

# Folsom Native Plant Society

February 2006



## Next Meeting Date:

Sunday, February 19, 2006 at 1:00 p.m.

*At the Home of John Larkin - 86419 Mockingbird Hill Road (north of Folsom) - phone number: 796-5597*

## Tree Seedling Planting & Seed Exchange Meeting

**Bring at least 10 flower pots (1-4 gallon sizes). We will pot the tree seedlings that were ordered from the Forestry Department. Also bring any native plant seeds that you would like to share or exchange. Please provide common & Latin names as well as planting instructions.**

*Directions: From Folsom, head north on Hwy. 25 for 4 ½ miles (start your odometer at the Folsom stoplight.) You will pass Jenkins Lumber. Turn left on Mocking Bird Hill Road (if you cross the little bridge on Hwy 25, you've missed the turn.) Drive on Mocking Bird Hill Road for 4/10 of a mile, past the Blackwell Cemetery. John's house is on the left.*

## From the President's Corner

Greetings to all,

About a year ago I wrote about senecio glabellus, yellow top (Brown p. 216). The flowers are a nice clear yellow and it blooms at a time when hardly anything else is flowering, what I didn't realize was that it will bloom in water. It looked pretty good blooming in the midst of dead looking water hyacinths. There are not as many wildflowers in bloom, thanks to Katrina.

The weather for our last meeting, in November, 05, was mild and some of us were already sitting outside so a few of us brought the rest of the chairs out and we placed them all in a circle, which worked out very well. And, I wondered why we didn't think of that arrangement sooner. It was an improvement over any other meeting that I can remember. Actually, it was Temae's idea to complete the rest of the circle.

Also, if anyone has any ideas for when and where we should hold our meetings, speak now or forever hold your peace. As far as I am concerned, Folsom Native Plant Society can continue holding our meetings on Mockingbird Hill, whether it's Sunday afternoon, Tuesday nights, or whenever.

I suppose most of our members realize my pool house is well equipped for entertainment. There is a Jenn-Air cook top, a large roaster oven (which can also be used for slow cooking), a microwave oven and an electric toaster-convection oven. All of the above is available to any one of our members. And any member who volunteers to furnish the meal is reimbursed \$25.00.

If anyone thinks I've gone off the deep-end, you're probably right, but I'll always remember the group of people who furnished the meals at our church, seemed to be entertained, as much as entertaining the rest of us.

John Larkin

## November Meeting Highlights

Sixteen members enjoyed John Larkin's hospitality. Several members brought delicious treats. A Christmas gift (Al's Christmas Favorites CD) was given to all in attendance. Hurricane Katrina has decimated our Hospitality Committee and it will have to be reorganized. Any ideas and input would be appreciated. John Larkin has volunteered to provide the food for the February meeting.

One of our new members had many questions about planting trees, so the club decided to do something for St. Tammany Parish. **Two hundred tree seedlings** were ordered from the LA Dept. of Agriculture & Forestry (<http://www.ldaf.state.la.us>) and will be arriving in late January. Our order included: (2) Arboretum Packets - 50 assorted & labeled seedlings (16-25 species), (2) Wildlife Packets - 25 assorted & labeled seedlings/minimum of 5 species suitable for wildlife habitat improvement (*Crabapple, Persimmon, Mayhaw,*

*Sawtooth oak, Water oak*) and (50) Buttonbush trees. **Each member is asked to bring at least (10) 1-4 gallon pots (soil will be provided) to the meeting where he/she will pot 10 or more tree seedlings.** The little trees will be divided among the attending members who will take them home to care for them.

The **Master Gardener Spring Garden Show** is going to be held on March 18-19, 2006. **We need volunteers to man our booth for both days of the show.**

## **FNPS Website**

Emily Canter and Yvonne Bordelon have been collaborating on the design of the FNPS Website. Our domain name has been secured and the website's first page, general outline and content have been completed. We hope to get "our space rented" and have the website up by spring. Once Emily finishes creating and designing the site, Yvonne will maintain and add to it by using a program called "HomeSite". One of our future meetings can be held at the public library so that all the club members who do not have computers can see what the Folsom Native Plant Society is sharing with the world.

## **January/February Native Blooms**

### **Natives**

Buttercups (*Ranunculus* spp.)  
Huckleberry / Wild Blueberry (*Vaccinium* spp.)  
Red / Swamp Maple (*Acer rubrum*)  
Carolina Jessamine (*Gelsemium sempervirens*)  
Mayhaw (*Crataegus opaca*)  
Service Berry (*Amelanchier* spp.) late  
Eastern Redbud (*Cercis Canadensis*) late  
Violets (*Viola* spp.)  
Witch Hazel (*Hamamelis virginiana*)

### **Non-Native Hummingbird / Butterfly**

Flowering Maple (*Abutilon* spp.)  
Pineapple Sage (*Salvia elegans*)  
Winter Shrimp Plant (*Justicia* spp.)  
Taiwan Cherry Tree (*Prunus campanulata*)  
Japanese Magnolia (*Magnolia soulangiana*)  
Japanese Plum Loquat (*Eriobotrya japonica*)  
Winter Honeysuckle (*Lonicera fragrantissima*)  
Sweet Olive (*Osmanthus fragrans*)

## **Winter Hummingbirds**

Several species of hummingbirds that nest in the western U.S. will winter here in South Louisiana. You may see Rufous, Allen's, Broad-tailed, Calliope, Black Chinned or Buff-bellied hummingbirds during the winter in St. Tammany Parish. They are attracted to areas that have dense evergreen cover and blooming plants that produce a lot of nectar. Natives such as Huckleberry/Wild Blueberry, Witch Hazel, Eastern Redbud, Carolina Jessamine and Red Maple provide nectar for these winter visitors. Bamboo thickets, Holly, Magnolias, Pines and other native evergreens provide cover and protection from the cold winter winds. Local hummingbird banders and ornithologists are documenting these winter species, so let someone know if you have a wintering hummingbird in your yard. Our local ruby-throated hummingbirds will be back in late February or early March. The adult males migrate back first and about 2 weeks later the females return. Put your feeders up and plant some of those natives with nectar rich flowers to give them sustenance after their long trip from the south.

## **Edible Wild Plants - Part 2**

**By Yvonne Bordelon**

*Famous fruits imported from the East or South and sold in our markets ... do not concern me so much as many an unnoticed wild berry whose beauty annually lends a new charm to some wild walk or which I have found to be palatable to an outdoor taste. We cultivate imported shrubs in our front yards for the beauty of their berries, while at least equally beautiful berries grow unregarded by us in the surrounding fields.*

Thoreau, Wild Fruits

Part 2 continues exploring Dr. Charles Allen's list of Louisiana's edible wild plants. To learn more about these plants consult the guides that are listed at the end of the article. Page numbers are included to make it easier. Most are available at the Public Library. **Caution: Not all parts of some edible wild plants can be eaten. Care must be taken when sampling any wild plant, as some can be toxic.**

- ⊗ *Asimina triloba* (PawPaw) – Parts used: fruit (Brown: p. 57 Ency p. 40, & EWP: p. 192) A small under story tree with unusual dull purple-brown flowers. The pulp of the green to brown fruit is 3-6” long and edible. Gather while green and let ripen to dark brown. Edibility: good quality, neither widely distributed nor abundant.
- ⊗ *Callicarpa Americana* (French Mulberry) - Parts used: fruits (Brown: p. 155 & Ency p. 366) A widely distributed, large shrub with clusters of ¼” red-purple fruit. Fruit is edible raw, but should be partaken in moderation. Edibility: of mediocre taste or texture, widely distributed.
- ⊗ *Callirhoe* spp. (Wine Cup) – Parts used: roots, leaves (Brown p. 108 & Ency p. 139) A sprawling member of the mallow family with beautiful red-purple cup shaped flowers. The large roots were eaten by Native Americans. Edibility: of mediocre taste or texture, widely distributed in pineland, calcareous prairies, roadsides, more abundant in north LA.
- ⊗ *Cardamine* spp. (Native Water-Cress) – Parts used: leaves (Ency. p. 167 & EWP p. 28) Small plants growing near streams and springs. Most of those that are widely eaten originate in Europe. Edibility: good quality, one or more endangered species, abundant only in parts of the continent.
- ⊗ *Carya* spp. (Hickory Nut & Pecan) – Parts used: fruit (Ency. p. 70, EWP p. 190 & Allen p. 48) Deciduous trees with delicious nuts and many uses. Ashes of hickory wood are a salt substitute. Edibility: good quality, widely distributed.
- ⊗ *Castanea pumila* (Eastern Chinquapin) – Parts used: seeds (Ency p. 74, EWP p. 202 & Allen p. 56) Chestnut family: Rarely tree size, leaves white, hairy beneath. Dry upland woods. Nuts are delicious roasted. Edibility: good quality, widely distributed in well drained and often sandy soil.
- ⊗ *Celtis* spp. (Hackberry) – Parts used: fruits (Ency p. 60, EWP p. 194 & Allen p. 62) Small to large tree found in rich moist woods. Small, sweet fruit can be eaten raw. Native Americans used to dry the entire fruit and grind them into a tasty meal. Edibility: of mediocre taste or texture, widely distributed.
- ⊗ *Centella asiatica* (Centella) – Parts used: leaves ( Ency p. 326 & WEUS p. 58, 214) A naturalized medicinal perennial growing in sloughs, swales, meadows and edges of freshwater marshes. Leaves are cooked as greens in Asia and India. Edibility: mediocre, distributed throughout N.A, but rarely abundant.
- ⊗ *Cerastium* spp. (Mouse-eared Chickweed) – Parts used: leaves (Ency p. 107 & EWP p. 34) Small, hairy leaved prostrate plant found in open areas and fields. Young leaves and stems are boiled for 5 minutes. Edibility: of mediocre taste or texture, abundant.
- ⊗ *Cercis candensis* (Red Bud) – Parts used: young pods, flowers (Brown p. 76, Ency p. 243, EWP p. 122 & Allen p. 64) Small tree found in moist woods and thickets. Flowers, buds & pods can be eaten raw or sautéed in butter. Edibility: good quality, widely distributed on old home-sites.
- ⊗ *Chenopodium album* (Lambs quarters) – Parts used: seeds, whole plant (Ency: 116 & EWP p. 152) An erect, much branched weed found in waste ground with often mealy-white undersides of leaves and stems with greenish flowers and tiny black seeds. Edibility: outstanding taste and edibility, abundant.
- ⊗ *Chionanthus virginica* (Fringe Tree) – Parts used: Fruit (Brown p. 135 & Allen p. 66) Shrub to small deciduous tree with white, fringe like flowers followed by blue black olive like drupes. Fruits are eaten by wildlife, but the tree was not listed in any edible plant book for humans. Widely distributed in pinelands.
- ⊗ *Cirsium* spp. (Thistle) Parts used: roots, leaves, pithy peeled stems (Brown p. 193-194, Ency p. 425 & EWP p. 126) Biennial with deeply cut, prickly leaves and showy rose-purple “shaving brush” flowers. Can be eaten raw or cooked. Edibility: requires long preparation or tedious to gather, abundant.

- ⊗ Claytonia virginica (Spring Beauty) Parts used: leaves corms (Ency p. 110 & EWP p. 32, 104) Single pair of smooth leaves attached halfway up the delicate stem with white to pink blooms appearing in March-May. Uses: boil small corm like a potato. Edibility: good quality, abundant only in parts of the continent.
- ⊗ Commelina spp. (Day Flower) Parts used: shoots (Brown p. 12, Ency p. 460 & EWP p. 130) Native & imported species of this erect or reclining plant have 3-petaled blue (native) or white (imported) flowers. The lower petal is smaller than the preceding. It grows in woods, clearings and roadsides. Used in salads or as a cooked green. Edibility: good quality, wide spread in moist sites and gardens.
- ⊗ Crataegus spp. (Hawthorn) Parts used: fruit (Brown p. 66, Ency p. 209, EWP p. 216 & Allen p. 78) Dense deciduous shrubs or small trees with thorns (leaves lobed or not) found in wet dry or rocky woods. White, 1 inch flowers unfold before leaves in early spring. The red fruits make excellent jelly and tasty tea. The fruits are one of the ingredients in Native American pemmican. Edibility: good quality, widely distributed in low woods and moist sites.
- ⊗ Cyperus esculentus, rotundus (Chuta, nut grass) Parts used: tuber (Ency p. 462 & EWP p. 230) Native grass-like plant with radiating flower clusters bearing many yellowish spikes growing in damp sandy soil and waste places. Slender scaly runners with small nut-like tubers radiate from the plant base. Tubers can be eaten raw, boiled, dried, ground into flour or roasted and ground. Edibility: good quality, widely distributed.
- ⊗ Diospyros virginiana (Persimmon) Part used: fruits (Ency p. 195, EWP p. 194 & Allen p. 90) Dioecious (male and female) deciduous tree with almost black bark. Leaves stiff, oval, toothless glossy above pale beneath. Height to 60 ft. found in old fields and dry deciduous woods. Orange to reddish purple 1 ½ fruit must be fully ripe to be eaten. The dried leaves make a tea rich in vitamin C. Edibility: good quality, widely distributed from dry sandy soils to bottomland areas.
- ⊗ Eclipta alba (Eclipta) Parts used: tips (Ency p. 429 WEUS p. 120-121, 436) Common, weedy annual with dusky white disc flower clusters. Common on pond shores, stream banks, sloughs, ditches. The leaves are eaten cooked in Africa and Asia. Edibility: of mediocre taste or texture, neither widely distributed nor abundant.
- ⊗ Erechtites hieracifolia (Fireweed) Parts used: Tips (Ency p. 430, EWP p. 58 & WEUS p. 130, 473) A leafy, rank smelling weed topped by a drab cluster of brush shaped white flowers that is found in moist soil, waste places, burns. Used in salads and as a cooked green, but the strong flavor makes this an acquired taste. Edibility: uncertain, widespread.
- ⊗ Fagus grandifolia (Beech) Parts used: bark, leaves, fruit (Ency p. 75, EWP p. 202 & Allen p. 98, 154) Large deciduous trees (60-80 ft.) with smooth gray bark and coarsely toothed elliptic leaves producing small triangular nuts enclosed in a burr-like husk. Uses: young leaves in salads, inner bark and the nuts are eaten or crushed into oil. Edibility: requires long preparation or tedious gathering and is found on well drained to mesic soils, especially along streams.
- ⊗ Fraxinus spp. (Ash) Parts used: Fruits (Ency p. 389, Allen p. 102) Small to large trees. The leaves are opposite, deciduous and one-pinnately compound with an odd number of leaflets. The fruit is a yellow to light brown samara. Fruits are pickled or used as a condiment in Europe and North Africa. Edibility: requires long preparation or is tedious to gather, widely distributed on well drained soils of slope forests and the Inland Prairie Forests.
- ⊗ Galium aparine (Bedstraw) Parts used: Tips (Ency p. 398, 399 & EWP p. 50) A weak stemmed, reclining plant with scratchy, recurved bristles on square stems. Leaves small, narrow, mostly in whorls of 8. Tiny 4-petaled flowers followed by tiny 2-lobed, dry bristly fruit. Found in rich, moist soil thickets, woods and waste ground.

Uses: cooked green, salad; seeds roasted and ground for coffee. Edibility: of mediocre taste or texture, abundant.

- ☼ **Gleditsia triacanthos (Honey Locust)** Parts used: fruits (EWP p. 184, Allen p. 108, 110) A thorny tree reaching up to 120 ft. with grayish brown to black bark and pubescent leaflets. The reddish to purple-brown fruit is a large flat legume, 10-18" long. Native Americans ate the legumes, but they must be used in moderation as the pulp can

### Native Plant Literature

**Brown** = Brown, Clair A. Wildflowers of Louisiana and Adjoining States. LSU Press: 1991.

**Ency** = Couplan, Francois, Ph.D. The Encyclopedia of Edible Plants of North America Nature's Green Feast. Keats Publishing: 1998. It has limited plant descriptions and pictures, extensive history and uses of plants as well as codes for location, edibility and abundance.

**EWP** = Peterson, Lee Allen. Edible Wild Plants (Peterson Field Guides). Houghton Mifflin: 1977. A field guide containing plant descriptions, drawings and color plates and uses.

**WEUS** = Duncan, Wilber and Marion B. Duncan. Wildflowers of the Eastern United States. University of Georgia Press, 1999.

**Allen** = Allen, Charles M. PhD. Trees, Shrubs, and Woody Vines of Louisiana. Allen's Native Ventures, LLC, 2002.

I recently ordered several wonderful native plant books from Amazon.com. I was delighted to find a paperback copy of Clair Brown's, Wildflowers of LA & Adjoining States, as well as other out of print and current titles. If you're looking for this or other native plant books, try Amazon.com.

Also, take a look at these 2 new native plant books:

Nelson, Gil. East Gulf Coastal Plain Wildflowers. A Falcon Guide. Globe Pequot Press, 2005.

It's organized by flower color and it rivals the Clair Brown book with its great photographs & descriptions.

Miller, James H. and Karl V. Forest Plants of the Southeast and their Wildlife Uses. University of Georgia Press, 2005.

Each plant has 3-4 wonderful color photographs (such as: leaves, flowers, fruit, season, bark, etc.)

be toxic. Edibility requires long preparation or is tedious to gather, widely found in rich woods and fields.

### 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 (if you wish to receive the newsletter by regular mail) or \$12.00 (if you wish to receive it by e-mail).

\_\_\_\_\_ \$18.00 Mail

\_\_\_\_\_ \$12.00 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 Statement of Purpose:**

The purpose of our group is to protect, perpetuate, and propagate the abundant native plants of Northwest 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 2006**

**President:** John Larkin

**Vice President:** David Campbell

**Treasurer:** David Scherer

**Newsletter:** Al & Yvonne Bordelon [YLBordelon@aol.com](mailto:YLBordelon@aol.com)

**Hospitality Committee:** Millicent (Jimmie) Canter & Lois Gagliano

**New Member Mentor:** Temae Theriot

**FNPS Website:** Emily Canter Amthor & Yvonne Bordelon

**FNPS Yahoo Group:** <http://groups.yahoo.com/group/FolsomNativePlantSociety/>

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P.O. Box 1055  
Folsom, LA 70437

Please note:

Next Meeting:

Sunday, February 19, 2006

1 P.M

At the Home of John Larkin