

Folsom Native Plant Society

May 2006



Next Meeting Date:

Sunday, May 21, 2006 at 1:00 p.m.

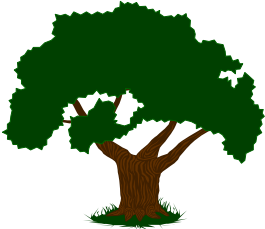
Potluck Lunch – Try Some Wild Plant Dishes

Native Plant Propagation Techniques Discussion and Edible Wild Plant Recipe Sharing

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

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,

Now that much of the post Katrina cleanup is behind us, it is time to think about replanting. Many of our majestic trees must be replaced. Experts like the ones at [Floridagardens.com](http://www.floridagardens.com)

(<http://www.floridagardener.com/monthly/hurricanesistanttrees.htm>) tell us:

Native trees, particularly those with wide spreading branches, low centers of gravity, strong deep penetrating root systems, and small leaf size seem to hold up better in tropical storms especially if they are found growing in mixed groves of trees. Lone growing solitary specimens have less wind resistance than massed trees.

Certain species of trees hold up against hurricanes better than others. As we work to replant St. Tammany, we should consider using hurricane resistant trees like the Bald Cypress, Live Oak, Magnolia, Shumard oak, Red Oak, Red maple, Ironwood, Sycamore and Red Cedar. Thomas Fuller, Gnomologia (1732) expressed it so eloquently when he wrote: "He that plants trees loves others besides himself."

Also keep in mind, in this post Katrina world, that we must stay vigilant as we travel around our beloved St. Tammany parish. Developments are springing up all over, where fields of wildflowers once grew. We should always be prepared to rescue native plants before the bulldozers destroy them. Go out today and prepare a "Native Plant Rescue Kit" for your automobile. The Kit should include a shovel, containers, gloves and a jug of water. We also need to revive the "sighting" alarm. If you see a patch of natives that are in danger, give some of the other members a call or e-mail. If we can't stop the habitat destruction, we can at least move the precious wildflowers out of the way. Together we can do this to help keep St. Tammany the wild and wonderful place that we love.

I hope that everyone will join us for this last meeting before our summer break. Bring a potluck dish. Maybe some of us could try to bring some dishes made with edible wild plants. Ya'll

come!

Written for John Larkin by YLB

April Meeting Highlights

The beautiful spring afternoon helped to make our April meeting enjoyable and interesting. Add to that the dozens of native plants and seeds that members brought to trade and share and many delicious dishes, from John's long awaited seafood gumbo to vegetable salad, pineapple upside down cake, huckleberry muffins and many other treats. Yvonne and Al brought a laptop with photos of spring blooming natives and shots of the May and November, 2005 meetings.

Each person who brought plants gave a "show and tell" about the things they brought. Some of the club offices were changed. Yvonne Bordelon was elected to the position of vice-president. The Hospitality committee was disbanded and Candyce Scherer was chosen as Hospitality Coordinator. Future meeting dates were discussed and Rod Downie will try to line up speakers for some of the meetings after the summer break. We are also going to construct a pictorial display to promote the FNPS that can be taken to various functions; the first of which will be Mizell's Hummingbird and Butterfly Festival on September 9th. This is a wonderful opportunity to further our cause and to attract more new members. We will need volunteers to man the "booth", spread the word about the FNPS and pass out copies of the newsletter. Also don't forget to work on those newsletter articles this summer. Some possible topics could be: "My Favorite Wildflower, Native Shrub or Tree" or "Gardening using Natives".

Plant List of Most of the Natives that were Shared

Yvonne & Al Bordelon:

Plants:

Ilex vomitoria (Yaupon)
Scutillaria (Skullcap)
Helianthus angustifolia (Swamp Sunflower)
Nymphaea odorata (White Waterlily)
Pontederia cordata (Pickeral-weed)
Ocimum basilicum Sweet Basil non-native
Aster spp. (Blue Aster)
Eryngium prostratum (Creeping Eryngium) cutting

Seeds:

Lobelia cardinalis (Cardinal Flower)
Ipomoea quamoclit (Cypress Vine)
Ipomoea coccinea (Red-morning glory)
Dolichos lablab (Hyacinth Bean) non-native
Luffa aegyptica (Luffa Gourd) tropical
Erythrina hebeca (Coral Bean)

Velma Signorelli:

Crataegus marshallii (Parsley Hawthorne)
Mystery Tree
Lycoris radiata (Naked Ladies) non-native

John Larkin

Helianthus domesticum (Best of the sunflowers)
Chionathus virginica (Grancy graybeard)
Osmunda Cinnamomea (Cinnamon Fern)

Vincent & Lois Gagliano

Spigelia marilandica

Rod Downie:

Lonicera sempervirens (Coral honeysuckle cuttings)
Crataegus opaca (Mayhaw)
Quercus (Cherry Bark Oak)
Aesculus pavia (Red Buckeye)
Oxalis (rose)
Lillium michauxii (Carolina Lily)

Jim Russell:

Hypericum (Bushy St. John's Wort) Maybe new discovery
Osmunda cinnamomea (Cinnamon Fern)
Osmunda regalis (Royal Fern)

Phlox pilosa
Leucothoe (Fetter bushes)
Viburnum nudum (Possum haw)
Viburnum obovatum (Small-leaf viburnum)

Viburnum dentatum (Arrow-wood)
Saururus cernuus (Lizard tail)
Passiflora incarnata (Passion Flower)
small white flower in Digitalis family
Vacaris? Shrub in the Sunflower family that likes
wet soil
Sesbania punicea (Red Rattlebox)
Itea virginica (Virginia Sweetshrub)

Pygmaethicum spp. (Mountain Mint)
Pygmaethicum incanum (Hoary Mountain Mint)
P. Tenuifolium (Narrow leaved Mt. Mint)
P. virginianum (Virginia Mt. Mint)
Illicium floridanum (Florida Anise)
Lyonia lucida (Staggerbush, Fetterbush)
Vaccinium elliotii (Elliot's Blueberry)

A. J. Bailey

Phlox pilosa
Mint for wet sites
Clematis crispa (Leather-flower)
Coral honeysuckle with purplish leaves & lighter,
yellowish flowers
Fumitory
Crataegus marshlii (Parsley Hawthorne)

Sisyrinchium capillare (Yellow & Blue eyed grass)
Prunus serotina (Black cherry)
Manihot spp. (Tapioca Tree) non-native
Ricinus communis (Castor Bean) non-native
Pedicularis Canadensis (Lousewort)
Scutellaria integrifolia (Skullcap)
Passiflora lutea (yellow Passion Flower)

FNPS Website

Our website should be up and running soon after you receive this newsletter. If you have Internet access, check it out at: <http://www.folsomnativeplantsociety.org/>. Emily Canter has done a wonderful job creating this beautiful site. After Emily has finished the foundation design, Yvonne will attempt to add and update the information. Yvonne and Al are preparing to transcribe sections of old newsletters to include informative articles about propagation, preservation and John's carefully compiled plant lists with descriptions and observations. **We were wondering if any of the past editors still had digital copies of back issues of the FNPS newsletter on their computers.** If so, if they would mind sharing them with us, this would save a lot of time and typing. Drop us a line or give us a call if you can help.



Thoughts From the Garden

By Jim Russell

More Interesting Websites

<http://plants.usda.gov>

This is one of my all time favorite sites. You can pull up a plant of North America using either the Latin name or a common name. However, the site only recognizes one common name per taxa, and as many plants have multiple common names, and the same common name can refer to several unrelated plants, knowing some of the more common Latin names is good. Depending on the plant, you may get an illustration of either a photo or a hand drawing. Once pulled up, every species is shown in any state that it lives in, whether it is native or exotic, its wetland status, and whether threatened or endangered in any part of its domain.

You can look up weeds and all sorts of information from the site. You can type in part of a name, and then with recognition, pull your wanted plant from the list. Typing in a Latin name and then looking at the older names and synonyms helps frequently. For some plants, you can obtain growing, fire resistance, etc.

These good folks work out of Baton Rouge. Maybe somebody from there can give a talk.

<http://plantatlas.usf.edu>

Another favorite site, although this site does not allow use of common names at all, and it only lists vascular plants of Florida. It does have pictures of many plant species, and you can get full listings of Latin names ever used for a particular species. The site also has a county map of Florida, and those from which documented samples are shaded in. I really like this feature because from it I can see if a plant is from, say the

panhandle with weather something like our own, or tropical Florida.

Native Plant Forums

These are sometimes useful and interesting. Not many folks from very southern USA write to them.

Forums: <http://gardenweb.com/forums/natives>

For the south: <http://forums.gardenweb.com/forums/south>

For the southeast coastal areas:

<http://forums.gardenweb.com/forums/seacoast>



Native Plant Societies

Louisiana: <http://lnps.org>

Arkansas: <http://anps.org>

Texas: NPSOT-NPAT@yahoo.com

Florida: <http://fnps.org>

The Nature Conservancy: <http://nature.org>

Mississippi: www.msstate.edu/dept/crec/camnpsno

This does not always work. Good luck.

Places to Go:

Crosby Arboretum: <http://msstate.edu/dept/crec/camain/html>

This sometimes works, sometimes it does not. It is easiest to type in Crosby Arboretum, then click on it when it pops up in your search engine. Then, bookmark it under favorites.

Northlake Nature Center: <http://northlakenature.org> This gives some good information on a real treasure.

However, the only part that is updated is the Great Bird Fest. I went one year, and no one shared recipes for hummingbirds and finches. Go figure.

May Native Blooms

Arrowwood (*Viburnum dentatum*)
Blue eyed grass (*Sisyrinchium atlanticum*, *S. capillare*)
Creeping eryngo (*Eryngium prostratum*)
Daisy Fleabane (*Erigeron philadelphicus*)
Florida Anise (*Illicium floridanum*)
Jack-in-the-pulpit (*Arisaema triphyllum*)
Leather-flower, Clematis (*Clematis crispa*)
Maypop, Passion Flower (*Passiflora incarnata*)
Oak-leaved Hydrangea (*Hydrangea quercifolia*)
Oxallis rubra, *O. violacea* (Violet Wood Sorrel), *O. stricta* (Yellow Wood Sorrel)
Partridge Berry (*Mitchella repens*)
Sneezeweed (*Helenium flexuosum*)
Spiderwort (*Tradescantia virginia*)
Spider-lily (*Hymenocallis caroliniana*, *H. occidentalis*)
Stiff verbena (*Verbena rigida*)
Tickseed *Coreopsis* (*Coreopsis lanceolata*)
Virginia Sweetspire (*Itea virginica*)

Venus' Looking-glass (*Triodanis perfoliata*)
Water Lily, white (*Nymphaea odorata*)
Ladies' tresses orchid (*Spiranthes* spp.)
Stokes' Aster (*Stokesia laevis*)
Tuberous Hedge-nettle (*stachys floridana*) (invasive)
Wild Petunia (*Ruellia caroliniensis*)

Hummingbird Plants

Blue Phlox (*Phlox divaricata*), Downy Phlox (*P. pilosa*)
Coral Bean, Mamou (*Erythrina herbacea*)
Indian Pink (*Spigelia marilandica*)
Iris *brevicaulis* (zig-zag-stemmed), *I. fulva* (Copper-colored)
Obedient Plant (*Physostegia virginiana*)
Penstemon spp.
Pickerel-weed (*Pontederia cordata*)
Wild Bergamot (*Monarda fistulosa*)

Plant Sightings

- ☉ Temae saw a patch of **Coreopsis nudata (Pink or Swamp Coreopsis)** in late March on St. Tammany Road (Hwy. 434) between the I12 exit and the junction with Hwy. 36.

- Yvonne and Al saw a large (50X15ft.) patch of **Spigelia marilandica (Indian pink)** along Bricker Road past Timber Branch I subdivision, right before the big curve. There is another proposed subdivision to be located right across the road from this gorgeous display so we'll have to watch this area closely.

Recipes for Wild Fruits

Blueberry/Huckleberry Muffins

½ cup margarine or butter	2 Tablespoons sugar to sprinkle on top
2 eggs	2 cups flour
1 ¼ cups sugar (white or raw)	½ teaspoon salt
½ cup milk or half & half	2 cups blueberries
1 teaspoon vanilla	2 teaspoons baking powder

At a low speed, cream margarine, sugar and vanilla. Add eggs, one at a time, mix until well blended. Sift dry ingredients and add alternately with milk. Sprinkle blueberries with flour before adding to batter. Add ½ cup blueberries, stir by hand. Add rest of blueberries. Grease muffin pan and grease top of pan. Pour mixture into pan and fill ¾ full. Sprinkle rest of sugar on top. Bake in a 375 degree oven for 20-25 minutes or until done. Cool in pan at least 30 minutes before removing carefully. Makes about 18 muffins.

Elder Blossom Fritters (Serves 8)

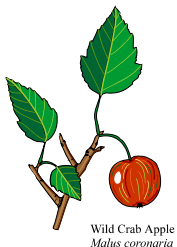
2 cups fine white cornmeal	1 tablespoon maple syrup
1 egg, beaten lightly	¼ cup corn oil for frying
1 cup water	16 elder blossom clusters, washed and dried

Prepare a light batter beating together the cornmeal, egg, water and maple syrup. Heat the oil on a griddle and drop the batter by large tablespoonfuls onto it. Immediately placing 1 blossom cluster in the center of each raw fritter and pressing lightly into the batter. Fry for 3 to 5 minutes or until golden. Flip and fry for 3 minutes on the other side. Drain on brown paper. Serve hot, sprinkled with additional loose blossoms and maple sugar.

Mayhaw Jelly

3 lb. mayhaws	7 ½ cups sugar
4 cups water	½ bottle liquid pectin
¼ cup lemon juice	

Wash and crush fruit; add water; bring to a boil and simmer for 10 min. Extract juice. Measure out 4 cups. Add lemon juice and sugar. Follow standard procedure for making jelly with liquid pectin.



5 lbs. partially ripe fruit
5 cups of water

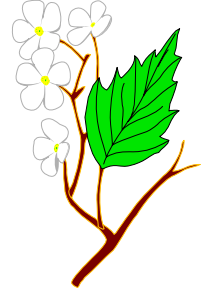
Crab Apple Jelly

8 cups of granulated sugar

Select 5 pounds of partially ripened crab apples, discarding any soft or rotten fruit. Remove the blossom ends and stems. Cut the fruit into thin slices, leaving the peels and cores intact. Place the fruit into a deep saucepan, add 5 cups of water, cover and simmer over a low heat for 10 minutes. Use a hand masher and crush the fruit completely, producing a juicy sauce. Allow the mix to simmer for 5-10 minutes longer.

Remove from the heat, strain through a jelly bag, gently squeezing the pulp but do not force any of the pulp into the juice. Save the pulp and make jellied apple butter.

Recover the juice, place into saucepan, add 8 cups of granulated sugar and stir constantly over a moderate heat until sugar is thoroughly dissolved. Then bring to a boil for 1 full minute. Pour the jelly into hot, sterile jars and seal.



Edible Wild Plant Preparation & Recipe Books

Duff, Gail. The Country-side Cookbook Recipes and Remedies. Van Nostrand Reinhold Co., 1982.

This wild plant cookbook is arranged by seasons. Recipes for and remedies made from many of the more common wild plants and mushrooms are included.

Freitus, Joe. Wild Preserves Illustrated Recipes for over 100 Natural Jams and Jellies. Stonewall Press: 1977.

This is a wonderful recipe book for the jelly maker, complete with line drawings & descriptions of each wild fruit.

Kavasch, Barrie. Native Harvests: Recipes and Botanicals of the American Indian. Random House, 1977.

Kavasch, E. Barrie. Native Harvests: American Indian Wild Foods and Recipes. Dover Publications, 2005.

Recipes, descriptions and charts for wild plants that were used by the American Indian. Used copies of the 1977 edition are still available.

Krause, Steven A. The Search for the Wild Dewberry: Making Beverages, Teas and Syrups from Wild Ingredients. Stackpole Books, 1983.

Descriptions of wild plants that can be used in teas, beers, chocolate substitutes, fruit drinks, coffee imitations, syrups, herbal flavorings, lemonades, vinegar and wild oils and butters.

Lyle, Katie Letcher. The Foraging Gourmet. Lyons & Burford: 1997.

This great little book gives plant descriptions, drawings and lore as well as wonderful recipes for the preparation of the bounty of your foraging trip.

Nyerges, Christopher. Wild Greens and Salads (soups, spreads, and salads using nature's edibles). Stackpole Books, 1982.

Lists and describes a variety of tasty greens that can be collected from the wild. Many delicious recipes are also included.

Schuler, Stanley and Elizabeth Meriwether Schuler. Preserving the Fruits of the Earth: How to "put up" almost every food grown in the United States in almost every way. Galahad Books, 1973.

Recipes and preparation guides for both wild and domestic animal and vegetative foods. Used copies are still available.

Tull, Delena. A Practical Guide to Edible & Useful Plants Including Recipes, Harmful Plants, Natural Dyes &

Textile Fibers. Texas Monthly Press: 1987.

This fat little book has everything including good plant descriptions, drawings and some color photographs, recipes, preparation instructions and warnings about toxic plants.

Williams, Kim. Eating Wild Plants. Mountain Press Publishing Co., 1984.

Contains descriptions of and recipes for using wild plants. Great lists such as: Ten Best Wild Greens and Ten Best Wild Fruits. Also included is a section on Poisonous Plants.



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Anyone who can identify the plant that the seed pod in this photograph grows on will be eligible for a drawing at the May meeting. Tell Candyce or Yvonne the name of the native plant and your name will go in the hat.

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**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: Yvonne Bordelon

Treasurer: David Scherer

Newsletter: Al & Yvonne Bordelon ylbordelon@bellsouth.net

Hospitality Coordinator: Candyce Scherer

New Member Mentor: Temae Theriot

FNPS Website: <http://www.folsomnativeplantsociety.org/> (under construction, expected completion Mid May)
Emily Canter Amthor & Yvonne Bordelon

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

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

Please note:

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1 P.M

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