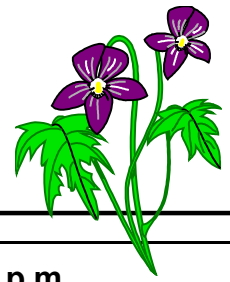


Folsom Native Plant Society



folsomnps.org

October, 2007

Next Meeting Date: Tuesday, October 16, 2007, 6:00 – 7:45 p.m.

Program: The program is open to the public and will be on the many aspects of the Lake Pontchartrain Basin Research Program. It will focus on **preserving cypress swamps and the importance of these wetlands to native wildlife.** Our speaker will be Tiffany B. McFalls, Instructor, Department of Biological Sciences, SLU. **Meeting Place – Covington Branch Public Library**, 310 W. 21st Ave., Covington, LA, (985) 893-6280

There will be no food at this meeting.

2007-08 Study Focus: Native Plants That Attract Birds, Butterflies & Pollinators

From the President's Corner

Salutations to All,

We hope to see you all at the Covington Branch of the Public Library at 6:00 p.m. on October 16, 2007. We have scheduled a wonderful speaker, Ms. Tiffany McFalls, from the Lake Pontchartrain Basin Research Program (SLU) who will give a presentation about the importance of preserving the Cypress Swamps ecosystem and the wildlife that depend on these wetlands. The meeting will end at 7:45 and we will not have food at this meeting.

The cooler temperatures of fall and winter make October through March the best time to plant trees, shrubs and vines that will provide food and cover for wildlife. Native plants are preferred for a number of reasons: (1) Wildlife is already accustomed to the fruit, nuts and seeds that native plants provide. (2) These plants are already acclimated to the area making them low maintenance additions to the landscape. (3) Natives do not require additional water (except to get them started), nor fertilizer or pesticides / chemicals. So using native plants saves maintenance time, money and water. (4) Replacing expensive and labor intensive exotic turf grass lawns with food and native plants will benefit humans, wildlife and the environment because the reduced maintenance also saves gasoline and limits the need for lawnmowers, string trimmers and leaf blowers which contribute to air and noise pollution.

When planting trees, shrubs and vines try to select varieties that are multi-functional. For example, a Black Cherry tree will provide shade and beautiful bark and wood as well as fruit to make jelly (or Cherry Bounce if you have a recipe). The sour black fruit is relished by many species of birds and the leaves are eaten by Tiger Swallowtail butterfly larvae. Here are some of our favorite native trees, shrubs and vines for birds and humans.

Yvonne Bordelon

Trees -

Black Cherry (*Prunus serotina*) - Large deciduous native, early summer fruit, full sun/partial shade. Larval food of the tiger swallowtail butterfly. Attracts 30 bird species (bluebird favorite). Fruit makes good jelly and "Cherry Bounce" liqueur.

Red Mulberry (*Morus rubra*) - Large deciduous native, spring fruit, full sun/partial shade. Attracts 29 bird species (bluebird favorite) The berries also make great jam and/or jelly.

Black Gum (*Nyssa sylvatica*) - Medium/large deciduous native, fall fruit, full sun/light shade. Beautiful fall color and is hurricane resistant. Attracts 16 bird species.

Southern Crab Apple (*Malus angustifolia*) - Small deciduous native, fall fruits, full sun/partial shade. Attracts 15 bird species and many mammals and makes great jelly.

Dogwood

Flowering (*Cornus florida*) Medium deciduous native, fall fruit, sun/shade.

Rough-leaf (*Cornus drummondii*) Small deciduous native, early summer fruit, sun/partial shade. Larval food of spring azure butterfly. Attracts 15 bird species (bluebird favorite).

Sassafras (*Sassafras albidum*) - Small deciduous native, late spring fruit, full sun/light shade. Larval food of the spicebush swallowtail butterfly. Fall leaves are dried to make file' to put in gumbo. Attracts 14 bird species.

Service Berry (*Amelanchier arborea*) - Small deciduous native, spring fruit, sun/partial shade. Attracts 14 bird species (bluebird favorite).

Magnolia - Southern (*Magnolia grandiflora*) - Large evergreen native, late summer-fall fruit, full sun/partial shade. Sweetbay (*Magnolia virginiana*) - Medium/large evergreen native, July-October fruit, full sun/partial shade. Larval food of the tiger swallowtail butterfly. Attracts 13 bird species.

American Beech (*Fagus grandifolia*) - Large deciduous native, fall nut-like fruit (Beech nut), medium sun to shade. Attracts 10 bird species.

Devil's Walking Stick (*Aralia spinosa*) - Small deciduous native, summer-fall fruit, full sun/partial shade. Attracts 9 bird species.

Hackberry, Sugar Berry (*Celtis laevigata*) - Large deciduous native with sweet, small fruit, full sun / partial shade. Attracts 10 bird species (including Bluebirds) and many mammals. Host plant for the Snout-nosed (Hackberry) and Question Mark Butterflies

Shrubs, Vines and Small Trees -

Elderberry (*Sambucus canadensis*) - Large, semi-evergreen shrub, summer- fall fruit, full sun/light shade. Attracts 31 bird species (bluebird favorite). Blooms make good fritters & fruit makes wine & jelly.

Blackberry and Dewberry (*Rubus spp.*) - Deciduous thorny brambles, late spring fruit, full sun/partial shade. Attracts 31 bird species (bluebird favorite). Human Food, great jelly, too.

Grapes, Muscadines (*Vitis spp.*) - Large deciduous native vines, late summer-fall fruit, full sun/shade. Attracts 28 Bird species. Human food, great jelly.

Virginia Creeper (*Parthenocissus quinquefolia*) - Deciduous vine, summer fruit, full sun/shade. Attracts 24 bird species (bluebird favorite).

Southern Wax Myrtle (*Myrica cerifera*) - Small evergreen native, early fall fruit, full sun/partial shade. Larval food of the red-banded hair-streak butterfly. Attracts 22 bird species.

Pokeweed (*Phytolacca americana*) - Large perennial herb, summer-fall fruit, full sun/partial shade. Attracts 20 bird species (bluebird favorite)

Huckleberry (*Gaylussacia spp.*) / **Blueberries** (*Vaccinium spp.*) - Most are large semi- evergreen native shrubs, spring fruit, full sun/partial shade. Attracts 21 bird species (bluebird favorite). Human food, better than cultivated blueberries.

Hollies - American (*Ilex opaca*) - Medium evergreen native tree, fall fruit, full sun/partial shade. Yaupon (*Ilex vomitoria*) Large evergreen native shrub, fall fruit, full sun/partial shade. Attracts 18 bird species (bluebird favorite).

Greenbriars, Sawbriars (*Smilax spp.*) - Evergreen or deciduous native vine, late summer-fall fruit, sun/shade. Attracts 40 bird species.

Arrow-wood (*Virburnum dentatum*) - Large deciduous native shrub, late summer fruit, full sun/partial shade. Larval food of the spring azure butterfly. Attracts 12 bird species (bluebird favorite).

Hawthorne - Parsley (*Crataegus Marshallii*) Large deciduous native shrub, fall fruit, full sun/partial shade.

Mayhaw (*C. opaca*) Small deciduous native tree, Spring Fruit, full sun/partial shade. Great for jelly. Attracts 12 bird species (thrush family favorite).

"Today I am sure no one needs to be told that the more birds a yard can support, the fewer insects there will be to trouble the gardener the following year". Thalassa Crusos

October Native Blooms

Agalinis fasciculata – Pink Foxglove
Ambrosia trifida and *A. artemisii* – Ragweeds
[Aster adnatus](#) – Chain-leaf Aster
A. ericoides – Fall Aster
A. lateriflorus – White
A. praealtus – Very showy lavender Aster
Balduina uniflora – One-flower Honeycomb Head
Bidens alba - Common Beggartick
Bidens aristosa – Sticktight
Bidens pilosa – Shepherd’s Needle
[Boltonia](#) *asteroids*, *B. diffusa* – Similar form to Chain-leaf Aster
Coreopsis tripteris – Tall Coreopsis
Callicarpa americana - American Beautyberry fruit
Elephantopus carolinianus - Elephant’s Foot
Euonymus americanus - Strawberry Bush fruit
Eupatorium coelestinum – Mist Flower
Eupatorium fistulosum – Joe-pye Weed
Eupatorium perfoliatum – Boneset, *E. rotundifolium* & *E. rigosum* – white clustered flowers
Euphorbia corollata – Flowering Spurge
[Euphorbia pubentissima](#) – False Flowering Spurge
Gentiana saponaria - Bottle Gentian, Soapwort Gentian
Hedeoma pulegioides – [American False Pennyroyal](#)
Helianthus angustifolius - Swamp Sunflower
Helianthus tomentosus – Sunflower
Heterotheca mariana – Golden Aster
Hibiscus aculeatus – Pineland Hibiscus
Hypoxis hirsuta – Yellow Star Grass
Hyptis alata – Clustered Bushmint
Kosteletzkya virginica – Salt Marsh Mallow
Liatris squarrosa, *L. squarulosa* & *L. pycnostachya* – Blazing Star
Malus angustifolia - Crabapple fruit
Monarda punctata – Horsemint
Muhlenbergia fiffipes – 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
R. nudifolia - Wild Petunia
Salvia azuera – Blue Sage
Solidago – Golden Rods (four varieties)
Spilanthes americana – Creeping Spilanthes
Trichostema dichotomum – Blue Curls
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
Impatiens capensis - Spotted Jewelweed
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
Pontederia cordata – Pickerel-weed
[Spigelia marilandica](#) - Indian Pink

Butterfly Common Host Plants

Achillea millefolium – Yarrow (Painted Lady)
Agalinis fasciculata – Pink Foxglove (Buckeye)
Aristolochia spp. – Pipevine (Pipevine Swallowtail)
Asclepias spp. – Milkweed (Monarch, Queen)
Asimina parviflora – Small-flowered PawPaw (Zebra Swallowtail)
Aster spp. – Many Varieties of Aster (Pearl Crescent)
Cassia fasciculata – Partridge Pea (Sulphurs)
Centrosema virginianum – Butterfly Pea (Southern Cloudwing)
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

The Latin Quarter

Since word games help to exercise the brain and keep the mind sharp, our Latin Quarter this month will be in the form of a guessing game. All the following native plants bloom in the fall. The answers (the common names) can be found on page 5.

1. *Agalinis* = derives from the Greek "aga" meaning "very, very much" and the Latin "lin(um)" meaning "flax."
fasciculata = clustered or grouped together in bundles - A host plant of the Buckeye Butterfly
 2. *Eupatorium* = The Greek name for these herbaceous and shrubby plants, commemorating Mithriates, King of Pontus. The English names indicate traditional use in medicine. *Coelestinum* = sky blue – Attracts Butterflies and Bees
 3. *Eupatorium* = same as #2 *perfoliatum* = with the leaf surrounding or embracing the stem; *perfoliate* – Attracts Native Bees and is also a Lovebug magnet, so they stay out of the hummingbird feeders
 4. *Lobelia* = A large genus of herbs and sub-shrubs named for Mathias de l’Obel. *Cardinalis* = Scarlet; cardinal red – Attracts Butterflies and Hummingbirds
 5. *Lobelia* = same as #4 *siphilitica* = hints at its historical use as a cure for syphilis - Attracts Butterflies and Hummingbirds
 6. *Vernonia* = Native American perennial herb named for William Vernon *altissima* = Very tall; tallest – Attracts Butterflies
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September Meeting Highlights

The answer to the mystery plant question was **Pineland Hibiscus (*Hibiscus asculeatus*)**. The genus name ***Hibiscus*** is the old Latin and Greek name for a Marsh Mallow. The species name ***aculeatus*** derives from the Latin "acule(us)" meaning "a sting, thorn" referring to the sharp hairs of the plant. Alma answered the question correctly and won the door prize of a seed starting kit with *Asclepias tuberosa* and *Coreopsis lanceolata* seeds.

We voted to add 50 Black Gum (*Nyssa sylvatica*) to the Forestry Seedlings order in addition to the 50 Bald Cypress, 50 Mayhaw and 50 Mixed Wild Plum. Tiffany McFalls from the Lake Pontchartrain Basin Research Program (SLU) will speak at our Oct. 16 meeting which will be held at the Covington Branch Public Library from 6:00 p.m. – 7:45 p.m. The November 18th meeting will be our holiday celebration and everyone is urged to bring a small “white elephant” gift to exchange. Members who do not have email accounts need to organize a phone tree so that they can be easily alerted in case of meeting cancellations, plant rescues or environmental alerts.

Yvonne gave a short PowerPoint presentation about recognizing native plant seedlings and botanical names. Rod brought many trees and shrubs for show and tell. He also shared Buckeye (*Aesculus pavia*), Persimmon (*Diospyros virginiana*) and Coral Bean (*Erythrina herbacea*) seeds (and plants or fruit). His discussion of native trees, like Black Gum (*Nyssa sylvatica*) and flowers including Ironweed and Blazing Star (*Liatris spp.*) was very interesting and informative. We need to find out if and/or how Persimmon (fruit bearing female) trees can be started from cuttings. Rod also noted that the Meadow Beauty flowers (*Rhexia spp.*) are blooming unusually late this year. Velma brought some *Salvia coccinea* and *Passiflora incarnata* plants to share. Marion brought 2 kinds of blue and purple Ruellia that were unusual, some *Boltonia spp.*, which some of us were calling Chain-leaf Aster (*Aster adnatus*), Maypop (*Passiflora incarnata*) and Stiff-leaved Verbena (*Verbena rigida*). Some of the seeds that Jim brought to Mizell’s Festival were shared with the club members in attendance.

Little River Bluffs October Blooms

List compiled by David Campbell

Ageratum or mist flower (*Eupatorium coelestinum*)
 Pink foxglove (*Agalinis fasciculata*) Figwort family
 White indigo pods (*Baptisia leucantha* or *alba*)
 Narrow leaved sunflower (*Helianthus angustifolia*)
 African daisy, Muck Sunflower ([Helianthus simulans](#))
 Elderberry (*Sambucus canadensis*)
 Chain leaf aster (*Aster adnatus*)
 Yankee-weed/cypress weed (*Eupatorium capillifolium*)
 Common goldenrod (*Solidago altissima*)
 Sweet goldenrod (*Solidago odora*)
 Stiff leaved Verbena (*Verbena rigida*)
 Wax myrtle (*Morella cerifera*)
 French mulberry/American beauty berry (*Callicarpa americana*)

American holly (*Ilex opaca*)
 Blazing star (*Liatris pycnostachya* - not *squarrosa*)
 Meadow beauty - pink buds - late (*Rhexia alifanus*)
 Rayless goldenrod (*Bigelovia nudata*)
 Elm-leaf goldenrod (*Solidago rugosa*)
 Pale Lobelia (*Lobelia appendiculata*)
 Meadow beauty - pink buds - late (*Rhexia mariana*)
 Yaupon (*Ilex vomitoria*)
 False flowering spurge (*Euphorbia pubentissima*)
 Grass bamboo
 Arrow wood with berries (*Viburnum dentatum*)
 Titi (*Cyrilla racemiflora*)
 seeds: White Indigo pods, red Texas Hibiscus and Pineland hibiscus

Guess the Mystery Plant and your name will go into the Door Prize Drawing.

This native perennial has spires of blue flowers with white lines in the throat that grow on erect stems 1-4 feet tall from September to October. The botanical name refers to the fact that it was once believed to cure syphilis. It is attractive to hummingbirds, bees and butterflies and is in the Bluebell family. If you know the answer, write the name of the plant and your name on a slip of paper at the October meeting to be eligible for the door prize drawing.

Free Oak and Persimmon Trees Available

The National Wild Turkey Federation's (NWTF) "Operation Oak" enables Louisiana landowners to receive hardwood tree seedlings with an application to the NWTF. For more information, contact either John Pitre at john.pitre@la.usda.gov or Joe Koloski (NWTF Senior Regional Biologist) with any questions or go to the LA Native Plant Society Google Group site (<http://groups.google.com/group/LNPS?hl=en>) to download the application form.

Answers to Latin Quarter

1. *Agalinis fasciculata* – Pink Foxglove
2. *Eupatorium coelestinum* – Mist Flower
3. *Eupatorium perfoliatum* – Boneset
4. *Lobelia cardinalis* - Cardinal Flower
5. *Lobelia siphilitica* - Big Blue Lobelia
6. *Vernonia altissima* – Tall Ironweed

Membership Renewal Information

Dues for 2007 were due in January, 2007. We are working on a method to alert members as to when it's time to pay membership dues. Hopefully we will be able to get it in place for the November newsletter.



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 per family (if you wish to receive the newsletter by regular mail) or \$12.00 per family (if you wish to receive it by e-mail). Special student rates are available: \$9.00 for the printed newsletter & \$6.00 for the email version.

Regular Membership
_____ \$18.00 Mail

Student School Name: _____
_____ \$9.00 Mail

_____ \$12.00 e-mail

_____ \$6.00 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 2007

President Emeritus: John Larkin

President: Yvonne Bordelon

Treasurer: David Scherer

Recording Committee Chairman: A.J. Bailey

Newsletter: Al & Yvonne Bordelon

ybordelon@bellsouth.net

Hospitality Coordinator: Candyce Scherer

New Member Mentor: Temae Theriot

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

Dates to Remember

Oct. 16, 6:00 p.m. at Covington Library – FNPS Mtg., Lake Pontchartrain Basin Research Program Speaker, Tiffany McFalls – Preserving Cypress Swamps and Wildlife

Nov. 18, 1:00 p.m. at John's – FNPS Mtg. Holiday Get Together

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

Please note:

Next Meeting:

Tuesday, Oct. 16, 2007

6:00 P.M

At the Covington Branch Public Library