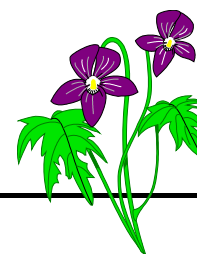


Folsom Native Plant Society

folsomnps.org

November 2010



From the President's Corner

Happy Thanksgiving to all.

Our last meeting was exceptional thanks to Rod Downie's presentation on how to rescue natives and the members' discussion about the uses of our natives. We have selected a theme for next year. We will share this theme at our November meeting. Also, the new members asked about creating an informational list which would include our local natives and their edibility for humans. I assumed this would be a one time article and so I began research on the topic. I now know this will be an ongoing topic and I would like input from everyone if you would like to help.

To Eat or Not to Eat: This is the question. It is definitely nobler to ask questions first than to be poisoned by the unknown. The list of resources is large. The library, the internet, the local plant experts, and seed catalogs and magazines are where I will begin. The plants we will start with will be some of those fruiting in November.

Sources:

Books: The Encyclopedia of Edible Plants of North America. Francois Couplan. Keats Publishing, 1998.
Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods. Thomas Elias and Peter Dykeman. Sterling, 2009.

Magazines: Herb Companion Magazine, Organic Gardener Magazine and Louisiana Gardener Magazine.

Catalogs: Richter's Seed catalog, Seed Savers Exchange catalog, Seeds of Change catalog.

Computer: [USDA Plant Database](#), [University Of Florida Plant Database](#) and [Clemson University Cooperative Extension](#)

The Plants:

Chinese Privet, *Ligustrum sinense*. (Invasive exotic pest plant.) Toxic to humans: nausea, headache, abdominal pain, vomiting, diarrhea, weakness, and low blood pressure are the symptoms. **NOT TO EAT!**

Persimmon, *Diospyros virginiana L.* The ripe fruit is tasty and edible. TO EAT!

Chinaberry, *Melia azedarach*. (Invasive exotic pest plant.) All parts of the Chinaberry tree are poisonous. **NOT TO EAT!**

Yaupon Holly *Ilex vomitoria*. The leaves of this shrub are emetic (cause vomiting.) **NOT TO EAT!**

Wax myrtle *Myrica cerifera* The aromatic compounds present in wax myrtle foliage seem to repel insects, particularly fleas. Pioneers fashioned candles from the waxy berries. **NOT TO EAT!**

American Holly *Ilex opaca* The berries are violently emetic and purgative, a very few occasioning excessive vomiting soon after they are swallowed." **NOT TO EAT!**

Please join us at the Lee Road Library for our November meeting. Bring questions and food to share, and plants to identify.

The door prize will be a copy of the classic "Wildflowers of Louisiana and Adjoining States," by Clair Brown.

SURE.JELL® Mayhaw Jelly

prep time 45 min
total time 3 hr
makes about 6 (1-cup) jars or 96 Tbsp servings

What You Need

4 cups prepared juice (buy about 2-1/2 lb. fully ripe mayhaws)
4-1/2 cups water
1 box SURE.JELL Fruit Pectin
1/2 tsp. butter or margarine
5 cups sugar, measured into separate bowl
(from the [Kraft Foods](#) website)

Jalapeno-Mayhaw Jelly

4 cups mayhaw juice
4 cups sugar
1 box sure-jell
1/8 lb. jalapeno peppers chopped fine

Bring juice, peppers and sure-jell to a full boil. Add sugar. Bring to a full boil for 1 minute. Ladle into hot jars and seal.

The Mayhaw Patch
James M. Eaves, Sr.
(from [Louisiana Mayhaw Association](#) website)

PLANTS IDENTIFIED AT THE SEPTEMBER MEETING

American Beauty Berry	<i>Callicarpa americana</i>
Black Cherry	<i>Prunus serotina</i>
Black Gum	<i>Nyssa sylvatica</i>
Bone Set	<i>Eupatorium perfoliatum</i>
Common Goldenrod	<i>Solidago altissima</i>
Dahoon Holly	<i>Ilex cassine</i>
Golden Aster	<i>Heterotheca mariana</i>
Pignut Hickory	<i>Carya glabra</i>
Huckleberry	<i>Vaccinium arboreum</i>
Myrtle Holly	<i>Ilex myrtifolia</i>
Narrow Leaf Sunflower	<i>Helianthus angustifolia</i>
Pokeberry	<i>Phytolacca americana</i>
Sweet Bay	<i>Magnolia virginiana</i>
Sweet Gum	<i>Liquidambar styraciflua</i>
Tie Vine	<i>Jacquemontia tamnifolia</i>
Wahoo	<i>Euonymus atropurpureus</i>
Wild Ageratum	<i>Eupatorium coelestinum</i>
Witch Hazel	<i>Hamamelis virginiana</i>
Yaupon Holly	<i>Ilex vomitoria</i>

Noxious or Invasive:

Chinese Tallow Tree	<i>Triadica sebifer</i>
Tung Nut Tree	<i>Aleurites fordii</i>

All About Sumac

by Sandra Bowens

If you are like most people, when you hear the word "sumac" the first thing that comes to mind is poison. It is a good idea to be wary of poison sumac, also known as poison oak, but you have nothing to fear from sumac the spice.

Although the two are related, sumac the spice is derived from the berry of a plant called *Rhus coriaria*. The name refers to the word *corium*, Latin for leather, as the leaves and bark are used in the tanning process. This shrubby tree grows wild in the Middle East and parts of Italy. The brick-red fruits are sold as dried coarsely ground or whole berries. The spice is also known as "Sicilian sumac," "sumaq" or "sumach," and other similar variations.....[continued here](#)

Editor's Note: To read more about Sumac, click on the title above to go to the "A Pinch Of" web page. As A.J. mentioned and gave references to research, all edibles need to be thoroughly researched prior to consumption.

November Native Blooms

(spp is plural for species)

Ambrosia trifida and *A. artemisiifolia* – Ragweeds
Aster adnatus – Chain-leaf Aster
A. ericoides – Fall Aster
A. lateriflorus – White
A. praealtus – Very showy lavender Aster
Baccharis halimifolia – Groundsel Tree, Everlasting
Bidens alba - Common Beggartick
Bidens aristosa – Sticktight
Bidens pilosa – Shepherd's Needle
Coreopsis tripteris – Tall Coreopsis
Callicarpa americana - American Beautyberry fruit
Elephantopus carolinianus - Elephant's Foot
Eupatorium capillifolium – Cypress-weed
Euonymus americanus - Strawberry Bush fruit
Eupatorium coelestinum – Mist Flower
Eupatorium fistulosum – Joe-pye Weed
Eupatorium perfoliatum – Boneset, *E. rotundifolium* &
E. rugosum – white flower clusters
Hedeoma pulegioides – American False Pennyroyal
Helianthus angustifolius - Swamp Sunflower
Helianthus tomentosus – Sunflower
Heterotheca mariana – Golden Aster
Hypoxis hirsuta – Yellow Star Grass
Hyptis alata – Clustered Bushmint
Malus angustifolia - Crabapple fruit
Monarda punctata – Horsemint
Muhlenbergia filipes – Pink Muhlenbergia
Pycnanthemum tenuifolium (Narrowleaf Mountain Mint
– white leaf bracts)
Pycnanthemum incanum (Hoary Mt. Mint whiter leaf
bracts)
Rhexia alifanus – Meadow Beauty
Rhexia mariana - Pale Meadow Beauty

Salvia azuera – Blue Sage
Solidago – Goldenrods (four varieties)
Spilanthes americana – Creeping Spilanthes
Trichostema dichotomum – Blue Curly
Verbena rigida - Stiff Verbena
Vernonia missurica, *V. altissima* – Ironweed
Viburnum dentatum - Arrowleaf Viburnum fruit
Xyris iridifolia - Yellow-Eyed Grass

Hummingbird Plants

Hibiscus coccineus – Texas Star Hibiscus
Ipomoea coccinea – Red Morning Glory
Ipomoea quamoclit – Cypress Vine
Lobelia cardinalis - Cardinal Flower
Lobelia siphilitica - Big Blue Lobelia
Malvaviscus arboreus drummondii – Small Turk's
Cap
Spigelia marilandica - Indian Pink

Butterfly Common Host Plants

Aristolochia spp. – Pipevine (Pipevine Swallowtail)
Asclepias spp. – Milkweed (Monarch, Queen)
Aster spp. – Many Varieties of Aster (Pearl
Crescent)
Cassia fasciculata – Partridge Pea (Sulphurs)
Cirsium spp. – Thistle (Painted Ladies)
Helianthus angustifolius - Swamp Sunflower, *H.*
tomentosus (Silvery Checkerspot)
Hibiscus spp. – Mallows & Hibiscus (Checkered
Skipper, Gray Hairstreak)
Passiflora incarnata – Passion Flower (Gulf
Fritillary)
Passiflora lutea – Yellow Passion Flower

THERE WILL BE NO DECEMBER MEETING

The **January** meeting will take place after the trees for the
Spring Plant Show come in.

This will be a working meeting, potting plants for the Master
Gardeners' Spring Plant Show.

Next Meeting Date: Sunday, November 28, 2010 at 1:00 p.m.

The Lee Road Branch Public Library 79213 Hwy 40, Covington, LA 70435 (985) 893-6284. From the south, you take Hwy. 190 north into Covington. At second red light past overpass turn right on Hwy 437 (Lee Road). Go 8 miles to an all-way stop at Hwy 40 and Lee Road. Proceed through stop. Lee Road Branch Library is the first building on the left after passing Lee Road Junior High School.

Dates to Remember

November FNPS Meeting – Sun., Nov. 28 at 1:00 p.m. at the Lee Road Branch Library

December FNPS Meeting – No December Meeting

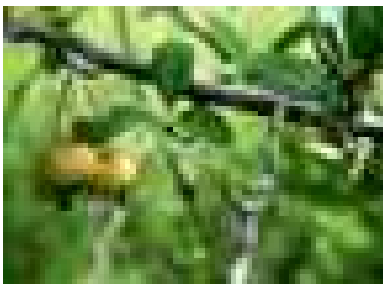
January FNPS Meeting – Working Meeting, To Be Determined

Northshore Garden Show – March 19-20, Covington, St. Tammany Fairgrounds

Our Board for 2010

President: A.J. Bailey
Vice President/Program Chairman: Rod Downie
Treasurer: David Scherer
Plant List Recorder: A.J. Bailey
Business Recorder: NEEDED
Newsletter: Nick Blady nblady77@gmail.com
Hospitality Coordinator: Candyce Scherer
New Member Mentor: Temae Theriot
FNPS Website: (<http://folsomnps.org>) Emily Canter & Yvonne Bordelon

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



Southern Crab Apple
Malus angustifolia

Its fruit is occasionally used for jelly, preserves and cider.