

Folsom Native Plant Society



folsomnps.org

January 2013

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

Place: **A.J. Bailey's Home, 82517 Owen Sharp Rd, Bush, LA 70431.**

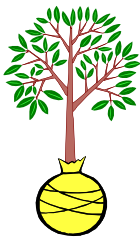
From the south, you take Hwy. 190 north to Hwy. 437. Turn right onto N. Lee Rd. (Hwy. 437) for 7.2 miles. Turn right onto LA-40 E for 5.5 miles. Turn right on Owen Sharp Rd. Destination is first driveway on right.

From the President's Corner

Greetings All,

The last meeting of 2012 was brilliant. Many members enjoyed Karla's hospitality and beautiful Still Meadows. Many delicious dishes were prepared and shared.

Jim Russell, who had been busy pruning his yard, brought the trimmings and some rooted cuttings to share. I was really happy to get the native Carolina rose and purple vervain cuttings as well as some Mexican milkweed and tall Turk's cap among others. Karla shared orange-gold angel trumpet cuttings and pink castor bean seeds. John Cleary brought 2 pails of chestnut oak acorns to plant for the Spring Garden Show. Plants are the perfect holiday gift for avid gardeners. Most of the cuttings that I started in the greenhouse appear to be rooting.



January Seedling Planting

We need about 150 more empty 1 and 2 gallon pots for the seedling planting in mid to late January. If you have any to spare please bring them to the January meeting. Those of you who have previously volunteered for potting duty will be contacted when the seedlings arrive. If you'd like to volunteer to help pot the small trees, contact Yvonne or Candyce and David.

The FNPS guys wanted me to pass on a request. After tasting all of the delicious creations at the last meeting, they sent David in to ask if the chefs would please send their recipes to me at yborde@aol.com. We can feature them in the next newsletter.

I intended to make Lemon Meringue Pie for the meeting, but ran out of time and ended up stopping at Winn Dixie for lemon cake. My bad! To make up for it, here's my recipe for the pie. I use Meyer lemons and fresh eggs from my sustainable landscape. *Yvonne L. Bordelon*

Lemon Meringue Pie

1 crumb or baked pie pastry
1 1/3 cup (14 oz. can) Eagle Brand
Sweetened Condensed Milk
1/2 cup lemon juice
1/4 teaspoon lemon extract or 1 tsp. grated
lemon peel
2 egg yolks

Meringue

2 egg whites
1/4 teaspoon cream of tartar
1/4 cup sugar

Directions

In medium size mixing bowl, blend Eagle Brand Milk, lemon juice, lemon peel (or extract) and egg yolks until thickened. Turn into pie shell.

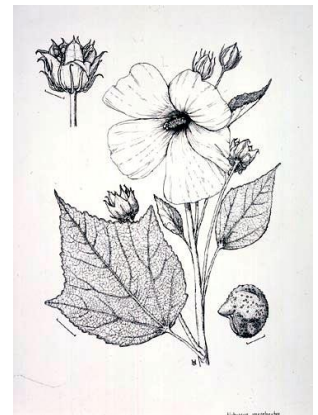
Meringue

In small bowl, whip whites with cream of tartar until they hold a soft peak. Gradually whip in sugar, whip until whites hold firm peaks. Pile onto pie filling and seal to inside edges of pie shell. Bake at 325 degrees F (slow) oven until top is golden brown, about 15 min. Cool. Refrigerate.

Archbishop Hannan High Garden Project

A few members of the FNPS met with Jenny to check out the site. There is still much to be done on the buildings and heavy equipment is currently using the project area as a road. Some native trees were suggested, but the final design plan was put on hold until placement of the sidewalks and other hardscaping is completed.

In time for spring planting, Jenny will need perennial (preferably native) hummingbird, butterfly and/or pollinator plants for sunny areas. If you have 3-5 (or more) that you could donate they would be appreciated. Plants should be ones with "tidy" growth habits as this garden will be on display in front of the school.



Some suggestions include:

Salvias (*S. coccinea*, *S. elagans*, *S. leucantha*, etc)
Butterfly Weed, Milkweeds (*Asclepias*)
Monardas, Bee Balm
Wild Purple Asters
Penstemon tenuis, *P. laxiflora* and others
Rudbeckias, Coneflowers
Purple Coneflower, *Echinacea*
Irises
Primitive Cannas (Introduced)

Small Shrubs like:

Coral Bean
Turks Cap, Sultan's Turban
Hibiscus moscheutos or other native
Mallows
Flowering Maple, *Abutilon* (Introduced)
Butterfly Bush (*Buddleia*) (Introduced)

Native Vines like:

Coral Honeysuckle
Passion Flower Vine

Sustainable Gardening Worm Composting

Three of our members, A.J., Karla and Nancy McDonald have been worm composting for years. They use newspaper, kitchen and garden waste, plus aged chicken and other farmyard manure. Red Wiggler (*Eisenia fetida*) worms (also called manure worms) live close to the surface in leaf mold and/or manure and are the most effective worms for composting systems.

DO Use These in Worm Compost

Bedding materials such as:

Shredded Newsprint or computer paper
Coconut fiber
Wood chips (fine)
Brown Leaves
Peat Moss
Calcium Carbonate

Food Items such as:

Vegetables and Fruit
Coffee grounds, including filter
Tea leaves and tea bags
Plain breads
Rice, Cornmeal, Pasta, etc.
Crushed egg shells
Composted manure from plant eating animals

AVOID or LIMIT the following items:

Citrus (Limit)

AVOID:

Meats and bones
Garlic
Heavily spiced foods
Hair
Dairy products
Eggs
Fresh green leaves and fresh manures
Oils
Salt
Wood ashes
Pet feces
No metals, foils, plastics, chemicals or soap

A.J. will give a worm composting demonstration and will tell us more about procedures and troubleshooting methods. She also has generously offered worms to those who would like to start their own worm bin.

Book Corner

Appelhof, Mary. *Worms Eat My Garbage*. Flower Press, 1997

A.J. and Karla recommend this book highly. As Ed McMahon used to say, everything you would ever want to know about worm composting is contained in the pages of this book.

Nancarrow, Loren and Janet Hogan Taylor. *The Worm Book*. Crown Publishing, 1998.

The Worm Book is less technical, but still contains good information for the beginning worm composter and/or students.

Freitus, Joe and Salli Haberman. *Wild Jams & Jellies Delicious Recipes Using 75 Wild Edibles*. Stackpole, 1977 and 2005.

Hundreds of recipes made with wild fruits and other edible wild plants.

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 2012

President: Yvonne Bordelon

Vice President: Kraig Stutes

Treasurer: David Scherer

Recorder: A.J. Bailey

Newsletter: Nick Blady nblady77@gmail.com

Publishers: Candyce & David Scherer

Hospitality Coordinator: Candyce Scherer & Deborah Nolan

FNPS Website: (<http://folsomnps.org>) Yvonne Bordelon

FNPS Meeting Dates

Sunday, January 20, 2013, at 1:00 p.m.
Place: Home of A.J. Bailey.

Sunday, February 17, 2013, at 1:00 p.m. -
Seed packaging and Habitat tour
Place: Yvonne Bordelon's house.

March 15-16, 2013: Spring Garden Show,
No Meeting in March.

Sunday, April 21, 2013 at 1:00 p.m.
Place: TBA, Plant Swap.

Check the FNPS Facebook page for other
native plant dates and news.



Folsom Native Plant Society
P.O. Box 1055
Folsom, LA 70437