chapters/twincities/expo.html. We encourage early registration, because we have a terrific program and space is limited. At the Twin Cities WO web page you'll also find the expo program listing, map and directions to the Radisson Hotel Roseville, and the following registration options

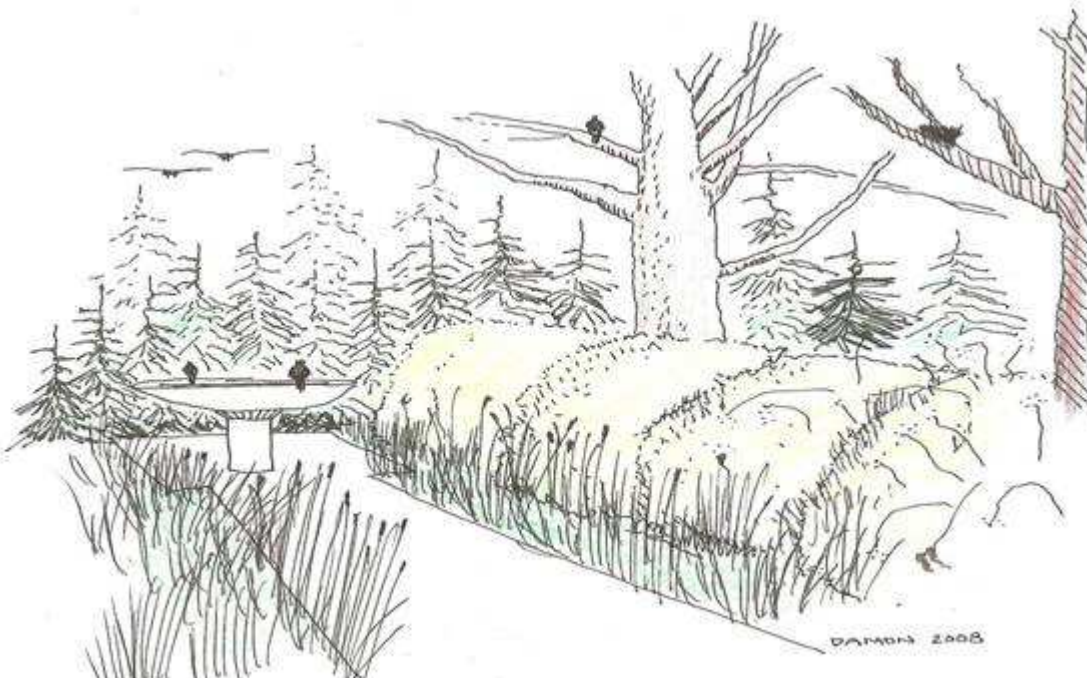
1. Mail-in registration - download the form from the above website by clicking on "download form here" and print the registration form from your computer. Mail the completed form with payment to the address listed. (Note: Those without internet access can obtain the registration form by calling Kris Martinka.)

2. On-line registration through Eventbrite - connect to the form from the same website by clicking on the "on-line" link. Complete the registration form and make your payment using any major credit card or Paypal account.

Registration or Expo questions?? Call Kris Martinka at 612-822-2061 or Karen Graham at 763-551-9572.

EXPO SCHEDULE

8:30 am - 4:30 pm	Registration Open	12:00 noon - 1:30 pm	Lunch Buffet
8:45 am - 2:30 pm	Exhibits	1:30 pm - 2:10 pm	Workshop Track B (choose 1)
9:30 am - 10:10 am	Workshop Track A (choose 1)		
	<p>1. Native Landscaping for Wildlife 101. Roy Robison of Landscape Alternatives will teach the dos and donts of landscaping with native plants.</p> <p>2. Yard Birds: Attracting and Identifying Them Clay Christianen, birding expert and columnist, will talk about attracting birds to your yard.</p>	<p>1. Bio-Hedges: Can Oil and Water Really Mix? Tom Tennant of Out Back Nursery will show us how to create bio hedges that are attractive to native birds and humans alike.</p> <p>2. Water Features for Your Yard. Landscape architect Diane Hilscher and artist Karen Graham will teach us the basics of water gardening, focusing on low maintenance designs in residential landscapes.</p>	
11:00 am - 12 noon	Welcome & Feature Address Marianne Nowak	2:30 pm - 3:30 pm	Feature Address Carroll Henderson



MONTHLY MEETINGS - CHAPTER'S SPRING PROGRAM SERIES

Three Ecosystems: How to apply nature's lessons to your backyard

(Meetings at the Nokomis Community Center: social at 6:30, meeting to start promptly at 7:00. Free and open to the public)

Tuesday, March 18, 2008, Jenn Morrow: Wetland, Aquatic & Transitional Ecosystems as a Pond and Lakeshore Model. Wetlands and shorelines are vital water purification systems in nature, not to mention vital habitat for a myriad of critters. Explore how to apply natural techniques to backyard ponds and lakeshores to improve water quality and wildlife habitat. Jenn Morrow has a B.S. in Environmental Studies with an emphasis in Water Resources from the University of Minnesota. She performed water quality monitoring & urban erosion control monitoring for the Dakota County Soil & Water Conservation District. Her love of native plants emerged during a buffer inventory of the Vermillion River in Dakota County. Following that *budding* experience, she honed her knowledge of wetland and aquatic species at Hild & Associates, Inc. a native plant nursery. She has had the pleasure of speaking to many about native aquatic species and enjoys sharing her enthusiasm for plants with anyone who will listen! She recently joined Top Notch Treecare's Urban Ecosystems department where she is able to encourage native habitats everyday!

Tuesday, April 15, 2008, Shelley Larson: Native Woodlands as a Shade Garden Model. View several types of native woodland communities with Shelley Larson, owner of Hayland Woods Native Nursery. She will help you decide which plants will do best to transform your tough shady spot into a woodland garden retreat as well as a healthy ecosystem. Shelley grows native plants for homeowners and contractors and also for the Minnesota DNR and University of Minnesota Extension. She especially enjoys visiting with landowners onsite, assessing the situation, and working with them to develop a plan to protect existing resources, restore diversity and health to plant communities, and preserve water quality. She and her family manage 80 acres of certified sustainably-managed woodlands, plus she is the plant coordinator for the Lost Valley Scientific and Natural Area in Hastings. Shelley has a state permit for the rescue and replanting of native plants. She has extensive training in the Forest Habitat Type Classification System and in Wetland Delineation.

Tuesday, May 20, 2008, Vicki Bonk/Diana Larsen: Nokomis Naturescape Prairie Gardens as a Sunny Native Garden Model, A Hands-on Experience. In the spring of 1998, the steep hillside southeast of the Nokomis Community Center was planted in grasses and wildflowers, and three perennial gardens, using only plants native to the area, were installed adjacent to Lake Nokomis. Come celebrate the Nokomis Naturescape's 10-Year Anniversary by joining Vicki and Diana, Naturescape project shepherds, for a walk and talk around the prairie gardens. We will reflect on the 10 years of native plant gardening, see what is



Naturescape View. Photo by Vicki

springing forth - both native desirables and weeds, (bring gloves - be prepared to edit!), and look forward to improving our gardens' effectiveness as a model of sustainability in 2008. Ideas and help welcome!

NOTE: The Twin Cities Chapter of the Wild Ones provides the principal garden volunteers for the hillside garden. New Nokomis Naturescape Gardeners are always welcome! Whether you come for one evening or many, any help is appreciated. This is a great opportunity to learn more about native plant gardening and/or impart your knowledge while contributing to the beauty and environmental health of the Lake Nokomis park.

Presidents' Message - Roberta Moore, Current President

You can tell from the newsletter there is much excitement about the 2008 Expo ...and why shouldn't there be? We have an excellent lineup of speakers and exhibitors. Plus it's a whole day long of looking at pictures of green stuff. Yep, food for the soul for Minnesota gardeners. The Expo marks the first of several grand events for the year. In 2008 we plan on repeating our showing at the Green Expo, checking out new possibilities for meeting locations, and looking into sprucing up our WO booth with some new signage. Plus we have a terrific lineup of WO meetings for this spring and I hear the planning for summer tours is underway as well. As we move into the year I encourage everyone to look for an opportunity to show your support of WO through volunteering. Helping at the Naturescape, becoming a chair person, doing plant of the month, or signing up to work a shift behind a WO table are all great ways to help WO spread the word on natural landscaping. See you at the Expo!!



Meeting Notes

November 2007 Meeting: The Wonderful World of Herbalism. Through a discussion of the healing properties of a number of plants native to Minnesota, naturalist and herbalist Elizabeth Heck introduced us to the realm of herbal medicine. Although commonly used in the 1800's in this country, the use of herbs ceased to be popular early in the 20th century and only experienced a resurgence starting in the 1960's and now continues to gain advocates.

Elizabeth divided herbs into three general categories of healing: (1) tonics - used daily to strengthen a bodily system; (2) specifics - taken when one needs it for a specific problem; and (3) heroics - very strong, powerful herbs that may have some level of toxicity. This last category of herbs should only be taken on the recommendation of a reputable herbal practitioner. The specific healing properties of a number of safe herbs (category 1 or 2) were discussed. Herbs that I found particularly interesting were:

1. Boneset (*Eupatorium perfoliatum*): Can be applied externally for arthritis, muscular rheumatism and crushed bone. Internally it is used for flu and fever that ache the bone. It also relaxes the mucous membranes and clears the upper respiratory tract of mucous.
2. Mint (*Mentha arvensis*): This high calcium-containing plant soothes the stomach when there is nausea and vomiting. As a tea it has the interesting phenomenon that served cold it acts as a stimulant and served hot it acts as a sedative.
3. Purple Coneflower (*Echinacea spp.*): This raises one's white blood cell count; thereby increasing resistance to bacterial and viral infection and strengthening the immune system.
4. Yarrow (*Achillea millefolium*): Rubbed on as a salve it breaks up bruises. It is also a sunscreen and mosquito repellent. The leaf does a phenomenal job in stopping bleeding from open wounds. Dried, powdered yarrow is one herb that goes into Elizabeth's first aid kit, to be applied directly to cuts.
5. Skullcap (*Scutellaria lateriflora*): One of the best herbs for relaxing nervous tension, especially exhaustion and depressed conditions.
6. Chaga (*Inonotus obliquus*): A fungus that grows on birch trees with anti-cancer properties.

We were able to experience each of the plants presented in salve, tincture, tea, or dry form. Along the way Elizabeth also explained how each of these preparations was made. For those of you that weren't present you missed out on some very flavorful teas. Had I not already been convinced to further explore herbs for increased health benefits, I would have been converted by the great tasting brews!! Here are a few of Elizabeth's favorites:

Chaga Chai

2 T ground Chaga
6-7 thin slices ginger
10 whole cardamom pods
5 whole cloves
1 inch cinnamon

Boil in 1 quart water for 15 minutes. Sweeten with honey. You can even add some frothy steamed milk.

High Calcium Tea

1 T Mint
1 T Horsetail (*Equisetum arvense*)
1 T Oats

Infuse by placing herbs in boiling water. Immediately remove from heat so as not to boil the herbs. Let sit for 15 minutes.

A number of books were also recommended for those who wanted to further explore herbalism:

- *Making Plant Medicine*; Riche Cech, Sena Cech and Anne Gunter.
- *Family Herbal: A Guide to Living Life with Energy, Health and Vitality*; Rosemary Gladstar (Elizabeth said this was the best start-up book with lots of recipes).
- *Edible Medicinal Wild Plants of Minnesota & Wisconsin*; Matthew Alfs.
- *The Book of Herbal Wisdom: Using Plants as Medicines*; Matthew Wood.
- *Holistic Herbs*; David Hoffmann.
- *A Field Guide to Medicinal Plants and Herbs: Of Eastern and Central North America*; Steven Foster, James Duke and Roger Tory Peterson.
- *Foundations of Healing (Healing with Herbs & Foods)*; Christopher Hobbs.

January 2008 Meeting: Natives' Contribution to Ecological Enhancements in Commercial Areas:

Golf enthusiasts and non-golfers alike were shown how one organization, Audubon International (not affiliated with the National Audubon Society), is trying to entice golf courses to put environmental considerations into their operations. Golf courses are spread over about 2,200,000 million acres of land throughout the United States. This is a huge amount of essentially undeveloped, relatively undisturbed land which can be a great place for native species to reside. In the age of decreasing water availability, new technologies, tougher laws and greater environmental awareness, the opportunities for enhancing the environment and the need for an organization to assist golf courses in this endeavor abounds. Through this group's Audubon Cooperative Sanctuary Program (ACSP) for Golf Courses, they work cooperatively with course managers to make their courses more earth friendly. There are 6 environmental focus areas in ASCP used to guide golf course managers: environmental planning, wildlife habitat management, chemical use reduction, water quality management, and outreach/education. For those courses involved in the program there have been a number of significant improvements: 75% reduction in pesticide costs; 82% reduction in pesticide use; 89% were consciously choosing native plants for landscaping; and 50% increased their shoreline vegetation.

Our speaker, Karen Shragg, in addition to being director at Wood Lake Nature Center in Richfield, is also an official environmental steward for ACSP. Her enthusiasm, knowledge and low key approach seem the perfect fit for advocating change in the golf world. Her goal of getting all golf courses in Minnesota certified is admirable. With 10 percent now enrolled, we wish her luck in getting the rest on board!

Member Spotlight - Chapter Officers and Board Members

Editor's note: With the start of a new year and the election of officers at the November meeting, I thought it would be good to give you a small introduction to these folks as well as the board members. Due to limited space we will be doing these introductions over the next one or two newsletters.

President, Roberta Moore (Years in WO: 4):

Occupation: Lead Business Analyst for the Estimating Center of Excellence at Ameriprise Financial Inc.

What drew you to native plants? I originally became interested in native plants through my interest in herbs. As I researched different plants I began noticing that many herbs were native to the US. I found that fascinating and things just grew from there.

What is your favorite native plant? My favorite is pussytoes, no wait it's pagoda dogwood, no wait it's blood root, no wait... oh you get the idea.....

Treasurer, Kris Martina (Years in WO: 5):

Occupation: Retired from a career in Information Technology. Currently volunteering in elementary schools doing plant education and such things as buckthorn, native seed collection and maintenance of native areas.

What drew you to native plants? As I learned more about plants and maintaining gardens, I realized that I did not want to fertilize, pesticide, herbicide and water my garden. I started reading more about native plants and began to understand more about plant and animal communities and interdependence. I grew up in the country and feel a strong affinity for natural areas, so I guess I try in a small way to recreate some of that feeling with my plantings. Now I rarely plant anything but natives in my garden unless the plants have some sentimental value.

What is your favorite native plant? There's no way I could pick "a favorite". Among those which stand out in my mind among herbaceous plants are hepatica in the spring, because it blooms so early, has such delicate flowers, and retains its pretty foliage throughout the summer; butterfly weed in the summer because of its gorgeous orange color, its value for monarch butterflies and other pollinators and its unusual looking seed pods; asters in the fall because they're beautiful and last after other flowers have given up; and grasses during the winter because of the seed heads which provide winter interest. Then there are woody plants such as bur oak, ironwood, dogwoods, and viburnums that I remember from my childhood and continue to regard with great fondness today.

Membership Chair (and on the National Board), Marty Rice (Years in WO: 8):

Occupation: Retired

What drew you to native plants? I've always wanted to bring back the trilliums, may apples, violets and other lovely 'natives' I saw as a child.

What is your favorite native plant? Currently it's the *Campanula rotundifolia* or Hairbell as it starts blooming in June and can stay in bloom for most of the summer. Ours were still blooming when we got the first big snowfall in early December --- long before everything else had died back. Its foliage in fall can be quite pretty too --- kind of rusty.

Hospitality Chair, Rose Meyer (Years in WO 4):

Occupation: Software Engineer, Target

What drew you to native plants? I've had a long interest in natives and nature. My husband and I even took a flower book on our honeymoon - we were camping in the Porcupine Mountains in Michigan.

What is your favorite native plant? Jack-in-the-pulpit, because it takes me back to when I was a kid. It used to grow in the woods near my grandparents' house.

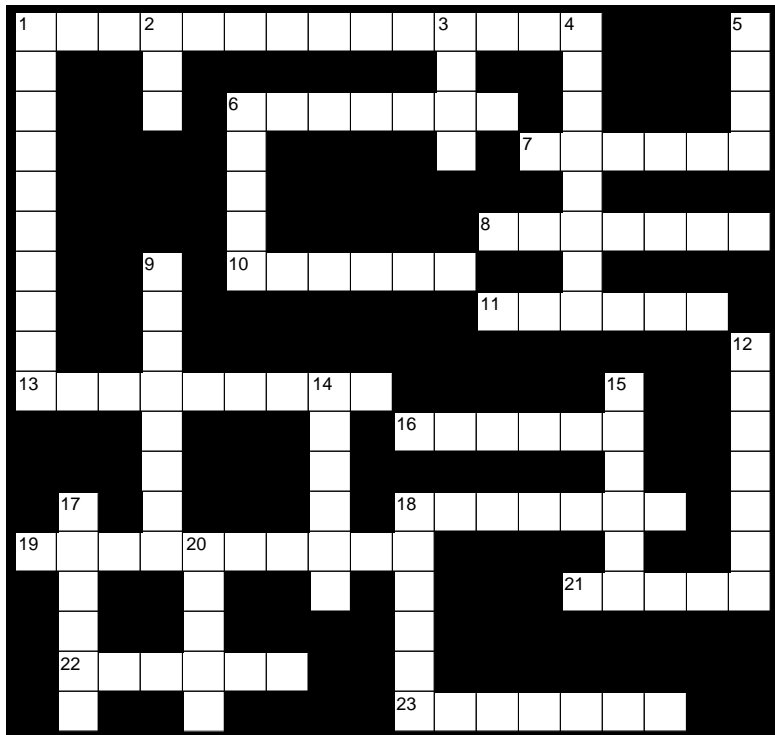
Gardener's To-Do List (February, March, April)



- * Prune trees and shrubs of dead or damaged limbs, shoots or waterspouts while they are still dormant; also shrubs that need shaping and rejuvenation. Best to trim up to 1/3 of the branches all the way back than to shorten all the branches.
- * Prevent soil damage by using coarse sand to provide traction and make sidewalks and driveways less slick. If that doesn't do the trick, try de-icing products from calcium chloride or calcium magnesium acetate (CMA) - salt-free melting agents.
- * Finalize your garden plans for this year. Order seeds or make a list of plants to pick up at garden nurseries.
- * February/March is a great time to start winter sowing hardy plant seed.
- * As the weather warms up, put away suet bird feeders; the suet doesn't keep and birds are switching to their warmer weather diets. Also clean up birdseed shells, since build-up can hinder growth of plants and become moldy.
- * Apply corn gluten meal to hinder weed seed germination in late April/early May. Spread it at a rate of 20 pounds per 1,000 SF. Water it lightly to activate it. It will remain effective for 5-6 weeks. (Note: will affect any seed it contacts)
- * Sort your seeds by the date each needs to be planted, if starting indoors. We're fast coming up on the time to start them, especially ones that need cold, moist stratification.
- * Pull off mulch as it thaws (but be ready to put it back on if there's another deep freeze)!
- * Start a compost pile in March/April.

CROSSWORD PUZZLE

(Editor's note: This puzzle will appear at least once a year - in the first issue of the New Year. We will see how closely you read the newsletters of the previous year, since all words can be found in newsletter issues from 2007. Let us know how you like this challenge!)



Across

1. Given the cold treatment.
6. Contaminant of concern in water.
7. Category for dry dead material used in compost.
8. Former "garden friendly" plant with special needs.
9. Park with neighborhood supported native gardens.
11. Fungus *Cryptodiaporthe corni* causes this.
13. "Fall guy" plant for ragweed woes.
16. Main energy source for microorganisms.
18. Germination media: peat moss and _____.
19. Plant with hairy single flower hidden near base.

21. Fleshy fruit having a single large seed.
22. State with 36 native orchid species.
23. Insect "wanna bee".

Down

1. Foam producer ____.
2. Necessity for aerobic organisms to live
3. Compost chore - at least once a month.
4. Sought after basic element in compost "greens".
5. Soil aerating insects.
6. Spread in gardens it helps to retain soil moisture.
9. Water invasive of concern in Nine-Mile Creek area.
12. Toothed (describing a leaf).
14. Fruity food leftover that can be composted.
15. Nymph stage (in monarchs for one).
17. Broad-leafed Goldenrod's better known name
_____ Goldenrod.
18. Employed on trees to control spread of infection.
20. Fresh plant material one can add to compost pile.

Book Review, Internet Info, You Name It!!

Birdscaping in the Midwest: A Guide to Gardening with Native Plants to Attract Birds. It's exciting to realize that we'll get the chance to hear and meet in person the author of the great new book [Birdscaping in the Midwest](#). Mariette Nowak, one of our keynote speakers at the Spring Expo, has created for us a visual treat, jam-packed with information for native plant and bird lovers. Her enthusiasm for the topic of attracting birds through planting natives has resulted in a well-researched guide that presents the whys, whats, wheres, and hows of providing birds with their needs, helping the birds at the same time as providing us the joy of luring them into our yards.

Minnesota is one of eight Midwestern states covered by Nowak's book. Information includes a designation of plants native to each state. From each state Nowak features a specific property, and the Minnesota choice is the St. Paul home of our own Twin Cities Chapter members Sue and Paul Damon. An active Wild Ones member herself, Nowak begins by making the case for landscaping with natives by citing the collaboration between plants and birds that has evolved over centuries. She leads the reader through steps in getting started, both in creating desirable bird habitat and in achieving success in establishing native plantings that will attract birds.

Part 4 describes habitat gardens for attracting specific sorts of birds, such as hummingbird, woodland, wetland, bluebird savanna, and prairie gardens. Part 5 presents lists of midwestern woody and herbaceous plants that attract birds. The author lists site requirements, bloom and seed dates, where the plants are native, and mature sizes. A rating scale for bird value of woody plants is a helpful tool for those of us who have limited space for trees, shrubs and vines. The book ends with a section on maintaining and enhancing bird habitat gardens. Excellent photos of birds, plants and landscapes draw us in, while the resources for readers at chapter ends send us out for further information. I'm looking forward to February 23!

Book review is by Kris Martinka

Landscaping for Wildlife. Opening up this book over the holiday season was like revisiting an old friend. I originally got my copy shortly after it was published in 1981. While I now fairly quickly pass over the main portion of the book, I still pause long enough to note how it remains relevant. It is a wonderful guide that presents the basics not only on habitat requirements for wildlife but also on landscape information for a variety of settings (yards, farmlands and woodlands). My attention is particularly arrested by information in Chapter 4 which features habitat components for wildlife. Beyond the information on the vegetative benefits, I am caught up with the structural improvements one can add to one's yard to make wildlife's existence easier.

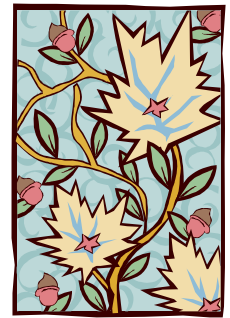


Photo by John Arthur

However, what I mainly use this book for now are the appendices, especially the first two: Appendix A - Plants For Use in Landscaping and Appendix B - Planning Checklist - Plants Appropriate For Use in Yards. It's a great place to quickly look up the habitat value of loads of native plant species, as well as information on requirements of the plants themselves. This is one book that I love owning and will continue to enjoy and use it through the years.

Book review is by Mary Schommer

From the Brown Thumb



I am eagerly awaiting this year's Wild Ones Expo, as I hope many of you are. Although not a birder by any stretch of the imagination, I do enjoy watching them and make feeble attempts at trying to identify various species. I am pretty good at the ubiquitous varieties that wander into my territory such as sparrows, robins, and cardinals, but fall woefully behind after that. Nonetheless as I build up knowledge of my garden I am also trying to extend it to the many creatures that happen along.

As you can surmise from the above catalog of winged friends, I don't exactly have a lot of interesting birds that think my yard is a great little place to hang out. Therefore, finding native plants that would lure additional bird species into my territory might really assist in this endeavor. Since I have created several large new garden spaces, I saw this as a golden opportunity to develop planting designs that are a wildlife lure. It also seemed like fun to try and draw on the list of expo speakers for advice. At my local library I discovered "Lakeside for Wildlife and Water Quality" a Minnesota Department of Natural Resources publication that had Carrol Henderson as one of three co-authors (the others being Carolyn J. Dindorf and Fred J. Rozumalski). I was not sure this book would be of much interest or help to someone plunked down in the center city, but I checked it out anyway. When delving into it, I discovered that the appendices certainly could be valuable even if one is landlocked. Appendix A contained a plant list that, beyond the normal data on size, light, etc. had some information I had not seen so summarized in other publications - (1) designated native regions where each plant could be found naturally, (2) wildlife attracted to each plant, and (3) plant notes. Appendix C included a compendium of native plant nurseries. Appendix E gave substitute plants for invasive, non-native species. Since the upcoming expo was on birds I will concentrate on information gleaned from Appendix A which was of special interest to my situation (and possibly also applicable to what you are doing in your garden).



Photo by John Arthur

Based on the map of native regions of Minnesota found in the book, I am located in Zone 8 which is known as Minnesota and Northeastern Iowa Morainal region. With this information as a starting point I scanned the Appendix A list, first to see how I currently was measuring up plant-wise and second to figure out what plants I should place in my new major outdoor living spaces. With regard to existing conditions, I currently have lots of plants that are great for wildlife. More interesting to me were species that attract wildlife, but are not bringing in species I want to invite. These include Maidenhair Fern (*Adiantum pedatum*), deer and game birds may like these, but none have found their way into my urban neighborhood; and Zigzag Goldenrod (*Solidago flexicaulis*) and Pussytoes (*Antennaria neglecta*) which appeal to rabbits, a group whose presence I am trying to discourage. Several other species seem more neutral in that no animals were shown as being associated with them. These included the Large-flowered Bellwort (*Uralaria grandiflora*), Canada Anemone (*Anemone canadensis*) and Prairie Sage (*Artemisia ludoviciana*). Finally a couple of plants did attract wildlife, but none of

the megastars one typically seeks. In this category was Wild Ginger (*Asarum canadense*) and Bloodroot (*Sanguinaria canadensis*), which were a draw for ants and Jack-in-the-pulpit (*Arisaema triphyllum*) which chipmunks like, (actually this is my favorite rodent, so I am happy with its presence). Interesting!!

continued...

Moving on and winnowing the huge plant list in Appendix A down to a few selected species for my new gardens was the hard part. I decided that I wanted plants that would be no more than 3 feet high; could be grown from seeds I could actually obtain from local nurseries; had some flower interest through most of the summer; and could possibly survive in a partially sunny area. Based on these criteria my selections were: Butterfly weed (*Asclepias tuberosa*) - butterflies, birds, insects; Black-eyed Susan (*Rudbeckia hirta*) - birds, butterflies; Columbine (*Aquilegia canadensis*) - hummingbird; Rough Blazing Star (*Liatris aspera*) - birds, butterflies; Stiff Tickseed (*Coreopsis palmata*) - butterflies, bees; and Wild Bergmot (*Monarda fistulosa*) - butterflies, bees, hummingbirds. After reviewing the above selections, I thought it seemed filled with plants one ordinarily is drawn to. Ones I might have picked in any case. I felt I needed to add just a couple that might contribute some additional interest. So diving once again into the list I decided on Large-leaved Aster (*Aster macrophyllus*) - birds, butterflies, chipmunks and Prairie Wild Onion (*Allium stellatum*) - bees. I think I am now ready to order the forbs I want to grow, but we'll see if any information gleaned from the expo changes my decision. I, for one, can hardly wait to hear what all of the speakers have to say.

Featured Native Plant: *Liatris aspera*

Common Name: Rough Blazing Star, Colicroot, Devil's bite

Scientific Name: *Liatris aspera* **Family:** Asteraceae

Habitat: Tall grass prairies, savannas and dry, open rocky woods. Grows in bluestem prairies. Typically found in areas with sparse vegetation.

IDENTIFICATION:

Height: 2-3 feet

Leaves: Numerous alternate, smooth-edged leaves. The leaves either have hairs or are smooth. The sandpapery basal leaves are widest near the middle, tapering gradually at each end. They are up to 2 inches wide and 16 inches long, including their long stalks. The middle and upper leaves of the stem are shorter and narrower, with rounded tips and leaf stalks are short or lacking. All leaves have a single mid-rib.

Flowers: The rose-purple flower heads are alternate along the upper stem. Each flower is about $\frac{3}{4}$ to 1 inch wide, and has one fluffy flower disc and no rays. Each head has a series of overlapping rounded bracts (modified leaf at the base of a flower stalk), with white to purplish, papery tips. The 5-lobed corolla is 2 to 3 inches long and has 2 conspicuous, threadlike style branches. Flowers are nearly sessile to the stem (i.e., without a stalk). Blooms mid-summer to fall (August to September) with flowers opening at about the same time on each plant or blooms start at top and spread down the stem. The bloom time for a plant is about 3 weeks.

Fruit: Fruit becomes ripe in October or November. The achene (fruit containing the seed) has large tufts of stiff hair that are grayish brown. The tiny seeds are wind spread.

Overall characteristics: Unbranched stems have short stiff hairs or are smooth. It has a woody corm (swollen part of plant stem located beneath the ground) resembling a taproot, which serves as a storage organ that helps it through periods of adverse conditions. This plant is most abundant following fires. It is of last *Liatris* species to bloom. *Aspera* means "rough" - in all likelihood referring to the leaf texture



Photo by John Arthur

GARDEN TIPS

Plant Hardiness: Zone: 3 - 8

Sun/Shade Needs: Full sun to light shade.

Soil Needs: Well drained soil dry soil but also does well in soil with average to moderate moisture

Planting: Spacing: 1 to 2 feet apart; Spread 12 - 18 inches.

Propagation: Seeds require cold, moist stratification for 60 days. Plant seeds covered with ¼ inch soil. Can also grow transplants when original seeded plant is two years old or older. Do this in the spring while the plant is still dormant or in the fall after blooming. Trim roots and plant with buds approximately 2 inches below the surface.

Care: Tends to flop if it has too much moisture or soil too rich. Drought resistant.

Companion plants: Big bluestem, yellow coneflower, purple prairie clover.

Friends & Foes: Butterflies (including Monarchs, Sulfurs, Black Swallowtails, and Painted Ladies), long-tongued bees (such as honey bees and bumblebees) and hummingbirds like its nectar. Herbivores such as deer and rabbits eat their stems and leaves. Can get mildew so plant in a sunny spot with good air flow.

NOTES

Current Use/Interest: None known.

Historical Use/Interest: Tea made by Native Americans used to treat snake bites and stomach aches. Some tribes used it for bladder and kidney ailments. Bulbs were given to horses in early America to increase their endurance. Also was an emergency food supply for Native Americans.

Welcome New & Renewing Members

As of 1 January 2008 according to the national website, our chapter had 90 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. Besides this newsletter, visit us at www.for-wild.org/chapters/twincities <<http://www.for-wild.org/chapters/twincities>>.

Alison Antoun, Vicki & Richard Bonk, Marea Chase, Jim & Jan Coleman, Paul & Susan Damon, Peter Dziuk, Richard Gjertson, Laurie Stone Goldsmith, Phil Johnson & Mary Weeks, Carol R. & Jack E. Keegan, Mary Alyce Krohnke, Sharon, Lubinski, Kris & Jim Martinka, Lisa McDonough, Minnesota Landscape Arboretum, Meslie M. Modrack, Roberta Moore, Michele Murphy, JoAnn Musumeci, Elizabeth Perry, Gigi Siekkinen, Kathy & Brett Smith, Tom Tennant, Becky Wardell-Gaertner

CROSSWORD PUZZLE ANSWERS



2007 Officers

President: Roberta Moore
Vice-President: Julia Vanatta
Secretary: Mary Schommer
Treasurer: Kris Martinka

Board Members

Hospitality: Rose Meyer
Membership: Marty Rice
Merchandise: **Unfilled**
Newsletter: Mary Schommer
Nokomis Naturescape: Lisa McDonough
Outreach: Joseph Zarr
Photographer/Historian: John Arthur
Plant Rescue: **Unfilled**
Programs: Mary Alyce Krohnke/John Arthur
Public Relations: Julia Vanatta
Show Me, Help Me: **Unfilled**
Spring Expo: Karen Graham & Susan Damon
Tours: Carmen Simonet

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 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

1. Sign up at a meetings, or
2. Call Marty Rice at 952-927-6531, or
3. Access the national website at www.for-wild.org



Twin Cities Chapter
c/o Marty Rice
4730 Park Commons Dr. #321
St. Louis Park, MN 55416
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.