

February 2009 Volume 7, Issue 1

Upcoming Events/Monthly Meetings

2009 Spring Expo: "Thumbs Up For the Environment: Native Landscaping for Clean Water February 21, 8:30 am - 4:10 pm.



WHERE: Radison Hotel, Roseville, 2540 Cleveland Avenue North, Roseville, Minnesota

Admission: \$35 including lunch (WO member price)

Native Plants? Clean water? Find out more about this integral relationship, it's importance to all of us since we all live in a watershed, and what we can do about it at our 9th annual Wild Ones Expo. It is jointly sponsored by the Twin Cities and St. Croix Oak Savanna 'Wild Ones' chapters along with the 'Blue Thumb' (clean water) organization. Hear from the professionals the latest in water treatment features, designing and planting with natives for clean water, and other related topics.

Also featured in the Exhibition Room will be our area's excellent native plant nurseries, landscape designers/architects, watershed district representatives and even a reader's corner with books being autographed by the authors, including Welby Smith, author of the DNR's new book "Trees and Shrubs of Minnesota".

Sign up before February 13 as space is limited. Mail the Registration Form to: Brent Holm, 15327 Lake Shore Ave., Minnetonka MN 55345. Questions: contact Marty Rice: JCRMFR@msn.com or call 952-927-6531. For a brochure and registration form contact Mary Schommer at 612-729-5274 or go to our website [http://for-wild/chapters/twin cities/expo.html](http://for-wild/chapters/twin%20cities/expo.html).

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EXPO SCHEDULE

8:30 am - 4:10 pm Registration Open
8:45 am - 4:10 pm Exhibits
9:30 am - 10:30 am Welcome and Feature Address

How Did We Get Here? And What Are We Doing to Change Our Ways? Bonnie Harper-Lore Restoration ecologist and author, Bonnie Harper-Lore has dedicated her career to native plant restoration. She will share her expertise on native plants, invasive species and the effects they have on our land and water. Learn how we can work in concert using Green Thumb – Blue Thumb approaches to restore our land and our beautiful lakes and rivers.

11:00 am - 11:45 am Workshop (choose 1)

1. Designing Your Landscape for Clean Water. Douglas Owens-Pike, Native Landscape designer will provide the basics for those who are starting to transition to native plants and sustainable design. Hear how to dream big yet fit into your neighborhood aesthetics, and plan for future maintenance to keep it looking beautiful. Learn why every native plant in your landscape becomes an important source of diversity in this time of climate change and how you can easily improve water quality. “Layering Your Landscape for Clean Water”

2. Layering Your Landscape For Clean Water Mike Isensee, urban conservationist wants children to be able to chase butterflies and fireflies, swim in the lakes and canoe the rivers, just as he did as a child. He will talk about intermediate to advanced design techniques that incorporate native gardens, raingardens and native shorelines to create beautiful yards that enhance habitat

11:45 am - 1:30 pm Lunch Buffet & Exhibits
1:30 pm - 2:15 pm Workshop (choose 1)

1. Getting Started on Your Water-Friendly Landscape. Todd Rexine, Great River Greening will introduce using native plants in your landscape while easing the use of the municipal water supply. He’ll look at how to analyze your site, then draw up and implement the plan. Examples of successful projects will be shown during the presentation.

2. The Latest and Greatest techniques for Clean Water. Peter MacDonagh of Kestrel Design Group will speak on some of the most cutting edge technologies for fighting climate change and keeping our lakes and rivers clean. Hear about the work he is doing around North America using Tree Cells, Green Roofs, and Living Walls to create healthy “green and blue infrastructure”.

2:30 pm - 3:30 pm Feature Address

“Where do We Go from Here?” Rusty Schmidt, co-author of Plants for Stormwater Design. Rusty travels the country, raising awareness and teaching communities about the importance of utilizing native plants as a means of protecting our water. As we end the day he will motivate each of us by showing how even a small garden in our own back yard could be the beginning of a native plant movement within our local community.

3:30 pm - 4:10 pm Raffle/Expo Close

MONTHLY MEETINGS

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

Tuesday, March 17, 2009, Jason Husveth: Grasses, Sedges and Rushes. For those who want to increase their knowledge of the world of grasses, sedges and rushes, come and learn how to recognize local natives and further explore the habitat of these species.

Tuesday, April 21, 2009. This program is yet to be determined, but keep this date in your calendar! Should you want presentation information prior to the meeting, contact Mary Schommer (612-729-5274)

Presidents' Message - Marty Rice/Mary Schommer, CoChairs

Once again anticipation mounts as we head into our annual February Exposition. With each year we continue to try improving what we bring to you and hope we have succeeded once again. For the first time we are featuring two distinct presentation tracks: one for beginning gardeners or those who want to review their gardening basics and the other for people who are more experienced and want to further increase their gardening skills and knowledge. Given last year's successful partnership with the local Audubon societies we are continuing the concept with this year's Expo. This year's focus is on improving water quality with the help of the Blue Thumb organization. We so believe in this message and concept that we are looking into becoming members of their organization and thereby better continue to spread this important message.

We are looking forward to the Expo and hope you are too!! Tickets for this event typically go very quickly so sign up today if you haven't already done so! See you there!

Marty and Mary

Meeting Notes

October 2008 Meeting: Buckthorn. The October presentation by Hillary Oppmann, Longfellow Community Council, was a great reminder that the invasive buckthorn continues to be a huge problem in the area. It is well known that one reason for this is its popularity as a hedge plant. As a fast-growing, tall, hardy bush, it has been used by landscapers of years. Thus, a primary source of its spread originates in our own back yards.

Hillary has a long history of making the Longfellow neighborhood community in Minneapolis aware of the problem. One major effort she headed was an aggressive e program for its removal. From 2002 through 2006, backed by matching grants, a door to door survey was made in selected areas of Longfellow in an attempt to identify all buckthorn. A note stating its presence was left with the home owner who was encouraged to remove it. To assist them, free curbside pickup of removed trees was available. Thanks to this effort there has been a reduction in its presence at least in one segment of the city.

To help us all, Hillary went over the salient features of the Common Buckthorn (*Rhamnus cathartica*) in detail. (Anther less prevalent species found in Minnesota, Glossy Buckthorn, was not discussed.)

- Leaves: Egg shaped, smooth, glossy, finely toothed, 3 to 5 pairs of curved leaf veins
- Fruit: Large round clusters, ¼ inch wide berry. It starts off green and mutures to a black color with a grayish spot on top in August and September. The fruit is only found on the female plant.
- Branch: The buds and leaves are opposite. There is usually a sharp thorn at the end of the twig or at places where branching occurs.

For additional information on buckthorn visit the following websites:

1. Identification:
www.dnr.state.mn.us/invasives/terrestrialplants/woody/buckthorn/id.html
2. Removal:
www.extension.umn.edu/projects/yardandgarden/ybriefs/h464buc

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- Wood: Brown and silvery in saplings which gets darker with age. If one cuts a branch, it exposes a yellow sapwood and orange heartwood.
- Roots: Black. There is no deep taproot.

Of most interest to all was its removal. The easiest way to do this is to employ a weed wrench. (In fact Longfellow Community Council has several that they willingly loan out to residents for their personal use.) Other methods include (1) cutting the shrub down and then continuing to aggressively cut any sprouts until the plant runs out of energy; (2) judicious use of Round-up; or (3) girdling the tree.

November 2008 Meeting: Expert Advice, Seed Exchange, Officer Election: The final meeting of the year was a wonderful gathering of our members at which one could get questions answered from experts that generously gave of their time. This was a very informal occasion with tables scattered throughout the meeting room and a Wild Ones Twin Cities chapter specialist manning each area. Nancy Schumacher of The Vagary took on inquiries on propagation from seed, while Molly Rosenberg, Molly's Garden, handled general design questions and Carmen Simonet, landscape architect, concentrated on hardscape/runoff aspects of landscaping. It was impossible to hear all the questions asked and the responses given, but suffice it to say it was a golden opportunity to get in-depth information and there were lively conversations at each of the three tables. Two additional tables were also manned: one by Trudy Poquette with Wild Ones merchandise and another by Kris Martinka giving an introduction to our new Outreach efforts. To further add to the evening's fun, hot cider and great snacks were provided by our hospitality chair Rose Meyer - who confessed that more would have been available had her Labrador not availed himself of the opportunity of a holiday snack! Also there were a ton of seeds donated by members free for the taking. The variety of species available made selection way too difficult.

Officers were also selected during the formal meeting period. Roberta Moore and Julie Vanatta, both of whom had done a tremendous amount of work as president and vice president, decided not to run for re-election. Given this, we have a whole new slate of officers, most of whom should sound familiar to you. The president/vice president positions are being replaced by co-chairs (Marty Rice and Mary Schommer); Secretary is Kris Martinka and re-elected to treasurer is Brent Holm.

The success of the evening has encouraged us to consider making this more informal gathering a permanent yearly November tradition. If anyone has comments on this, please let us know. As editor, my thoughts were that it was a very pleasant evening with chances to not only "harvest" answers to improve ones gardening, but also to chat with others and learn a bit more about and from them.

Member Spotlight - Landscaping with Native Plants, by Pat Neuman

I became interested in native plants in 1999 while we were planning to move to Chanhassen from St. Paul. I wanted to find a place to live in Chanhassen where I could bike and walk to work and where I could landscape with native plants. I found a place I liked a few blocks from the Chanhassen Library with space for native plants in the backyard. I've spent much of my time since moving here removing weeds, saving native plants and adding more native plants to our yard. This past year I participated in the Water Wise

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Monarch on a Stiff Goldenrod

Landscape Rebate Program, run by Chanhassen's natural resources staff. This particular program encourages residents to put in native plants to reduce water use. This is just one way the city and its staff have helped me in my landscaping efforts beginning in 2000. Additional support has been received from people at the Minnesota Landscape Arboretum where I do volunteer work and also members of the Twin Cities Wild Ones Chapter.

Below is information on work I have done in our yard beginning with our move to Chanhassen in 2000.

1. **Saved Plants:** Native prairie plants and trees that I found in our yard in 2000 and saved include the following species: common milkweed, Canada goldenrod, daisy fleabane, switch grass, prairie dogbane, columbine, red osier dogwood, sumac, prickly ash, scarlet and common elderberry, green ash, box elder, crab apple, American elm, cherry (black, choke and pin), red cedar, wild grape and Virginia creeper.

2. **Added Plants:** Cup plant, yellow coneflower, wild bergamot, New England aster, rosin weed, purple prairie clover, big bluestem, Indian grass, switch grass, cord grass, wild geranium, partridge pea, blue and hoary vervain, stiff goldenrod, yarrow, hyssop, obedient plant, black-eyed Susan, swamp milkweed, cranberry bush, and others.

3. **Steep Gradients:** The gradient of our yard is steep, about 1:4. With the steep gradient it is important to take steps to slow the speed of surface runoff. My landscaping included making or keeping some low areas for channeling and slowing runoff, which increases infiltration and helps save water for the growing season.

4. **Plant Placement:** Grouping similar plants made it easier to keep track of where the plants are located in our yard. It is also useful to consider things like plant size, amount of sunlight, and typical blooming periods when determining placement of plants. Plants that are in areas having less than optimal sunlight may bloom later in the season, which is sometimes desirable seasonal viewing.

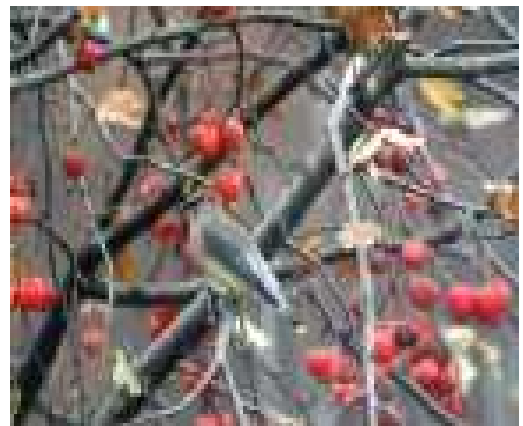
5. **Watering Plants:** I don't water mature native plants unless they have been moved recently. Recently moved plants and newly purchased plants get watered every few days for a couple of weeks unless frequent rainfall occurs.

6. **Wildlife:** Deer eat dogwood, crabapple and cup plant leaves. When deer have plenty of food in our back yard, they are less likely to come to our side and front yards to eat. Rabbits really like asters, prairie clover and blazing stars. I put up chicken wire fence in one area to keep rabbits away from their favorites. Birds love to eat berries from shrubs. Goldfinches eat seeds from many species of prairie plants. For wildlife drinking and bathing I usually replace the water in our birdbath daily, and I like to note that drinking water is available for wildlife after a rain in the pockets of cup plant leaves.

7. **Open Spaces:** Open space walking paths are used by people and wildlife and serve as channels used to slow surface runoff. Above ground open spaces are helpful to birds that like to dart in and out of many areas in the yard.

8. **Wood Duck Houses:** We have three wood duck houses about 8 feet up in trees. It is important that the area below the houses are clear of shrubs or ducklings might get tangled when falling from the houses. The mother ducks seem to be aware of that potential problem and don't use houses where obstructions exist.

9. **Plant purchases:** My first purchase of native plants for our yard was a seed package from Prairie



Cedar Waxwing

Restoration in Princeton, which I applied to the yard in 2000. Other plant purchases which I made over the years since then were from Landscape Alternatives (located near Taylors Falls), Outback Nursery (near Hastings), Glacial Ridge Growers of Glenwood, The Vagary of Randolph (and at the St. Paul Farmers Market), and The Garden Patch in Excelsior.

10: **References:**

- a. Tallgrass Prairie Wildflowers, A Field Guide; Doug Ladd
- b. Classes taught at the Minnesota Landscape Arboretum
- c. Wildflowers of Minnesota, Stan Tekiela
- d. Prairie Moon Nursery in Winona, Minnesota (catalog)
- e. Prairie Nursery, in Westfield, Wisconsin (catalog)

Library - New Chapter Outreach Service to Members

Our chapter library is now in business! Members at our November meeting voted on their top choices of books for our library. We acquired the top four, and they will be available for signing out at each monthly meeting. They are great winter reading! Depending on usage of this starter library, we will acquire more books. A short description of the four books:

Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens by Douglas Tallamy. There's a great review in the March/April 2008 issue of the Wild Ones Journal. This is a fascinating and compelling read about the need to provide our wildlife with one of their survival needs: native plants. . One little gem for me is Tallamy's description of what "native" means. He argues "that a plant can only function as a true 'native' while it is interacting with the community that historically helped shape it." After reading this book, one of our members vowed to rip out all non-natives in her landscape to clear the way for more native plantings. The book is science-based, but definitely written in a style accessible to lay gardeners William Cullina, the author of another of our library books states, "This important work should be required reading for anyone who ever put shovel to earth." I agree.

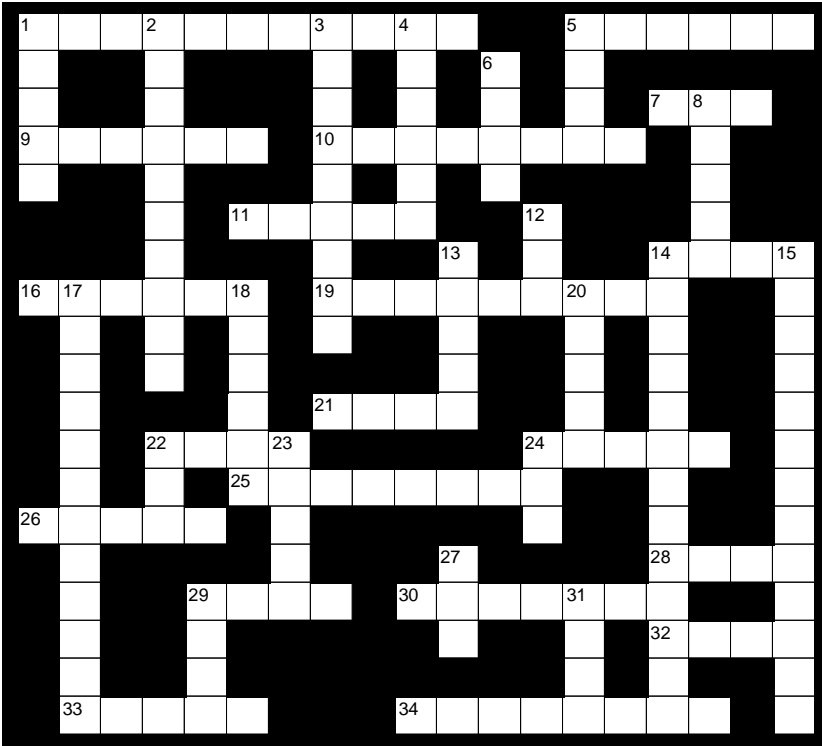
Growing and Propagating Wildflowers of the United States and Canada by William Cullina. Great pictures, lyrical descriptions of plants, and good information about how to grow and propagate them make this book a handy reference, an identification aid, and a fun read for people who love plants. It indicates where plants are geographically native and the cultural situations to which they are suited, along with various interesting tidbits, including difficulty or ease of growing. The final section has invaluable information about propagation.

Landscaping for Wildlife by Carrol Henderson of the DNR Nongame Wildlife Program. One of the early "how-to" books on planting to attract wildlife, this book contains designs for different situations and a number of plant lists for various sites. Plants are rated for their wildlife value. Information on providing the four basic needs of wildlife is included: food, shelter, water, and space.

Weeds of the Northern US and Canada by France Royer and Richard Dickinson. A reference to help you identify those nasties that crop up among your natives, this book has great descriptions and pictures of different plant parts. It lists special reasons for concern about the plants and indicates geographically where they can be found.

Kris Martinka, Outreach Chair

CROSSWORD PUZZLE (Editor's note: This puzzle challenges you to see how closely you read the newsletters of the previous year, since all words can be found in newsletter issues from 2007.)



Across

1. Nokomis Community Garden's name
5. Bird feeder distance from windows (greater than ____ feet)
7. Anemone species that likes rich soils
9. Forest high-rise.
10. Plant containing the 3 essential requirements for birds: _____.
11. Winter activity in preparing for spring
14. Jack in the Pulpit may need protection from this crawler.
16. Fruit containing seed.
19. More shallow, nutrient rich lake.
21. High calcium containing plant; a stomach soother
22. Pleuresy ____ .
24. Dried sneezeweed product, similar to ____ .
25. Current home of our monthly meetings
26. Theme of our chapter's 07 Expo
28. Seed disperser of woodland plants
29. Former name of Lake Hiawatha
30. Stout tapering primary root with limited side branching
32. Nearby state where Echinacea native to Minnesota also grows.
33. Native found in woodland edges: Woodland _____.

34. Tap water chemical that needs to be removed before using in ponds

Down

1. Author of Birdscaping in the Midwest. _____.
2. Forest layer composed of ferns, sedges and woodland flowers.
3. Bird that drops its body temperature at night (winter defense).
4. Seed capsule having tufts of hairs.
5. What one should do with compost once or twice a month. ____ it to
6. Sport having 2.2 million acres of undisturbed land in the U.S.
8. Flower cluster.
12. Skull ____ is one of best herbs for relaxing nervous tension
13. Modified leaf at the base of a flower.
15. Invasive that wipes out forest undergrowth ____
17. This species of Echinacea is found in SW Minnesota.
18. Dried herb for your first aid kit.
20. This ancient has a plant species named after her.
23. Herb category denoting herbs that can be used daily strengthen the bodily system.
24. Jack in the Pulpit subject of unverified tidbits. _____.
27. Dogwood berries are high in this, making great bird food.

Book Review, Internet Info, You Name It!!

14. Scratching of hard seed coat with sand paper.
31. Love affair is ____ according to the Brown Thumb.

Trees & Shrubs of Minnesota (Welby Smith) ISBN 9780816640652; list price \$59.95 It has been over 50 years since C. Otto Rosendahl wrote the book *Trees and Shrubs of the Upper Midwest*. This was the last comprehensive flora of the woody plants of Minnesota. With the release in November of Welby Smith's new book *Trees and Shrubs of Minnesota*, we now have the long awaited and completely revised guide for woody species identification in Minnesota.

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This is a beautiful as well as useful book. Welby Smith has gathered his life's work on these plants and given us a book to be treasured. This book isn't the first for Minnesota, but I think its the best. The first woody flora for Minnesota appeared in 1908 as the Guide to the Trees and Shrubs by Clements, Butters and Rosendahl. This original booklet length plant study was a part of the Minnesota Botanical Survey series. It was subsequently revised in 1912 as Minnesota Trees and Shrubs, in 1928 as Trees and Shrubs of Minnesota and finally the expanded 1955 edition with Rosendahl as the last surviving author. I should also mention that other more recent books on the subject by Leon Snyder, Nancy Rose or Stan Tiekela were written with a different emphasis.

A comment from the dust jacket flap of Welby Smith's Trees and Shrubs of Minnesota suggests the book as authoritative, up to date and packed with information, I agree and recommend it completely. It covers 92 trees, 131 shrubs, 12 woody vines all native and 15 various naturalized species for a total of 250 plants. The preface and introduction offer an interesting overview of the natural history of these Minnesota plants. The heart of the book is organized around pages which are fore edge color marked by plant genus and listed alphabetically. Each genus receives a prefatory explanation with added key when needed. Each species within the genus receives two pages of information. The left hand page is a complete description for each botanical named species with common name also provided and distribution maps. On the facing right hand page are color photographs by Welby Smith of that species flower, leaf, bark and seed. Along with the photos in most cases are wonderful winter profile botanical illustrations of each species drawn by artist Vera Ming Wong. Some readers will recall the Wong / Smith collaboration on the Orchids of Minnesota, a book that is currently out of print and unavailable even as a used book. With a press run of 3500 copies for this book you would be advised to get your copy before this too is out of print.

I have had the opportunity to see many of the floras for areas around the country and the world. My personal opinion is that this book sets a new standard for presentation and production for a flora of this or any type. Published by the University of Minnesota Press with credit to the Minnesota Department of Natural Resources this book deserves a place on your reference shelf. Its price tag might make it a stretch for some, but it is worth the price. Do I have any criticism of the book? The fore edge color marking is a little hard to distinguish, in part because some genus do not contain enough species to make the color marking stand out. Also, this is a large and heavy book at 703 pages. It will not be the handy field guide some people want. It would be useful if a smaller truncated and spiral bound version could be published sometime in the future. Meanwhile, this version will do the job and is just fine for me!

Book review is by: Kent Petterson, of Terrace Horticultural Books, St. Paul, MN

From the Brown Thumb

I could not fail to comment on this month's alignment of the stars or should I say the grouping of the Blue Thumb, the Brown Thumb and all the Green Thumbs that are involved in Wild Ones. Of course I am referring to our upcoming Expo and the fact that our chapter is partnering with the Blue Thumb organization for this annual event, which seems so appropriate. I came to this conclusion after getting to know a bit about the Blue Thumb organization. For me the winter months mean almost a complete physical shutdown in relation to



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my garden and I turn to more mental exercises. In the past this has primarily consisted of trips to the library with comments on books hauled from the shelves. As the winter snows have kept me a bit more confined I have been searching the internet instead and of course wandered into a “Blue Thumb” query.

From what I can gather, this program was initiated by the Rice Creek Watershed District as part of an effort to meet mandates decreed under the Clean Water Act. It has since spread beyond the boundaries of this district and is active in the greater Twin Cities area. Although a somewhat loosely formed organization - in that they are made up of willing partners consisting of groups of professionals from local government units, non-profit and community organizations, and nursery and landscape professionals; their focus and impact is anything but. Currently they have over local 50 organizations actively participating in their efforts. Their name and logo says it all - providing water quality improvement primarily by encouraging people to reduce runoff through planting (including shoreline stabilization, rain gardens or regular native). To date they have produced a wonderful book on rain gardens titled *The Blue Thumb Guide to Raingardens; Design and Installation for Homeowners in the Upper Midwest*. This is a well thought-out, practical guide for establishing a rain garden in your own yard. Starting with instructions on designing and developing your garden, and including a comprehensive list of native plants to choose from as well as some plans that one could use. Although I have already installed a rain garden in my back yard, the plant list was of great use to me as I have a few vacant areas that need to be filled in.

If you wish to learn more about what the Blue Thumb does or to use them as a resource on water-related gardening subjects, including such things as rain barrel construction, go to www.bluethumb.org. I, for one, am looking forward to our upcoming Expo so I can learn more about this organization and increase my knowledge and ability to make a more blue planet through an increasingly green environment.

Featured Native Plant: Blood Root

Common Names: Redroot, Puccoon, Red Puccoon, Indian Paint, Bloodwart, Tetterwort

Scientific Name: *Sanguinaria canadensis*

Family: Poppy (Papaveraceae)

IDENTIFICATION

Habitat: Found in open woods with rich soil.

Height: 3 to 10 inches

Leaves: Blue-green basal leaves having irregular lobes with 5-9 on each leaf. The leaf originates from its own bud located on the rootstalk (as does the flower stalk). Leaves appear on 6-14 inch long stems and are relatively small during flower production (4-7 inches long, but increase in size thereafter (6-12 inches), flatten, and are deeply veined.

Flowers: The white flowers are approximately 1- 2 inches wide, typically with 8 petals. The stamens are golden and surround a single pistil. It blooms in the spring (March-May) and is short-lived, lasting a week or less after the bud opens

Fruit: Oblong, 2-part capsule, pointed at both ends, with brown seeds inside when ripe (green initially).

Overall characteristics: In the spring, buds at the onset are protected by 2 green sepals, which in turn are



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enclosed in a rolled-up leaf. In cold weather, the leaf protects the flower by enclosing it when dark. The name comes from a reddish orange root (rhizome) that produces blood red juice. The rootstalk is 1 to 4 inches long. This is the only species within the genus *Sanguinaria*.

GARDEN TIPS

Group in shady wildflower gardens. Foliage stays interesting the entire summer.

Plant Hardiness: Zone: 3-9

Sun/Shade Needs: Light to full shade

Soil Needs: Well-drained, moist.

Planting: Space 12 to 18 inches apart. Spreads 18 inches with clumps spreading to several feet.

Propagation: Propagation by seed in the fall or can divide in late summer or fall after the foliage begins to die back. Bag seedheads to capture seeds, breaking pod open after it dries on the plant. Best to plant seeds immediately, by directly sowing outdoors. When dividing rhizomes, cut a fairly mature portion of the rhizome with at least one eye. Replant at a depth of about 2 inches.

Care: Don't let dry or its spread will be limited and foliage may die back and not recover. When planting under trees keep away from extensively rooted areas which tends to dry out soil and be less generally fertile.

Companion Plants: Wild geranium (*Geranium maculatum*), Columbine (*Aquilegia canadensis*), Wild Ginger (*Asarum canadense*), Blue Cohosh (*Caulophyllum thalictroides*), Solomon's seal (*Polygonatum spp.*).

Friends & Foes: Seeds are spread by ants, which are attracted by a fleshy organ (elaiosome). The ants take the seed to their nests, eat the elaiosome with the seed remaining as debris until it germinates.

NOTES

Current Use/Interest: Although used in herbal medicines (as a cathartic, for bronchitis, for eczema), since the juice contains a substance that kills tissue it is considered unsafe by the FDA. Sanguinarine extracted from the plant is used in some toothpastes and mouth washes. Subject of cancer research.

Historical Use/Interest: Some tribes considered this to be love charm. Males would put the dye on the palm of the hand and shake the hand of the girl he loved. In a few days she would respond positively. The juice was used as a dye in fabrics, insect repellent, and as body paint by Native Americans. Dye was also used by French dyers. The root juice was used by Native Americans and early settlers for various medicinal purposes - rheumatism, asthma, fevers, sore throats, skin cancers, and skin conditions such as warts and fungal growths.

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.
- * February/March is a great time to start winter sowing hardy plant seed.
- * Start a compost pile in March/April.
- * 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.
- * 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.
- * Pull off mulch as it thaws (but be ready to put it back on if there's another deep freeze)!
- * 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.



2008 Officers

Co-Chairs: Marty Rice/Mary Schommer
Secretary: Kris Martinka
Treasurer: Brent Holm

Board Members

Hospitality: Rose Meyer
Membership: Marty Rice
Merchandise: Trudy Poquette
Newsletter: Mary Schommer
Nokomis Naturescape: Vicki Bonk
Outreach: Kris Martinka
Photographer/Historian: John Arthur
Programs: Laurie Stone Goldsmith/John Arthur
Public Relations: Julia Vanatta
Spring Expo: Kris Martinka/Marty Rice
Tours: Carmen Simonet
Website: Jim Sipe

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 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.