The Importance of Using Native Plants in Small Stopover Habitats

Within roughly the last decade, a new branch of ecology has developed called stopover ecology. The research focus of stopover ecologists is on the many locations along major songbird migration routes—especially the Atlantic and Gulf coasts, Pacific Coast, and certain inland routes such as the famous Kittatinny Ridge in parts of New York, New Jersey, and eastern Pennsylvania, that biannually are used for a few hours or days by millions of songbirds. In other words, stopover habitats are vital refueling stations for migratory songbirds.

The scientific objectives at these locations are to learn more about how and why the fruits or nectar produced by native trees, shrubs, and flowers are vital to the survival of large numbers of migratory songbirds. Another goal is to determine which species of native plants are most useful for enhancing small, backyard habitats for the benefit of migrating songbirds. Unfortunately, what's becoming increasingly clear is that vast, natural stopover habitats already are lost to land development—and the situation is becoming worse in some places, such as the Gulf Coast and parts of the Atlantic Coast. (cont'd on next page)
STOPOVER (continued from cover)

As an ornithologist who has spent most of my professional life studying bird migrations (especially hawks), this is a subject of fascination and interest to me. That's why, in my 16th wildlife book, *The Complete Backyard Birdwatcher's Home Companion*, I discuss some aspects of this topic for beginning and novice birders. I'd also like to share some of my thoughts with Wild Ones members.

In New Jersey, for instance, part of Island Beach State Park preserves the magnificent, pre-colonial maritime vegetation that once covered all of that state's barrier beach islands. Now, however, most of the Atlantic coastline in New Jersey, and the other coastal states, has been modified by human activities. The result is fewer and fewer stopover habitats remaining with native, fruit-producing vegetation that migratory birds need for their survival.

A visit to the northern third of New Jersey's Island Beach State Park instantly reveals the magnitude of the loss along the coast. There one sees a floristic mosaic and zonation of plants extending from the ocean to the bay side of the island—all beautifully adapted to the maritime environment. Included are Dune Grass, Beach Heather, Beach Plum, Bayberry, Sumac, American Holly, and Red Cedar.

Adding more emphasis to the natural versus the altered or destroyed is the shocking sight of very densely delective, fruit-producing vegetation that migratory birds need for their survival.

To offset some of this serious habitat damage, stopover ecologists and conservationists encourage property owners to plant native trees, shrubs, and other plants to serve as mini-stopover habitats that songbirds can use to feed and rest in protective cover. The same species, and others, recommended for barrier beach islands can be used at Cape May and elsewhere along the Atlantic Coast.

Inland, along the famous Kittatinny Raptor Corridor in eastern Pennsylvania, an increasing amount of farmland, old fields, woodlots, hedgerows, wetlands, and other habitats are also being lost to development, and natural plant diversity replaced with grass and a few trees and shrubs (often exotic or introduced species). That means that migratory songbirds that use parts of this corridor during spring and autumn have less protective shelter and survival food available during these critical months.

Again, however, the solution to this problem is enhancement of backyard stopover habitats with native trees, shrubs, and flowers. For example, Mountain Ash (*Sorbus americana*) produces colorful reddish-orange fruits during autumn that migrating American Robins relish. Other birds, including various thrushes, Cedar Waxwings, and Evening and Pine Grosbeaks, also feast on these fruits.

People living within the Kittatinny Raptor Corridor, and elsewhere in eastern Pennsylvania and adjacent states, can also plant Pin Cherry (*Prunus pensylvanica*), Red Mulberry (*Morus rubra*), American or Climbing Bittersweet (*Celastrus scandens*), and American Holly (*Ilex opaca*) to provide fruits for songbirds.

Hummingbirds also live within, and migrate along, this same bird migration corridor. To help provide them with food, try planting Bee Balm (*Monarda didyma*)—which apparently escaped from cultivation—and Cardinal Flower (*Lobelia cardinalis*) from which hummingbirds secure nectar and tiny insects that represent their food.

American Wildlife & Plants: A Guide to Wildlife Food Habits by Alexander C. Martin, Herbert S. Zim, and Arnold L. Nelson (Dover Publications, Inc.) is an excellent reference book. It provides very detailed information about specific flora for various parts of the continental United States that can be used to attract specific bird species, plus equally detailed information about bird and other wildlife food habits. Much of the book's information deals with native plants.

The new science of stopover ecology brings with it at least one vitally important message: By enhancing thousands of small yards with native vegetation, particularly species that produce fruits eaten by migratory songbirds, these mini-stopover habitats can help to compensate for the loss of larger habitats along North America's major coastal and inland songbird migration routes.

Here's an ecological need begging for help—and one in which Wild Ones can participate with gusto! Don't let the message pass you by.

Donald S. Heintzelman has been staff photographer for the New York State Museum of Natural History, and for several museums in New York and New Jersey. He was co-founder and director of the Birdwatching Corridor, Inc. His ornithology column, "The Naturalist's Notebook," has appeared in newspapers and magazines for several years.

Heintzelman is the author of several books and monographs, including *Bird Watching in North America*, *The Complete Backyard Birdwatcher's Home Companion*, and numerous other books and monographs on ornithology. He has published more than 150 scientific articles and notes on ornithology, wildlife, and conservation in leading national and international journals and magazines. He is an award-winning author of a nature column published in several newspapers and magazines.
R are birds are always a thrill to discover. But never so much as when you detect them right in your own backyard, when looking out the window of your home, right from the comfort of your own easy chair.

My husband and I enjoyed this uncommon experience when a Green-tailed Towhee, a western bird seldom seen in Wisconsin, flew in for a visit last Oct. 9 and 10. It was only the tenth record of this species in our state. We were thrilled and amazed by this backyard find. We felt honored that this adventurous little wanderer had found its way to our place. What luck! What serendipity!

But was it entirely fortuitous? Why did the Towhee choose our yard among the many available in our neighborhood and in our suburb? Most likely, it was because we had put up an avian welcome sign—our naturally landscaped yard, burgeoning with wildflowers, shrubs and trees. It sits like a lush oasis among the sterile lawns of our neighbor’s yards. Our feeders also were a draw, no doubt, but some neighbors have feeders, too.

The Green-tailed Towhee prefers dense brush and chapparal in its normal habitat. So perhaps the shrubby areas of our yard, thick with Wisconsin natives like dogwoods and viburnums, looked a little like home to our feathered vagabond.

Our yard, incidentally, isn’t a large one. Our lot is less than a quarter acre, quite small by today’s suburban standards. But we have very little lawn—just a small swath framing our front yard prairie with narrow strips on the sides, plus a bit in the backyard. It takes us a quick 10 to 15 minutes to mow—another decided advantage to natural landscaping.

It’s been calculated that if all the residential lawns in America were naturally landscaped, the area would be equivalent to that of the five New England states. What a boon to wildlife that could be! Landscaping our yards with native plants will not, of course, bring back our big animals, like wolves and bears, which need great expanses of wilderness. But it will surely bring back more birds, butterflies and small mammals, adding color and life to our yards and lives. And our native plants will, likewise, thrive and multiply.

I encourage all bird-lovers to go beyond bird feeding and begin to birdscape their yards. As Stephen Kress, author of National Audubon Society’s The Bird Garden, says: “Feeding birds is certainly not as helpful as improving backyard habitat.” There’s an extraordinary assortment of native flowers, shrubs and trees which can offer seeds, berries, nectar and nuts for our backyard birds. In addition, they provide good habitat for shelter and nesting.

For more information, try these books recommended by the Cornell Lab of Ornithology: Stokes Bird Gardening Book—The Complete Guide to Creating a Bird-Friendly Habitat in Your Backyard, by Donald and Lillian Stokes (excellent!) and National Audubon Society’s Bird Garden: A Comprehensive Guide to Attracting Birds to your Backyard Throughout the Year, by Steven Kress (very good for the most part, but shockingly recommends the extremely invasive shrub Buckthorn, Rhamnus cathartica.)

For more specific information on the best native plants for your area, check with your local Wild Ones chapter. Other sources of information include the National Wildflower Research Center, native plant societies, nature centers, and nurseries specializing in native plants.

—Mariette Nowak, Greendale, Wis.

If Will Rogers could see today’s typical suburban landscape, he might quip: "Most people’s yards are about as attractive as most people’s singing voices"

WILL ROGERS (1879-1935), political humorist, comedy roper, movie actor, lecturer and columnist, had a unique way of looking at the world. When my mother toured his Santa Monica ranch home in the 1940s, she was so charmed by the porch swing hanging inside his house, that she got my father to hang two swings in our home. I like the idea of breaking down the barriers between what is outside and what is inside.

If he were around today, I can’t help but believe Will Rogers (who was part Cherokee) would assist the native plant movement by pointing out to Americans the absurdity of exotic landscapes. He would employ creative humor, stinging wit and a humble manner of delivery that would shame citizens into patriotic, earth-friendly habits. Some of his cowboy observations are scattered throughout this issue.—Joy Buslaff
SOngbiRDS ThAT NESt In
Non-NativE PLaNTS LOSE MorE
Chicks tO PREDatORS

Back when the American Robin and Wood Thrush nested in their native shrubs and trees, few raccoons could reach them. With changes in the American landscape, thrush species have turned to non-native shrubs whose structures differ from the species with which the birds evolved.

Christopher Whelen, Illinois Natural History Survey in Wilmington, Ill., and Kenneth Schmidt, Department of Biology at the University of Memphis, have co-authored a study that notes the impact in the change of habitat. By studying nest predation in a deciduous woodland preserve near Chicago for six years, Whelen and Schmidt concluded that those birds nesting in the non-native plants suffered a higher predation rate than those nesting in native plants.

One difference between the native Hawthorn and the non-native Buckthorn is the sharpness and placement of thorns—the Hawthorn offers a defense against climbing predators. Since Japanese Honeysuckles leaf out earlier than the native Arrowwood, they may be more attractive to birds, but the Honeysuckle, whose branches are sturdier, allows predators to climb higher. Add to this picture the presence of exotic predators, namely cats, whose killing skills are non-pareil, and songbirds face a treacherous future.

A WORD ABOUT BIRD TURDS ...

The abrasion and acid from a bird’s digestive system break down and help absorb the pulp or seedcoat of many varieties of fruits or seeds, thereby removing or at least scarifying (scrapping or scratching) the inhibitors to germination from the seed germ. The seed is then dropped to the ground—along with a little fertilizer packet.

The good news is, if you have native vegetation, birds may help advance the range of native species. However, if your land harbors invasive, non-native species, those species may be spread beyond your property by bird droppings. Do what you can to remove habitat-destructive species. They may appear to benefit the environment by feeding a few birds today, but it will ultimately be at the expense of species who will lose their habitats to invading plants.

The afterlife

Kim Lowman Vollmer and her husband began landscaping their Rockford, Illinois, home in 1996 by planting a Red Oak. They followed that by introducing about 50 additional native species and removing the Global Arborvitae foundation plantings. In a year, Kim and John will be selling their house. They look forward to improving their next homesite, too.

...Which leads to a suggestion for those people who have inquired about advertising their house for sale in Wild Ones Journal. The Post Office will not permit us to carry real estate ads in WOJ. However, if you can send before-and-after photos of your home for our “Afterlife” column several months before you anticipate putting your home on the market, we might be able to give you some timely publicity.
LET THERE BE LIGHT!

Light is the essence of photography. To a great degree, the nature of the light helps to determine the mood or feel of a photograph. When we refer to the nature of the light, we are referring to its color, intensity and angle.

Although we don't tend to see or recognize it, light varies widely in its color, and film is very sensitive to this color. Early morning and late afternoon light is usually described as being very warm, incorporating yellows and oranges. Shady areas tend to be described as having a cool blue light. A dark, stormy sky produces a neutral gray light, allowing the actual colors of flowers and foliage to be revealed. Some of my favorite photographs were taken in the calm right before or right after an intense storm.

The intensity of light varies widely throughout the day as the sun moves across the sky and is greatly affected by cloud cover. Dappled or dancing light occurs as the sun filters down through the leaves of trees and shrubs. Varying degrees of shade occur under trees depending on the density of their canopy. Buildings and other structures cast changing amounts of shade as the position of the sun moves over time.

The angle of the sun is low in the early morning and late afternoon and casts long, narrow shadows. Combined with a high-intensity light, this low angle of light can produce great opportunities for photographing subjects that are backlight—appearing to have a glow around them. At midday, when the sun is overhead, shadows are directly below and very intense. Most photographers take a nap at this time because film does not handle this broad range of light. Our eyes can still see detail, but the contrast is too great for film to record. Bright areas become detailless, white-and-dark areas go completely black.

When photographing in the garden, I prefer a broadly diffused light. It gives my photographs a soft, airy feel. This type of light often occurs early in the morning before the sun burns away the haze or anytime there are thin clouds high in the sky. With these conditions, it is bright, but there are no heavy shadows.

Oftentimes these ideal conditions are few and far between or you can't get out to shoot when they occur. So, if the light is too bright, try modifying it. This doesn't work if you want to shoot large garden vistas, but can get you out to do some individual plant portraits. There are a number of tools available to accomplish this, including reflectors, diffusers and electronic flash.

On bright days, use a reflector to redirect sunlight into the darker areas. By filling in the shadows with light, there is less contrast between the brightest and darkest areas. You can purchase different shapes, sizes and colors of reflectors—silver, gold and white are the most popular. I use 12- and 20-inch-round reflectors made by Photoflex. They have wire frames that curl up into a small package. If you prefer, you can make your own reflector with a piece of cardboard covered with aluminum foil or other reflective material.

Another option to cut the intensity and soften harsh light is to create your own cloud cover by holding a diffuser between the sun and your subject. A diffuser is made of white, somewhat translucent material. You can purchase various shapes and sizes or make your own. I own round 12-, 32- and 52-inch sizes made by Photoflex. I tend to use the largest one the most because it allows me to diffuse the background as well.

At this point, you may be wondering how many hands I have. Well, I have only two, but I'm not using them to hold my camera. In the May/June issue I talked about using a tripod. Well, here's another reason to use one. It leaves at least one hand free to work with a reflector or diffuser.

The third option is to use electronic flash. This technique works best with a camera-and-flash system that can do fill flash in addition to full flash. Fill flash works with the existing light to fill in the darker areas and reduce contrast. Full flash overpowers the existing light and produces its own dark shadows. Refer to your camera and flash manuals for more details.

As with most things, it takes practice to recognize light conditions and work with light-modifying tools. The only way to get better is to get out there and take pictures. —Donna Krischan

www.krischanphoto.com

If you have photo questions, send them to WOJ and Donna will respond in an upcoming issue. Donna will be teaching garden photography workshops at Boerner Botanical Gardens in Hales Corners, Wis., Sept. 9 and 16. Call (414) 425-1130 for more info or to sign up.
Even if you've completely eliminated your own lawn in favor of a cornucopia of native species, here's an opportunity to polish your landscaping acumen and help your lawn-loving friends have healthy, low-maintenance landscapes. You're welcome to copy and circulate this news that few people have had the benefit of discovering.

**THE SMART LAWN**

The new American lawn may require no fertilizer at all. It uses no pesticides. That's because natural controls, preferred varieties of grasses, biological products, and herbicidal and insecticidal soaps provide superior results to endless and expensive synthetic chemical treatments. Weeds? A healthy lawn tends to crowd out Crabgrass, but a paradigm shift suggests not all weeds are so bad. Clover and Dandelions are safe on bare feet and paws, whereas insecticides, herbicides and fungicides can be toxic.

Those who prefer a monoculture turf still have an organic route—a pre-emergent weed control created from corn gluten (a by-product of corn syrup production). Sold under the name WOW® by Gardens Alive, it controls for Dandelions, Crabgrass, Creeping Bentgrass, Foxtail, Lamb's-quarters, Purslane and others. And, as the supplier puts it, "You can let your family, friends and pets enjoy your lawn right after you apply it!"

We're smarter now about lawnmowing, too. There are grass and sedge species that grow to a comfortable half foot or so in height and require no mowing. Blends of fine Fescues (offered as “No Mow” by Prairie Nursery) give you the option—don't mow, mow a little, or mow a little more often.

For the regularly mowed lawn, one should gauge when to mow not by the day of the week but when cutting would remove no more than one-third of the grass' height. Removing more than that is stressful to such Lilliputian plants and can cause root shock.

The simplest method to a greener lawn is a relatively recent revelation: Lawn should be mowed to a height of 2½ to 3 inches. Those who cut their lawn the shortest will have the brownest yards during hot weather.

**William Niering, PhD.** began a program called SALT—Smaller American Lawns Today. He was a proponent of the use of native plants and integrated pest management. A sampling of his advice follows:

Where you have lawns, seed or reseed with first-class certified grass seed. This helps produce a healthy, vigorous, well-adapted lawn with fewer weeds. Seed should include a variety of grass types (including Clover) selected for your area. Look for seed containing Endophytic fungi, which are repellent to certain lawn pests, such as Chinch Bugs. **Seed in the fall.** The cooler days provide an ideal environment for grass seed germination and deeper root growth.

**Watering** your lawn is not only unnecessary, it is a waste of water resources and can harm the grass if improperly done. If a hot, dry summer turns your lawn brown, it is probably dormant and will recover when it rains. If you must water, do so early in the morning to cut down on evaporation. Water deeply to encourage deep roots, and water infrequently. Remember that the more you water, the faster the grass grows and the more mowing is needed. Summer dormancy is a natural rest period for grass in hot weather. It means less mowing, less gasoline burned, less air pollution, and more time for swimming and playing with the children.

**Grass clippings** contain about 4 percent nitrogen, .5 percent phosphorus and 2 percent potassium. Clippings decompose quickly, thanks to earthworms and microorganisms, and do not contribute to thatch accumulation. Thatch is composed of dead roots caused by over-fertilization and soil compaction. Grass clippings conserve water by shading the soil from the hot sun and reducing moisture loss from evaporation.

Wild Ones Journal thanks Kathy Baus, Wild Ones member from Sheboygan; Terry Jarvis, president of Sunlawn Imports, Inc., Fort Collins, Colo.; Lars Hundley, Clean Air Mowing, Dallas, Texas; Craig Limpach, president of Genius Loci, Dublin, Ohio; and Wally Wilson, marketing coordinator for Lee Valley Tools, Ottawa, Ontario, for their assistance in compiling information for this tutorial feature.
FIVE NATIVE GRASSES FOR A LUSCIOUS LAWN

This feature is excerpted from Easy Lawns: Low Maintenance Native Grasses for Gardeners Everywhere, ©1999 by Brooklyn Botanic Garden, 1000 Washington Ave., Brooklyn, NY 11225, (718) 623-7200. A valuable guide for landowners everywhere, the book gives advice for a variety of geographic locations. Easy Lawns is only one of many useful books available from BBG. Request a list of titles by calling, or visit BBG’s online store at www.bbg.org/gardenemporium/.

It is possible to have a great-looking lawn without hours of mowing, watering, weeding, and reseeding—think native! Native grasses are far easier to care for than conventional high-maintenance turf.

Understanding the growth habits of grasses will help you understand how to grow and manage them successfully. Cool-season grasses grow best in spring and fall and stay green into winter, but they go dormant and turn brown in summer without prodigious amounts of water. Warm-season grasses do most of their growing in the hot summer and go dormant when cold weather arrives. Most warm-season grasses have a bunching habit and so need to be seeded heavily for a thick sod.

Following are five beautiful, carefree native alternatives to conventional turfgrass.

Buffalograss (Buchloe dactyloides) has prospered on the Great Plains for centuries. This native grass is a sod-forming species and uses water efficiently, having adapted over thousands of years to the periodic and prolonged droughts characteristic of the region. A warm-season grass, it is naturally short (4 to 6 inches high), so no mowing is required.

Red Fescue (Festuca rubra) grows slowly and, if left uncut, reaches a mature height of only 8 to 12 inches. It doesn’t like a lot of fertilizer, and thrives in dry, infertile soil. It tolerates not only partial shade but also drought. In fact, irrigation and fertilizer actually restrict its development. A cool-season bunchgrass, it greens up early in the spring and is evergreen in some situations. Red Fescue can withstand the cold of northerly climes and the heat of the upper South.

Pennsylvania Sedge (Carex pensylvanica), like all sedges, is a close botanical cousin of the grasses and looks a lot like them. It is widely distributed throughout the eastern and central U.S. Its creeping foliage forms dense mats of medium-green, fine-textured foliage growing 6 to 8 inches when left unmowed.

Junegrass (Koeleria macrantha) prefers sandy or thin, gravelly soil—soil that tends to be dry and not very fertile. In fact, fertilizing Junegrass is not only unnecessary but can be downright detrimental. And this native grass is very drought-tolerant. A bunchgrass, it is found in prairie, open woods, and sandy soil from Ontario south to Louisiana and west to California.

Little Bluestem (Schizachyrium scoparium) is a warm-season bunchgrass that is native throughout most of the U.S. and Canada. Like other warm-season grasses, it is fairly tolerant of poor soil, and therefore needs no fertilizer. It also requires no irrigation once established. Little Bluestem makes an especially handsome low-maintenance lawn when mixed with other native grasses such as Pennsylvania Sedge and Tufted Hairgrass (Deschampsia flexuosa). It grows about 2 feet tall.

REAL WOMEN
PUSH
REEL MOWERS

Twenty years ago, virtually all of our half-acre property was lawn. Today, what paths and patches remain amount to about 1,000 square feet. My husband scrapped our aged, gas-burning, push- and riding mowers, and in recent years I've been employing a hand-me-down hand mower as I cruise past the scenery afforded by thousands of plants growing to a variety of heights.

I should tell you that I like heavy labor—moving stones, stacking firewood, shoveling snow—so I'm content to push a 33-pound antique. Modern mowers, conversely, are a breeze, even for those who don't have Bohemian hocks like mine.

Have I mentioned the freedom? No gasoline, no stink, no sparkplugs, no tires to inflate, no parking space stolen from the garage, no burns from a hot engine, no bruises (or amputations!) from powered blades that spin fast enough to fire projectiles at 200 mph.

My neighbor tells me she likes the soft clickity-whirl noise emanating from our yard because it reminds her of her grandmother and simpler times. Well, the new Brill mower is even quieter—touted as 'silent' because it has non-contact blades.

Terry Jarvis, president of Sunlawn Imports which carries the Brill mower, told me, "U.S. manufacturers are convinced that the new popularity of hand mowers is a nostalgic trend; our customers, two-thirds of them female, have mentioned useful exercise, cleaner air and quieter neighborhoods but never nostalgia as their buying premise. The hand mower is positioned as 'the cheap alternative' in the major outlets, so our goal is to reposition it, to expand the market by offering better choices."

Lee Valley Tools offers two choices: the same Brill model and Lee Valley's own label traditional mower. Their catalog presents a useful comparison to help consumers discern which model best suits one's application. Most notable is Lee Valley's 2 ½-inch cutting height. Remember what was said on page 6 about cutting height?

Grass-catchers are an option, as are sharpening kits. The Brill, with flame-hardened steel blades, comes with a blade replacement program.

An improvement these mowers have over my old clunker is the curved cover that keeps overhanging flowers and shrubs from getting caught in the blades—an especially nice feature for shaggy natural yards.

—Joy Buslaff

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Lee Valley Traditional Mower
Weight: 24 pounds
- Easily cuts heavily watered and fertilized lawns
- Works well on thick sod and coarse or thick grass
- ½- to 2½-inch cutting height
- 17-inch cutting width
- May need repeat cut to get all blades of grass
- Can sharpen

The model's extra weight is concentrated in the 10-inch wheels, giving it inertial force for smooth reel operation.

Brill Ultimate Silent Mower
Weight: 17 pounds
- Best on lightly fertilized and watered lawns
- Doesn't cut well in very thick or coarse grass
- ½- to 1½-inch cutting height
- 15-inch cutting width
- Usually cuts all blades on first pass
- Replacement blades available

Made by Germany's oldest mower maker, it is the number one selling push mower in Europe (remember what Europeans pay for gas?)

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REEL MOWERS GIVE BETTER CUTTING RESULTS

Invented in 1830, the push reel mower has been perfected and is as functionally elegant as a bicycle. Regular mowing with a reel mower cuts the grass with minimal disturbance to its natural interwoven growth pattern. The reel makes a clean, scissor-like cut of the grass as it lays, keeping the height constant—unlike the tearing cut of a rotary blade. A reel mower is the ideal mulching mower, so a catcher is not needed unless you wish to use the clippings for mulch elsewhere.

The difference you might notice when converting from a gas-powered mower to a you-powered mower is in overlapping passes. The amount of overlap may vary from minimal to a full repeat cut, depending on lawn conditions.

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Clean Air Mowing, 6014 E. Lovers Lane, #123, Dallas, Texas 75206; (888) 423-6100; www.cleanairmowing.com
Lee Valley Tools Ltd., P.O. Box 1780, Ogdensburg, NY 13669-6780; (800) 871-8158; www.leevalley.com
Sunlawn Imports, Inc., 326 Garfield Street, Fort Collins, CO 80524; (970) 493-5284; www.sunlawn.com
SHARPENING LAWNMOWERS

Any tool with a cutting edge, whether old or new, must be sharp to perform satisfactorily. Mass-produced items such as chisels, planes, knives, lawnmowers, etc., generally need to be sharpened before use. Fortunately, there are devices and kits available for sharpening these tools; however, the trick is to determine which one is needed. Let's look at the requirements of lawnmowers.

What to use to sharpen your lawnmower blades depends largely on the type of mower you have and the condition of its blades. Most reel mowers, the ones that run on your energy, have five blades that are twisted from one end to the other so at least two blades are cutting at one time. Reel mowers can be sharpened with kits that contain lapping compound or abrasive strips. Rotary mowers, the types that operate on gas or electricity, can be sharpened with a grinding wheel, sanding belt, stone or a file.

For reel blades that are undamaged and just need their edges 'refreshed' to bring them back into perfect condition, a kit with lapping compound is all you need. These easy-to-use kits usually include an application brush and a crank handle.

Remove a wheel (it doesn't matter which one) and the pinion gear, which is on the end of the reel shaft. Mount the crank handle onto the reel shaft. Use the brush to apply the abrasive compound along the entire length of each blade edge as well as on the cutting edge of the bar that makes contact with the blades. Turn the blades away from the cutting bar to sharpen them. You will hear a gritty, grating sound and feel some resistance, but this is normal. When the blades are sharp (after about 100 to 150 turns), you will feel a fine wire edge forming on the front edge of the blades. You may need to reapply the abrasive compound and repeat the sequence two or three times. Remove the remaining compound by spraying the blades with water, then wipe the blades dry.

To test blade sharpness, tear some newspaper into 2-inch-wide strips about 12 inches long. Turn the crank so the blades come toward the cutting bar, and feed the newspaper strips between the blades and the bar so the newspaper is cut off across the 2-inch width. Each blade should cut the paper cleanly where it meets the bar. If the newspaper folds over, the blade may need more sharpening (check for burr on front of blade), or the cutting bar may just need to be adjusted. Remove the crank handle and reinstall the pinion gear and the wheel.

For reel blades that are nicked or badly uneven, kits with abrasive strips are your best alternative. Such kits come with a bar that holds an abrasive strip. The bar clamps to the cutting bar and the abrasive sharpens the blades at the correct angle as the blades are turned. To use this kind of kit, adjust the cutting bar to allow enough room for the installation of the bar with the abrasive strip on it. Position it on top of the cutting bar and readjust the cutting bar so that the blade comes into contact with the abrasive strip. Rotate the reel to sharpen the blade from one end to the other, until each blade is shiny from the abrasive strip and all nicks have been removed. Loosen the cutting bar; remove the bar with the abrasive strip on it and readjust.

You can sharpen the blade of a rotary mower on a bench grinder, belt sander/grinder or with a rotary blade sharpener that fits in your drill. You could also use a file. Before sharpening a rotary mower blade, disconnect the spark plug wire on a gasoline engine or the power cord on an electric mower. Remove the blade from the mower and remove the grass from the underside of the mower as well as from the blade. Grind the bevel back until you feel a burr develop on the back side. Remove the burr with a fine file, keeping the bottom flat.

If you must put a small bevel on the bottom of the blade to repair some damage, do it to both ends in order to keep the blade balanced (so your mower doesn't get the shakes and wear out your crankshaft bearings and your nerves). To check your blade's balance, put a narrow-edge tool (such as a putty knife) vertical in a vise, and set the mower blade on top at the center point. If the blade consistently leans to one side, remove more metal from that side (regrind that bevel). When the blade is balanced, re-install it on the mower (with the bevel up and the flat side down), set the mower upright, and reconnect the spark plug wire or extension cord.

Resharpen your lawnmower blades as frequently as your grass gives you signs that your mower blades are getting dull. If the grass tips turn brown or the grass looks torn rather than sheared, it's probably because your mower blades need to be resharpened.

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Placing ANGELICA
Angelica seeds, collected in July or August, are best planted in the fall. Alternatively, give them 60 days of moist/cold stratification to break dormancy before potting or direct-seeding in spring.

Clayton observed that the Indians often smelled generously of this herb. This explains why Angelica was called the Hunting Root.

It was called the Fishing Root because the roots were laid with baits to lure the fish to bite.

Angelica is listed as one of the host plants for the larva of the beautiful Eastern Black Swallowtail Butterfly (Papilio polyxenes).

Medicinal Use: When dried, the roots lose their poisonous quality. They have been used for many years for heartburn, cramps, flu, colds, fevers, diseases of the lungs and chest, and sluggish liver and spleen. It was an effective remedy in epidemics and was used to strengthen the heart. Dropped into the ears, it was said to cure deafness. Such wonderful results were obtained from this plant that it was given the name “Archangel,” comparing it to the mighty working power of God.

There is a warning that goes along with this herb — do not take Angelica if you are pregnant or have severe diabetes.


Author’s Note: *Angelica atropurpurea* is not listed on my state’s threatened or endangered species list. However, I have found it quite infrequently, so when I see it flourishing in a wet area, I get excited!

My husband and I had a depressing experience with this plant a few years ago. We found some beautiful specimens growing along a quiet country road, which was adjacent to a wetland. Since we could see that most of the plants were within reach of the huge mowers of the county road crews, we encircled the plants with wooden stakes and two rows of thick rope to form a simple fence. Then we made a sign which read, “Rare plants, please do not mow.” When we returned to that country road a few days later, we were horrified to find the road demolition crews had gone through the whole area, making mincemeat of the plants as well as our sign, stakes and ropes.

Needless to say, we were disheartened to see obvious hostility, not only toward the plant protectors (us), but the beautiful, statuesque Angelica as well.

PROPPAGATING ANGELICA
Angelica seeds, collected in July or August, are best planted in the fall. Alternatively, give them 60 days of moist/cold stratification to break dormancy before potting or direct-seeding in spring.
Gardeners know to order and set out bulbs in the fall of the year, but not all are aware fall is also the best time to plant perennials, shrubs and trees. This is especially true of the ephemeral or early spring-blooming plants.

Like most in my area, I have been a slow convert to planting in the fall. Seeing plants in bloom at the nurseries and garden centers each spring, I was determined to bring home instant beauty and maturity. Unfortunately, what I wanted was not always best for the plants. Placed in the garden the last of April to the end of May, plants had little time to establish their roots before the month of July arrived. July, August and September mean long periods of heat, high humidity and low precipitation. I probably killed enough plants doing spring planting that humus need never be added to enrich the soil. The garden was already full of decomposing dead plant material.

Once having tried fall planting and experiencing the results over succeeding years, I do very little spring planting today. Plant material purchased during the spring and summer is held in a special area for observation and care until September and October. Material is either dormant or going to sleep at this time of year, so there is small concern for root disturbance. Plants perform better when planted after the tops have stopped active growth or died back. With proper soil preparation and mulching, they hardly know they have been transplanted and simply awake in their new home next spring. During the winter months, roots have had a chance to settle in. When first foliage and then bloom is produced, all is fully operative the following season. New feeder roots are able to take up the energy needed, reducing or eliminating stress. I lose far fewer plants when setting out during fall.

Whenever possible, I like to let Mother Nature do most of the work. She usually does a better job. After planting, I usually water only once to help settle the plant and keep it from drying out. One good watering and the application of mulch to prevent heaving during winter is normally sufficient attention for the year. With our winter rains coming regularly, keeping a plant watered is forgotten. You sure can’t do that with spring planting. If you are planting shrubs, Mother Nature has put the top part to sleep while allowing the roots to remain somewhat awake. Any time the soil temperature is above 45°F, the roots are in active growth. About eight or nine months of new root system are gained before the plant has to produce and feed foliage. The perennials have five to six months to settle in and establish new feeder roots before awakening. Perennials and alpines labeled “difficult or temperamental” many times turn into pussycats when planted after dormancy. Wildflowers that bloom in March and April almost demand fall planting to survive and perform well since this is when they form next year’s buds that become new growth and blooms.

If there is such a thing as a good time for manual labor, such as mixing soil and digging holes and planting, fall is that period. The nights have cooled down with a bit of comfort in the morning and early afternoon air. There is something special about leaning on a spade handle, sleeves rolled up, catching that nip in the air on the face and arms. Puffing on my pipe, the white blue smoke drifts like an early morning haze. The trees out in the hills beyond the garden are dressed in gold, red, purple and bright yellow with green and brown forming a framework. Not too hard to forget one is actually working.

C** -Gene Bush

Gene Bush is owner of Munchkin Nursery & Garden of Depauw, Ind. His article comes to us from our Louisville, Ky., Chapter.

***

Paul Olsen, a member of the Milwaukee North Chapter, models his plastic food bucket seed-collecting outfit. The containers hang from a string around Paul’s neck, allowing him to do double-fisted seed collecting. The Milwaukee North Chapter had a lovely fall day last Oct. 9 to collect Indian Grass, Sideoats Grama and Big Bluestem seed from the Schlitz Audubon Nature Center. Remember to collect some seed from your plantings or other sites by permission. Many Wild Ones chapters conduct seed-collecting and seed-sharing events.
Do you want to start a Wild Ones chapter? Let us post a notice for others to join you. The folks listed here are looking for others to form a nucleus around which a chapter can grow. If you are interested in starting a chapter, request a "Chapter Start-up Kit" from Executive Director Donna VanBuecken. To add your name to our list, send your contact information to Editor Joy Buslaff. See page 13 for their respective addresses.

CHAPTER WANNA-BE'S

LOOKING FOR MEMBERS:

ILLINOIS: Margaret Ovitt, 107 W. Kelly St., Macomb, IL 61455-2925; (309) 836-6231. Linda Stelle, 269 Stonegate Rd., Cary, IL 60013; (847) 639-4940; sirocco@prodigy.net.

INDIANA: Mary H. Kraft, 5360 E. 161st St.; Noblesville, IN 46060; (317) 773-5361; mkraft@ind.cioe.com.

KANSAS: Michael Almon, Lawrence, Kan., (785) 832-1300.

MINNESOTA: Carol Andrews, Duluth, (218) 730-9954. Bill Steele, 21950 County Rd. 445, Bovey, MN 55709; (218) 247-0245; scl@uslink.net.

MISSOURI: Lesa Beamer, Dept. of Biochemistry, University of Missouri, Columbia, MO 65211; (573) 498-3749; beamerl@missouri.edu.

NEW YORK: Bridget Watts, Nature Study Guild Publishers, P.O. Box 10489, Rochester, NY 14610; (716) 482-6090; naturebooks@worldnet.att.net.

NORTH CAROLINA: Jane Cornelius, 5429 Millrace Trail, Raleigh, NC 27606-9226; (919) 851-4644; janecornelius@prodigy.net. Judith West, 339 Gregg St., Archdale, NC 27263-3303; (336) 431-9322; westskau@juno.com.

OHIO: Kris Johnson, P.O. Box 355, (near Toledo) Williston, OH 43468; (419) 836-7637; KRIS-JOHNSON@ecunet.org.

SOUTH DAKOTA: Peggy Lappe, Box 91, Harrold, SD 57536; (605) 875-3214.

WISCONSIN: Sarah Boles, HC73 Box 631, Cable, WI 54821; (715) 794-2548; flora@hotmail.com. Peter Manley, UW Extension Office, 400 Market St., P.O. Box 8095, Wisconsin Rapids, WI 54495-8095; (715) 421-8440; peter.manley@ces.uwex.edu. Nancy Miller, 422 W. Elm, Lancaster, WI 53813; (608) 723-6487.

THESE CHAPTERS NEED MEMBERS FOR MOMENTUM:

MICHIGAN: Calhoun County Chapter—Marilyn Case, Calhoun County, (616) 781-8470; mcase15300@aol.com. Detroit Metro Chapter—Carol Wheeler, (248) 547-7898, wheecarol@aol.com. Kalamazoo Chapter—Thomas Small (616) 381-4946. Southwest Michigan Chapter—Sue Stowell, (616) 468-7031.


OKLAHOMA: Central Oklahoma Chapter—Michelle Raggio, (405) 466-3930.

WISCONSIN: Root River Area Chapter—Carla Freeman, 414) 382-6415; carla.freeman@alverno.edu.

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The meeting place

You are encouraged to participate in all Wild Ones activities—even when you travel. To learn the details of upcoming events, consult your local chapter newsletter or call the respective contacts listed for each chapter. Customs meeting information is given here, but you should always confirm dates and locations with chapter contacts.

ILLINOIS

GREATER DUPAGE CHAPTER

MESSAGE CENTER: (630) 415-IDIG

PAT CLANCY: (630) 964-0448 Clancyppj2@aol.com

Chapter usually meets the third Thursday of the month at 7 p.m. at the College of DuPage, unless otherwise noted.

Sept. 21—"Early Natural Landscapers," presented by Carol Doty.

Oct. 19—Regular meeting; topic to be announced.

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Meetings are usually held the second Thursday of the month at 7 p.m. at the North Park Nature Center, 5801 N. Pulaski, Chicago, unless otherwise indicated. Call Bob Porter for more information.

Sept. 16 (Saturday)—10 a.m. Tour of prairie gardens at the Chicago Botanic Garden. Meet at the Carl Linnaeus sculpture in the Heritage Garden.

Oct. 12—Jo Ann Nathan, director of the Jens Jensen Legacy project, will present a program entitled "Jens Jensen: His Life and Works."

ROCK RIVER VALLEY CHAPTER
SHEILA STENGER .................. (815) 624-6076
Meetings are usually held the third Thursday of the month at 7 p.m., Jarrett Prairie Center, Byron Forest Preserve, 7993 N. River Road, Byron, unless otherwise noted. Call (815) 234-8535 for information. Public is welcome.

Sept. 21—Severson Dells Naturalist Don Miller will show slides of remnant prairies in Winnebago County. Meeting will be held at the Severson Dells Environmental Center.

October—Annual seed collection on dates and sites to be announced.

NATURALLY WILD OF LA GRANGE CHAPTER
MALIA ARNETT ...................... (708) 354-3200
Meetings are held the first Thursday of the month, at The Natural Habitat Wildlife and Organic Garden Supply Store, 41 S. LaGrange Rd., LaGrange, at 7:30 p.m., unless otherwise noted.

Sept 9 (Saturday)—9:30 a.m. Santa Fe Prairie Tour. Meet at Natural Habitat. There are plans to meet with Karen Stasky, restoration volunteer, for a day of seed collecting, and observation. Wear long-sleeved shirts, long pants, and bring water and sunscreen. Note: event is tentative; call (708) 387-1398 after Aug. 12 for confirmation.

Oct 5—Regular meeting. Topic to be announced.

INDIANA
WILD ROSE CHAPTER
JOY BOWER ...................... (219) 844-3188
Meetings are usually held the second Monday of the month at 7:00 p.m. at Gibson Woods Nature Center, 6201 Parish Ave., Hammond, IN, unless otherwise noted.

Sept. 11—Indian Creek Nature Center meeting.

Sept 16 (Saturday)—1-3 p.m. "Seeds of September." Discussion of seed types, dispersal and adaptations as members wander through the prairie at Indian Creek Nature Center.

Oct 9—10:00 a.m. Perennial Plant Swap at Deep River County Park, 9410 Lincoln Hwy., Hobart, IN. Bring your native plants and grasses to swap.

IOWA
WILD ROSE CHAPTER
CHRISTINE TALIGA ........... (319) 339-9121
Meetings are usually held the second Monday of every month, First Presbyterian Church, Iowa City, unless otherwise noted.

Sept. 11—Indian Creek Nature Center meeting.

Oct 5—Regular meeting. Topic to be announced.

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New York City Metro Long Island Chapter
Robert Saffer
Meetings will be held in the Members Room, Brooklyn Botanic Gardens, 1000 Washington Avenue, Brooklyn.
Sept. 27 (Wednesday)—6:30 p.m.

New York City Metro Long Island Chapter
Holly Stegner
For location, date, and times of meetings please contact above.

New York City Metro Long Island Chapter
Michelle Ragge
Meetings are usually held on the second Saturday of the month (unless otherwise noted) at 10 a.m. at Innis House, Inniswood Metro Gardens, 940 Hempstead Rd., Westerville.
Sept. 9—“Wildlife in Your Yard,” with Paul Knoop.
Oct. 14—“Native Tree Walk,” with High Banks naturalist.

Oklahoma Central Oklahoma Chapter
Michelle Ragge
Meetings are usually held on the second Wednesday of the month at 7 p.m., in the conference room, 2nd floor, Hanner Hall, Oklahoma State University. Public welcome.
3rd Saturday of the month—Monthly work day at the
environmental center located at Hwy 33 and Coyle Rd., Payne County. For more information call above number.

WISCONSIN
FOX VALLEY AREA CHAPTER
CAROL NIENDORF .................. (920) 233-4853
niendorf@northnet.net
DONNA VANBUECKEN ............... (920) 730-8436
dvanbuecke@aol.com

Indoor meetings are held at 7 p.m. at either Memorial Park Arboretum, 1313 E. Witzke Blvd., Appleton, or the Evergreen Retirement Community, 1130 N. Westfield St., Oshkosh.


Oct. 21—9 a.m. to noon. Annual seed gathering outing at the Bubolz Nature Center, Appleton.


GREEN BAY CHAPTER
AMY WILINSKI .................... (920) 826-7252
wilinski1@prodigy.net

Meetings are usually held at the Green Bay Botanical Garden, 2600 Larsen Rd.

Sept. 13 (Wednesday)—7 p.m. Member slide show. Members are encouraged to bring in slides of their works in progress. Refreshments to follow. Public welcome.

October—Annual seed collection. Date and location TBA. Check August newsletter for specifics.

MADISON CHAPTER
DIANE POWELKA .................. (608) 837-6308

Meetings will be held at Olbrich Botanical Garden unless otherwise noted. Programs start at 7 p.m. The public is welcome.

Sept. 26—“Landscaping with Native Plants,” a slide show by Richard Ehrenberg, landscape architect. October—To be announced.

MENOMONEE RIVER AREA CHAPTER
JAN KOEL ........................... (262) 251-7175
JUDY CRANE ....................... (262) 251-2185

Indoor meetings are held at 6:30 p.m. at The Ranch Communities Services, N84 W19100 Menomonee Ave., Menomonee Falls. Contact Judy Crane for meeting information.

Sept. 19—Wetland ecology program with Kerry Thomas.

Oct. 17—Seed exchange and candlelight tour of The Ranch. Bring seeds or treats to share and a flashlight.

MILWAUKEE NORTH CHAPTER
MESSAGE CENTER .................. (414) 299-9888

Meetings are usually held the second Saturday of the month at the Schlitz Audubon Center, 1111 E. Brown Deer Rd., Bayside, at 9:30 a.m.

Sept. 9—Meet at 9:30 a.m. to carpool to Riveredge Nature Center, Newburg, to explore the prairies established and researched there; with Andy Larsen, emeritus director of the Center, and Lorrie Otto.

Oct. 14—Meet to carpool and visit prairie areas to pick prairie seeds; learn to identify seeds, clean and store them, and when to plant them. Bring paper bags and marking pens. Limited to paid members.

MILWAUKEE-WEHRR CHAPTER
MESSAGE CENTER .................. (414) 299-9888

Meetings are usually held the second Saturday of the month at the Wehr Nature Center, 1:30 p.m.

Sept. 9—Mariette Nowak presents “Birdscaping,” a discussion of native plants that benefit birds.

Oct. 14—Annual seed gathering and buckthorn removal day.

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This is neither the first nor last time I'll lament that you, dear readers, can't see this photo in color. Dangling from the lavender-colored new England Asters is an orange Monarch butterfly. Marilyn Cavil, who is active in the Wehr Chapter, sent us this special shot of a corner of her Oak Creek, Wis., yard where she displays her Wild Ones yard sign.

Wild Ones aluminum yard signs proclaiming "this land is in harmony with nature" may be available from your local chapter, or you can order one by sending $21 to: Wild Ones Yard Sign, P.O. Box 1274, Appleton, WI 54912-1274.

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