

Folsom Native Plant Society

folsomnps.org

October 2013



Next Meeting Date: Sunday, October 20, 2013 at 1:00 p.m.

At the home of Jim Russell, 61 Parc Place, Mandeville, LA 70471

From **I-12**, head **south** on **LA-59 S** 1.2 miles. Turn right onto **Sharp Rd** at the red light. Drive down Sharp Rd for 1.5 miles. Turn right onto **Parc Pl** for 0.3 miles. James lives at the end of the street.

From the President's Corner

Greetings and Salutations,

The countryside is afire with a riot of color. The golds of sunflowers (*Helianthus*) and goldenrods (*Solidago*) are complemented by the blues and purples of *Lobelias*, mistflower (*Conoclinium coelestinum*) and asters as well as the brilliant reds of the cardinal flower (*Lobelia cardinalis*). American beauty berry (*Callicarpa americana*) still sports some of its magenta berries while maypop (*Passiflora incarnata*) vines are heavy with tasty yellow fruit.

Late fall and winter is the best time to transplant native trees and shrubs. Pick out and prepare the area where you will plant them. Have some compost and/or leaf mold on hand and remember to mix a little in with the native soil. Make the hole twice as wide as the pot and about the same depth. Plant them a little above the soil line to allow for sinkage and water well for the first year.

We will be ordering three species of trees from the Agriculture and Forestry Department this year to offer as incentives for membership at the spring garden show. The LDAF is offering mostly large trees this year, but our top 3 choices are Crabapple, Persimmon and Cow Oak. Our alternate choices (if they run out of the first 3) are Red Bay and Green Ash. The list of available trees is on the left side of the home page (<http://www.ldaf.state.la.us/portal/>), near the bottom, if you want to see what is available.

The September meeting at AJ's was enjoyable and informative as usual. Jim Russell brought many fall blooming natives to show and discuss. We discussed the environmental damage done by WSTE. To report property damage, the contact person at LA Dept. of Agriculture and Forestry is Harry Schexnayder (225-925-3789).

The October meeting will be at Jim Russell's home in Mandeville. There are always some new and unique plants there. Bring a covered dish if you want and come join the fun.

Yvonne L. Bordelon

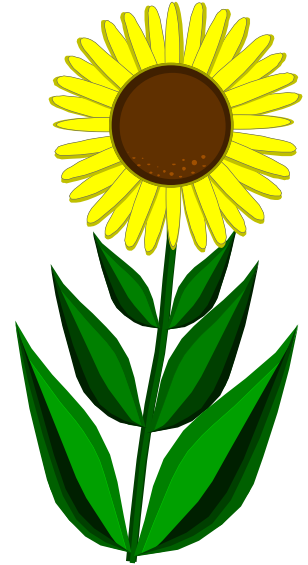
Genus of the Month

Helianthus - Sunflowers

Asteraceae (Aster, Sunflower Family)

Click on the links below to visit the Lady Bird Johnson Wildflower Center page to learn more about how to cultivate and use each species of native sunflower.

There are about 56 species of *Helianthus* and all are native to North America. Most sunflowers are good additions to the sustainable landscape. Their flowers provide nectar for butterflies and other pollinators and their seeds provide food for humans and wildlife. More information about Louisiana *Helianthus* can be found in Yvonne's online article, [October Blooming Sunflowers](#).



[Helianthus angustifolius](#) - Narrow-leaved sunflower, Swamp sunflower is one of the most common fall blooming wild perennials in the Gulf Coastal region. It is characterized by exceptionally narrow leaves and will grow to 6 feet tall from spreading rhizomes. There is much variability in this species.

The yellow flowers occur in large clusters and have up to 21 petals (rays) that surround a purplish red (rarely yellow) center (disk flower). Blooming occurs from August to December with the most flowers in October. Plants grow in moist to wet roadsides, ditches, flat woods, bogs and fields throughout the region.

[Helianthus annuus](#) - Common sunflower

Native Americans also ground the seeds for flour and used its oil for cooking and as a dressing for hair. These plants have been cultivated for centuries. The Russians developed the large single-flowered cultivar.

[Helianthus mollis](#) - Ashy sunflower, Downy sunflower

A perennial herb growing up to 8 feet tall from creeping rhizomes. Large golden yellow flowers bloom from June to September in prairie and pineland areas in Louisiana, Texas and Mississippi.

[Helianthus simulans](#) - Muck sunflower, Narrow-leaved sunflower, Swamp sunflower

Muck sunflower has growth habits similar to narrow-leaved and the common name is used interchangeably. Muck's leaf is a little wider and the plant loves wet areas. The daisy-like flowers occur on the many branch tips of this 3-8 ft. perennial. The petals are yellow and the centers purplish-red. Leaves are long, narrow, firm and hairy.

[Helianthus strumosus](#) - Paleleaf woodland sunflower, Paleleaf sunflower, Woodland sunflower

This 6 foot tall showy perennial grows along roadsides, woods and in open places throughout the Gulf Coast region. Attractive heads of yellow flowers bloom from June to September. The plants are robust and hardy and will grow in weedy, disturbed or sandy soils in the pine-hills.

[Helianthus tuberosus](#) - Jerusalem artichoke

Jerusalem artichoke can be invasive, but if grown and harvested as a food crop for its tasty, nutritious root, it can be kept in bounds.

Native Plant Books of Interest Recommended by Johnny Mayronne

Atlas of the Vascular Flora of Louisiana, Volumes I, II, III - by R. Dale Thomas and Charles M. Allen
Grasses of Louisiana - by Charles M. Allen
Trees, Shrubs and Woody Vines of Louisiana - by Charles M. Allen, Dawn Allen Newman and Harry H. Winters
Edible Plants of Louisiana - by Charles M. Allen, Andrew W. Allen and Harry H. Winters
Louisiana Wildflower Guide - by Charles M. Allen, Kenneth A. Wilson and Harry H. Winters
Natives Preferred - by Caroline Dormon
Flowers Native to the Deep South - by Caroline Dormon
The Wildlife Garden - by Charlotte Seidenberg
The New Orleans Garden - by Charlotte Seidenberg
Wildflowers of Louisiana and adjoining States - by Clair A. Brown
Louisiana Trees and Shrubs - by Clair A. Brown
Louisiana Ferns and Fern Allies - by John W. Thieret
Native Gardening in the South - by William R. Fontenot
Asteraceae of Louisiana - by Kancheepuram N. Gandhi and R. Dale Thomas
Plants for Designers - by Neil Odenwald and James Turner
Gardening with Native Plants in the South - by Sally Wasowski with Andy Wasowski
Growing and Propagating Showy Native Woody Plants - by Richard E. Bir
Growing and Propagating Wild Flowers - by Harry R. Phillips
The Reference Manual of Woody Plant Propagation (from seed and culture) - by Michael A. Dirr and Charles W. Heuser, Jr.

If you haven't paid your 2013 dues yet or you'd like to get ahead and pay 2014, here's a handy form to help you.

Folsom Native Plant Society Membership Renewal / Application

It's time to pay your FNPS dues. Please complete the following and return with your check for either \$18.00 per family (if you wish to receive the newsletter by regular mail) or \$12.00 per family (if you wish to receive it by e-mail). Special student rates are available: \$9.00 for the printed newsletter & \$6.00 for the email version.

Regular Membership
_____ \$18.00 Mail

Student School Name: _____
_____ \$9.00 Mail

_____ \$12.00 e-mail

_____ \$6.00 e-mail

Name: _____

Address: _____

City/State Zip: _____

Home Phone: _____ E-Mail Address: _____

Mail to: **Folsom Native Plant Society, P.O. Box 1055, Folsom, LA 70437**

Folsom Native Plant Society Facebook Page –

<http://www.facebook.com/FolsomNativePlantSociety>

Statement of Purpose: The purpose of our group is to protect, perpetuate, and propagate the abundant native plants of St. Tammany Parish, Louisiana, and adjacent areas, focusing primarily on our native wildflowers, which are fast disappearing; and to discourage pollution of our water and ground so basic to their survival.

Our Board for 2013

President: Yvonne Bordelon
Vice President/Program Chairman: Kraig Stutes
Treasurer: David Scherer
Plant List Recorder: A.J. Bailey
Newsletter: Nick Blady nblady77@gmail.com
Publishers: Candyce & David Scherer
Hospitality Coordinator: Jenny Geesy
FNPS Website: (<http://folsomnps.org>) Yvonne Bordelon

Dates to Remember

Oct. FNPS Meeting – Sun., Oct. 20, 1:00 p.m.
Place: Home of Jim Russell

Nov. FNPS Meeting – Sun., Nov. 17, 1:00 p.m.
Place: Home of Walter Clifton

Dec. FNPS Meeting – Dec. 15 (tentative)
Place: Home of Karla Partridge



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P.O. Box 1055
Folsom, LA 70437