

Folsom Native Plant Society

folsomnps.org

October 2010



From the President's Corner

Hi Everyone. It is October and this long, hot, and wet summer shows no signs of letting fall arrive. Butterflies and hummingbirds, as well as our native wildflowers and fruits, have been affected by this weather. Smaller numbers of wildlife and larger than normal fruit production have been the observed results. Muscadines and French mulberries, aka American beautyberry, are two examples I have noticed recently. The black gums have also dropped their leaves as well as their fruit. Please share your observations with us at our next meeting which will be Sunday October 31st at 1 pm at the Lee Rd. Library. Also bring food and plants to share with the group. As this is our first meeting of the fall we will have plenty to discuss. We will select a theme for this year's activities. We will discuss what projects we would like to participate in this year also. We will also have Rod Downie for a presentation on how to rescue natives in the fall. Please keep Olga Clifton and Al Bordelon and their spouses in your prayers. Thanks for keeping St. Tammany natives alive and growing strong. aj

A Conversation with Rod Downie

Born on a dairy farm, a long time ago, I remember walking in the woods and down to the pond with my grandfather when I was about five. By about age eight I started taking refuge in farm meadows and woods from our large, raucous family. When I was about ten, my grandfather began clearing some low woods for more farm fields, and I helped my grandmother transplant wildflowers, trees and shrubs from that woods to her yard, garden and orchard. I didn't know until many years later that I was learning "Native Plant Rescue"!

No small wonder that soon after retiring from a career in engineering I became a Louisiana Master Gardener and began seriously studying native plants, especially woody plants. I've learned more about native plants from Folsom Native Plant Society and a few other local friends than from any courses, or seminars, or workshops. And I still can't improve on some of the things my grandmother taught me so many years ago.

Our home is a slightly oversized lot in southern Abita Springs. The front yard is much like my neighbors', just a little more colorful. But the view of our back yard is looking more and more like the edge of a forest, with a few exotic plants for a little added color. My favorite ongoing Master Gardener project is "A Walk in the Woods" where I lead tours, sharing my love of the forest and other wildlife habitats, including as much lore as I can fit into the program. "A Walk in the Woods" is a four seasons program at Northlake Nature Center and the Fall Program is Saturday, November 6.

Happiness is really easy with my simple needs: family, friends, a garden, a nearby forest, a good book, and a gentle rain.

Wishing you all happiness, too,
Rod Downie

Next Meeting Date: Sunday, October 31, 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.

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.

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"¹ 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.

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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).

¹ Editor's Note: Does anyone have a recipe for "Cherry Bounce". If so, we would publish it in the next newsletter.

October Native Blooms

(spp is plural for species; indicates Butterflies of host plant)

<i>Asclepias spp.</i> – Milkweed (Monarch, Queen)	<i>Mimosa strigillosa</i> – Touch-me-not
<i>Balduina uniflora</i> –Honeycomb Flower	<i>Mondarda spp</i> – Bee Balms, Horse Balms
<i>Bidens pilosa</i> – Shepherd's Needle	<i>Passiflora incarnata</i> – Maypop, Passion Flower (Gulf Fritillary)
<i>Cassia fasciculata</i> – Partridge Flower (Sulphurs)	<i>Phyla lanceolata</i> – Fog Fruit
<i>Campsis radicans</i> – Trumpet Creeper	<i>Physotegia virginiana</i> – Obedient Plant
<i>Cephalanthus occidentals</i> – Buttonbush, Sputnik Plant	<i>Pontederia cordata</i> – Pickerel Weed
<i>Commelina erecta</i> – Day-flower	<i>Pycnanthemum spp</i> – Mountain Mints
<i>Coreopsis spp</i> – Now is a good time to look around and enjoy	<i>Rhexia spp</i> – Meadow Beauties
<i>Croton capitatus</i> - hogwort	<i>Rudbeckia spp</i> - Coneflowers
<i>Diodia virginiana</i> - Buttonweed	<i>Salvia spp</i> - Native Sage (the plants, not the wise old village people, not that we have any, anyway)
<i>Eupatorium</i> – Bonesets, Snakeroots and Thoroughworts and Mist-flowers	<i>Solidago</i> – Early Goldenrods
<i>Gaura lindheimeri</i> - Gaura	<i>Spiranthes americana</i> – Creeping Spot Flower
<i>Helenium amarum</i> – Bitterweed	<i>Stokesia spp</i> - Early Asters, although most of these have different genus
<i>Helenium spp</i> – More Sunflower look-alikes and close relatives	<i>Tradescantia spp</i> – Spiderwort
<i>Helianthus spp</i> – Sunflower (Slivery Checkerspot)	<i>Verbena brasiliense</i> – Brazilian Vervain
<i>Heterotheca mariana</i> – Golden Aster	<i>Vernonia altissima</i> – Ironweed
<i>Hibiscus spp.</i> – Mallows (although many are largely coming into seed now) (Checkered Skipper, Gray Hairstreak)	Early asters, although most of these have different genus names, too
<i>Hypericum spp</i> – St. John Worts, St. Peter Wort, St Andrews Wort	Native legumes
<i>Ipomoea spp</i> – Morning Glories and Cypress Vine	Sedges, etc.
<i>Liatris spp</i> - Gayflowers	Tons of grasses – Grasses

Bogue Chitto State Park Is Now Open

The [Bogue Chitto State Park](#) includes an entrance station, visitor center, 4 two-bedroom cabins and a 4-bedroom lodge, all overlooking a 200-foot bluff, day-use facilities (beach pavilions, canoe launch, amphitheater, play area, interactive water features, and viewing decks), bottomland and upland RV camping, a group camp and over 7 miles of equestrian trails.

The park opened to the public in late summer. It is [located](#) on Fisher Road, off LA Hwy. 25 in Washington Parish, approx. 10 miles south of Franklinton.

Dates to Remember

October FNPS Meeting – Sun., Oct. 31 at
1:00 p.m. at the Lee Road Branch Library

“Walk in the Woods” – Saturday, Nov. 6 at
Northlake Nature Center with Rod Downie

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

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

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Publishers: Candyce & David Scherer

Hospitality Coordinator: Candyce Scherer

New Member Mentor: Temae Theriot

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

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