

a voice  
for the natural  
landscaping  
movement



## JOURNAL

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Thank You. Back cover.

Working toward our next  
30 years restoring native plants  
and natural landscapes.



Pollen. Our world would grind to a halt very quickly if pollen stopped blowing around, and if pollinators (such as the bee in this photo) no longer transported the pollen from one plant to another. We need pollen. Where things go bad is when commercial manipulation of certain plants, especially trees in urban areas, causes over-exposure to pollen and mold spores in the human population, resulting in increases in allergy-suffering and possibly even heart disease, autism, pneumonia, and reflux disease.

## The Right Native Plants in the Right Landscape Means Fewer Allergies

By Tom Ogren

Recently Rebecca Gale-Gonzales, president of the Flint River (MI) Chapter, brought to our attention an article in a West Coast newspaper that listed allergenic plants to avoid in one's landscape. Since most of the listed plants are native to one part or another of the United States, she was concerned that this might cause people to avoid planting natives in their landscapes. We pursued the subject with Tom Ogren, an expert in allergy-free gardening, who explained the source of the problem.

Many of our most allergenic plants commonly used in landscaping in the United States and Canada are indeed natives. However, it is the manipulation of these plants by commercial horticulture that has, and is, causing most of the huge increases we are now experiencing with allergy problems.

Thirty years ago fewer than 10 percent of Americans had allergies. The official figure today is that a whopping 38 percent of us now suffer from allergies. (December 1999, American College of Asthma, Allergy, and Immunology.)

Not too many years ago death from asthma was fairly rare. Today it is all too common, and is considered epidemic. Asthma has now become the number one chronic childhood disease in America.

Furthermore, there is new data coming in recently that shows a strong connection between over-exposure to pollen and/or mold spores and increases in other diseases such as heart disease, autism, pneumonia, and reflux disease.

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## National Presidents Say Goodbye and Hello: An Interview



Carol Andrews  
Outgoing National President

It's August, a big month for the Wild Ones national board, with the biennial election of directors as well as the annual election of new officers. In the next issue you will be hearing directly from the new president in this column. By way of transition, I'm doing an interview with the nominating committees' recommendation for president, a candidate I heartily endorse: Mr. Tim Lewis of the Rock River Valley (IL) Chapter in Illinois.

Above all, I thank two outgoing directors. Scott Woodbury of the St. Louis (MO) Chapter for his many hours on the web committee, and Janet Allen of the Habitat Gardening in Central New York (NY) Chapter, for her work on the Wild Ones member certification programs. She will continue as a contributing editor to the *Wild Ones Journal*.

Carol Andrews, Wild Ones National President (president@for-wild.org)

### Interview with Tim Lewis

**Carol:** What attracted you to Wild Ones?

**Tim:** Fourteen years ago Fran Lowman and Ann Meyer cornered me when I was picking up native plants at a Rockford greenhouse and suggested I come to a Wild Ones program. I was feeling burned out from my work with other organizations, so I was not interested in getting into something else. But I looked at the info on the upcoming meeting and it looked interesting, so tried it and *wow!*

I learned some really useful stuff. So I went to a second meeting and thought "this is really good – I've got to join." I soon became "dig chair" in charge of plant rescues for several years. That position became an elected chapter board position, and eventually I was elected chapter president, a position I held about four years. I have been a national director for six years.

**Carol:** What were your accomplishments as chapter president?

**Tim:** First, our membership continued to grow as it had done under the previous presidents, mainly because we had an active board that arranged high quality, interesting programs and events. Second, we had been suffering from a feeling of discomfort between the chapter and the national board. I found out all chapter presidents are invited to phone into national board meetings, so I started doing that, and was able to learn about the various struggles the board was going through. This was a big turning point for me and my chapter. The "us vs. them" dividing line went away.

**Carol:** Do you work outside the home?

**Tim:** No, I work in my home office as a self-employed technical writer (meaning I write those instruction manuals that people only read if they absolutely have to).

**Carol:** What would success look like at the end of your first and second years as president?



Tim Lewis  
Incoming National President

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Wild Ones: Native Plants, Natural Landscapes promotes environmentally sound landscaping practices to encourage biodiversity through the preservation, restoration, and establishment of native plant communities. Wild Ones is a not-for-profit, environmental, educational, and advocacy organization.

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Guy Sternberg, Illinois, 11  
Doug Tallamy, Delaware, 13

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## Writers & Artists

**Tom Ogren** is a Wild Ones PAL member from California, and the author of *Allergy-Free Gardening*.

**Professor Doug Tallamy** is the Chair of Entomology at the University of Delaware and an honorary director of Wild Ones. He authored *Bringing Nature Home*.

**Clayton Oslund** is working on the third edition of his book, *What's Doin' the Bloomin'!* He is a member of the Arrowhead (MN) Chapter.

**Barb Bray** is a contributing editor for the *Journal*. She is a member of the North Oakland (MI) Chapter, and is a past president of the Oakland (MI) Chapter.

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**Lorrie Otto** was a founding member of Wild Ones and a lifelong member of the Milwaukee North (WI) Chapter.

**Bret Rappaport** is a past president of Wild Ones National and a member of Lake-To-Prairie (IL) Chapter

**Pat Clancy** writes the Seeds For Education page for the *Journal*. She's a member of, and co-president of the Greater DuPage (IL) Chapter.

**Mark Charles** serves as the Seeds For Education Director. He is a member of the Ann Arbor (MI) Chapter.

**Michelle Vanstrom** is the current president of the Niagara Falls and River Region (NY) Chapter.

### I Celebrate Myself

The wild gander leads his flock through the cool night / Ya-honk! he says, and sounds it down to me like an invitation: / The pert may suppose it meaningless, but I listen closer / I find its purpose and place up there toward the November sky. – Walt Whitman, *Leaves of Grass*, 1855.

## Wild Ones Dues

Effective January 1, 2011, the Wildest membership level will change from \$75 to \$100 annually. Membership levels will be: Wild \$30 • Wilder \$50 • Wildest \$100



## Root River Chapter will double your chapter's pledge to keep the Wild Ones Journal and web site update going

**Doubling your donation. An extra dollar for every dollar pledged – up to a total of \$6,000.**

When your chapter pledges a dollar toward the Wild Ones Journal and the Wild Ones web site, the **Root River (WI) Chapter** will match that pledge with a dollar of its own – up to a maximum of \$6,000.

Recent surveys have shown that one of the things Wild Ones members like most about Wild Ones is the Wild Ones Journal, followed closely by the web site. But for financial reasons, we've been forced to cut back on the number of Journal issues we can afford to print, and even those who like the web site agree that there's a lot more information that could be added there. Unfortunately, this all takes money.

You can help. Contact your chapter officers and tell them you want the chapter to make a pledge, and remind them that, through the generosity of the **Root River Chapter**, the amount your chapter pledges will be doubled. Consider challenging your chapter to match your own pledge, and it can all go toward the Root River Chapter Challenge.

The **Oakland (MI) Chapter** and the **Twin Cities (MN) Chapter** have already responded with \$2,000 and \$1,000 pledges respectively. Let's see what your chapter can do. Better hurry though. The matching pledge offer ends on December 31, 2010.

## New National Board and Officers

*The votes are in, and the tally brings four new members to the national Wild Ones board.*

### NEW NATIONAL OFFICERS

**Tim Lewis**

President

**Maryann Whitman**

Vice-President

**Steve Windsor**

Secretary

**Joe Powelka**

Treasurer

**Carol Andrews**

Past President

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**Steve Windsor**

Greater DuPage (IL) Chapter

# *Insects in Winter*

By Dr. Douglas Tallamy



Photo by Christian Nelson

*Across the nation, homeowners, landscape designers, and land managers are recognizing the critical role our managed landscapes now play in sustaining the plants and animals that run our ecosystems. Traditional landscaping practices that have been pursued for generations have not left enough natural areas to do the job. We must change our approach to landscaping in order to provide what nature needs in our gardens and yards. And what nature needs most right now are diverse and complex food webs.*

*Insects are an essential component of complex food webs because so many other animals eat them. All amphibians, many reptiles and mammals, and nearly all birds get much or all of their protein by eating insects. If insects were to disappear, our nation's food webs and all the animals they support would vanish as well. We humans cannot tolerate the disappearance of other species because it is precisely these species that run our ecosystems. We must pay attention to what our insects need.*

*Keeping insects happy when it's warm is easy. All we need to do is supply the herbivorous insects with the plants that they eat: Native plants. Plants from Asia or Europe are typically toxic to our local insect herbivores, but these same insects are well equipped to avoid the toxic defenses employed by local native plants. If we have large and diverse communities of insect herbivores, we will have large and diverse communities of the insect predators and the parasitoids that eat them.*

But how can we pamper our insect communities during the cold months of fall and winter? Insects keep a low profile in the "off" season – so low, in fact, that they seem to disappear altogether. Some do fly south, just like migrating birds. The monarch and several dragonfly species are among our best-known insect migrants. But most attempt to spend the winter right in our yards. They can survive freezing temperatures either as eggs, larvae, pupae, or adults because insects produce an antifreeze (glycerol), in their bodies. The glycerol keeps the water in their tissue cells from freezing, expanding, and tearing the cell walls. Unfortunately, the biggest threat to over-wintering insects doesn't come from the weather. It comes from us, as we strive to "clean up" our flowerbeds, lawns, and meadows. A little knowledge about how insects spend the winter can help us avoid killing them unintentionally.

Grasshoppers have chosen an over-wintering strategy that enables them to escape even our most diligent fall cleanups. That may explain why they are often one of our most numerous insect groups. After they mature in mid- to late summer, grasshopper females telescope their abdomens deep into cracks in the soil. Once they penetrate at least an inch of soil, they lay a clutch of eggs. The eggs stay underground, out of harm's way, until late the following spring. They then hatch into tiny grasshoppers: Miniature replicas of their parents, lacking only size, wings, and sexual maturity. Crickets also bury their eggs in soil using a long needle-like ovipositor to inject eggs underground.

Various katydid species live in both meadows and forests. Females of forest-dwelling katydids typically have broad, spatula-shaped ovipositors that they use to glue rows of huge oval eggs to



Swallowtails, such as the black swallowtail shown here, over-winter as chrysalids.



The round galls in your goldenrod stems are made by tephritid flies. They provide essential food for titmice and chickadees all winter, as long as you don't mow them down in the fall.

the twigs of their favorite plants. Careful inspection of *Viburnum* and dogwood twigs any time between September and May often reveals katydid eggs in their unobtrusive splendor. In contrast, meadow katydid females have sharp, sword-shaped ovipositors capable of piercing the stems of horseweed, goldenrods, or asters. It is within such stems that meadow katydids bury their eggs for safe-keeping during the winter months. In fact, many insects common in old fields, such as plant bugs (Miridae), leafhoppers (Cicadellidae), and stilt bugs (Berytidae) insert their eggs into the stems of meadow forbs and grasses. When we mow our meadows to get rid of those unsightly dead stems of last summer's plants, we pulverize the next generation of the very insects we hope to cultivate to feed other creatures.

Many other insects spend the winter hiding as adults in leaf litter or thick meadow thatch. The sycamore, cherry, hawthorn, and goldenrod lace bugs, for example, produce several generations each summer, but the last generation flies to the ground and crawls beneath the damp leaf litter for the winter. Insects such as these are able to withstand extremely cold temperatures as long as they can find a safe site that is high in humidity. Cold-and-dry is a deadly combination for most insects. Since few natural substrates are better at holding moisture, thick leaf litter is ideal for overwintering.



Mantids spend the winter in Styrofoam-like egg cases. Chinese mantid egg cases are trapezoidal in shape. Mowing your winter stalks will kill the eggs.



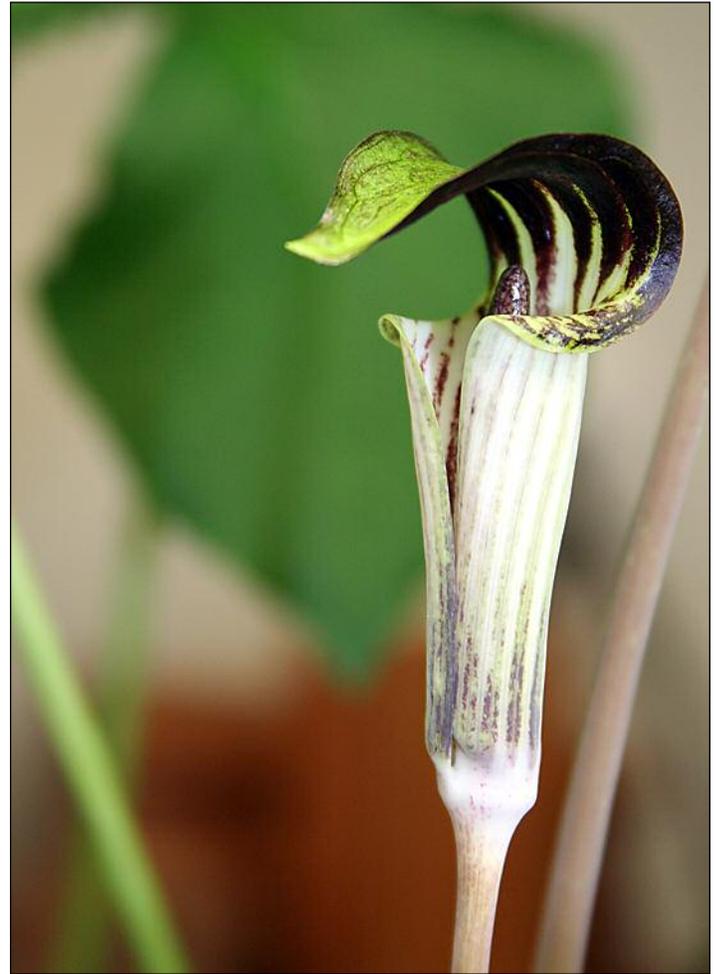
Carolina mantid cases are linear and flat. Both types are cemented to vegetation in your meadow.

This is just one more reason to retain, on your property, as many of your fallen leaves as you can.

Many insects protect their eggs from both predators and severe weather by embedding them in protective coatings. *Enchenopa binotata* is a species of treehopper that covers its eggs in a frothy white coating of waxy material. Often many females, together, lay their eggs along a twig of their host plant, giving the appearance of decorative blobs of icing. Look for *Enchenopa* eggs on woody plants such as blackhaw viburnum, black locust, or black walnut.

After eclosing as adults from their cocoons in June, tent caterpillar females mate and immediately encase all their eggs within a coating that looks for all the world like brown Styrofoam. These egg masses encircle thin twigs of the caterpillars' favorite host plants, primarily black cherry and apple. They remain in place for the rest of the summer, the fall, and the entire winter, hatching precisely when the leaves begin to break bud in early spring. These hatchlings are the larvae we see in the bothersome bag-like, gauzy structures, hanging in trees.

Another group of insects that protects its eggs within a Styrofoam-like case is the praying mantid. The shape of the egg case depends on the species of mantid. Chinese mantids, common in the Northeast, lay egg cases in late summer and early fall, that are somewhat barrel-shaped. These are often glued to dead stalks of vegetation in meadows. Carolina mantids are more common south of New Jersey; they affix elongate, rather flat egg cases to vertical substrates such tree trunks or your back porch. CONTINUED ON PAGE 22



The inflorescence of the *Arisaema* is composed of the graceful mantle, called the spathe, which encloses the protruding, finger-like spadix – which, in turn, carries the carpellate and the staminate flowers. Here are two color variations of the same species, *A. triphyllum*.

# Propagating Jack-in-the-Pulpit

Story and photos by Clayton Oslund

Jack-in-the-Pulpit has two primary natural methods of propagation. Seed of course, produced by the flowers, but also vegetatively from offsets on the corm.

## Seed Method

This means of propagation can produce many seedlings from one plant. With each individual berry having up to five seeds, it is feasible to get well over 100 seeds, as seen in lower-right photo on page 7.

If the berries drop to the ground around the plant on their own, they may produce a patch of Jacks.

The easy way is to collect ripe berries, scatter them on the ground where you want them to grow, and trample them into the ground with your foot. It works. The seeds usually germinate the following spring, and produce a tiny but recognizable leaf. After several weeks, it will go dormant and disap-

pear. The following spring it comes to life and produces a single leaf. By the third or fourth year it may produce an inflorescence.

However, if you want more and faster, you can fool nature and cut the time in half or faster. See [www.aroid.org/genera/arisaema/herold/Pages/arculture.php](http://www.aroid.org/genera/arisaema/herold/Pages/arculture.php).

## This is the process I use:

1. *Collect berries when they are fully ripened and ready to fall off.* Keep them in a bag or jar for a couple weeks until they soften.
2. *Put on the latex gloves to handle the berries,* or keep them in a plastic bag to mash them up. *Caution: The berries contain calcium oxalate crystals, which are irritating to the skin.*

Clean all the flesh off the seeds. Rinse the seeds in a colander repeatedly. It's necessary to remove all the flesh, as it carries an inhibitor that delays germination.

Follow this with a couple good rinses in water with a detergent. I'm not sure of the magical properties of Dawn detergent, but somehow that has gotten into the literature for many uses.

3. *Soak the seeds several hours or overnight,* in water with a drop of Dawn.
4. *Drain off the water, rinse the seeds* (again, the colander works well).

I like to put the cleaned seeds in a 5 percent sodium hypochlorite (household bleach) for 10 minutes while agitating the container. Then rinse with clean water. This treatment helps eliminate mold spores. This is not absolutely necessary.

5. *Spread the seeds on a double layer of moist paper towels.* Then fold the towels over and under the seeds, and place in a "zip" plastic bag. Put the bag in a warm place, a cabinet shelf or drawer, where you can watch it.

6. Examine the seeds every few days to see if any germination has occurred. It will begin in a few days to a week or more. All the seeds will not germinate at one time, and the process may last for three or more weeks. The evidence of germination is the small, white protrusion that appears on the damp seed. This is the eophyll, or first leaf.

7. Any seeds that have any amount of eophyll showing are ready for planting, and should be separated from the rest. Rewrap the ungerminated seeds in the moist towel, and return it to warm storage. Repeat this sorting every two or three days until nearly all the seeds have germinated. Expect a high percentage of germination.

8. For planting, use a shallow tray with drainage holes filled to about 1/2-inch from the top with a granular substance. I use Turface, which is a baked-clay product similar to tiny pieces of clay pottery.

I am told that generic, unadulterated, unscented kitty litter works as well. Good to know if you can't find Turface.

Turface is used extensively on athletic fields to condition the soil. It does what Perlite would do, but is heavier and doesn't blow away. Coarse sand would also work, but never use play sand or any other fine textured material – it retains too much moisture, and your seeds will be in trouble. Moisten the medium, and then space the germinated seeds evenly over the surface. Cover with about 1/4-inch more of moist Turface.

9. Place the tray in a pan filled with enough water to come up about one-fourth of the way into the Turface. Continue to add water periodically to maintain that level.

10. Place the tray under fluorescent lights. Use a timer to give the emerging plants about 14 hours of light each day. When eophylls have emerged completely, begin to add a weak fertilizer solution as the water in the pan is replenished. Use about one-fourth strength of a balanced soluble 10-10-10 fertilizer, or close to that.

11. The plants will continue to grow for about three to four months. The plants will then begin to wilt and brown – at this point they have become dormant. When the tops have dried, remove the pan containing the water (see instruction #9), and allow the growth medium to dry for a few days.

12. Harvest time. Turn the tray upside down on a flat surface and you should see tiny tubers mixed among the planting medium you have used.

13. Place these tubers in a zip plastic bag with a small amount of slightly moist (not wet) vermiculite and refrigerate for eight to 12 weeks. This is the vernalization process that is required to break dormancy and allow the tubers to grow.

14. With the passing of eight to 12 weeks (better to wait 12 weeks to be sure) prepare pots, trays, or other shallow containers to plant the tubers. Use a good potting mix without a fertilizer, and combine with about 1/4th Turface, coarse grit, or Perlite.

Fill planting flats or pots with the mix to about 1/2-inch from the top. Place the tubers, pointy side up, about an inch or two apart. Then cover with moist Turface nearly to the top of the planting container.

At this point, the medium should be barely moist, and no longer in a pan of water. The new tubers are prone to rot easily, especially before they begin to produce new leaves.

Time to be patient. It may take several weeks for new leaves to emerge. If by chance, no growth appears in six weeks, it may be well to extract a tuber to check if it is firm or rotted.

If it is firm, putting the pot into the refrigerator for a few more weeks may be in order. The initial vernalization process might not have been long enough.

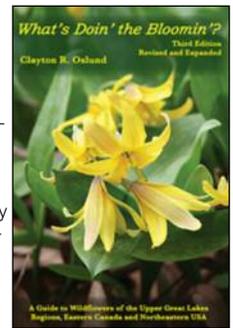
15. If, on the other hand, the tubers produce leaves, larger than the first set from seeds, begin to water a bit more, and watch them grow under lights. Or they can be out of doors in bright light, but not noon-day sun. This will begin the hardening-off process, preparing the plantlets to be outside permanently.

16. When the weather is warm enough these plantlets may be planted into their permanent spots outdoors.

17. On the other hand, if you want to speed up the seasons, this cycle can be repeated over and over under indoor conditions. Each time a larger tuber is produced. Finally, after the third or fourth cycle, the plant will begin to produce an inflorescence. As this happens, the process of vegetative propagation can begin. ♦

### What's Doin' the Bloomin'?

A guide to wildflowers of the Upper Great Lakes Region, Eastern Canada, and Northeastern U.S.A. The third edition of Clayton Oslund's book, *What's Doin' the Bloomin'?* will be available February, 2011. Amazon reviewers rate the book at 5 Stars, with one reviewer saying, "The pictures are absolutely incredible and the descriptions are just as impressive." Check your local bookstore, or Amazon.com.



Clockwise from top: ▲ Note the pattern of the veins on the young *Arisaema* leaflets. They may be confused with emerging *Trillium* leaves, which have different venation. ▲ The berries form on the spadix after the carpellate flowers have been fertilized. The larger berries may have several seeds in them. If you intend to harvest the berries, it would be wise to protect them from woodland creatures. ▲ Tubers that are formed from seed in the first growing season.

# A Walk on the Wild Side

By Barb Bray



A baby diamondback turtle. Photo by Mary Hollinger, NODC biologist, NOAA.



Coyotes in the shadows and turtles in the river are what children's imaginations conjure up when they are walking down a trail. I once led a group of school children on a walk in the woods to discover the meaning of food chains. We discussed how small animals are eaten by medium animals, which in turn are consumed by large animals like coyotes. Is it no wonder then that five minutes later, almost all the children started seeing coyotes hiding behind the trunks of cottonwood trees or scurrying past fallen logs?

Through our woods runs a clear, cold river filled with the larvae of aquatic insects like damselflies and stoneflies, which are enjoyed by resident fish. The slapping sound of water on rocks or logs in the river often attracts the attention of the children. They gaze intently into the water, but they don't see the insects or fish. Instead they see amazing things like huge turtles, alligators, and such. Even as I explain that the shape under the water is a submerged log or huge stone, the children still insist that it is something more wonderful.

Many adults have lost the wonder that children have when they look at the natural world. About five years ago, a young boy, maybe 7- or 8-years old, came running to me with a bumpy brown cottonwood twig.

*That shape under the water may be a submerged log or huge rock, but young children often interpret the shape as something amazing, like a huge turtle or alligator.*

He was infatuated with the sticky buds clinging to the tips of the twig. After telling him what they were, I opened one of the buds for him to peek inside at the tiny, immature catkin. He was overjoyed at seeing the precious surprise inside. He hugged me and said that I could keep it so I would always remember him. I didn't save the twig, but I did save the memory of that encounter. When was the last time any of us bubbled over with excitement about a twig with buds or leaves on a branch? Maybe all of us need to look at the world in a different way.

The next time you decide to go for a walk, don't just grab your jacket and sneakers. Pull out that box of crayons sitting in your drawer. You are about to embark upon a new experience. Some may recognize this as a "crayon walk," but for our purposes this will be a "walk on the wild side." It's your chance to remember what it's like to be a child again, seeing nature for the first time.

Your first step is to reconnect with your "inner child" by remembering that one and

only special aroma – crayons. Choose three or four crayons of different colors from the box and smell them. For me it brings back the memory of a brand new box of crayons on the first day of school. It was exciting because they were in a crisp yellow and green box – and best of all, the tips were sharp.

Step two: Grab a partner, between the ages of 2- and 100-years old, and be sure he or she chooses crayons also

Step three: Go for a walk and try to match up your crayon colors to something in nature. For instance, I chose a black crayon as one of my colors, and found an ant, a butterfly's wings, and the inside of a pine cone all had black on them. See how many things you can match up to your crayons. Are some colors easier than others? Can you find all the crayon colors during each season?

One more note: If you went on a long walk and perhaps placed your crayons in your pants pocket, be sure to remove them when you get home. Otherwise, you might end up with a "rainbow" of melted crayons after the laundry cycle. ♦

## Beware “Meadow in a Can” Seed Mixes By Inger Lamb

I encounter a lot of challenges in my adventures as a native-landscaping consultant. Tiny plots, huge plots, invasive species, height requirements, steep slopes, weirdo engineered soils – the list goes on and on. The worst and most frustrating situation? The mess created by well-meaning folks who get duped into buying pseudo-prairie seed mixes. I refer specifically to “prairie” mixes because I live and work in Iowa, where that was the historic landscape. If you live in another part of the country you should substitute the name of your own lost native landscape: Desert spring meadow, Adirondack meadow, karst meadow, oak savanna, etc.

These mixes go by a variety of names: Meadow in a can, wildflower mix, Iowa wild color, etc. Usually the word “prairie” is not in the name. But landowners looking for prairie (or at least Iowa native plants) often think that’s what they are buying. Few buyers realize that the word “wildflower” has no defined or legal meaning, and may refer to just about any flowering plant capable of growing outdoors.

It’s almost heartbreaking to visit one of these plantings, and have to tell the landowners that not only have they wasted a few years waiting for their field of (prairie) wildflowers to establish, but they now have a well-developed stand of undesirable species, usually with a heavy weed component. It’s even worse to have to tell them that the stand must be removed before they can start over with a genuine prairie (locally native) seed mix.

Obviously these fake-prairie mixes are not all the same, but in general, they contain inexpensive species that are readily available commercially, with little to no regard for whether they are native or even suitable for the local landscape. And they skirt around the subject of the ability of the resulting stand to hold its own against weedy species, an attribute that is a big plus for true prairie reconstructions.

Recently I analyzed one mix, and found that, of the 30-plus species listed, three could be considered native to Iowa, and the rest were from foreign countries or the southern United States, including three that are often invasive. Other mixes I’ve looked at are harder to assess because only common names are used, and/or there are so many phrases like “may contain” and “species composition varies with availability at time of order” that it’s impossible

to determine what’s in the package.

My issue with the wildflower mixes is not that they aren’t native. Many nurseries and garden stores stock only exotic species, and that’s what many people want. My problem with the wildflower mixes arises when they are promoted in such a way that landowners think they are getting a seed mix that will result in a prairie-like field of flowers, with the associated environmental benefits of soil improvement and stabilization, plus habitat for wildlife.

Unfortunately, this is very much not the end result. Often for the first growing season or two, a nice show of (non-native) flowers develops, but diversity and attractiveness decrease over time because the showy non-natives die out. Weather extremes eventually eliminate most species, leaving a low-diversity mix of plants that are not only unattractive, but don’t function as a prairie matrix.

This leads to a landscape where weedy species that typically cannot compete in a prairie matrix are able to establish easily. The absence of deep-rooted species means the soil is not stabilized and improved as it is with “real” prairie reconstructions. This situation is underscored by the fact that marketers of some of the pseudo-prairie mixes actually recommend regular re-seeding, literally acknowledging that most of the showy species will die out and need replacing – with the associated endless expense and labor.

As for wildlife, non-native plants have been shown to support only limited insect abundance and diversity when compared with native plants. Insects are fundamental to the wildlife food chain, and exotic flowers and grasses can’t and don’t support wildlife the way native prairies do. Native animals, from butterflies to bobolinks evolved with native plants, and native plants provide the best habitat for them.

What to do? Unfortunately, there are no mechanisms in place to stop these exotic seed mixes from being promoted as if they were prairie mixes. So it’s buyer beware.

Below is my advice to landowners who are new to prairies, but want to establish real prairie plantings and enjoy the results. Prairies don’t provide the same quick show of annual color as do the exotic mixes, but they are far better for soil, water, and wildlife. And unlike those alien canned meadows, prairie plantings can become, with a little management, more interesting, en-

vironmentally beneficial, weed-resistant, diverse, and beautiful every year.

First, at a minimum, don’t expect to get a decent prairie mix from a business that primarily sells lawn and agricultural seed. If the species list is vague (“may contain”) and/or does not include Latin names, don’t buy it. Mixes that include ox-eye daisy (*Chrysanthemum leucanthemum*), baby’s breath (*Gypsophila paniculata*) or dame’s rocket (*Hesperis matronalis*) absolutely should be avoided. Those species are typically invasive and clear indicators that the mix is not a prairie mix.

Some “wildflower” mixes include crown vetch, Eurasian clovers (red, white, and sweet), bird’s foot trefoil, and cool-season European grasses. Those species are the very exotics that prairie managers spend considerable time and energy fighting to eliminate. Don’t plant them if you want a prairie. (And since most of these species are invasive as well as exotic, your neighbors may not appreciate them either.)

You can create your own prairie mix using prairie species that you know to be native to your area, or find a prairie expert to help you. You can also purchase seed from a reputable source that provides specific information on how to start and manage prairie plantings, knows where the seed came from and whether the species are native to your area, and provides a defined mix with at least 25 species, preferably 50 or more.

Good prairie-seed sources tend to be run by knowledgeable prairie enthusiasts who are happy to answer questions. If you know much more about prairies than the person selling the prairie seed, be cautious. A good test is to ask for photographs of prairies they have established – with the specific request to see older plantings – no first-year showy sales photos. They should be advising you that the stand will take some time to develop, and that the diversity will increase over time (as opposed to a need to re-seed to maintain diversity).

Be prepared to pay more per pound for a good seed mix. Remember that in the long run, it will be far less expensive. It’s much better to get a good mix the first time, to say nothing of avoiding a complete sterilization and re-seeding a few years down the line.

If you know someone who is considering prairie-planting, please share this information. You will be helping that person and the future of prairies as well. ♦



# Wild Ones Legacy

Helping You Help Wild Ones After You're Gone

**The Wild Ones Legacy Program**

We are pleased that so many of our Wild Ones members have embraced this concept. We have 36 Lifetime Members, six Burr Oak Members, and to-date 154 known members in our Oak Savanna Circle. Congratulations! And thank you, everyone.

To fund its important programs, Wild Ones depends heavily on private contributions from caring individuals. Donors are discovering the benefits of supporting charities through their estate plans. Through the **Wild Ones Legacy Program** we will work with you and your estate-planning professionals to help you help Wild Ones after you are gone.

These donations (often called planned gifts) can offer many advantages:

- Reduce estate taxes.
- Provide a life-income stream.
- Allow you to make a much larger gift than you thought possible.
- Receive a current income-tax deduction.
- Reduce or avoid capital gains tax.
- Support Wild Ones mission and work.

If you have not yet included the Wild Ones in your estate plans, the following are some

of the most popular methods to accomplish that. If you have questions or would like more information, please contact National Treasurer, Bret Rappaport, at 312-845-5116 or b.rappaport@comcast.net, or the Wild Ones National Office at 877-394-9453 or [execdirector@for-wild.org](mailto:execdirector@for-wild.org).

**Wills**

One of the simplest and most common ways to remember Wild Ones and help us carry on our mission is to leave a bequest through your will. The following is suggested language to use in wills and a variety of other estate planning tools – feel free to print this and take it to your attorney when you are discussing your estate plans.

**When making a gift to the Wild Ones Natural Landscapers, Ltd., use this language:**

"I give and bequeath the sum of \$ \_\_\_\_\_ (or \_\_\_\_\_ percent of my estate) to the Wild Ones Natural Landscapers Ltd., to be used for its general purposes."

You may also give a particular asset ("my shares of XYZ stock...") or a portion of the residue of your estate after other bequests have been paid ("50 percent of the rest, residue and remainder of my estate...").

**Trusts**

There are many different types of trusts that can serve a variety of purposes. It would be impossible to give even a brief explanation of the many types of trusts in this information. The advice of an attorney and qualified financial planner is necessary to assess your situation and decide which trust might best serve your goals. Please know, however that it is easy to include a gift to Wild Ones through your trust by using the language set forth above.

Also, there are trusts (called Charitable Remainder Trusts) that can provide you or your loved ones with a life-income stream while also providing a gift to support the programs of the Wild Ones. Please check with your financial advisor to determine what is best for your situation.

**Life insurance**

Life insurance can be a valuable tool in estate planning. By naming beneficiaries on policies, the proceeds can be paid directly to that person or organization without having to go through probate. Life insurance also offers a wonderful way to make a charitable gift. It is possible to make gifts with "paid-up" policies, policies with premiums still due,

policies where you can retain the right to a policy's cash value, or by assigning the dividends in a participating policy. Check with your insurance agent to see which option would be best for you.

#### **Pay on death or transfer on death accounts**

This estate planning tool can be an effective way to quickly transfer assets – such as bank accounts – to a beneficiary, because it avoids that asset going through the probate process. It also allows you to change the beneficiary at any time.

When establishing the account, tell your banking representative that you wish it to be a “Pay on Death” account. They will ask you for the name of the person or charitable organization you wish to receive the property upon your death.

#### **Gifts of securities**

While a gift of securities is not strictly an estate-planning tool, there are significant advantages to this type of donation that have allowed many donors to make gifts that will live on after they are gone.

If you have owned stock for at least one year that has increased in value, you can donate that stock to a charitable organization without having to pay capital-gains tax on the increase. Additionally there is an income-tax charitable deduction equal to the full current market value of the securities (up to 30 percent of the donor's adjusted gross income). Using appreciated stock to fund a gift annuity offers added tax benefits to that gift.

Note: In order to receive the most favorable tax treatment, you must donate the securities to the Wild Ones – you cannot sell the stock and donate the proceeds. If you would like more information on how to make this transfer, please contact the Wild Ones National Office.

#### **Retirement plan assets**

With the increase in the variety of retirement plan assets that people own, an important aspect of your estate planning should be making sure that the money invested in these accounts goes to the people or organizations you wish to receive them.

Examples of these different retirement plans include IRAs, pension plans, Keogh, and 401(K) accounts. If you are contemplating a charitable gift in your estate plans, using assets such as those in retirement plans can maximize your donation while allowing other property that is not subject to some taxes to be passed to your beneficiaries. Consult your financial advisor to see what is best for your particular estate plan. ♦

# GET WILD STAY WILD

## *How You Can Help Support Our Mission*



There are many ways you can help Wild Ones promote environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration, and establishment of native plant communities – including financial support or volunteering your time. You can choose to provide additional support in various ways. Which of these might work for you?

#### **Annual Support**

Annual gifts, in addition to membership fees, provide critical ongoing resources to support daily operations and enable Wild Ones to carry out its mission throughout the year. **Acorn Circle** members provide dependable income for Wild Ones programs by making their annual gifts through convenient monthly deductions via credit card or direct debit from a designated financial account. Any amount is greatly appreciated.

#### **Burr Oak Circle**

Donors who make annual gifts of \$1,000 or more are honored through this leadership circle program, and are provided with special benefits such as special viewing days at the soon-to-be Wild Ones headquarters and a 10 percent discount on items at the Wild Store.

#### **Oak Savanna Circle**

Members of this circle have loyally supported Wild Ones for at least 15 years or more.

#### **Employee Matching Gift Program**

Many companies and organizations match employee contributions, greatly increasing the impact of a charitable gift to Wild Ones. Please contact your human resources office for further information.

#### **Special Gifts and Heritage**

Contact the Wild Ones Executive Director for further information about the **Wild Ones Legacy Program** which includes making gifts of appreciated stock, real property, in-kind gifts, IRA-rollover gifts (option through December 2007 per the Pension Protection Act of 2006), and multi-year commitments. The Legacy Program (see opposite page) also can include bequests, charitable gift annuities, trusts, and other planned giving vehicles which provide significant support to Wild Ones while also benefiting the donors and their families.

#### **Volunteer**

More than 4,000 people annually volunteer their time and energy for land conservation, community garden plantings, and other chapter and national Wild Ones activities. Please consider becoming a “plants-roots” partner with Wild Ones.

#### **Lifetime Members**

Lifetime members have shown a long-term commitment to the Wild Ones mission and its goals.

#### **Gift Memberships**

One of the easiest ways to advocate and help others who are not already Wild Ones members learn about the benefits of using native plants in their landscaping is to give them a gift membership.

For more information on supporting Wild Ones, contact Donna VanBuecken, Executive Director, Wild Ones, P.O. Box 1274, Appleton, Wisconsin 54912-1274, 877-394-9453 (toll free), [execdirector@for-wild.org](mailto:execdirector@for-wild.org), or visit our web site at [www.for-wild.org/](http://www.for-wild.org/). ♦

# A Child's Story: A Mother's Plea

By Lorrie Otto

*The words of Lorrie Otto summarize her life and legacy. "We do not inherit the Earth from our ancestors, but rather borrow it from our descendants." As the natural-landscaping movement continues to spread from coast to coast and become ever more important, we remember that Lorrie Otto was one who planted the first seeds.*



Two years from 90. I feel as if I'm stitching up the hem of a beautiful gown.

I don't know how full the skirt is, but I know the fabric from which it is made.

It began with the soil on my father's farm. He had a one-horse plow. The horse was black. His name was Roy. Mine was Mary, named after my aunt. The reins from Roy were tied around Dad's waist, while his hands gripped the handles of the plow. The cool soil smelled so deliciously earthy as it was sliced into a curl away from his ankles. The bottom of the furrow was flat, making a perfect walking path for my bare feet as I followed behind him, hopping over the large puffy white grubs which were often sliced in half by the plow.

It wasn't too long after that we were harvesting alfalfa hay on that same acreage. Roy now had a mate. Kit was a lovely red-brown with a glint of gold in the sun. They were hitched to a wagon with boarded sides, which in turn dragged a hay loader behind it, harvesting alfalfa hay on that same acreage. Dad and the hired man caught the windrow of hay as it fell toward them. They arranged it so the wagon would be evenly loaded and wouldn't tip over before we got to the barn.

I was there, too, guiding Roy and Kit. I had the reins now. Hay piled up behind me, and then over the top of me. Daddy longlegs crawled upside down under the rim of my straw hat. I steered the horses to keep the long roll of hay under the tongue of the wagon. All was well until we came to the end of the row when I didn't know how to turn them around, back onto the next one. I can still hear my dad calling, "It's like your kiddie car. Just steer us around in a big turn." I couldn't. I could not translate the horizontal wooden bar of my riding toy to the long, black leather lines leading to the heads of the horses.

Haying time was such a gamble. We didn't have a weatherman to help us plan for the best days to mow. If we had

## Lorrie Otto and Wild Ones

In 1977, nine people in Milwaukee attended a natural-landscaping workshop led by Lorrie Otto, and became intensely interested in the new concept of landscaping with native plants. Their enthusiasm blossomed into Wild Ones Natural Landscapers, a national, not-for-profit organization with a mission to educate and share information with members and community at the "plants-roots" level, and to promote biodiversity and environmentally sound practices. Wild Ones now serves as a resource for private individuals, schools, commercial-property owners, and community-decision makers as they move toward ethical choices in land use, and in the redefinition of current guidelines and ordinances affecting our landscape.

Lorrie remained active in Wild Ones until her death earlier this year. Those of us who knew her shall miss her passionate voice and intrepid spirit. As Wild Ones, we share her mission of healing the Earth through the use of native plants in natural landscapes.

The story on this page was one of the last Lorrie wrote, and this is the first time it has been published. We hope you enjoy it. In the story, she speaks of a life ethic she learned early, during a childhood spent close to the Earth.

adequate spring rain, the purple alfalfa flowers flourished, and the leaves were green and fresh. After they were cut down there was an important drying time. Too damp in the haymow and there would be spontaneous combustion, causing the entire barn to burn. (This really did happen after Dad retired.) If it rained on the cut hay as it lay on the ground, then it must be raked and turned, to air and dry. Too dry,

and leaves would scatter off their stems.

Dad and I had another problem we worried about but tried to forget. The mower would cut off the legs of nesting pheasants. Sometimes a late nest of meadowlarks would be destroyed. At the end of the field we stored our drinking water in glass milk bottles under the shade of an old bur oak. Often we found protected bobwhite nests under the barbed wire fences. And the old wooden fence posts had holes with red-headed woodpeckers or bluebirds flying in and out of them.

Such fences stretched the length of all the fields and pastures. I had to climb over them to walk along the railroad tracks on the way to the Mendota Beach one-room school. I'd gather large bouquets (much too large) of shooting stars for the teacher. She showered me with praise. I wish she had asked me to be more respectful; even better, told me that once Indians had such flowers growing around their wigwams.

Some nights, after the officials had burned the sides of roads and tracks, my parents would look out of the windows and see the base of a wooden post glowing. They would rush down with buckets of water to pour over the red coals.

During the drought of the 1930s my sister and I, on horseback, would herd about 28 cows along the sides of the Old Middleton Road. The pastures were burnt brown, but the prairie growth along the two-lane highway sustained our cattle in those desperate times.

Kit and Roy were gone. They were replaced with Babe and Lady. We rode horseback. Lovely feeling. That muscular warmth on one's bottom and down the insides of our legs. The warmth and feel of a large animal's body would also happen with our pet cows. When they would lie down to chew their cuds in the shade, we would climb on their backs, stretch the length of their spines, and feel such heat against our stomachs. Such a peaceful

*I crawled into a manger, sat close up, and sketched a cow's face with its sweeping eyelashes. The cow would be re-chewing silage. When the cow was lazily lying down and chewing her cud, her breath was heavenly delicious.*

rest for two little girls.

I can easily remember that sensation, but even better was the odor of a cow's sweet breath. My seventh-grade art teacher at Wisconsin High asked us to make a drawing of something we liked in our life. I crawled into a manger, sat close up, and sketched a cow's face

with its sweeping eyelashes. The cow would be re-chewing silage. Fresh from the silo, it was like a good sour salad, which my sister Betty and I also ate when we "played cow." When the cow was lazily lying down and chewing her cud, her breath was heavenly delicious.

We helped the hired men curry the herd and comb out the cows' tails after they'd been washed and dried. Dad had a raw milk dairy, so we were very careful to have our cows, especially their udders, teats, and tails, as clean as possible. Also, the fluffy, clean tails worked nicely to switch flies away while the men were milking the cattle.

So looking back on the early fabric of my life, it seems that much of my recollection centers on the sensory memories (not possible in beautiful TV nature programs). Today I return to my slip-stitching by helping with native landscaping seminars, working with all my heart to try to persuade adults to give up their monotonous lawns, and create enchanting natural environments for their children. Children must have a place and time to bond to the earth.

They don't need cows and horses from my era, 80 years ago; salamanders and dragonflies and rain gardens will do. Caterpillars and chrysalids among prairie flowers. Butterflies. A bush with a nest full of chipping sparrows. A very still time to watch a white-footed deer mouse snip red fruit from a Jack-in-the-pulpit. A bumblebee to pet at dusk. A thrush hopping straight up and down, picking Solomon's seal berries as they dangle from arched stems.

Sometimes it isn't quite like this; lessons and awareness may be learned in many ways. For example, awhile back a man on my plane said that he was ashamed to tell me that as a little boy he toasted ants with a magnifying glass, and he tied threads to the legs of large flies and made them fly in circles. Today that man is trying to save a river from the acid of a new strip mine in Alaska.

Millions and millions of children get off school buses each day. They walk to their front doors over paved paths and driveways. No need to stop and look. The grass lawn is so short that no grass snake or common toad could hide in it. The lawn chemicals have sterilized the birds. Or, when a robin lays three eggs, only one will hatch, and white-throated sparrows lose their sense of direction. The soil is so poisoned that a boy who wants to go fishing can't find worms. The shrubs, topped and sheared into shapes that are too dense for the nest of a resident bird cannot produce seeds or berries for migrating birds.

Hillary Clinton claims that it takes a village to raise a child. As a mother and as an environmentalist, I want to add that we need a home without a lawn to raise a child. ♦

## INSPIRATION

### A personal goodbye and thank you.

By Bret Rappaport

That's what it is. For weeks, since Lorrie died on Saturday, May 29, 2010, I have struggled to find the one word, the singular utterance that encapsulates who she was. Then it hit me. What did Lorrie mean to me, what did Lorrie mean to Jina (a teacher) and what did Lorrie mean to my children (a wildlife biologist, a teacher to be, a marine biologist to be, and a peace worker to be) and what did she mean to the Wild Ones? What did she mean to the children in the schools where she spoke, and to the multitudes who strolled around her yard, and those who listened to her at seminars. What did she mean to the countless multitudes that she had touched in her nearly 90 years. Lorrie was, and remains, an inspiration.

Lorrie is inspiration that personal tragedy does not stop a meaningful life's journey. She once explained to me the loss of her son, a soldier who never quite left the battlefield. She was sad, but in her words I took a lesson about how to handle loss

Lorrie is an inspiration that age is not a limitation but a source of liberation and strength. I remember at the Wild One's 25th Anniversary celebration, Lorrie, well into her 80s, was supposed to quietly introduce the keynote speaker. At the podium she stiffened her back, raised her voice and proceeded to captivate the room with a clarion call for action against an administration bent on ruination of our natural world, and a citizenry compliantly comatose.

Lorrie is an inspiration that fits what Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Lorrie inspired the foundation of Wild Ones in 1977 – from a cluster of nine committed ladies, the organization now spans the nation, enlisting thousands to spread the word about native plants, natural landscaping, and living lightly on the land.

Lorrie is an inspiration in the Power of One. Lorrie championed the efforts of the State of Wisconsin to ban DDT. The plaque at the Wisconsin Conservation Hall of Fame reads as follows: *Otto became concerned in the 1960s about the number of dead birds around her property north of Milwaukee. She noticed robins having convulsions. The cause was DDT, which was widely used to control mosquitoes and the pest that causes Dutch elm disease. Otto's tenacity brought hearings on the pesticide to Wisconsin. She sought and organized scientists, attorneys and witnesses from the United States, Canada and Sweden to present evidence against DDT. It led to a ban, first in Wisconsin in 1970, and nationwide two years later.*

Lorrie is an inspiration in her words, her deeds, and her life. It with Lorrie's own inspirational words that I would like to close this note of my deep appreciation and love.

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

Lorrie, I thank you. ♦

# Grapevine

By Maryann Whitman

## Milkweed for the...birds?

On May 30th, 2010, a member posted this note on the Wild Ones Yahoo Group site:

"Last summer I posted a note that I had seen a pair of orioles pulling the fibers from the old stalks of the previous year's common milkweed – to build their nest from these long, strong strands.

Well, this year – just a couple of weeks ago, I had regular visits to my yard for about two weeks in the middle of May – by two pairs of orioles. That's right. These birds visited my old milkweed stalks all day long every day for nearly two weeks straight – carefully stripping off most of the available fibers, and flying off to their chosen nest site, returning a few minutes later for more.

It is a great feeling to know that these birds have found enough old milkweed stalks in my yard to enable them to build a sturdy nest. These birds in particular, need these durable milkweed fibers to weave their hanging-basket style nests. Their nests must be strong enough to endure the stormy winds, rain, and constant swaying in the breezes out on some tree limb – probably a mature elm, cherry, or cottonwood nearby.

I vowed to myself that I'd never remove or take away the old milkweed stalks until the year's nesting season is over. These birds proved once again just how important milkweed is in our native ecosystem. I noticed several other bird species also taking some of the milkweed fibers when the orioles were away – a few goldfinches, robins, a vireo, and I'm sure there may be others.

These birds seemed to relish the fibers from both the swamp milkweed (*Asclepias incarnata*), and the common milkweed (*Asclepias syriaca*)."

Go to <http://groups.yahoo.com/group/wildonesnativeplants/> and subscribe to this Wild Ones members-only messaging exchange.

## Language

The words we use to express ideas, particularly when we need to influence the listener, are very important. The Nature Conservancy commissioned a survey, by a bipartisan research team, into communicating effectively to build support for conservation. The extended report may be found at: <https://www.landtrustalliance.org/policy/documents/tnc-poll-messaging>.

Here are some highlights on words and ideas to stress, (with my own interpolations), while being careful with others. Go to the original article for much more solid information. While the survey deals with land-conservation ideas, we may adopt similar language when talking about "plants that are important to how nature works."

- Invoke the "Three Ws" – water, wildlife and farms: *drinking water; wildlife habitat; working farms and ranches* that make room for hedgerows.
- Talk about "future generations."
- Try to evoke a sense of "shared responsibility."
- Try to use phrases that imply ownership and inclusion, such as "our" and "we."
- Try to present the need for conservation of native plants in terms that connect it to *clean water, clean air, food safety*.
- Many voters are tired of the term "green." It is described by voters as being trendy and trite, and a phrase that immediately gives them the feeling they are being marketed to, due to its association with so many consumer products.
- Stress *coalition* and *collaboration*.
- Try to share a *positive vision* – "this *can* be done," "this *can* happen."
- The relationship between native plants and childhood obesity is a distant and murky one in most voters minds; don't raise it unless you have at your fingertips the steps that connect them.
- *Pride of place*: Invoking "America" or the name of voters' own state speaks to voters' local pride, and reminds them of the factors that have led them to choose to live where they do. Stay away from metaphorical language like "infrastructure," "safety net," "life support" – they produce little more than the MEGO effect ("My Eyes Glaze Over").
- Try to be specific, and paint a picture: Don't use the term "ecosystem services" – talk about the "benefits of nature."
- Instead of "environment" talk about "our air and drinking water."
- Instead of using general terms like "biodiversity" or technical terms like "endangered species," be locally specific – *specific plants, specific wildlife*.
- Instead of regulations, talk about "safeguards and protections."
- Instead of "environmental groups," talk

about "conservation groups or organizations *working to protect clean air and water*."

## Invasive cattails alter habitat to their own benefit

Study results submitted for publication by the Ecological Society of America, considered habitat changes by invasive cattails. The mats of dead stems and vegetative matter that accumulate seasonally in stands of cattails produced changes in nitrogen turnover, lower light levels, and cooler soil temperatures. These conditions foster continued growth of cattails, but produce fewer and fewer of the classic wetland species, such as bulrushes, rushes, reeds, and sedges. Asters, goldenrods, and non-native grasses, move in, signaling a step toward a dryer habitat. This same mechanism of altered habitat may also benefit many other invasive plant species.

## Molasses for organic weed control and soil improvement

The National Sustainable Agriculture Information Service recently put out information on the use of molasses to improve the soil food web (see also the early installments of the "Mysteries Explored" series in the *Wild Ones Journal* – particularly the July August 2008 issue), and as an organic method of weed control in agricultural fields. One of the references given for this information was [www.thesoilguy.com/SG/Molasses](http://www.thesoilguy.com/SG/Molasses).

## Preemptive strike against invasive species of plants

The city of Portland, Oregon, is taking preemptive steps against invasive species – even on private property. A Required Eradication List of 15 species of plants that are invasive in the Pacific Northwest has been published in the City Code for Property Maintenance Regulations. The city offers free assistance to identify and remove plants on the list. Property owners can call the Early Detection and Rapid Response team for more information.

Invasive plants are easier to control if they are eradicated before they infest large areas. Large infestations are more expensive to control, and can damage natural habitat. Invasive plants that dominate groundcover lack root structure to bind soils, which increases the likelihood of erosion. Invasive plants grow rapidly and can displace native plants, and destroy food and shelter for native wildlife. What more is there to say? ♦





## Can Books Help Fight Global Warming and Climate Change?

Yes. But only if you find the right books, crack them open, and actually read them. And there's no better place to start looking for those books than the **Wild Ones Amazon-Associate Bookstore**.

All the important books on climate change and global warming are available through Amazon at significant discounts – and shopping through our online bookstore means you won't burn up gasoline driving to every bookstore in town, while pumping more CO<sub>2</sub> into the atmosphere.

Just one more reason we think shopping for books, computers, software, cameras, (and a whole lot more) through our Amazon-affiliate store makes a lot of sense. The store is open 24 hours a day, the prices are competitive, and the selection is amazing – plus Amazon pays Wild Ones a nice commission for almost every purchase. [www.for-wild.org/store/bookstore](http://www.for-wild.org/store/bookstore).



## Growing Wild Ones: Campaign Update

We've had a really good start, and are making progress with our *GROW Wild Ones Campaign*. We continue to add new members to our roster on a regular basis. Thank you for all your hard work. And thank you also for the donations that continue to come in support of our marketing plan. We will recognize everyone at a later date.

The updated "Wild About Wildflowers" DVD has been out for some time now. If you requested a copy of the DVD with your new or renewing membership,

Share your stories and ideas with  
Steve Windsor at  
[stevewroselle@yahoo.com](mailto:stevewroselle@yahoo.com)

and haven't yet received it, please let the national office know so they can get your copy out to you as soon as possible. The same applies to the *25 Years of Wild Ones* booklet.

The marketing committee has presented a preliminary plan to the board, for their review in anticipation of kicking off the new concepts from the marketing plan by January 1st. Some new ideas for the web site as well as promotional efforts and branding are in the works. The entire marketing plan

will be available on the members-only web site upon its approval. ♦



Want to re-read a great article from a past issue of the Journal? Many issues and lots of older articles are available online. Older issues at [for-wild.org/download/Journal/](http://for-wild.org/download/Journal/). Find lots of great articles at [for-wild.org/native.html](http://for-wild.org/native.html).

## Wild Ones Annual Photo Contest: It's time for you to vote.



The photographers have chosen their subjects. They've clicked the shutters. They've done the prep work for each photo. And they've officially entered the contest. And now, the entries for the Wild Ones Photo Contest are online and ready for viewing – and ready for you to help choose the "best of show" – the one photo judged the "People's Choice."

We always have a great variety of fabulous photos, but this year's shots look better than ever – and there are so many of them.

With well over 100 great photos to choose from, in eight categories, making your selection for "People's Choice" may not be easy, but it's sure to be fun.

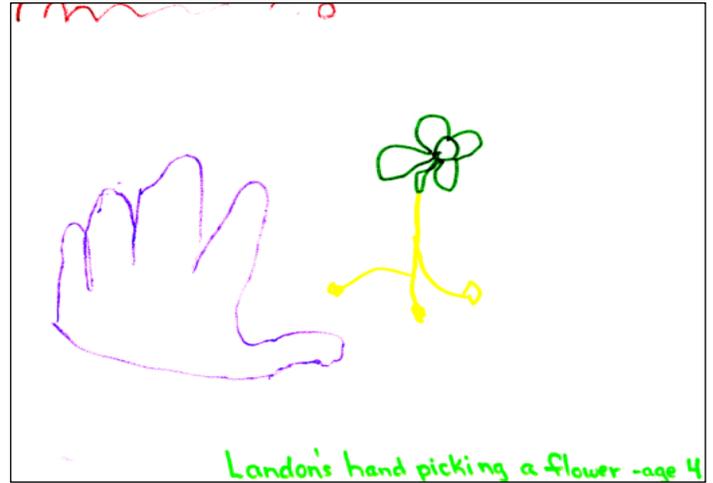
If you love native plants and natural landscaping – if you're "into" photography – or if you just like pretty pictures – you need to take a look.

Come and view the photos. Narrow your choices down to the one you think is best. And then cast your vote. Don't wait too long though – all votes must be in by October 25.

**Go to [for-wild.org/members/photo.cgi](http://for-wild.org/members/photo.cgi) to view the photos and make your choice.**



Only thunder, lightning, and sub-zero temperatures keep the children indoors.



Indoor project recollecting the outdoor experience are also important.



Wild Ones Seeds for Education grant introduced native plants to the children's meadow.



Looking for bugs and toads is sometimes more fun than weeding.

## SEEDS FOR EDUCATION

# Nature-Based Preschool Wildflower Garden: Out & About Preschool

By Pat Clancy

Out & About! What a perfect name for the only nature-based preschool in the state of Ohio. It is located in the 300-acre Garlo Heritage Nature Center Preserve, with trails leading to areas of woods, grassland, wetland, a creek, and ponds. Its program is family-friendly and community-oriented.

The children are actively involved in many projects related to their natural surroundings. Stepping stones impressed with the children's handprints are scattered about the wildflower garden. And in the fall, scarecrows made by the children inhabit the space. Throughout the seasons, children are encouraged to be aware of nature, and to apply those observations in storytelling and artwork.

In addition to the native-plant project, the families of Out & About have planted a Three Sisters Garden consisting of corn, beans, and pumpkins, so the children can witness food growing in the ground, see the fruit, and harvest it. Pumpkins were substituted for the traditional squash so kids can have fun with creating jack-o-lanterns in October. Parents are involved as volunteers during the summer to keep the garden weeded and watered.

While searching for grant money for the vegetable garden one of the parent volunteers came across Wild Ones' Seeds for Education program, and the decision was made to have a wildflower garden.

Parents created the design, and with input from the children, selected plants and participated in planting. They also provided mulching and weeding hours. The children helped prepare the site, and later decorated the grounds with their scarecrows. School staff had assistance from Master Gardeners and Friends of the Seneca County Park District in bringing this grand plan to fruition.

Native species planted in 2009 include purple coneflower (*Echinacea purpurea*), dense blazing star (*Liatris spicata*), cardinal flower (*Lobelia cardinalis*), brown-eyed Susan (*Rudbeckia triloba*), and little blue stem (*Andropogon scoparia*). As of today, the garden also features turtle head (*Chelone glabra*), butterfly weed (*Asclepias tuberosa*), and spiderwort (*Tradescantia virginiana*).

Project coordinator, Linda Rose, is well versed in nature education. A former nurse, she also has a degree in early childhood education, and has worked with the park district, wildlife management, and is coordinator for Seneca County's "Leave No Child Inside" program. She is enthusiastic about bringing the children outside to explore, observe the life cycles of plants and butterflies, and to discover toads and bugs and other wonders of nature. She says only two things keep the children from going outside each day – thunder and lightning, or subzero temperatures. ♦

## A Critical Time to Preserve School Gardens

By Mark Charles

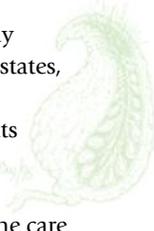
*Wild Ones members can provide especially valuable help during this time of school-staff transition.*

The mission of Wild Ones is to educate and share information about the benefits of natural landscaping using native species to promote biodiversity and environmentally sound practices. As parents, grandparents, and community members, we often think about helping children learn about the natural world. Many members and chapters support school gardens focused on native plants, butterflies, or rainwater conservation.

As the new school year gets underway, it's a good time to think about school gardens and natural areas in your community. Perhaps an existing project is ablaze in wildflowers, but has a few weeds that were missed by the summer volunteers. Or perhaps a heavy rain eroded a wood-chip path. With cooler days, it is more comfortable to take stock and see where your efforts would be helpful.

Such efforts are particularly important this year. In many states, unprecedented numbers of teachers have new assignments as a result of retirements and transfers, without new hires. Many school gardens are in the care of teachers who are taking on multiple new assignments. Wild Ones members can be especially valuable by providing continuity and garden maintenance, while school staff make the necessary transition.

Many members and chapters keep in touch with school gardens in their areas. Your extra efforts this year can make a crucial difference in the sustainment of the gardens, and thus help future school-children enjoy and learn from them. ♦



### Lorrie's Bequest

Lorrie Otto's estate gifted the Seeds for Education Endowment Fund with \$10,000. We hope one day this will be a self-sustaining fund to be used toward the SFE Grant Program. Any memorial funds submitted on Lorrie's behalf have been added to the endowment as well. ♦

### Fantastic News: WILDONES.ORG is us

**New Domain Name** Thanks to the generosity of an anonymous lender, we recently purchased the [www.wildones.org](http://www.wildones.org) domain name. In the coming months we will be moving our web site from [for-wild.org](http://for-wild.org) to [wildones.org](http://wildones.org).

This means more visibility for our web site, and an easier-to-remember web address. Don't worry about any of your favorite web pages, since we plan to maintain both domain names for some time to come.

**Wild Ones on Facebook** Don't forget that Wild Ones has been on Facebook for quite awhile now. To check out our Facebook page, just go to our home page, and click the "Find us on Facebook" button. ♦

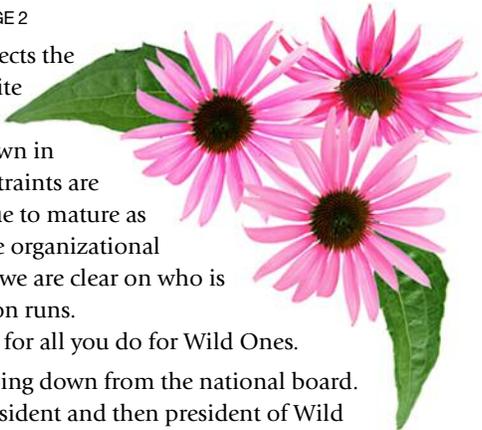


#### WHAT DIRECTION WILD ONES CONTINUED FROM PAGE 2

**Tim:** I would like to finish implementing projects the board has started – the marketing plan, web site update and so on. By the end of the second year I would like the organization to have grown in membership to the point that budgetary constraints are again less of an issue. We also need to continue to mature as an organization. We are finding we need more organizational structure and better policies of governance so we are clear on who is responsible for what, and how the organization runs.

**Carol:** Welcome Tim, best of luck, and thanks for all you do for Wild Ones.

**Editor's Note:** Carol Andrews will also be stepping down from the national board. Carol has done an outstanding job as vice president and then president of Wild Ones National. Through her efforts we have matured as an organization, and look forward to continued growth. ♦



## FOREVER WILD

### Congratulations to Our Newest Lifetime Members

**Mary F. Stacey**  
St. Louis (MO) Chapter  
**Venkat Davarapalli**  
Greater DuPage (IL) Chapter

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One address per membership.

Contact the National Office,  
toll-free at 877-3944-9453 for details.

# Wild Ones Niagara Project

By Michelle Vanstrom

The Town of Lewiston's consultants, in an evening public forum, wanted input about two ideas they had for a scenic bike path along the Niagara River gorge rim in New York. Their plans seemed hastily put together – choices that, as "a member of the public" stated, "only put lipstick on a pig." Another audience member took the floor to declare, "Yes, you've got two plans, but they both stink."

That evening, several others asked the town and the consultants to consider a third alternative, the Niagara Heritage Partnership's proposal to remove a section of the Robert Moses Parkway between Niagara Falls and Lewiston, New York, reclaim the landscape according to Frederick Law Olmsted Sr.'s late 1880s vision for Niagara Falls and the Niagara Gorge, and to create a hiking and biking path in the road's place that would restore the unique botanical landscapes and reconnect old growth forests. (See [www.niagaraheritage.org](http://www.niagaraheritage.org) for the proposal.) They refused.

We needed something that could persuade with impact – something that would help them see: A visual, a model, a diorama of a restored Niagara River Gorge. Later, six of us stood talking in a dark parking lot. One was a former Lewiston town engineer. He said a computer-generated flyover would have impact. He also said his current employer, Environmental Design and Research, could do that, and create a restoration plan for the area. This informal meeting resulted in the request from Wild Ones Niagara (NY) Chapter to the Niagara River Greenway Commission for \$140,000 of funding to support a restoration study for a non-motorized section of the Niagara River Greenway. We were pleased to be awarded the bulk of the request.

The questions driving our proposed restoration can be applied anywhere: If we could eliminate jurisdictional and political conflicts, how would fully restored landscapes look, and what potential shared economic benefits would result? Ecotourism, creative tourism, and education will be economic drivers here.

Our project, Regional Economic Growth Through Ecological Restoration of the Niagara Gorge Rim, will identify the current imbalances within the natural and man-made (built) environments in the area, and will recommend restoration projects to reinvigorate both.

The restoration plan recognizes these intertwined components of a sustainable and vibrant community; each must be measured, managed, and balanced with the other. To this end, the restoration plan will provide a natural resource-based approach to guide environmental and community restoration.

The restoration plan area will cross multiple jurisdictional boundaries within the Niagara River Greenway. The restoration plan will identify specific projects that can be pursued by different entities within the area. Its purpose is to provide unifying tools for bringing them together through projects that work to achieve the following:

- To protect and restore the gorge and gorge rim's botanical uniqueness, significant wildlife habitat, and the watershed for future generations.
- To create riverfront access by erasing physical boundaries between adjacent neighborhoods, and the gorge rim area.
- To improve the long-term economic outlook of the region through adjacent neighborhood revitalization, increased ecotourism, creative tourism, and education.

- To develop the means for telling the many compelling stories of our region: Natural history, geology, ecological and cultural history, hydroelectricity, civil engineering industry.
- To reestablish Frederick Law Olmsted, Sr.'s landscape vision for the waterfalls of Niagara and the gorge.

The Wild Ones Niagara project is creating history within the Niagara River Greenway. It invites and encourages competitive municipalities to cooperate. The project is sponsored by Mayor Paul Dyster, City of Niagara Falls, and endorsed by the new Town of Lewiston supervisor, Steven Reiter.

The project received the required determination of consistency from the Niagara River Greenway in September, 2009. We obtained the majority of the money from one of the four Niagara River greenway standing committees. In March, 2010, The greenway ecological standing committee agreed to fund eight of the ten tasks (\$115,000) outlined by Environmental Design and Research. The first private investor in the Niagara River Greenway, our corporate sponsor, Eastern Hospitality Advisors, will fund the remaining balance, \$25,000. The restoration plan will be complete in the spring of 2011.

We welcome the support of members individually and chapters collectively for the implementation of the Niagara gorge rim restoration: There is a petition online at [www.niagaraheritage.org](http://www.niagaraheritage.org). Please consider giving this your support. This grassroots vision originated with several Wild Ones members, 12 years ago. ♦

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### American Elms

The landscape tree in most of America for many years was the tall, stately American elm. The American elm used to grace the streets of thousands of towns and cities, and when Dutch elm disease started to spread and kill off these native elms, the insect-pollinated, perfect-flowered elms were most often replaced with wind-pollinated, unisexual-flowered, street trees.

Many things happened because of the big switch from the elms to these other tree species. First, the elm flowers had a rich nectar source, and since these trees bloomed very early in the season, at a time when insect food sources were severely limited, urban honeybees and butterflies depended on this food source.

Since the majority of the street trees used to replace the elms were wind-pollinated, they often lacked these nectaries, and supplied no early-season food source. Soon we started to see a rapid decline in the total numbers of urban honeybees and butterflies. There were other factors as well behind this decline, pollution, insecticides, and disease – but the loss of the crucial early-season food sources should not be underestimated.

Dutch elm disease spread mostly from east to west across the U.S., and so has the rise in allergy rates. You can actually track the spread of allergy from the decline of the elms.

The American elms, (*Ulmus americana*), did cause a certain amount of low-level, early-spring allergy, simply because they were so very common. The over-planting of elms resulted in a lack of biodiversity, and set the stage for the massive kill from the Dutch elm disease. We now know that it is always a mistake to use a monoculture, to plant too much of just one species. Diversity is always a good idea in horticulture.

### Diversity

Biodiversity is the way to go when we

are creating landscapes that will limit allergenic exposure. Almost any species of plants can eventually cause allergies if it is over-planted enough. All too often in the urban landscapes of today we see that landscapers have used the same old plants over and over again. This overly simplistic approach to landscaping results in landscapes that lack originality, and produce a numbing “sameness” in far too much of our urban landscape. When residential houses are professionally landscaped with the exact same plant materials used to landscape banks, real estate offices, and dentist’s offices, we all lose.

Allergy rates today are far worse in urban areas than they are out in the country. Pollen allergies are worse in cities than in the country, despite the fact that there is much more total green matter in the countryside than in the city. Plant selection has been the main problem.

### Natives and Urban Landscapes

There are many native trees and shrubs used in our landscapes. Maples, oaks, locusts, poplars, willows, catalpas, birch, junipers, and many more native species are extensively used. Unfortunately the plant breeders and propagators discovered how to “sex-out” the trees and shrubs. They learned to use only male plants, ironically, as “mother plants,” as the source for their scion wood for asexual propagation. First they just used male plants from the dioecious (separate-sexed) species, but later

### WHO IS TOM OGREN?

Tom Ogren has an MS in Agriculture/Horticulture from Cal Poly, San Luis Obispo. His book, *Allergy-Free Gardening*, nominated by the Garden Writers of America, as the “Most important New Book of Year 2000,” lists thousands of landscape plants, each with a numerical allergy ranking. He continues to do new research, writes, and gives numerous talks and seminars.

Tom’s work has been published in, among others, *Garden Design*, *American Rose*, *Pacific Coast Nurseryman*, *Landscape Architecture*, *Colorado Nurseryman*, *California Landscaping*, *Garden Gate*, *Alternative Medicine*, *New Scientist*, *Earth Island Journal*, *Wild Ones Journal*, *ENN*, *E Magazine*, the *Journal of American Forestry*, the *Utne Reader*, *Second Wind* (magazine of the American Lung Association), the *Washington Post*, the *Boston Globe*, the *Chicago Tribune*, the *Seattle Tribune*, and the *London Times*.

Tom does consulting work for the USDA and the American Lung Association. His web site is at [www.allergyfree-gardening.com](http://www.allergyfree-gardening.com).

they learned how to produce all-male clones from species that in nature were never unisexual (the monoecious species).

For example, honey locust trees, (*Gleditsia triacanthos*) are native to our Southeastern U.S. Look at these trees in the wild and you will see that all of them are almost always covered with long seedpods. But go to a nursery now and look at the honey locust trees for sale. The ones on sale now are called “seedless,” and they are in effect, all-male clones.

What exactly is the effect of using all male cloned trees and shrubs in our landscapes? Very simply, this translates to an excess of allergenic pollen. Only male flowers produce this airborne pollen. Unisexual

female flowers produce no pollen.

### Why the Emphasis on Male Plants?

Horticulturists knew that female plants produced seeds, seedpods, and fruit. This “litter” fell on the sidewalks and created a “mess.” By using only asexually (no sex involved) propagated cultivars (cultivated varieties), they were able to create “litter-free” landscapes. These required less maintenance, and were (and still are), very popular with city arborists and the public. In the



The stately American elm (*Ulmus americana*) once graced the streets of thousands of towns and cities. Unfortunately, when Dutch elm disease wiped out most of these trees, they were replaced by wind-pollinated, unisexual-flowered street trees.

U.S. today, four of five of the top-selling street-tree cultivars are male clones.

Female flowers (pistillate) on female trees or shrubs produce an electrical (-) current. Their stigmas are broad and sticky. Airborne pollen from male plants has a negative electrical impulse before release, and a positive charge after release – and this pollen is light and dry. Because of the + and – electrical charges, the pollen and the stigmas are drawn to each other. They are mutually attractive. Mother Nature saw to it that pollen would land, and stick, exactly where it was needed. Female plants are nature's pollen traps, our natural air cleaners.

Today though, most of the female plants are long gone from our landscapes. The pollen from the males floats about, seeking a moist, sticky, positive-charged target. We humans emit a positive electrical charge, and our mucus membranes, our eyes, skin, and especially the linings of our nose and throat, now trap this wayward pollen. We have become the targets.

#### Unhealthy trees create mold spores

One of the bigger allergy problems comes from production, by molds, of tiny airborne reproductive spores. These spores are usually much smaller even than pollen grains, and like pollen they cause allergies.

Plants, trees especially, that are not healthy will almost always be attacked by any number of pests, especially by insects such as aphids, scale, mealy bugs, and white fly. These insects suck the vital plant juices weakening the tree further. Feces secreted by these insects is commonly called "honeydew," and this honeydew is very nutrient rich. Almost immediately mold will grow on this fertile substance, and quickly the mold will start to reproduce itself with its billions of tiny spores.

If you look up at a tree, and the leaves look dirty, this is almost always because they are indeed filthy and they're covered with insects and mold. Often a tree like this will be producing incredible amounts of mold spores for many months on end. In a mild southern climate this mold formation can go on year round. Essentially, having a tree like this on your property is much like having a giant mushroom there that continually showers everyone nearby with allergenic spores.

#### Why are these trees sickly?

There are many reasons why a tree fails to thrive. The insects on the tree are not really

the cause, they're just a reflection of a more fundamental problem. Usually a tree is unhealthy because it is not the best tree for that particular spot. This is where natives play such an important role. A tree that is native to an area will be much more likely to thrive there.

In the July/August 2000 issue of the *Wild Ones Journal* there was an excellent article by Andy Wasowski on "Provenance." He explored the concept that being truly native means being endemic to one particular geographic area. For example, just because black ash (*Fraxinus nigra*) is native to the United States does not mean that it would thrive in Southern California. Black ash is endemic to areas of the U.S. where the winters are cold and long, the soil is acidic, and the water table is high. Black ash might well thrive in a cold, damp landscape in northern Minnesota, but it would not do well in hot, dry, alkaline Los Angeles.

The problem though is that a black ash, because it is inherently a tough, sturdy tree, might grow if planted in a place like Los Angeles. It might even grow to become a fairly large tree, but it would never be a very healthy one. And thus, this tree, out of place, not in an area very similar to where it originated, will almost certainly become a mold-spore factory, an allergy tree.

We often want to grow plants that are not well suited to our areas. We are forever planting trees that we like, in areas where they will not thrive. Rarely do we think it all out, years into the future, and consider the unhealthy ramifications of this process.

#### Corruption of the Natives

This whole business of tidy landscapes has gotten out of control. Our desire to manipulate nature is starting to backfire on us. The all-too-common blending of use of natives, and asexual manipulation of their sexes for the purpose of low-maintenance plantings, is quickly becoming a very unhealthy situation.

A few years ago I was out in a neighborhood near mine, here in San Luis Obispo, California. I had my camera in hand, and needed some

close-up photos of male groundsel bush, coyote bush (*Baccharis pilularis*). I was standing on the public sidewalk, taking shots with my macro lens, when an older fellow walked out of the house and asked me, "What in the world could be worth photographing in my front yard?"

I explained that I was an allergy researcher, and needed photos of male coyote bush in bloom.

"Something wrong with them?" he asked me.

"They're all male," I said, "and they are close relatives to ragweed. Your whole front yard is covered with this stuff."

"Humm," he said, frowning.

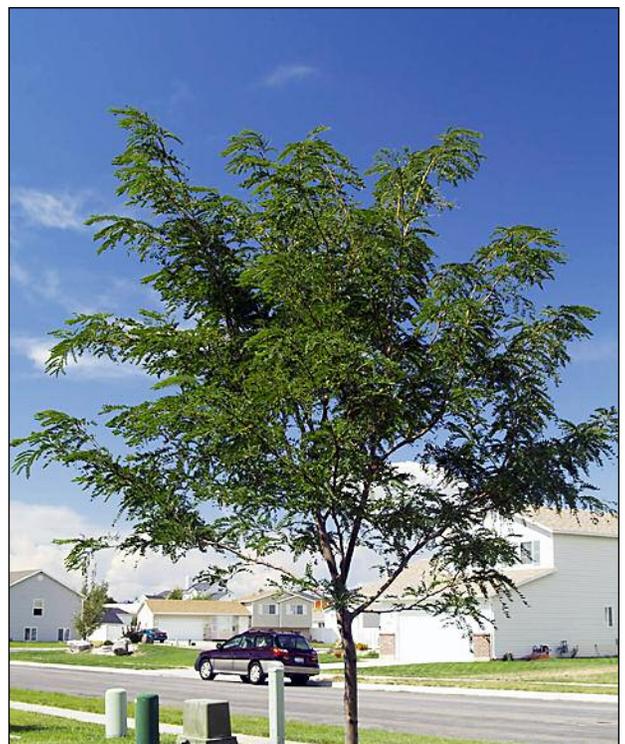
"Actually, sir," I said, "all your groundcover is male. That entire row of junipers there on the side of the house, they're all males too. Notice that none of them have any juniper berries?"

"Un-huh," he said.

"This ash tree in your yard, too, there's no seeds on it either. Ash always makes seeds if it's a female tree, but this one too is a male. They're an olive relative, and the pollen of the males is quite allergenic."

I looked over his entire landscape. "Actually," I said, "everything in your yard is highly allergenic, everything except for that climbing rosebush on your porch."

"Figures," he said. CONTINUED ON PAGE 23



Nursery-bought honey locust (*Gleditsia triacanthos*) trees are commonly planted in cities now, and because most of them are all-male clones, they produce an excess of allergenic pollen.

Although monarch butterflies avoid cold weather by flying from North America to a few high valleys in the Sierra Chincua mountains of Mexico, most butterfly species spend the winter as chrysalids suspended from dead sticks and stems in your meadow or butterfly garden. Swallowtail species, such as the tiger, zebra, and spicebush swallowtails, hook the base of their chrysalids into a small silken pad spun to a vertical structure, and then lean back against a silk girdle that is also fixed to the structure and encircles the chrysalis around the wing pads. They spend the fall and winter in this precarious position until the first warm days of spring when they eclose to adults.

Most members of the family Nymphalidae, such as American painted ladies, commas, and question marks, hang their chrysalids upside down from a horizontal stem. The red admiral, in contrast, spends the winter as a first-instar larva within a hibernaculum, a tiny leaf rolled with silk at the terminal of a black cherry branch. With a little practice you can learn to recognize these hibernacula (winter residences), which are often on young cherry seedlings in your flowerbeds. These, of course, are the same “weeds” that many homeowners pull out of their butterfly gardens during fall cleanup, much like throwing the baby out with the bath water.

Like red admirals, fritillary species that develop on violets, such as the great spangled and regal fritillaries, have adjusted their over-wintering strategy to match the ephemeral nature of their host plants. Violets grow quickly in the early spring, bloom, and then decline by early summer. But fritillaries are ready for the sudden abundance of their food in spring because they spend the winter as first-instar larvae in the duff near their violet hosts. When you mow that patch of violets that has sprung up in your lawn in May, you are not only eliminating the food for local fritillaries, you are grinding up all the young fritillary larvae that have just beaten the odds of making it through the long winter.

A few butterfly species, most notably the mourning cloak, spend the winter as adults. In the last warm days of the fall, mourning cloaks locate a hollow log or tree trunk and simply cling to the edge of their shelter for the entire winter. At the first signs of spring they leave their hiding places to bask in sunny areas on the forest floor. Mourning cloaks are thus the first butterflies we typically see in the spring.

Unlike butterflies, most moths spend the winter as pupae in underground chambers (sphinx moths, royal walnut moths, many moths of family Noctuidae) or as pupae within elaborately spun

cocoons. Our most spectacular moths, the giant silk moths, may spin their large cocoons directly to the trunks of their host plants, like the cecropia moths; hang their cocoons from strong silken strands from twigs, like the prometean moths; or spin their cocoons within folded leaves that fall from the host tree in October. This last strategy is common among polyphemus moths and luna moths. This puts these beautiful creatures at risk of being raked up and mashed into trash bags by homeowners eager to rid their lawns of leaves.

Many insects spend the winter as weather-resistant eggs, fully exposed to the elements. Reduviid assassin bugs, like the cogwheel bug, lay large clutches of eggs about head high on the bark of trees. These are black, and hard to find until they hatch in the spring. Young cogwheel bugs have bright red abdomens, and hatchlings stand out while they huddle near their egg mass for a day or two after hatching. During this time the hatchlings suck fluids loaded with symbiotic microorganisms from the bottom of their eggshells. These symbionts help the bugs digest meals the rest of their lives.

You can see that a great many of the insects that we enjoy in our landscapes or that make our gardens valuable contributors to local food webs spend the winter in the dead plant parts that we are used to removing in the fall. The easiest way to preserve over-wintering insect populations is to relax our neatnik standards whenever possible. Plant the herbaceous perennials that spend the winter as dead stalks in less public areas of your properties. Come to realize that these stalks are not quite as dead as they seem, and are the normal condition of these plants in nature, a condition that many insects take advantage of during the fall and winter.

It is true that meadows must be mowed or burned occasionally or they won't stay meadows very long. I recommend mowing in early March, after the birds have eaten most of the seeds from your goldenrod, black-eyed Susans, echinacea, and pasture thistle. And rather than mowing your entire meadow, mow one-quarter to one-third of it each year: the smaller the meadow the smaller the area to burn or mow each year. In that way, a portion of your meadow will be left intact each year, and will serve as a refuge and a source of insects to re-colonize the part that you do mow. Each part of your meadow, then, will be mowed (or burned) once every three to four years, just often enough to keep invading woody plants at bay. ♦

## Nature Notes: Fall is a season of plenty By Eileen Robb

For 10 minutes I watched while two squirrels worked over the fairly large patch of compass plant seed heads in my garden. They clearly know the seeds are in the outer rim of the seed head. I watched their technique for climbing the stem (start at the bottom and work your way up), clearing the outer husk, then chewing the seeds off the margins. It reminded me of the way people eat corn on the cob.

Twice I went out to get photos, but each time they saw me and scattered. I then stayed inside and watched them eat their lunch while I prepared mine.

Wasps froze over the weekend and fell onto our deck. A cardinal found the thawed snacks, and munched them right up.

It's the season of plenty for all critters...



"So," I asked, "does anyone here have allergies?"

"Sure," he told me, "my wife does. She's got terrible allergies."

"I'd be willing to bet she's having them right now," I said.

"Yep," he said, "she's been sick for several weeks now."

Now, when I think of that particular landscape, the use of manipulated natives is quite interesting. The groundsel bush ground cover is native to California, and endemic to this same coastal region. The juniper growing alongside the house was also a thriving native species, and even the large ash tree in the yard was a California native. But the ground cover had all been grown from cuttings from dioecious male plants. The ash tree, originally a seedling, had been grafted or budded with scion wood from a "seedless" male tree, and the junipers too, had been originally propagated by cuttings, using only wood from male plants. In this above case the landscape was high in natives, but it was not in the least bit natural.

**Natural Resource Management**

Recently I have started to think of my work as closely involving natural-resource management. I am trying to get us back to landscapes that are natural, that are diverse, that use plants that will thrive, and that use a blend of plants that are sexually balanced. In nature we never find landscapes composed of just one sex; there is a sexual equilibrium.

The resource we are managing is the very air we breathe. Excessive pollen or mold spores are pollutants, bio-pollutants perhaps, but toxic, allergenic, asthma-causing, respiratory-clogging pollutants nonetheless. Clean fresh air is a resource well worth our consideration.

And finally, management. For too long now our urban landscapes have been managed with little or no regard to their effect on the health of those people living in these landscapes. It is time now to start actively managing our landscapes. Now is the time to take control and to get back to a more natural state.

**Your Own Yard**

For many years no one paid much attention to the idea of allergy-free gardening because as they said, "pollen blows." It was often claimed that you could go 100 miles out to sea in a ship, and there you could set up a pollen trap, and you would catch pollen.

Obviously there are no trees growing out there.

This old idea about pollen dispersal was partly right but mostly wrong. Dead wrong. Yes, you could trap some pollen way out there in the ocean, but the pollen of most species would never reach anywhere close to your ship.

In 1972 a clever meteorologist from New York, Gilbert Raynor, set up an experiment. He put pollen traps at close intervals starting right next to a large, pure stand of Timothy grass being grown for hay. Timothy (*Phleum spp.*) pollen is known to be especially light and buoyant. The very sort of pollen you might expect to trap far out at sea.

At a mile from the field, Raynor was able to trap some Timothy pollen, however at a half mile from the field he found that more than 99 percent of all the pollen had already fallen out and stuck. Closest to the field he found the greatest concentration of pollen.

What exactly does this mean? Quite simply it means that there is such a thing as the law of gravity, even with pollen. In my own pollen-dispersal testing I have consistently found that with most trees the largest majority of the pollen falls out and lands within 30 feet of the drip line of the pollen-producing tree. The closer you are to the allergy tree, the more pollen you get.

Allergy develops from repeated over-exposure to the same allergens. If your own yard is full of pollen-pumping trees and shrubs, you and your family are the ones who will be exposed the most. If the schoolyard where your small children play is surrounded by shade trees that are all male cloned cultivars, your children will be the ones most affected.

Not long ago I saw some pollen counts, taken 4 feet off the ground (at face-level), from a playground at an elementary school. Counts of single-species tree pollen there were exceeding 60,000 grains per cubic yard of airspace. Every single child on that playground would have been inhaling an average of 2,000 to 3,000 grains of pollen with every single breath of air he or she took in.

Not surprisingly in the least, the entire playground was ringed with shade trees, and every one of them was a male cultivar.

I'd like to wrap up this article with an appeal to you, the reader. Change here is both important and long overdue. Pressure needs to be brought to bear on retail nurs-

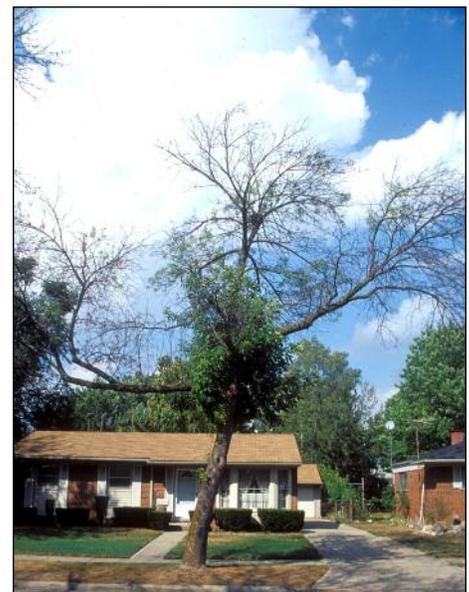
eries to start allergy-ranking the plants they sell to the public. Pressure needs to be applied to wholesale nurseries to get them to start growing more pollen-free female plants and fewer allergenic males ones. City tree committees need to get themselves informed about this, and smart choices must begin to take place. County and state landscape, transportation, and parks departments need to start doing their part. Horticulture- and landscape-design teachers ought to be teaching this material to their students.

City arborists are right at the heart of this matter. Arborists strongly influence almost all aspects of urban forestry and, more than any other group, understand trees from a practical perspective. Arborists are acutely aware of the multitude of cultural concerns in keeping city trees healthy, and they need to also be equally as aware of how the right trees can keep people healthy.

As allergy rates continue to shoot upward, and deaths from asthma increase ever more rapidly, the public will eventually demand that all new city trees planted are either allergy-free or are at least low-allergy selections. Arborists who understand this clearly can lead the change to these much healthier urban forests. Millions of people, children especially, will benefit from this switch.

I ask all of you to help me get the ball rolling here. Time is a-wasting. ♦

With permission of author, reprinted from May/June 2001 *Wild Ones Journal*.



This sickly black ash (*Fraxinus nigra*), growing in the city, is a perfect candidate to become a mold-spore factory. Photo by Steven Katovich, USDA Forest Service, Bugwood.org.

## Chapter Notes

All Wild Ones Chapter volunteers have been engaged in activities throughout the summer months:

**Susan Bryan**, president of the **Ann Arbor (MI) Chapter**, reports that members participated in the “Oak Openings Volunteer Workday” at the Nichols Arboretum in Ann Arbor, tending the collection of plants common to the oak openings habitats of the Ann Arbor area. The term oak openings refers to the name given by early European settlers to the semi-open woodlands and prairies found in southern Michigan. While helping to keep this native garden looking good, volunteers brush up on ID skills as they learn from fellow native plant enthusiasts.

**Brian Johnson**, president of the **St. Cloud (MN) Chapter**, writes that they are working on two small areas of the Whitney Center. One is an area where cacti grow, and the other is an area near a large tree. Members are maintaining these two sites through removal of weed species and transplanting of other native plant species that are drought-resistant such as beardtongues (largeflower penstemons), golden Alexanders, sunflowers, and some native grasses such as little bluestem and June grass.

As a result of a meeting and review of the preliminary site plan for a project created by Wild Ones member **Melinda Dietrich** for the Civic Garden Center in Cincinnati, **Greater Cincinnati (OH) Chapter** members are potting up any extra native plants they may have in their yards to donate them to the Civic Garden Center project in the fall. They’re also planning a plant rescue in the spring, for plants to relocate to their project site. President **Chris McCullough** writes, “If everyone works together, we can make this project a show place for native plants.”

“Flip My Yard” is the name of the yard makeover contest sponsored by the **Green Bay (WI) Chapter**. President **Bonnie Vastag** tells us that chapter members transformed the front yard of Flip My Lawn winner Kay Huxford into a tapestry of native forbs and grasses that will provide color and texture through the seasons. Members donated plants, transplanted plants, or just stopped by to join in the excitement and fun. Hats off to **Kate Hau**, Chapter Education Coordinator, for suggesting and running this contest. ♦

### JOIN WILD ONES. RENEW. UPGRADE. GET A FREE DVD AND/OR FREE BOOK.

To kick off the **Grow Wild Ones Campaign for 2010**, we updated, revamped, and reproduced the popular **Wild About Wildflowers** video in DVD format. And now this amazing video is available **free** to new members when they join Wild Ones, or renewing members who upgrade their memberships.

Because many of our long-time members have already received this helpful video, we are offering the DVD version free to new members, as an enticement to join Wild Ones. We want to – no, we *need* to – get Wild Ones membership over the 3,000-member hump.

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Renew at the Wilder level, and get the Wild About Wildflowers DVD free.

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Use the application on page 23, or join online at [www.for-wild.org/joining.html](http://www.for-wild.org/joining.html).

#### Make a difference – join Wild Ones



## WILD Center Wish List

Volunteers to help with all sorts of things: Cataloging and arranging library materials • Weeding demonstration gardens • Recording bird and critter sightings  
Removing buckthorn • Restoring woodland understory and overstory  
Installing birdhouses.

Stuff: Birdhouses • Duckhouses • Caulk guns • Fiberglass screen • Binoculars  
Left-over plumbing and electrical parts for making rain barrels • Rain gauge  
3-foot shepherd hooks • 24-Cup (plus or minus) Coffeemaker • Step ladder  
First-aid kit • Bulletin board (small) • Trailer for hauling debris with car  
Gardening tools (trowels, shovels, pruners, pruning saw(s), etc.) • Dressers (2 each)  
Wooden box for storage • Retractable attic stairs • Conference-type table(s)  
Bunk beds (1 set) • Conference-type stackable chairs  
Trees (6 to 8 ft.): Basswood, maple, and oak (bur, white, and swamp white oak)  
Woodland plants: Grasses, ephemerals, ferns, etc.

Contact the National Office if you have other items that may be suitable for use at the WILD Center. We now have someone in the office from 10 a.m. to 3 p.m. Monday-Friday.  
Or just call for an appointment: 877-394-9453.

# Wild Ones

## 2010 The Year to Grow Wild Ones

### Wild Ones Has to Grow

In 2010 we hope to Grow Wild Ones through a promotional campaign aimed at convincing the general public to grow native plants, increasing Wild Ones' recognition and membership, and promoting the new WILD Center in the Fox River Valley, Wisconsin.

### Your Generosity

These things will more readily be accomplished because of the generosity of our members in their annual donations.

### The Participation of Every Member

To be truly successful, however, we need every member's participation through not only donations to Wild Ones to support our efforts to Grow Wild Ones but also through personal contact and promotion of the Wild Ones mission.

### Thank You

As we celebrate 31 years of Wild Ones, thank you for your continued support. Your membership and your affirmation are greatly appreciated and we'll thank you all properly in our annual "thank you" insert.



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	?	Purple Coneflower	<i>Echinacea purpurea</i>	Roots of this plant can be found in capsule tincture forms at your local pharmacy. It is thought to enhance immune system.
	?	Rattlesnake Master	<i>Eryngium yuccifolium</i>	Its scientific name indicates that its foliage resembles yucca leaves.
		Butterfly Milkweed	<i>Asclepias tuberosa</i>	The brightly colored

## Promoting Wild Ones With Fun and Games: Question-and-Answer, Crosswords, etc.

Two of our Wild Ones chapters have developed colorful question-and-answer games to draw in and involve attendees at fairs and festivals where they set up Wild Ones information tables. Answers to the quiz questions are readily available on the display table. The goal is to draw in observers, and interact with them, potentially educating by offering something visually stimulating and fun for the whole family. The reward could be that every participant and family member receives a native plant to take home, along with information. For more details about these two games go to <http://for-wild.org/download/games>. You'll also find a number of crossword puzzles developed by members of the Twin Cities (MN) Chapter. ♦



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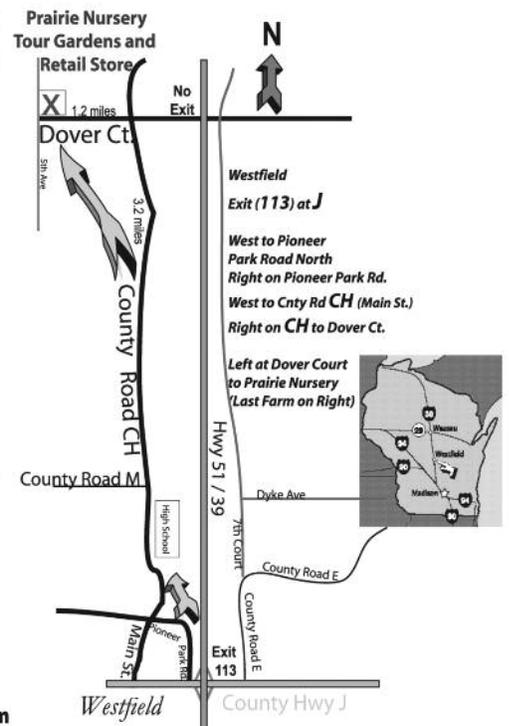
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## The Inside Story

By Janice Stiefel

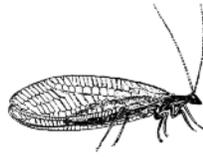


### The Inside Story, by Janice Stiefel

Originally all 66 of Janice's articles appeared in our *The Outside Story* and the *Wild Ones Journal* in black and white and without photos. But this 80-page book is printed in total color, and includes photos of the plants and related insects. Janice was an important part of Wild Ones' early history. A wealth of information for anyone who appreciates native plants.

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## WILD Center Update

### Challenging news from the WILD

**Center** During July, we were hit by a hail storm. We sustained damage to two exterior walls, the roof, windows, garage doors, soffits and gutters, and all painted and stained surfaces. All the materials and labor will be covered by insurance, except for the deductible, of course, but the demonstration gardens will not be covered. The work to salvage and restore these gardens will need to be done by our Wild Ones volunteers and the community. So, if you like to travel to do your community service, plan to lend a hand. We would greatly appreciate your assistance. You can even stay over night at the WILD Center. We've had wonderful comments so far from members who have stayed with us.

### Heartening news from the WILD

**Center** is that we now own a tractor and trailer, thanks to the generosity of **Marilyn Jones** of the Twin Cities Chapter. Marilyn drove down over the 4th of July weekend and delivered this great John Deere garden tractor, with instructions to purchase the trailer of our choice to go with it. WILD Center volunteers are very happy and grateful to have this fantastic piece of equipment to help them with their projects here at the WILD Center. The generosity of our members, like Marilyn, is helping to increase our credibility, and announce to the world that "Wild Ones and its mission are important and necessary. And we're here to stay."



Rich Winter, Fox Valley Area (WI) Chapter, with our new tractor and trailer donated by Marilyn Jones, Twin Cities (MN) Chapter. Rich is putting mulch around some trees and shrubs donated by Door County (WI) Chapter Business Member Door Landscape.



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Chapter ID numbers are listed after names.



Meet us online at [www.for-wild.org/calendar.html](http://www.for-wild.org/calendar.html)

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**Milwaukee Southwest-Wehr Chapter #23**  
Message Center: 414-299-9888x2

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For information about starting a chapter in your area: [www.for-wild.org/chapters.html](http://www.for-wild.org/chapters.html).

**Chapter Anniversaries** September and October seem to be popular months to charter Wild Ones chapters. Celebrating anniversaries this year are Niagara Falls and River Region (NY) with two years, Lexington (KY) with eight years, Greater Cincinnati (OH) with nine years, Central Wisconsin with 10 years, and St. Louis (MO) Chapter with 13 years. Congratulations to these chapters. Thanks to you and all your members, Wild Ones continues to grow to spread the word about the benefits of using native plants in natural landscaping.

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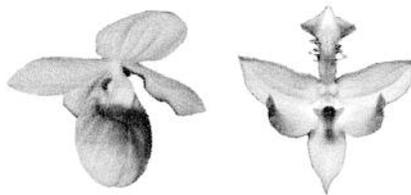


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In 1996, we established a Seeds for Education fundraising initiative in honor of Lorrie Otto's birthday. Even though she is no longer with us, Lorrie's birthday is still a traditional time of giving to the **Lorrie Otto Seeds for Education Grant Program**.

There's not much we can think of that's more important than introducing children to the wonders and the importance of native plants. So please send your gifts – in Lorrie's honor – and please remind other members and your chapter boards to send their contributions. ♦

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## Mark Your Calendars

**October 23: Natural Landscaping With Native Plants** Presented by the Milwaukee Area chapters, and held at Cardinal Stritch University, Milwaukee, from 8:30 a.m. to 3:45 p.m. Internationally known environmentalist and Wild Ones business member Neil Diboll, owner of Prairie Nursery, will be the keynote speaker. A complete conference schedule and a registration form is at <http://for-wild.org/chapters/Conf/2010%20Milw%20Area%20Conference%20Brochure.pdf>, or register at our online registration web site: <http://www.eventbrite.com/event/799333829>.

**November 5 & 6: The 4th quarter national board meeting and the 2010 Annual Wild Ones Membership Meeting** will be hosted by the Mountain Laurel (CT) Chapter of Wild Ones, and held in conjunction with the Connecticut College Arboretum's annual SALT Conference in New London, Connecticut.

- **November 4, Approximately 5:00 p.m. EST** Meet the Mountain Laurel (CT) Chapter members for dinner at the Radisson, for dining at Chaplins next door.
- **November 5, 2:00 p.m. EST** Tour native-plant collection at Connecticut College Arboretum, with Glenn Dryer.
- **November 5, 4:00 to 6:00 p.m. EST** Fourth Quarter National Board Meeting.
- **November 6, 9:00 a.m. to 3:30 p.m. EST** SALT Conference.
- **November 6, 4:00 p.m. to 5:00 p.m. EST** 2010 Annual Wild Ones Membership Meeting. Keynote speaker: Past President and continuing national board member, Attorney Bret Rappaport, on "Become a Part of the Natural Landscape Movement."

For more information and details, see the insert in this issue of the *Journal*, or <http://for-wild.org/graphics/2010speakerseries.pdf>.

## Join Wild Ones

As part of our **Grow Wild Ones** campaign, we have recently updated, revamped, and reproduced the popular **Wild About Wildflowers** video in DVD format. And now you can get your own copy at no extra charge when you join Wild Ones or upgrade your existing membership level. See page 14 for full information about this great video.

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**How You Can Help.** When planning a long vacation, or a move, please mail your address information to Wild Ones, P.O. Box 1274, Appleton, Wisconsin 54912, call toll-free at 877-394-9453, or go to the Wild Ones members-only pages at [www.for-wild.org](http://www.for-wild.org). Click on item 2 (Update Personal Membership Info) and enter the appropriate changes. *Thanks!*

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**Tim & Janaan Lewis** Rock River (IL) Chapter  
**Marilyn Jones** Twin Cities (MN) Chapter used to purchase an  
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**Julia Vanatta** Twin Cities (MN) Chapter from sale of natives plants, proceeds  
to be used for purchase of landscaping tools for the WILD Center

#### In-Kind

**John Mund, Prairie Nursery** Central Upper Wisconsin (WI) Chapter  
numerous prairie plants  
**Jim & Carol Bray, Hickory Road Gardens,** Door County (WI)  
Chapter numerous shade plants and root stock  
**Cliff Orsted, Door Landscape** Door County (WI) Chapter  
numerous native plants, trees and shrubs  
**Zaiga Freivalds** Fox Valley (WI) Chapter three boxes of tree tubes  
**Dan Parker** Fox Valley (WI) Chapter fencing for tree and shrub protection  
**James Lincoln, Outagamie County Housing Authority**  
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