

# Folsom Native Plant Society

November 2005



## Next Meeting Date:

Sunday, November 20, 2005 at 1:00 p.m

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

*Directions to John's place: From Folsom, head north on Hwy. 25 for 4 1/2 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



Wild Crab Apple  
*Malus coronaria*

Greetings to all,

It is sincerely hoped that each and every one of you and your families are safe and comfortable after Katrina. Everyone has been affected by that storm, each to a different degree. However, like the native flora we revere, our club is made up of hardy stock. A favorite motto is "it's not how high we climb or how fast we run, but rather how quickly we bounce back up." Those plants helping our Katrina comebacks include cypress vine, swamp sunflowers, mist flowers, cardinal flowers and pickerel weed.

Each year our Christmas celebration meeting is held in November as most members are too busy with Christmas in December. Our next meeting will be November 20, 2005 at Mi Casa. We look forward to seeing everyone in Christmas spirit and attire. Come join us for some post Katrina therapy. We will celebrate what we have, not what we have lost.

Thanks,

Written for John Larkin by AJB



## May Meeting Highlights

Twenty-three members and a few guests were delighted with Olga and Walter Clifton's hospitality and their wonderful yard, which is rich with wildlife and native plants. The barbequed chicken was delicious and other members brought some delectable side dishes and desserts.

Martin Morgan's "Who Wants to Be a Wildflower Millionaire" was a big hit. We went over all of the questions and most of the members did well. Thanks, Martin. We look forward to future native plant quizzes and games.

Future meeting times and dates were discussed. Several members turned in their completed opinion poll. Alternating Sunday afternoon and Tuesday night meetings was proposed and a show of hands was called for. The membership was almost equally divided, with a couple of more people favoring the proposal. We need help obtaining speakers. Please share the names and contact information of anyone who you think might give an interesting talk. We really need someone to act as "Program Director". The Hospitality Committee met and is arranging for the food for the next meeting.

It was suggested that the club take advantage of the free publicity at the various local garden shows and festivals by manning a booth and giving out flyers. We need volunteers for the upcoming Master Gardener Spring Garden Show. Jimmie Cantor is involved in a project to landscape with natives in the town of Bogalusa. She needs help developing a plan and plant list for the project. Contact her at (985) 732-9752 if you can help.

## From the Treasurer's Chest

The new FNPS Roster has been sent out. It contains the names and addresses of all **paid** members as of July, 2005. It's still not too late to pay your 2005 dues. Send \$18.00 (if you want to receive the newsletter by regular mail) or \$12.00 (if you want to receive it by e-mail) to the **Folsom Native Plant Society, P.O. Box 1055, Folsom, LA 70437**.

## FNPS Website

Mary McClellan and Temae Theriot collaborated and wrote a wonderful short history of the club. Al and Yvonne sent a CD with about 125 photographs of flowering native plants to our web designer, Emily Canter. Emily is finalizing the design and we will publish the website address as soon as it is finished.

## Fall Native Blooms

American Beautyberry (*Callicarpa americana*) fruit  
Arrowleaf Viburnum (*Viburnum dentatum*) fruit  
Asters, Blue, White & Fall (*Aster praealtus*, *A. lateriflorus*, & *A. ericoides*)  
Big Blue Lobelia (*Lobelia siphilitica*)  
Blazing-star (*Liatris elegans*)  
Bottle Gentian, Soapwort Gentian (*Gentiana saponaria*)  
Boneset (*Eupatorium* spp.)  
Blazing Star (*Liatris elegans*)  
Common Beggartick (*Bidens alba*)  
Crabapple (*Craetageus malus*) fruit  
Elephant's Foot (*Elephantopus carolinianus*)

Goldenrod (*Solidago* spp.)  
Ironweed (*Vernonia missurica*)  
Mist Flower (*Eupatorium coelestinum*)  
Strawberry Bush (*Euonymus americanus*) fruit  
Swamp Sunflower (*Helianthus angustifolius*)  
Yellow-Eyed Grass (*Xyris iridifolia*)

### Hummingbird Plants

Cardinal Flower (*Lobelia cardinalis*)  
Spotted Jewelweed (*Impatiens capensis*)  
Sultan's Turban (*Malvaviscus arboreus drummondii*)

## Native Plant - Lit

The **National Arbor Day Foundation** is offering a book entitled **Backyard Woods bring your vision to life**. Copies are available in two ways. Paper editions of the book, plus 12 tip sheets are available for \$4.95 plus \$4.95 shipping/handling from: The National Arbor Day Foundation, 211 N. 12<sup>th</sup> St., Lincoln, NE 68508 or by phoning Member Services at 888/448-7337. You may also access a free, downloadable copy of the entire book and tip sheets online by visiting <http://arborday.org/backyardwoods>.

## Homework Assignment for the Next Meeting

Begin to locate and identify any of the edible wild plants featured in this month's article. Also, locate copies of any reference or recipe books relating to edible wild plants. We will begin discussions of edible wild plants at the February meeting.



## Edible Wild Plants - Part 1

By Yvonne Bordelon

This is the first in a series of articles about Edible Plants of the Western Gulf Coast of LA. This series is based on a list, Edible Plants from Western Gulf Coast, compiled by Dr. Charles M. Allen which Temae obtained at the LNPS Conference. Other references include: Peterson Field Guides – Eastern/Central Medicinal Plants and Herbs by Steven Foster and James A. Duke and Field Guide to Edible Wild Plants by Lee Allen Peterson, The Wild Food Trail Guide by Alan Hall and Reader's Digest Magic and Medicine of Plants.

Before sampling any wild plant, an in-depth study of its characteristics and effects should be conducted. A bibliography of edible plant field guides follows this article. Most of the guides listed can be found at the Public Library.

- ♦ *Acer* spp. (**Maple**) - Parts used: inner bark, seeds, leaves. Large trees grow up to 150 ft. high found in moist, cool woods. Local species *Acer rubrum*, Red or Swamp Maple (Brown: p. 106)

- ♦ *Allium spp.* (**Onions**) - Parts used: bulbs, leaves. Leaves are 6-12 in. high; flower stalk is 1-2 ft. high and is found in meadows, rich woods and gravelly stream banks. **Caution:** If onion smell is missing, beware! (Brown: p. 15 & 16)
- ♦ *Alternanthera philoxeroides* (**Alligatorweed**) - Part used: leaves. Alligatorweed is an invasive imported species from South America which is classified as a noxious weed. It grows along waterways and will adapt terrestrially during droughts. <http://plants.usda.gov/index.html>
- ♦ *Amaranthus spp.* (**Amaranth**) - Parts used: seeds, shoots and leaves. Numerous species of the annual grow 1-4 ft. high in waste areas, fields and cultivated ground.
- ♦ *Amelanchier arborea* (**Service Berry**) – Parts used: fruit. Large bush (5 ft. high) or small tree (up to 30 ft. high) growing in clearings and borders of woods, especially in burns or new clearings and in swamps. (Brown: p. 66)
- ♦ *Amphicarpa bracteata* (**Hog Peanut**) – Part used: underground fruits. A twining vine with 2 kinds of flowers growing in damp woodlands. Seeds of the aerial flowers are inedible, but those from the underground pods can be eaten boiled.
- ♦ *Apios tuberosa* (**Ground Nut**) – Part used: tubers. Twining vine with stems up to 5 ft. long growing in rich thickets along streams or on low ground. (Brown: p. 73 calls this “hog peanut” and most references list it as *A. americana*.)
- ♦ *Arisaema dracontium* (**Green Dragon**) and *Arisaema triphyllum* (**Jack in the Pulpit**) – part used – corm. Perennial growing 1-2 ft. height with 1-2 leaves, 3 leaflets each in moist woods. **Caution:** raw corms contain intensely irritating calcium oxalate crystals. (Brown: p. 8)
- ♦ *Arundinaria gigantea* (**Cane, Bamboo**) – Parts used: shoots, seeds. Giant grasses grow 20 ft. high in many conditions, especially along rivers or streams.
- ♦ *Asclepias spp.* (**Milkweed**) – Parts used: flower buds, leaves, sprouts, fruits. Grows 3-5 ft. high in dry, well-lighted soil of roadsides, fields, and clearings. **Caution:** don't confuse young milkweed plants with the poisonous Dogbane (*Apocynum adrosaemifolium*). (Brown: pp. 142-145)

#### For Further Research on Edible Wild Plants – Field Guides

Angier, Bradford. **Field Guide to Edible Wild Plants**. Stackpole Books: 1974.

Foster, Steven and James A. Duke. **A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America**. Houghton Mifflin: 2000.

Hall, Alan. **The Wild Food Trailguide New and Expanded Edition**. Holt, Rinehart and Winston: 1976.

Nyerges, Christopher. **Guide to Wild Foods and Useful Plants**. Chicago Review Press: 1999.

Peterson, Lee Allen. **A Field Guide to Edible Wild Plants Eastern and central North America**. Houghton Mifflin: 1977.

**Reader's Digest Magic and Medicine of Plants**. Reader's Digest Association, Inc.: 1986.

**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 2005**

**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 Cantor Amthor & Yvonne Bordelon

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

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Please note:

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