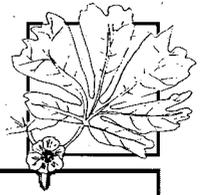




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A VOICE FOR THE NATURAL LANDSCAPING MOVEMENT

# Wild Ones <sup>SM</sup>



## NEIGHBORHOOD STREAMS

If you remember your favorite childhood haunts, you undoubtedly recall the magic of small streams, tiny ponds, and intermittent rivulets.

The streams of our neighborhood were where my brother, other neighborhood children and I exercised our fledgling engineering skills. We built a new Panama Canal—in New Jersey. We sailed homemade boats. And we pretended to be beavers. We built dams. We created places where frogs and tadpoles could live.

Small streams are the favorite play habitat of children. That's what Lisa Schicker, a landscape architecture graduate of North Carolina State University, found in a two-year study

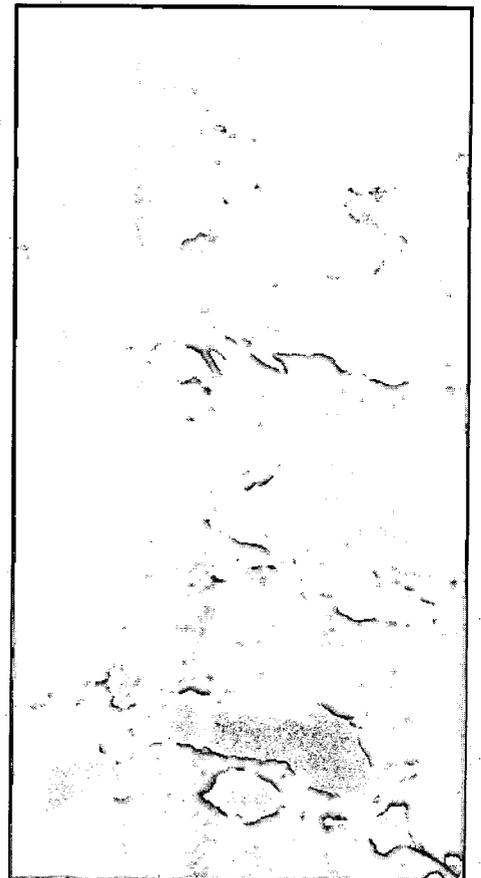
of the ways children relate to their outdoor environment.

That's a hunch I've long had as an environmental educator. Here at the National Wildlife Federation's Laurel Ridge Education Center, where I work, kids who visit love to get in a stream, under parental supervision, and turn over rocks, searching for crayfish and other creepy-crawlies.

Neighborhood small streams are potentially the richest of all environments for suburban wildlife. In building our suburban developments, we must protect these small streams and a bit of the plant-clothed corridor they weave through.

Corridors 100 feet or more wide may allow a variety of plant life to thrive. Animal life—everything from migrant songbirds and toads to opossums and foxes—moves in and out of this environment.

Rains may flush lawn fertilizers and  
*(continued on next page)*



Reprinted from *The Backyard Naturalist* by Craig Tufts.

**NEIGHBORHOOD STREAMS**

*(continued from previous page)*

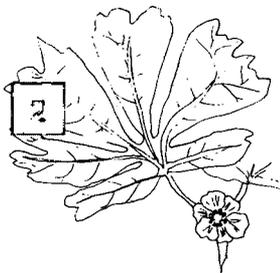
pesticides out of our properties. Yet green corridors flanking a stream can keep the chemicals from getting into the stream system and polluting rivers and lakes. Excess fertilizers are taken up by the hardy native plants growing in the corridors.

As fields and forestlands have given way to residential development, most small streams have been eliminated, channeled, or placed in cement sluiceways or culverts. However, progressive developers have realized the value of preserving as much of the natural ecosystem as possible. Retaining open space not only enhances homesites and provides a rich wildlife environment, it also allows a builder to command higher home prices.

It makes sense for homebuyers to pay the extra price to locate along stream corridors. Such property values are well protected—along with the corridor wildlife.

Suburban children benefit substantially from growing up in a rich natural environment. Through play in natural environments, kids develop ecological values early in life. They are far more apt than other children to become environmentally sensitive adults—with wonderful childhood memories, like yours and mine. ☺

*Craig Tufts oversees the National Wildlife Federation's Backyard Wildlife Habitat Program. To receive information about this program call 1-800-432-6564.*



**A mature oak can produce 90,000 acorns a year.**



*For The Birds is written by Steve Mahler, owner of The Wild Bird Center, Menomonee Falls, Wis. Steve welcomes your comments and suggestions at (414) 255-9955.*

*This column focuses on a plant species that is valued by birds found in the upper Midwest. Each submission presents a plant that is in its prime during the time you are likely to be enjoying this publication.*

**BUR OAK (*Quercus macrocarpa*)**

Spring is a time of new beginnings in the bird world. May and June are peak nesting months and a time when there are new hungry mouths to be fed. Oaks are as qualified as any plant species to serve the needs of the both the long-distance migrants as well as our year-round residents.

The adaptable Bur Oak hosts birds from both the prairies and the forest edge as it is a species that does well in a variety of conditions. Countless birds dance across its leaves in search of insects; many others call it home as limbs lost to storms open cavities for nesting. When we, or Nature, plant oaks we are investing in the future, with a tree that is the symbol of long life and that will support future generations of birds.

**Characteristics:** Bur Oaks are generally pyramidal in form when young and become broader with age. When mature, these trees may reach 70 to 80 feet in both height and width. This oak does not offer great fall color. However, it offers interesting contrast on windy days, with leaves displaying dark green foliage above, and attractive gray hues underneath. Its acorns are among the largest of our oaks, sometimes reaching two inches in diameter. So formidable is this tree that it resists drought and even prairie fires. The one challenge this species presents, however, is that it does not transplant well.

**This plant needs:** Full sun to partial shade, but will tolerate moisture conditions from wet all the way to dry. The Bur Oak can easily handle anything Midwestern weather can muster, from droughts to winter weather rated at zone 3.

**Who benefits:** Countless birds enjoy the Bur Oak, in fact, a number of sources rate this as the number one tree for wildlife. It has a reason for every season. Spring brings multitudes of insects to its leaves and plenty of birds to keep them in check. Summer is fledgling time as everything from wrens to hawks, such as kestrels, use its cavities for nesting. Fall brings the promise of acorns which are the jackpot in wildlife foods. Winter benefits of this oak include any leftover acorns, as well as the same cavities used for nesting being enjoyed as roosting sites on unbearably harsh winter days. Specifically, wrens,

chickadees, titmice, nuthatches, woodpeckers and owls regularly nest in Bur Oak cavities. Red-tailed hawks, crows and larger owls (like the Great Horned) will nest in stick nests supported by the dependable oak limbs. Almost every insect-eating species of bird has been seen visiting Bur Oak leaves as well as the convenient bark structure. Finally, the prized acorns make a life-or-death difference to many birds from jays to pheasants, grouse, bobwhites and turkeys. So important are the oaks, including Bur, that the range of some bird species, including tufted titmice, seem to be directly related to its presence. ☺

**—Steve Mahler**

The Citizens Natural Resources Association, Inc. surveyed Wisconsin highway commissioners in 1991 to learn what would justify a shift from intensive mowing of roadsides to selective brush and native vegetation management. Their chief concerns related to safety and cost. Presented here are CNRA's response to these and other concerns, plus a few added benefits of natural roadside management.

**SAFETY FACTORS**

- Interesting roadsides stimulate a change in eye focus helping to alleviate driver fatigue.
- Mowed areas between the shoulder and ditch or the first 10 feet from the pavement effectively address visibility, deer crossing and snow removal problems.
- Unmowed grasses delineate edges of boulevards and shoulders in fog, rain and fresh snow.
- Vegetation in median strips protect drivers from blinding lights of on-coming traffic.
- Shrubs and small trees reduce wind velocity, easing driver tension as well as providing a filter for airborne pesticide-laden soil.
- Shrubs growing on the outside of curves indicate to a driver a change of highway alignment, especially important when illuminated by headlights.
- Shrub zones slow cars leaving the pavement, thereby reducing injuries in accidents.

**ECONOMIC ADVANTAGES**

- Weed control is dramatically reduced in established plant communities in which perennials have formed closed systems. Little opportunity remains for weed seeds to find an open spot to germinate. Established plantings are self-maintaining during environmentally stressful periods, reducing weed ingress and erosion.
- Expensive fertilizers are not needed when seeding prairie flowers and grasses.
- Mowing between ditch and fenceline only once in three years reduces costs of buying and maintaining expensive mowing machines demanding large supplies of gas and oil.
- Living snowfences of shrubs decrease employee time for up-in-the-winter and down-in-the-spring fencing, as well as annual repair costs.
- Diverse naturalized vegetation controls erosion as many different kinds of roots seek



different levels of growth, preventing slumping on steep slopes. Slowly decomposing leaf litter from unmowed plants forms soil which holds moisture.

—Unmolested plants curtail non-point source pollution by trapping sediments, anchoring existing soil, and filtering and slowing run-off from melting snow and summer storms. Labor required for clearing culverts and ditches is reduced. Cleaner water is dumped into streams and lakes.

**HEALTH CONSIDERATIONS**

—The marked reduction in use of management chemicals protects residents as well as travelers and employees.

—Noise pollution decreases where thickets of trees and shrubs muffle, deflect and absorb traffic sounds. Decreased use of maintenance machinery also reduces noise.

**STEWARDSHIP**

—Strands of natural roadsides can become ribbons of native plant gardens reflecting plant communities which would display the state's historical heritage. This would give tourists a sense of arrival. Lawn-like roadsides fail to announce the feel of a new place.

—Segments of roadside restorations allow research opportunities for disease and insect control in domestic crops.

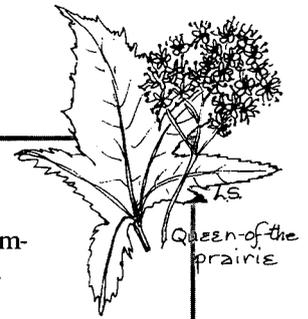
—Natural roadsides function as reservoirs of genetic information for scientists experimenting in species modification.

—Natural roadsides promote beneficial insects with total natural macroscopic and microscopic organism development.

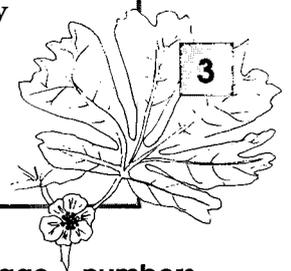
—Great swaths of expressway lands cutting through cities can set examples of native landscapes for the public to imitate.

—Natural roadsides can replace repetitious, make-work summer employment with management which nurtures, restores and preserves a diversity of life.

—The inventory required to develop an effective roadside management program will identify quality areas of existing native vegetation. This may save valuable plants now laid waste by misguided roadside maintenance practices. —Lorrie Otto



*"A man is wealthy in proportion to the things he can afford to leave alone."*  
—H.D. Thoreau



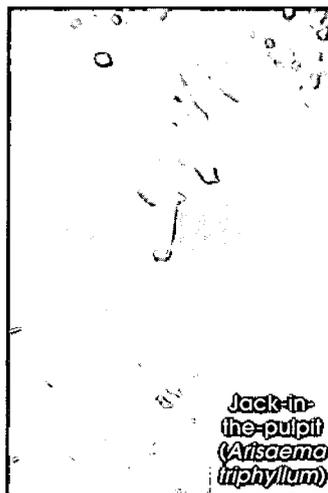
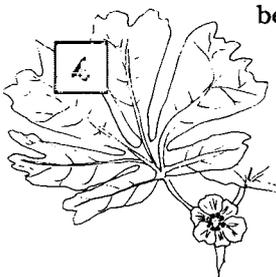
# My Wild Flower Corner

*There is something very special about this article by Craig S. Thoms of the University of South Dakota. Of course it is thoughtful, educational and timely (and is reprinted with the kind permission of Better Homes & Gardens® magazine, which holds its copyright), but there's more to it than meets the eye. Read on ...*

The disappearance of wild flowers is due not only to the fact that picking them prevents their going to seed but to the decreasing number of places where flowers can grow as cultivation and stock-raising increase. The prairie flowers are disappearing because the prairies are being turned over by the plow, and the woods flowers are disappearing because the woods are closely grazed by cattle, horses and sheep. In the writer's vicinity the yellow violets, formerly plentiful, are seldom found. The Golden Corydalis, common a few years ago in wild corners of woodland, is exceedingly scarce. And the familiar Dutchman's-breeches is disappearing rapidly.

While we can do much by teaching the children (and grown-ups, too) not to pick the wild flowers, and by having owners of property where they grow put up signs not to pick them, we cannot stay the progress of cultivation and stock-raising, nor persuade landowners not to utilize to the utmost every foot of their land. But we can do very, very much towards preserving our fast-disappearing flowers by some of us having a wild corner in our own yards to which we bring them, a wild corner where we reproduce as far as possible the natural habitat in which they grow. Leaf-mold must be secured for woods flowers. This can easily be done by preserving instead of burning the leaves that fall from our trees, piling them into a compost heap in some secluded place. Not all the prairie flowers do well in shaded places, and yet many of them will surprise us by their adaptability, but they thrive marvelously in some open place in the garden. Water must be provided for marsh plants, but a lily pond is no uncommon thing now in many home yards, and where one is not possible the hydrant nozzle may be allowed to trickle where the marsh flowers are looking for the swamp.

Our wild flower corner proper is in a shady corner of the back lawn. It is backed by a grapevine on a trellis, beyond which is the flower garden, and beyond that the vegetable garden. We began by planting a few bushes from the nearby woods—a wild goose berry bush, a root of sumac, a wahoo bush or two, a red dogwood, a few wild plum saplings, and some wild roses. Here we have planted our wild



Jack-in-the-pulpit  
(*Arisaema triphyllum*)

flower favorites, securing some from nearby woods, some while on vacation trips, some from wild flower farms, and others from friends in other states.

The first blossom to greet us in the spring is the Bloodroot. We look for it eagerly, for it reminds us of our childhood rambles in the woods of Illinois. The blue violets, of course, take more room than we want to give them, but we love to have just a few of the different varieties—the Canada Violet, the Downy Yellow, the Larkspur, and the little yellow violet that adorns the windswept prairie hills of South Dakota. This little hero, tho it evidently has lived in the glaring sunlight, since time began,

adapts itself to a shady place marvelously. The Hepaticas, Spring Beauties and Dutchman's-breeches seem as contented in our little corner as tho they had the whole woods to themselves. During their short period of bloom we literally live with them. They are seldom out of mind, and thru the haze of many years we can see clearly the wooded hills and valleys where we used to pick them before their tribes were so much decreased.

Jack-in-the-pulpit lends becoming dignity to our corner. One variety of trillium brought from Minnesota and another secured in the Coteau hills of South Dakota are perfectly at home with us. One of our most successful bloomers is the little Rue Anemone, while out in the sunlight of our regular flower garden, the Pennsylvania Anemone flourishes.

It is out of the question, however, to crowd all the wild flowers we love into a small corner, and some of them need more room and more light than is to be found there. We therefore plant them wherever we think they will do best. The Beardtongue (*Penstemon grandiflorus*), so glorious on the Dakota hills, we place beside the Pennsylvania Anemones out in the sunlight, and it thrives marvelously. Indeed, it is the one thing above all others to be noticed during its period of bloom. Here we place also the Blue Phlox, which we used to gather knee-deep in prairie grass. The Cranesbill, the Columbine, the Moccasin Flower, and the true and False Solomon's Seal, do splendidly on the north side of the house between the wall and the walk. Here, or in similar places, the feathery tasseled Meadow Rue, ferns, and the White Snakeroot do well. The first is appreciated for its foliage and form, the last for its dash of

**Ninety-eight percent of the sedge meadows of Wisconsin have been lost to development.**

white color in late autumn, for it blooms until cut down by frost.

The last word in wild flowers for the writer is the Marsh Marigold. It was the companion of his boyhood. Its waxy, golden petals had a wealth for him that no other flower possessed. He used to discover the luscious bunches when he went barefooted to bring the cattle up from the pasture, and sometimes even waded in shallow water to pick them. To have these in his own yard in town! Oh, joy! But he has them. They have bloomed planted on the north side of a spirea hedge. They grow, not only in open marshes but beside streams in the woods.

When wild flowers are transplanted, one should be careful not to destroy a single bulb or root, that is, one should not dig up flowers to plant in his yard unless he really has a place to put them and is willing to give them the necessary attention. To do so is only to help on the work of destruction. But to take the matter up in earnest is to be a helper in one of the most necessary phases of conservation in our country. And in addition, it gives tang to one's enjoyment of flowers to be derived from no other source.

—Craig S. Thoms

[Editor's Note: *Better Homes and Gardens* does not encourage the digging up of our native plants. We believe, however, with Mr. Thoms, that we are justified in moving to our gardens wild plants which are otherwise doomed to destruction. We commend particularly the buying of wild flowers and plants from seedsmen.]



*Wild Ones* member Karen Ruskin did a little attic cleaning recently and turned over some back issues of BH&G to Joan Laux, who thought our readers would enjoy Mr. Thoms' article ... especially in light of the fact that it was published in April 1927. Mr. Thoms and this magazine's editor were about 70 years ahead of their time.

BH&G's editor was also wise to counsel about the ethics of procuring native seeds and plants. Here are a few additional recommendations:

- Learn which plants are alien, which are native, and which are rare or endangered.
- Remove aggressive non-native species.
- Notify the proper agency if you discover an endangered species in jeopardy, and contact your chapter president or plant rescue coordinator if you learn of the existence of native plants in the path of development.
- Do not buy plants collected from the wild. Roots appear cut or stuffed, and soil may look mismatched within the pot.
- Collect or buy seeds and plants from a source as near to you as possible to keep local plant genetics 'in the neighborhood.'
- Support organizations that promote the conservation of our native flora.

## The front forty

Negative images are very powerful, especially when they are in black-and-white, such as the one used in perception testing of the black Grecian urn. When most people are asked what they see, they reply, "the urn." However, when they are told to reverse their thinking of what the black-and-white represents, most people at that point will see two faces looking at each other. Once people see it for what it really is, it's very hard to go back to seeing the urn.

Recently, I listened to Bret Rappaport on Wisconsin Public Radio talk about natural landscaping and how to get along with our neighbors. It was a call-in show and was going along pretty smoothly until a caller came on the air who didn't want anybody starting that stuff around him. He felt that these people with yards full of Dandelions would devalue his property. He said there are places for people who want yards like that, but not in small urban lots or nice suburbs. This man represents the common perception of the negative image when it comes to natural landscaping.

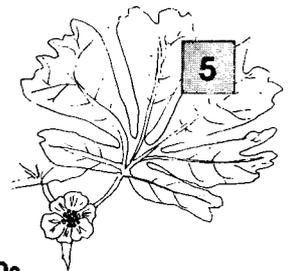
I began to think about how I would give this man an 'enwhitened' look at natural landscaping. I would begin by saying I am going to be putting in a lot more flowerbeds so I will have less lawn to mow. I would *not* say I am going to stop mowing my lawn. I would tell him I wanted to use native plants in my beds, maybe even show him some picture of those natives. I would try *not* to use the term wildflowers. I would tell him how I intend to hand weed the Dandelions, Queen Anne's Lace and Canada Thistle, since I couldn't trust an herbicide with my expensive native plants. I would *not* give him a history on these 'noxious to urbanites' plants, nor would I suggest they are good for eating. I would tell him that I want to attract birds and butterflies to my yard. I would *not* go into detail about the spiders, ant hills, and voles.

I would like to think that once he saw my finished yard, even his negative image could develop into a positive. 🌱

—Judy Crane

*Food for thought: Maybe it's like Curt says, when it comes to landscaping, "We're like animals marking scent," and we just have to learn to respect each other's territory.*

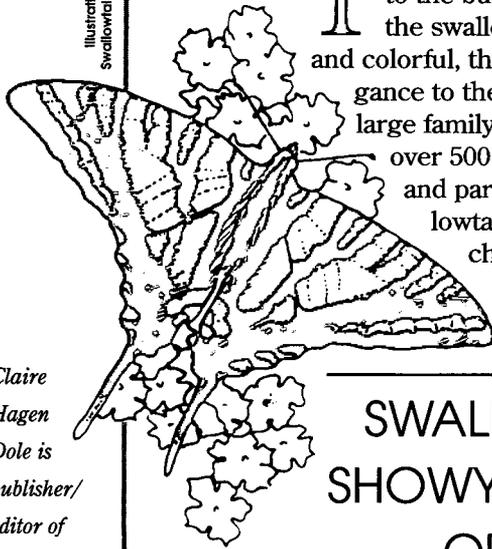
—J.C.



America's shortgrass prairie became heavily infused with cacti during the drought of the 1930s.

# Butterfly's garden

Illustration of Zebra Swallowtail: Betty Swift



The most eagerly awaited visitors to the butterfly garden are often the swallowtails—large, stately and colorful, they bring grace and elegance to their surroundings. The large family Papilionidae contains over 500 species of swallowtails and parnassians. Most swallowtails are tropical but chances are you can see one almost anywhere, short of the North

## SWALLOWTAILS: SHOWY HERALDS OF SUMMER

Pole or Antarctica. In North America, including much of Canada and Alaska, there are close to 30 swallowtail species, with the greatest number in the South. All overwinter as chrysalises.

These graceful butterflies glide with slow wingbeats, but can fly quickly into a tree canopy if disturbed. They favor open, moist woods, but will venture into your garden looking for nectar. Plant butterfly-pleasing natives such as milkweed, aster, purple coneflower, phlox—sturdy plants that can support a large butterfly. They bask in the sun with wings open, presenting photo opportunities if you approach slowly. Freshly emerged

### CATERPILLARS: WEIRD & WONDERFUL

Have you ever parted the leaves of a spicebush and found a goofy-looking green caterpillar 'staring' at you? This Spicebush Swallowtail larva has two sets of eyespots on an enlarged head-like thorax. When threatened, the caterpillar extends a foul-smelling fork-shaped appendage on its head (the scent gland, or osmeterium); the effect to an unsuspecting bird is that of a fork-tongued snake! In its first two instars (molting stages), the Spicebush Swallowtail larva looks like a tiny, brown-and-white bird dropping. The next two instars are green, becoming yellow just before the caterpillar heads off to pupate on a low branch or twig.

The Spicebush Swallowtail doesn't have a monopoly on weirdness, either—just ask a Florida citrus grower about the 'orange dog' chomping on his citrus leaves. This brown-and-cream-colored larva of the Giant Swallowtail looks like a large bird dropping, with a bright orange osmeterium that means business!

The larva of the Black Swallowtail, however, is a beauty. Look in your vegetable garden on the foliage of parsley, dill, fennel and carrot or the non-native Queen Anne's Lace for this green caterpillar with horizontal bands of yellow and black spots. (In the West, look for the similar Anise Swallowtail caterpillar on fennel.) Conspicuous? Not in dappled shade, on crinkly parsley or feathery fennel.

males are avid puddlers, gathering to drink mineral-rich water from mud or wet sand.

When it comes to mating, swallowtails are divided into those who patrol and those who perch. Males of the patrolling species cruise an area looking for females. The perchers find a tree branch or hilltop, then swoop out to investigate passersby.

Swallowtails clearly don't rely on mousy brown colors and leaf shapes to hide from predators. Some flamboyant tropical species deliberately fly slowly, near the ground, to advertise their unpalatability. It's the tails, however, that provide protection from predators. When the butterfly perches with wings closed or fluttering, the tails and adjacent eyespots look like a head and antennae. Watch swallowtails for a while and you'll see a

few with triangular wing bites or missing tails—the mark of a bird who was fooled into attacking the wrong end. ☺

—Claire Hagen Dole

### Swallowtails to Watch for (plants in bold face are available in native varieties)

**Tiger Swallowtail** (*Papilio glaucus*); **Western Tiger Swallowtail** (*Papilio rutulus*). Most of North America. Large, yellow with black markings. Tree dwellers who visit gardens for nectar. Avid puddlers. HOST PLANTS: **aspen, poplar, willow, alder.**

**Giant Swallowtail** (*Papilio cresphontes*). South, East U.S. Largest of species; black with yellow dots in V pattern. Frequents woods, citrus groves. HOST PLANTS: **citrus, prickly ash.**

**Zebra Swallowtail** (*Eurytides marcellus*). Southeast U.S. to Great Lakes. Large, black with white bands; longest tails. Very fast flyer. Likes open, moist woods. HOST PLANT: **pawpaw.**

**Pipevine Swallowtail** (*Battus philenor*). South up to Great Lakes, Southwest. Glossy blue/black without markings on forewings. Likes woods and clearings. HOST PLANT: **pipe vines.**

**Black Swallowtail** (*Papilio polyxenes*). Eastern half of U.S. Black with yellow dot pattern surrounding blue border band. Hangs out in gardens, open areas. HOST PLANTS: parsley, dill, fennel, carrot, Queen Anne's Lace.

**Anise Swallowtail** (*Papilio zelicaon*). Western U.S. into Canada. Smaller; black with yellow markings across wings and tails, blue spots on hindwings. Found in mountains and open areas. HOST PLANTS: fennel, anise, **citrus.**

**Spicebush Swallowtail** (*Papilio troilus*). Eastern half of U.S. Black with white dots along wing edge, pale blue wash on hindwings. Favors woods, brushy areas. HOST PLANTS: **spicebush, sassafras.**

Claire Hagen Dole is publisher/editor of Butterfly Gardeners' Quarterly, P.O. Box 30931, Seattle, WA 98103. You may subscribe to BGQ for \$8 a year.



**WOOD BETONY**  
(*Pedicularis canadensis*)

Family: Scrophulariaceae (Figwort)

**Other Names:** Elephant Head, Wakus Head, Indian Warrior, Head Betony, Beefsteak-Plant, Lousewort-Foxglove, Snaffles, High Heal-All, Enticer Root, Bishops-wort, High Heal-All Betonica

**Habitat:** Woods, clearings.

**Description:** The tubular, two-lipped flowers—either all red, yellow, or yellow-and-red—bloom in a short, dense, terminal cluster. The 3/4-inch-long flower petals are united (the upper lip is arched with two small teeth and the spreading, three-lobed lower lip is shorter). There are four stamens, two long and two short, attached to the upper lip. Leaflike bracts are present beneath the flowers. The 3- to 5-inch leaves are mostly basal, oblong to lanceolate, deeply divided into toothed lobes.

**Flowering:** April to June. **Height:** 6 to 18 inches.

**Comments:** In ancient times, a close relative of this plant was believed to be so powerful that an old Roman proverb suggested “Sell your coat and buy Betony!” The root was used to make married people harmonious again after they had become separated. The root was placed on a plate from which they would eat in common. It made them love each other again. There must be some truth to this statement, because the Menomini carried the root with them if they contemplated making advances of love.

In 1923 it was recorded that the finely chopped root should be put into oats to be fed to a pony. It was said to make him fat and vicious to all but his owner. The plant is known to contain enough poisonous glucosides to cause acute illness or death to any animal which eats a quantity of it. However, over the last 50 years, few recorded cases of poisoning by the growing plant, in man or animals, are to be found in either medical or veterinary literature. This is probably due to the fact that animals will not eat it.

**Medicinal Use:** Wood Betony was recommended as a remedy for fear and faintheartedness in the Badianus Manuscript which was a church-supervised Aztec herbal of 1552. In 16th Century England, the Grete Herbal prescribed the plant “for them that be fearful.” Indians used Wood Betony to cure rattlesnake bites and as a magic charm.

The plant is an excellent remedy for all head and face pains, and for nervous troubles.

**Name Origin:** The genus name, *Pedicularis* (pe-dick-you-LAY-ris), is from the Latin word, pediculus for “louse.” If their animals got into the plant, farmers erroneously believed that they would soon be covered with lice. This belief was maintained for centuries. The species name, *canadensis*, means “from Canada.” It was called, Enticer Root, because the root was carried by the Menomini in anticipation of making love advances.

**Author’s Note:** Wood Betony is listed as one of the host plants for the larva of the Baltimore Butterfly (*Euphydryas phaeton*). I discovered this recently as I was researching information for my insect database. Some of you may recall my column on the Turtlehead (*Chelone glabra*) back in August

of 1992. I told you of my experience with the Baltimore Butterfly caterpillars eating the Wood Betony along our river walkway. Since I knew the Turtlehead was their preferred host plant, I thought they were eating the wrong plant because the books I had did not list Wood Betony as a host plant. The fact that I found them all dead a few days later made me think it was because they didn’t have the right food. That assumption was WRONG! I have since learned from *The Butterflies of North America* by James A. Scott, that Wood Betony is also a host plant for the Baltimore larva. That still doesn’t answer the question as to why all those caterpillars died. I doubt that the mystery will ever be solved.

Wood Betony is one of the few plants in our woods that deer do not eat. As caretakers of our woodland and wet meadow for the last 25 years, we have observed many changes. The greatest impact has been the deer population which has steadily increased, thereby wiping out the native plants. **Deer consume all species of Trillium, Lady’s Slippers, Golden Seal (the red seedpod), Swamp Milkweed, Poke Milkweed, Large-Flowered Bellwort, Turtlehead (one of their favorites), Michigan Lily, Cardinal Flower, Water-Hemlock (deadly to humans), Carrion Flower, Golden Alexanders, and many, many more. They are wild about Pitcher Plants.**

If our one plant wasn’t covered with a wire cage, it would be devoured. Indirectly, man is responsible for the vanishing understory of our forests as well as depletion of wetland flora, since herds of deer are maintained for our hunting pleasure and economic benefit. ♣ © 1996 Janice Stiefel—Plymouth, Wis.

## Special guest feature

I am a psychotherapist by vocation, and a native prairie nut by calling. As such, I afflict my already afflicted patients with my obsession for dirt and cultivation.

It is often, then, that I persuade, cajole, and nudge those bedraggled with depression, anxiety, grief, and various urgent longings to replace talk therapy with what I call 'dirty fingernail therapy.' Off they go—those who don't think me daft—to dig, plant, hoe, weed, cultivate, water, and pot, all in the name of improved mental health.

In its many guises, gardening and the restoration of natural places are profoundly healing endeavors. So to their sometimes utter amazement and my always unwavering awe, most of my therapy clients feel far better with soil on their hands. Not because gardening and natural landscaping create a quiet oasis for contemplative thought (which they do), and not because they are a form of mindful meditation that dissipates stress (which is true), but because the soil, in and of itself, has the power to heal the heart and steady the spirit.

As most every gardener and naturalist knows, at least intuitively, the Earth's skin is not an inert layer of messy matter, but a living, vibrant power that nurtures, births, and sustains life as surely as a mother's womb. It is a visible, touchable manifestation of the essential mystery at the core of nature—the life force.

When we sink our fingers into the soil, it is more than our flesh that makes contact with the Earth, but also our psyches and spirits. And it is more than loam that touches us back. It is life itself, as steadfast as a beating heart, as pregnant as a fresh shoot of spring green grass.

In this process of touching and being touched, there is both emotional comfort and a profound remembrance of our beginning in the life force, a reawakening to who we are in the most elemental sense. Both literally and figuratively, we become grounded.

In particular, there is a physical and spiritual 'dance' in restoring nature's beauty that encompasses both our need to receive and to give—required components of emotional well-being. We become recipients of that vital *feel* of the life force, and

we act as servants of that which has served us so well.

The tonic here is obvious, which may be why we overlook it so often. Our frenetic, virtual reality lifestyles unbalance us both mentally and spiritually, pulling us away from the 'solid ground' of knowing who we are, what we believe in, and our purpose in living. We become psychologically uprooted and homeless.

The act of participating in the growing of plants—wild flowers, prairie grasses, trees, and such—returns us to the most primary of solid grounds: the ground itself. It carries us home to the very matter of which we are composed and that, through the food chain, continues to sustain us.

As Alan Watts, noted philosopher, once remarked, "We don't come into the world, but out of it." In a deeply primitive sense, our home is in, not merely on the Earth. This planet is the greater womb from which each of us has emerged and to which we all shall return. A fact I take great comfort in knowing.

Quite simply, touching the Earth is a way to go home. This is not an airy philosophical phrase or a pop-goes-the-psychology panacea for the New Age. It is, in perhaps the most literal of senses, the truth.

When we go home, as we understand 'home' in the deepest recesses of our souls, we enter a spiritual dwelling in which healing can begin. This is the dwelling of the soil, of life itself.

Of course, I believe in the capacity of words and human compassion to heal. If not, I would leave my paying profession for another. But I also believe (and perhaps more) in the power of the good Earth to grow, restore, and sustain the human psyche.

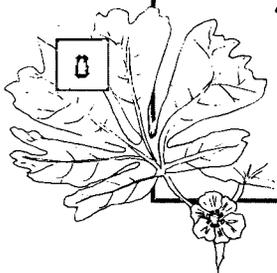
So the next time you feel dead inside or somehow broken in your heart, return to what made you whole to begin with—that piece of land that continues to show us nature's way, and that dirt you get under your fingernails. *za*

—Philip Chard



Illustration: Aimee Kuehl

*"If suburbia were landscaped with meadows, prairies, thickets, or forests, or with combinations of these, then the water would sparkle, fish would be good to eat again, birds would sing and human spirits would soar."*  
—Lorrie Otto



## GROUNDING THE SOUL

Philip Chard is author of *The Healing Earth* from NorthWord Press.



## Shooting stars

### Wild Ones you should know

**T**he first foray into the political arena is like bathing in ice water. The sudden chill in what, at first, is a hostile environment soon stirs the blood and sharpens the senses. That's what happened to Wild Ones member Martha Marks from Illinois.

A life-long nature lover, Martha was thrust into the political battlefield in 1989 when, along with other committed conservationists, she tried to prevent the construction of a cookie cutter tract housing development in her hometown of Riverwoods, Ill. The fight came down to convincing the Lake County Board to purchase the land as a golf course, preserve the open space and prevent an erosion of the quality of life for Riverwoods residents. A group of dedicated citizens, Martha soon found, has an uphill battle against real estate developers willing to donate thousands of dollars to sympathetic county board members. The citizens lost, the trees were torn down, and the development went through. Her blood stirred and senses sharpened, Martha decided to make a difference and work from the inside. In 1992, she was elected as a Lake County commissioner with a mandate to preserve and protect the environment.

Martha cannot cite to any seminal event in her 49-year life that accounts for her strong conservation ethic. She has a Ph.D and masters degree in Spanish literature from Northwestern and was high school class valedictorian. Martha was anything but a 'grainola' (to use the modern terminology). She always

loved Nature and animals. As Martha explains it, her environmental ethic was an evolutionary process.

Martha's one-acre homesite reflects her land ethic. Although mostly woods when Martha and her husband moved in, there was also an expanse of traditional lawn. In recent years, they have cleared the buckthorn and begun to restore the native woodland community. The lawn has been removed and is being replaced by prairie. Just the other day, she spotted the first tufted titmouse of the season. Other regular visitors to the Marks' yard include a variety of woodpeckers, coyote and fox.

In 1995, in response to the anti-environmental posture of the 104th Congress, an emboldened Commissioner Marks founded Republicans for Environmental Protection. Recognizing that the Republican party had a proud conservation tradition that included Barry Goldwater and Teddy Roosevelt, Martha sought to rouse that voice from within the party. The response has been profound. REP has hundreds of members in 29 states. Commissioner Marks has met with congressmen and plans to attend the convention in San Diego to work toward inclusion of a conservation plank in the Republican platform.

Martha, who often takes solitary strolls in a nearby forest preserve, looks at it this way: She considers herself fortunate to have been to many of Nature's special places, and with every fiber of her being she is working to ensure that those who live 100 and 500 years hence can enjoy those places too. 🐾



MARTHA  
MARKS

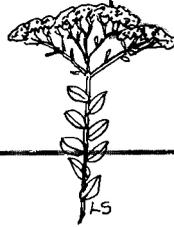
## Is your yard fuzzy?

How do you attract aerial wildlife? With a fuzzy landscape. Consider the bird's-eye view of your yard. Does it advertise nesting and hiding spots, sources of food and nesting materials? Just when you thought you'd considered your yard from every angle ... there's one more to consider.



*"Nothing is more priceless and more worthy of preservation than the rich array of animal life with which our country has been blessed. It is a many-faceted treasure, of value to scholars, scientists, and nature lovers alike, and it forms a vital part of the heritage we share as Americans."*

—Richard Nixon, 1973,  
upon signing the  
Endangered Species Act



The Red Fox—my two boys saw a Red Fox the other day in our suburban Chicago front yard. This is truly remarkable since we live in one of the most urbanized parts of the nation. What makes it more remarkable is how the fox came to be there and who made it possible.

Through my backyard flows the West Fork of the North Branch of the Chicago River. Although for decades little more than a stagnant and near-lifeless drainage ditch, the West Fork is fast becoming a wildlife highway, a highway that leads to what you may think is a most unlikely place for a wildlife sanctuary—Army Corps of Engineers Reservoir No. 27, built pursuant to the Federal Watershed and Flood Prevention Act.

The story of how the fox came to be seen by my sons starts about a century ago. Historically, the West Fork originally meandered through marshes and uplands. But, the original water course was 'improved.' A channel was cut, meanders were straightened, all to increase surface drainage in the watershed. As flow increased, the stream became deeply channelized. Dredged and re-dredged over the decades, spoil material was heaped on the banks as a berm.

Farms gave way to homes, complete with streets, driveways and other paved areas. Run-off increased sediment in the stream and the banks became encrusted with cottonwood, boxelder, buckthorn and honeysuckle. The trees shaded out native grasses and forbs that would have stabilized the banks and prevented erosion. The run-off from streets, lawns and other developed areas, coupled with an absence of vegetation to filter it, led to elevated concentrations of pollution in the streambed. A 1983 streambed sediment study found phosphorous, arsenic, chromium, iron, lead, and even traces of mercury, DDT, dieldrin, heptachlor epoxide and PCBs.

Sedimentation and pollution, coupled with the lack of riffles and pools resulting from the channelization, rendered fish life nil. A 1980 study found one lone flathead minnow and five green sunfish.

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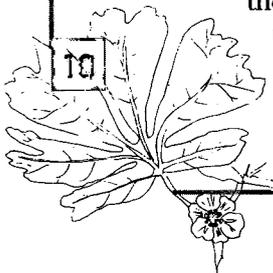
## THE RED FOX AND THE GREEN CORPS

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Without native vegetation or fish life, birds and mammals vanished. In 1980, the Corps concluded the stream was "severely degraded."

In 1983, years of 'watershed management' led to a massive flood. Millions of dollars in water damage caused planners to rethink flood control. Cornerstone of the plan was Reservoir 27. But rather than construct a huge concrete bath tub, the Corps (once the bane of conservationists) used the opportunity to reverse the decades of mismanagement of the West Fork. Reservoir 27 was to become not only a water retention basin, but a wildlife and native plant sanctuary. First, the 80-acre site was cleared of buckthorn and other exotics. Forest areas were left along the fringes. Next, the 123 million-gallon basin was dug alongside the West Fork channel. Rather than just dumping the tailings anywhere, the Corps used the material to contour the remainder of the site.

Then, starting in 1989, the Corps began the process of creating a mosaic of native plant communities. The 10-acre cedar glade was planted with 30 pounds of Sideoats Grama, 128 pounds of Buffalo Grass, as well as 8½ pounds of Rigid Goldenrod and other forbs. The 14-acre oak savannah was planted with Big Bluestem, Little Bluestem, Prairie Gayfeather, New England Aster, and 10 other species of grasses and forbs. The 15-acre southern mesic plant community has eight grasses and four types of forbs. The 4-acre northern mesic plant community has a similar number, but different combinations of grasses and forbs. There is a 6-acre mesic grassland planted with several rye species and bluestem. The 10-acre dry grassland has a more complex plant mix that includes nine species of grass and three species



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Milwaukee Ave., Big Bend, WI 53103.  
If material is to be returned, please  
include a self-addressed, stamped envelope.

of forbs. Within the emergent aquatic community, near the bottom of the basin, the Corps planted thousands of tubers, including Burr Reed, Arrowhead, Marsh Smartweed, Pickerel Plant and others.

As these communities establish, the scars of tiling and construction have disappeared. With the flora in place, the fauna is slowly coming back. A stroll through the reservoir offers a chance sighting of a skunk; coyote; Red-Tailed Hawk; Pileated, Downy or Hairy Woodpecker; Canada Goose; Great Blue Heron; egret; groundhog; vole; shrew; salamander; Kestrel; Bluebird; Scarlet Tanager; Martin; Barred Owl; bat; a dozen or more species of butterflies and, of course, where the story began, a Red Fox.

The Army Corps of Engineers has come a long way from the days when it served only to dig, dredge, dam, and, in the process, ultimately degrade our waterways. Today, based on sound science and appreciation of how Nature works, the Corps has accepted that it is not master but rather a partner with Her. The Corps' efforts to return and restore some of Nature's balance in its watershed management are nationwide. Parts of the Mississippi are being restored to marsh, and in Florida, the Kissimmee River, which was straightened a hundred years ago much like Chicago's West Fork, is being restored with meanders, riffles, swamps and native plant communities.

In a quiet way, the Corps has begun to restore Nature for man's sake, and in doing so restores Nature for Nature's sake. The Corps' vision statement announces that the Corps will provide "quality environmental services." Tom Elder, the engineer for the Union Drainage District No. 1 that maintains the West Fork and Reservoir, has worked with the Corps for decades. Tom puts it simply that "The Corps has gone green."

When the United States Army Corps of Engineers becomes *green* in spirit and practice, it says a lot about how far we as a society have come in recognizing our proper place (and that of the Red Fox) in Nature's intricate web. 🍄

—Bret Rappaport

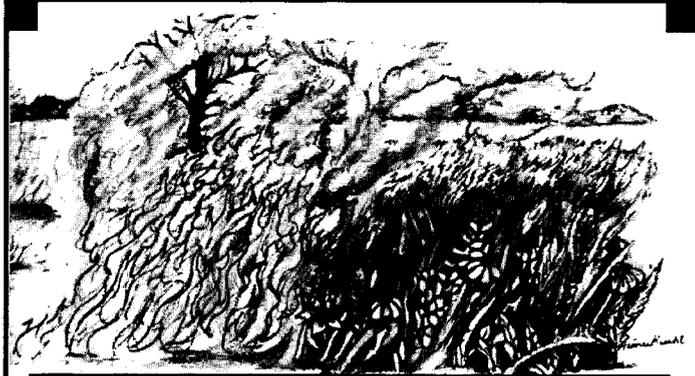
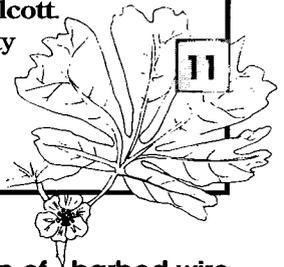


Illustration: Aimee Kuehl

## SPREADING LIKE WILDFIRE!

—Wild Ones in the news—

- April/May **National Wildlife** magazine's American Heroes column was entitled "Godmother of Natural Landscaping," written by **Bret Rappaport**. Of course this was a tribute to **Lorrie Otto** for her many good works on the behalf of this planet.
- **Babette Kis** demonstrated her seed-planting techniques to **Sharon Morrissey** for Public Television's "**Outdoor Wisconsin**," aired during the month of March. In a later segment, Babette described how her home-grown seedlings make their way into a schoolyard landscape.
- The **Chicago Tribune** phrased it this way in its March 17 headline: "They've Got Bats in Their Back Yards, And Their Lawns Don't Look Like Anyone Else's." We could think of even nicer things to say about the yards of Illinois Wild Ones **Judy Davenport**, **Pat Armstrong**, **Vicki Nowicki**, and **Sherri Moore** who publicized the virtues of our organization for this newspaper article.
- **Vicki Nowicki** named dropped Wild Ones again, this time in the March/April **Chicagoland Gardening** magazine. Her guest editorial was entitled "Mulch ado about our fetish with lawns."
- The April issue of **National Gardening** carries "Weeding out bad weed laws" by our friend **Andy Wasowski**. **Bret Rappaport** is quoted throughout the article that profiles natural landscapers across the country who have struggled with neighbors and local governments.
- A southeastern Wisconsin magazine, **Today's Health Care**, made space available to promote "Native Plant Landscaping: A Treasure for Avant-Gardeners" by member **Wendy Walcott**. Wendy described not only the beauty and economy of using native plants but also the health benefits—no added chemicals.



Osage-Orange (*Maclura pomifera*) was planted as a living fence before the invention of barbed wire.



# "WILD FLOWER" WATCH-OUT

## SEEDY BUSINESS

At a garden center near my home in Wisconsin is an eye-catching display of packaged wild flower seed mixes. One contains 23 species, four of which are native to Wisconsin. The origin of the seeds is stated to be Oregon and California. Another "Midwestern mix" costing \$60 to \$70 per pound contains 18 species (three native to Wisconsin). Neither product contains grasses; but both include Dame's Rocket, a showy, aggressive alien. There is also a rack of individually packaged "wild flower" seeds—some native, most not.

Please remember that *wild flower* does not necessarily mean *native*. A most important part of natural landscaping is the gardener's education and planning. Learn about the plant communities you want to replicate to avoid spending money on inappropriate and disappointing plants and seeds. Native plants in a proper setting will endlessly reward the gardener and the environment.

—Mandy Ploch



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**Note:** Many of our advertisers sell only seeds and plants native to Wisconsin and the surrounding area. Some sell seeds and plants native to the Midwest, but which may not be specific to your area. Some may also sell non-native species. In an effort to promote the use of native plants, Wild Ones suggests using care in selecting seeds and plants from nurseries selling non-native species.



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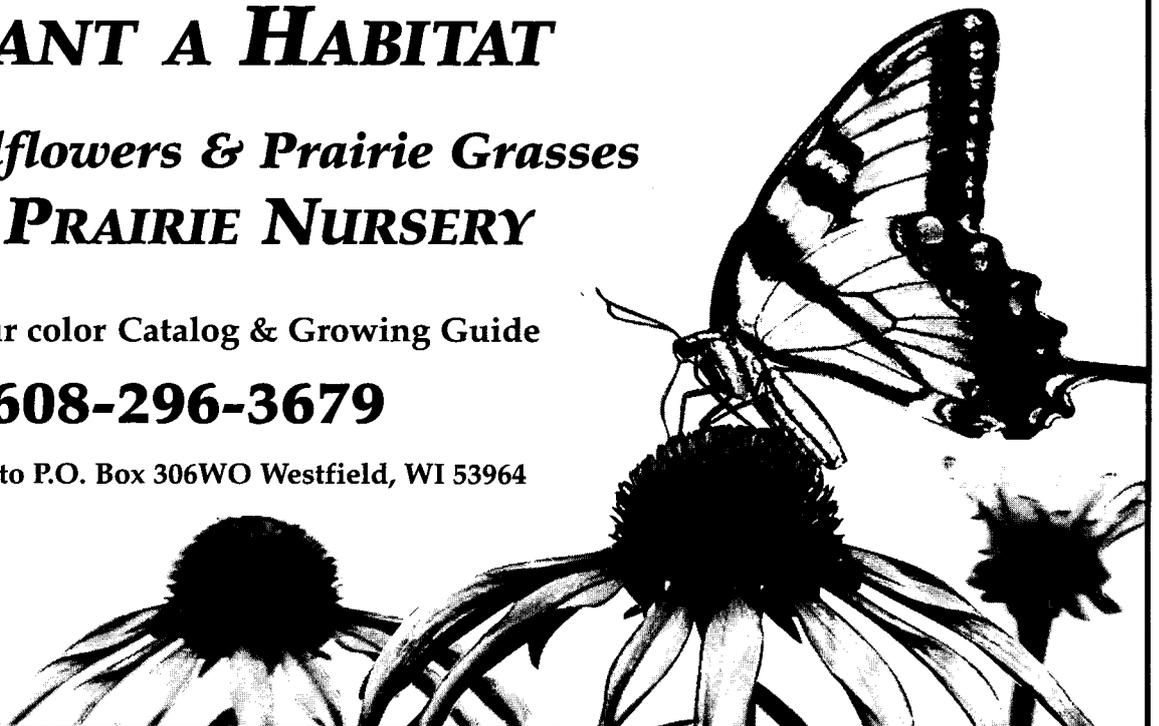
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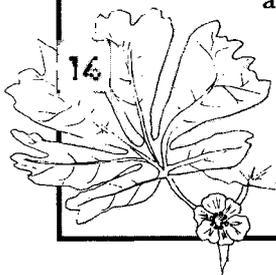
# Broadcast

—Seeds of information—

This column is available to Wild Ones to share information that affects the natural landscaping movement. If you have information about environmental legislation, liaison work with public agencies, or community outreach projects, send your information to: Mary Kedzie, Wild Ones Journal, 4820 Gunderson Road, Waterford, WI 53185.

- Kit Woessner is heartened by news about lawn management guidelines for Green Bay, Wis., area municipalities, especially targeting polluted watersheds designated for clean-up. Her local newspaper describes new guidelines that state: Grass should be grown to at least three inches and be at least one-third past its desired height before mowing; grass clippings are to be left where they fall; and watering, herbicides and pesticides are to be used sparingly. **Municipalities can act as 'less is more' role models in land management.** As Kit says, "This is at least a step in the right direction!"
- Lack of coordination between federal agencies responsible for the control of alien plants is one of the reasons for the creation of the **Federal Noxious Weed Control Improvement Act**. This 1995 bill, sponsored by Senator Akaka of Hawaii, points out that there are 24 federal agencies located in eight different Cabinet departments that share some part of the responsibility for pest control. Senator Akaka states there are "nearly 200 species of troublesome imported weeds infesting the continental U.S." The most disturbing limitation of the Weed Act of 1974 is that the Secretary of Agriculture must wait until a weed is a documented nuisance before action can be taken.
- The first meeting of the newly organized **Public Awareness Committee** was held at the Wehr Nature Center in Milwaukee April 13. Tentatively scheduled to meet a half hour before the Wehr Chapter's regular meetings, members are encouraged to attend. The overall goal of this committee is to improve public awareness of concerns that affect our environment, especially as they relate to natural landscaping. Each chapter is invited to develop a similar Public Awareness Committee so members across the United States can formalize a network to share news, success stories, and techniques that promote the use of natural landscaping.

—Mary Kedzie



## The meeting place

### Illinois

#### **NORTHERN ILLINOIS CHAPTER**

**May 4**—1 p.m. At Carolyn Finzer's wildlife habitat: recycled junk sculptures & native American meditation center. Call (708) 357-0554.

**May 11**—1 p.m. Tour Lyman Woods with steward Gail Lord. Call Donna Retzlaff for details: (708) 852-7861.

**May 16**—6 p.m. Work day (evening) at the Jan Smith Prairie. Call Jan for directions: (708) 653-3958.

**June 1**—All day. Members' Open House is scheduled twice this year. This is the spring day, so get your yards ready! Call Vicki to schedule your yard: (708) 852-5263.

**June 23**—1 p.m. See Pat Armstrong's prairie yard in glorious coneflower bloom. Call Pat for directions: (708) 983-8404.

**July 21**—1 p.m. See Vicki & Ron Nowicki's multifaceted, lawnless landscape. Call Vicki to register: (708) 852-5263.

#### **ROCK RIVER CHAPTER**

Meet at various locations. Call Jarrett Prairie Center, Byron Forest Preserve at (815) 234-8535 for info.

**May 16**—7 p.m. Enders Greenhouse, Cherry Valley. Hear and question Anne Meyers, owner, as she shows and discusses prairie and woodland plants. Special purchases available to members.

**June 20**—7 p.m. See/Taste—Edible Native Plants, a professional program. Jarrett Prairie Center, Byron Forest Preserve.

### Kansas

New chapter forming. Call Michael S. Almon for info, (913) 832-1300.

### Ohio

#### **COLUMBUS CHAPTER**

Meetings held in Rm. 116, Howlett Hall on Agriculture Campus/Ohio State University, unless otherwise noted.

**May 11**—Bret Rappaport presents "How to Naturally Landscape without Alienating Your Neighbors."

**June 8**—Work day in the wildflower garden at Chadwick Arboretum. Please bring shovels, trowels, work gloves, edgers, etc.

**July 13**—Meet at the home of Ron and Shirley Barnes, 3672 Westbrook Dr., Hilliard. From 270 & Hilliard-Cemetery intersection go west 1.5 miles to Westbrook Dr. and turn left. Directions will be passed out for additional gardens we'll be visiting.

### Wisconsin

#### **FOX VALLEY AREA CHAPTER**

Meetings held at Evergreen Community Retirement Center, Oshkosh, 7 p.m., unless otherwise noted.

**May 5**—Spring flowers tour & edible plants luncheon at home of Todd Close, New London. Guest chef and wild plant expert is Dean Sauer. Reservations required. Tour begins at 10:30 a.m. Call Carol (in Oshkosh) 233-4853 or Donna (in Appleton) 730-8436.

**June 1**—Chiwaukee Prairie tour. Bus (9 a.m.) or caravan (9:30 a.m.).



Participating in a plant rescue is a great way to learn about plant communities. If you notice a natural area which will be excavated, contact your plant rescue coordinator!

July 27—Yard tour.

**GREEN BAY CHAPTER**

Meetings held at Green Bay Botanical Garden, 7 p.m., unless otherwise noted.

May 11—Plant rescue, 10 a.m. Same location as last year: north on Nicolet Dr. past UW-GB, right at Scottwood Dr. (Cty I) for .3 mile, left at Kathy Dr. (curves and name changes to Edinburgh). Continue to dead end and park along street. For paid members only.

June 1—Field trip, 10 a.m., Harold Koehler property, Rio Creek, Hwys. 54-57, right on 54 (east on way to Algoma). Just past Casco turn right on Elm Rd., continue past Rio Creek Rd. to dead end. Koehler trailer house is on left.

June 26—Marylou & Bob Kramer yard, 2840 E. Penn-wood Cr., Allouez, 7 p.m.

**MADISON CHAPTER**

Meetings held at McKay Center in the UW Arboretum, 6:30 p.m., unless otherwise noted.

May 30—Garden tours. Spring flowers in two prairie gardens. Please be prompt as we will be car-pooling to the gardens.

June 27—Ken Wood will lead us on a tour of native shrubs in the UW Arboretum.

July 27—We'll join master gardeners on a tour of Prairie Nursery. Meet at Shopko on Zeier Rd. (next to East Towne Mall) at 9 a.m. For reservations call Joe at (608) 837-6308 or Jan at (608) 238-2826.

**MILWAUKEE-NORTH CHAPTER**

Meetings held at Schlitz Audubon Center, 9:30 a.m., unless otherwise noted.

May 11—Participating in

plant sale at Indian Hill School.

June 8—Help Me Day. Experienced members will offer advice to those whose yards we visit. Lots of ideas.

July 13—Tour Dorothy Boyer's Cedarburg yard and school project.

**MILWAUKEE-WEHR CHAPTER**

Meetings held at Wehr Nature Center, 1:30 p.m., unless otherwise noted.

May 11—Woodland stroll in Falk Park and a home garden.

June 2—Meet at noon. Chiwaukee Prairie tour.

June 8—Help-Me Day. Experienced members will offer advice to those whose yards we visit. Lots of ideas.

July 13—Tour Dorothy Boyer's Cedarburg yard and school project.

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**MILWAUKEE-WEHR**  
Jeff Katz • 423-0683 or  
Wooly • 827-4130

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**Wildflower Preservation and Propagation Committee of the McHenry Country Defenders** (Illinois) will hold its annual plant sale May 5, 1-4 p.m., at McHenry County College Cafeteria, Rt. 14, Crystal Lake.

**Schlitz Audubon Center, Milwaukee, Natural Landscaping Tour.** August 3. Ten yards are included in this year's itinerary. Registration is limited. Call (414) 352-2880.

**TAKE NOTE!**

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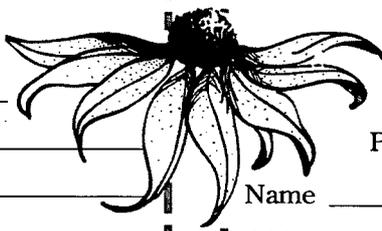
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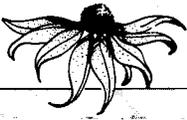
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Please write in meeting location preference (select from chapters listed above) \_\_\_\_\_

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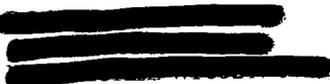
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