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Wild Ones®

NATIVE PLANTS, NATURAL LANDSCAPES

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COVER PHOTO: Candy Sarikonda
Hummingbird clearwing
moth nectaring on
swamp milkweed

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Promoting environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration, and establishment of native plant communities.

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NOTES FROM THE PRESIDENT



Tim Lewis
President

Green spaces restore our mental capacity

Taking short breaks to look out the window or go for a walk in nature can help to restore people's mental capacity when they are fatigued or stressed, according to the Attention Restoration Theory.

PHOTO: Catherine Zimmerman, The Meadow Project

In the 1980s, Rachel and Stephen Kaplan developed Attention Restoration Theory, which asserts that when people are fatigued or stressed as a result of focusing on tasks, they can restore their mental capacity by turning to nature, even for brief periods of time. I recently learned about this theory at a gardening symposium presentation by William Sullivan, chairman of the Department of Landscape Architecture at the University of Illinois. His research looks at "the impact of urban design on a person's ability to recover from stressful experiences, the influence that views from high school classrooms have on a student's capacity to learn, and the effect that urban green spaces have on one's physical activity, mental health, and relationships with others." His research shows that when classrooms have windows that overlook green spaces, students have better attention spans and make 10 times fewer mistakes on tests. According to the theory, just a 10-minute break to look at green views "restores our attention so that we can work more productively and efficiently."

I experienced this from my home office. Until I retired, I worked from my office as a contract technical writer. When I was concentrating on complex information for my clients' instruction manuals, I often experienced mental fatigue after two or three hours of continuous work. My office window faces my back yard, which is landscaped with native plants. I often took short breaks to just look out the window and

enjoy the "green" view, even in the winter. Sometimes I would walk around the yard and observe blooming flowers and visiting insects and birds. I was able to think more clearly and could return to my work with new energy.

When we create native landscapes, we need to consider the view from inside our homes or workplaces where we can sit for a few minutes to observe it. The native planting can be any size, but it has to be easily accessible. It can be from a window or within a short walk outdoors. Restoration green spaces should be in a quiet place in the landscape and include a bench so people can sit and relax.

Wouldn't it be great if all of us put in native green spaces in view from the rooms in our homes where we might experience the most stress? And how about if we talk to decision makers where we work and ask if green space can be made available on company grounds. Not only are these spaces beneficial for humans, but they also create natural habitats for insects and other wildlife.

Sullivan's research demonstrates that "everyday contact with urban green spaces — places with trees, grass, gardens and the like — has profound, positive impacts for individuals and communities." But his research also shows that ordinary citizens — like you and I — can play a much larger role in creating sustainable, healthy environments than has been thought. So no matter what is causing your stress, do something about it. Now. 🌿

Wild Ones is a national not-for-profit organization with local chapters that teaches about the many benefits of growing native wildflowers in people's yards.



Wild Ones' definition of a native plant:
A native plant is a species that occurs naturally in a particular region, ecosystem and/or habitat and was present prior to European settlement.



Gail Gerhardt
Executive Director

We're here for you

In the few short months that I have been with Wild Ones, I have gained a tremendous amount of knowledge about native plants and pollinators. But most importantly, I've learned how this organization operates. Every day I receive phone calls and emails asking me questions about our operational activities. If I haven't yet learned the answer, I diligently try to find the correct information so I can respond appropriately.

For instance, the other day I was asked about chapter dues reimbursement. Did you know each chapter receives dues reimbursement from the national office on a quarterly basis? Depending how long chapters have been chartered, they receive between 25 percent and 55 percent of the dues attributed to their chapter. The Board of Directors determines the reimbursement amount and has the ability to change the amount at any time. You might be surprised to learn that our national office reimbursed chapters nearly \$46,000 in 2015. In fact, over the past 10 years Wild Ones has given chapters \$264,142 through dues reimbursement. That is astounding! I am not aware of any other non-profit organization that does this.

You likely know that Wild Ones is a 501(c)(3) tax-exempt, not-for-profit organization. But were you aware your annual membership fee and donations to Wild Ones are fully tax deductible? Or did you know that because of our exempt status, your chapter could purchase goods and services tax-free? The national office also files federal taxes and 1099 forms on behalf of your chapter, and files 990 forms and pays the fees for your chapter to do business in your state. We also contract with a certified public accountant who

specializes in non-profits to conduct annual audits and financial reviews.

I have been impressed to learn that our national office creates and publishes many programs, publicity tools, brochures, how to's, policies and procedures, along with guidelines for plant rescues and seed exchanges, photos, stories, best practices, and many other resources for chapters and members. These tools are made available to all and easily accessible on our website.

On a daily basis, myself and our two and a half-person national staff provide administrative support to over 4,000 members in 53 chapters and six chapter seedlings across the country. We maintain the Wild Ones website, host chapter websites, Facebook pages, Twitter, email lists, dashboard reports, guidebooks and financials. Staff fills merchandise orders daily, and in 2015, shipped 69,175 brochures free of charge. When you have problems, issues or concerns, you can rely on your national staff for assistance. We gladly take the time to listen to you, investigate and find solutions.

One more benefit to chapters is that we include chapter presidents at national Board of Directors meetings and ask for their input and suggestions. Chapter presidents are encouraged to attend the meetings to keep up on current issues and learn what decisions the Board is making. Please urge your chapter president to attend the next national Board meeting and bring back information to your local chapter.

All of the knowledge and resources that I have learned about are benefits offered to all Wild Ones members. I am also a member and I believe we're getting great value for our low annual membership fee of \$37. I don't belong to any other organization where I receive all of these services and benefits for that price. I haven't even mentioned the JOURNAL, the WILD Center, our annual conference and so many more services. To learn more about how Wild Ones National helps members and chapters, go to <http://www.wildones.org/wp-content/uploads/2012/12/National-Services-Tools-Provided-to-Chapters.pdf> ❀

WILD Center Update

The WILD Center is coming alive after a mild winter. First Thursday activities are beginning and our wonderful volunteers will be hard at work keeping our building and grounds well groomed. The effort of our volunteers is amazing and very much appreciated.

I would also like to welcome Alison Herrmann, our new intern from the University of Wisconsin-Oshkosh. A journalism major with an emphasis in writing and editing, Alison is also the news editor of the UW-Oshkosh newspaper, the *Advance-Titan*. She will be helping us out with social media and is very enthusiastic about getting Wild Ones' name and message out to a broader audience. We are happy to have her on board.

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A male monarch takes a break to nectar.



Finally, the Boss can rest. This monarch, with a significant fade on his wings, stayed in this milkweed patch, chasing all the other males until they gave up and stayed away.

MONARCH MATTERS

By Candy Sarikonda

During the summer of 2015, my family and I traveled to northern Michigan for a weeklong vacation. The Lake Michigan shoreline, spanning the entire west coast of Lower Michigan, has long been a stronghold for monarchs and milkweed. During World War II, the government asked farmers and school children to collect milkweed floss to help in the war effort. Milkweed was so plentiful in the area then that a processing facility was set up in Petoskey, Michigan. The floss was used to fill life vests in place of the kapok that was traditionally used but unavailable to the Allies during the war. I thought of those long ago days, and marveled at the milkweed we saw as we reached the Traverse City area and Sleeping Bear Dunes National Lakeshore. With such a poor showing of monarchs in my yard and elsewhere early that year, I desperately hoped to find monarchs in this far-stretching habitat.

We visited Mission Point Lighthouse, where I immediately headed for the beach. In years past, I had found monarch larvae in the patches of milkweed that stretched along the beach 50 yards to the north and south of the lighthouse. After searching at least 100 plants and finding no monarchs, I was disappointed. Then I came across a large, spectacularly camouflaged crab spider. It was the most beautiful one I had ever seen! I squealed delightedly for my kids, and they came rushing over to see it. This one fascinated my daughter, who is not fond of spiders. After all, it was dressed in pink!



Candy Sarikonda's daughter, Maya, captures a photo of the coolest crab spider the two had ever seen.

ALL OTHER PHOTOS:
Candy Sarikonda

Northern Michigan monarch adventure:

Are male monarchs territorial?

It was a mama spider guarding her nest, colored a brilliant white with two rosy pink stripes on each side of her abdomen. We excitedly, but carefully, took photos with my husband's cellphone as I held the leaf the spider was resting on. The spider tolerated all the attention, remaining on the leaf as we gaped at her in awe. Not wishing to disturb her too long, we said goodbye and I went to explore the milkweed patches south of the lighthouse. Again I did not find larvae, but I did find a faded male monarch patrolling the sunny patches of milkweed, skimming the tops of the milkweed along the shoreline. At times he would rest in the uppermost leaves of a milkweed plant, spreading his wings and basking in the sun. Other times, he stopped briefly to nectar from the milkweed. After watching him for some time, I walked away hoping he would be fortunate enough to find a mate.

We visited Sleeping Bear Dunes National Lakeshore a day or two later. We decided to take the Pierce Stocking Scenic Drive, a must-do for anyone visiting the area. Rangers provide a self-guided tour map at the drive entrance, and we explored each marked station. At lookout points 9 and 10, we were treated to a spectacular view of Lake Michigan from the top of the dunes. Milkweed was plentiful up here, and the plants were in excellent condition.

New, lush growth was present in the tops of aging plants as well as in younger plants emerging near the mature clones. It was cold, and the winds were blustery so I donned my winter coat. As my kids played in the sand nearby, I couldn't resist and began checking the surrounding milkweed for evidence of monarch activity. I noticed terminal frass — the large balls of green frass made by 5th instars that are nearing pupation — on the leaves of a wind-sheltered common milkweed plant next to the path. My heart leapt, and I excitedly but carefully searched the plant, hoping to find the little herbivore. Sure enough, I found the monarch larva hidden in the uppermost blossom of the plant, a gorgeous plump caterpillar. Others noticed me taking photos and joined me, and the excitement quickly spread. 'Tis the magic of the monarch. We returned a few days later, when the weather was foggy but warmer. I rushed to see if the caterpillar was still there. Alas, it was gone, and I hoped it had crawled off and found a safe place to pupate. "Good luck, little friend," I thought to myself.

We continued on our drive, heading to the Dune Climb south of Glen Haven. This is another location where I have often found adult monarchs patrolling the extensive milkweed patches at the base of the dune and in the meadow surrounding the parking area.



A monarch caterpillar tries to hide on milkweed.

Nursing an aggravated bad knee, I waited at the bottom of the dune while my family excitedly rushed up the dune to explore. I decided to make the most of the situation, and began checking out the milkweed patches around the parking area. I was not disappointed! I was quickly treated to the most spectacular display of monarch activity I had seen all year. As I sat on a bench, a monarch butterfly whizzed by and disappeared among the cars in the parking lot. I started walking along the parking lot, checking the milkweed for monarch activity. A male suddenly came into view, skimming the tops of the milkweed. I watched him follow the same route, or flight path, repeatedly through the patch as he patrolled. When a second male showed up, the two spiraled furiously upward around each other, and the first monarch chased the other male off at full speed.

continued on next page

Fog graces the milkweed.

This first monarch then continued to patrol his long stretch of milkweed, flying in a clockwise direction up and down the 25-yard area of milkweed. I figured out his flight path and was able to get some good photos. I then went to the base of the dunes, in the direction where I had seen the losing male fly off. I found him patrolling a smaller milkweed patch at the base of the dune, skimming the milkweed and periodically resting to nectar and sun himself. No other monarchs came into the patch as I watched. Eventually he headed north along the dunes, and I lost sight of him.

It had been a cold, wet week. But now the evening sun was shining, and it was 75 F with little wind. I knew the conditions were finally perfect for good monarch activity. I could not resist, and despite knowing my family would soon be returning from their dune climb, I headed off in search of more monarchs. I recalled seeing a monarch fly into the parking lot, so I headed in the direction it had flown. I reached the other side of the parking lot, near the entrance gate, and immediately found two monarchs engaged in a spiraling flight, one quickly chasing the other one off. A patch of milkweed stretched about 50 yards in this area, and again a faded male monarch patrolled clockwise through the patch. But on the edges of his flight path, another monarch would periodically enter the patch, and this male would immediately pursue the intruder. Both would spiral furiously, rising in the air over my head before the intruder would break away and fly off, the dominant male giving a short pursuit.

At times, as the two monarchs spiraled around each other, a third monarch would enter the milkweed patch and all three would spiral briefly. One monarch would break off from the spiral and fly off after just a few seconds, while the other two continued to spiral a few seconds more, ending with one monarch flying very fast in pursuit of the other monarch. Just when I was getting dizzy looking through my camera lens at them, I spotted a second pair of monarchs spiraling on the north end of the milkweed patch. Five monarchs in total, and I could see the three nearest me were all male. Yee haw! I watched the display for over a half hour, at times becoming nauseous from all the fast flying and spiraling I witnessed through my camera lens. The flurry of activity was dizzying! I wondered if these monarchs would ever rest. On the south end of the patch, it was evident that a second male was trying to patrol an area on the far end of the most dominant monarch's range. The dominant monarch patrolled fast and furiously, repeatedly skimming the milkweed and intercepting the other male each time their paths crossed. I noticed the dominant male eventually changed his flight path to more of a figure 8, it seemed in response to the other males' attempts to enter the milkweed patch. So I positioned myself to where the two paths intercepted. Repeatedly, I found myself with the two males flying directly at me, spiraling upward in front of my face and rising into the blue sky. It was an amazing sight.

My cellphone vibrated; it was my husband and kids telling me it was time

to go. Not a chance; I was having too much fun! I called my husband, saying: "Get over here NOW! You gotta see this!" He drove over to me, and as our kids watched nearby, he did his best to videotape the monarchs and me using his cellphone. He was equally impressed by the activity, and you can see his video [here](#).

As we pulled out of the parking lot, I mentally reviewed what I had seen: the males skimming the tops of the plants, flying in a predictable pattern, battling and chasing off newcomers. My best interpretation was that the dominant males were "patrolling," each his own small patch, and defending it against all male comers. Was this territorial behavior? I'd have to describe this to my monarch colleagues and get their take.

A huge smile beamed from my face. Without a doubt, this day would go down as one of the best monarch days of my life! 🌻

CANDY SARIKONDA is a Monarch Watch conservation specialist and serves on the national "Wild for Monarchs" committee. A member of the Oak Openings, Ohio chapter of Wild Ones, she enjoys monarch research, habitat restoration, writing and photography, and hopes to use those interests to leave this world a better, healthier place for generations to come. For more information, go to <http://monarchwatch.org/lcs/>.

Editor's Note: So ... are male monarchs territorial? We'd like to include your thoughts in our next issue. Email your comments and photos to journal@wildones.org.



Candy and Kasey Sarikonda pose during a 2015 trip to the Lake Michigan shoreline.

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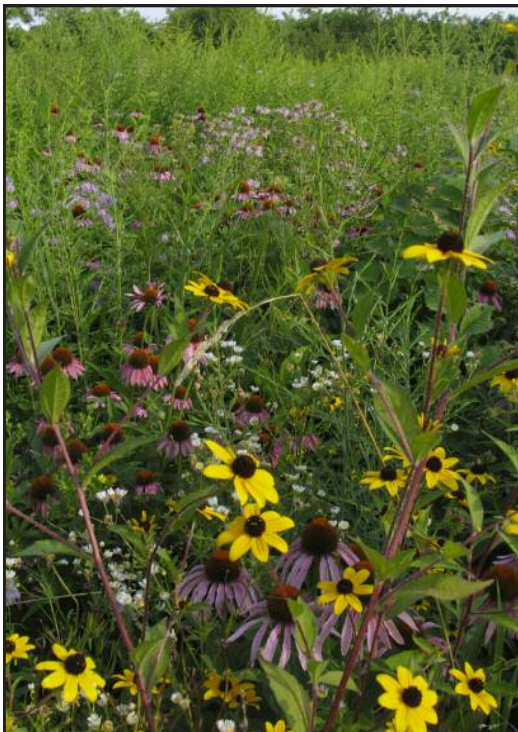


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Rudbeckia fulgida var. speciosa



Wild Geranium (*Geranium maculatum*)
PHOTO: Dr. Thomas G. Barnes,
U.S. Fish and Wildlife Service



Showy goldenrod (*Solidago speciosa*)
with monarch
PHOTO: Arlene Kjar



Closed gentian
(*Gentiana andrewsii*)
PHOTO: John Magee



Wild Columbine
(*Aquilegia canadensis*)
PHOTO: Susan Cohn

"Pocket gardens are a great way
to introduce people to native
plants . . . it allows people to
become more familiar
with them . . . and really get
started with native plants."



Native ferns grow in an alley in Manhattan, which is part of the gardens between the main Library of New York University and the University Visitor Center on West Fourth Street, just across the street from Washington Square Park.

PHOTO: Courtesy of Darrel Morrison

POCKET GARDENS

Coneflower (*Echinacea*)
PHOTO: Chan Mahanta





Boneset
(Eupatorium perfoliatum)
PHOTO: John Kreutzfeldt

BLOOM TIME	April-May	June-July	August-October
FRONT	Prairie smoke Columbine Wild strawberry	Prairie phlox Hairy wood mint Wild onion	Bottle gentian Aromatic aster Wild petunia
MIDDLE	Golden Alexanders Wild geranium	Evening primrose Blue flag iris White wild indigo Pale purple coneflower	Cardinal flower Blue lobelia Meadow blazing star Boneset
BACK		Swamp milkweed Cutleaf coneflower	Showy goldenrod Prairie blazing star New York aster Sneezeweed Sweet black-eyed Susan

10-foot by 10-foot Native Pollinator Garden — These plants are possible suggestions for a 10 x 10 native garden that would provide a variety of native plants that would bloom throughout the growing season. The garden is arranged to provide tall, medium and short plants. SOURCE: Tom Dickhudt, Sunrise Native Plants

become particularly popular

By Barbara A. Schmitz, JOURNAL Editor

Big may be better. But when you don't have a lot of space available in your yard, small also works. And that's why pocket gardens are becoming increasingly popular.

Whether they are tucked away in a corner of someone's yard, patio or balcony, in the median between the sidewalk and street, on street corners, or on pathways or in between two buildings, these lush green spaces bring color, pollinators and birds to our yards and spaces and are often easy to maintain.

Landscape architect Darrel Morrison may be best known for his large landscapes at the Native Plant Garden at the University of Wisconsin Arboretum in Madison, or the Lady Bird Johnson Wildflower Center in Austin, but he has designed a small "native woodland garden" at New York University in the heart of the West Village. An advocate for using native plants in whatever space you have, Morrison says: "Among the most important things we can do in the 21st century, individually and collaboratively, is to protect natural beauty where it remains, and to manage for its perpetuation. In places where it has been lost, even on so small a place as a back yard or so big a place, collectively, as the school grounds and roadsides of this country, we can work to restore it. And with the restoration of natural beauty, we will be providing places for the plant and animal life that has been silently insidiously disappearing from our world and our lives."

Doug Tallamy, professor and chairman of entomology and wildlife ecology at the University of Delaware, also talks about the importance of small native gardens around homes, writing in "Bringing Nature Home": "Our studies have shown that even modest increases in the native plant cover on suburban properties significantly increases the number and species of breeding birds, including birds of conservation concern." In addition, he says our natural areas are too small, fragmented and isolated to sustain the plants and animals

that run our ecosystems. "But by using native plants in our neighborhoods and corporate landscapes we can restore ecosystem function where we live and work."

If you need help creating a pocket garden, there are many books on the market that should provide you with needed inspiration. And yes, there are apps and YouTube videos for that, too.

But one of the best books is a 2014 children's book, titled "Plant a Pocket of Prairie," by Phyllis Root, says Tom Dickhudt, a hobbyist and owner of Sunrise Native Plants located in Minnesota's St. Croix River Valley. The book teaches children how changes in one part of the ecosystem affect every other part and encourages readers to "plant a pocket of prairie" in their own backyards.

"I started hearing people talk about 'pocket gardens' last year, but they are basically just small gardens," Dickhudt says. While pocket gardens can have almost any type of plants in them, he advocates the use of all native plants when he gives presentations on these small gardens to members of the St. Croix Oak Savanna chapter of Wild Ones, where he is also a member, or to other groups.

"Pocket gardens are a great way to introduce people to native plants," he says. "It allows people to become more familiar with them ... and really get started with native plants."

Not only do pocket gardens allow people to become familiar with native plants, but they also allow them to become more knowledgeable about the habitats in which they exist. "You can start thinking about bugs and birds and how they work together," he said.

To help people get started on their small gardens, Dickhudt created a chart for a 10-foot by 10-foot pocket garden, choosing Midwestern native plants that would provide flowers all season long. (See infographic above.) In general, his plan calls for planting three of each plant in clusters, with shorter plants in front and taller plants in the rear. He choose the plants by when they flower, so as to provide flowers from April to May, then from June through July, and finally from August to October, providing reliable food sources for pollinators and



Wild petunia
(*Ruellia humilis*)
PHOTO: Jeanette Mayo



Wild onion
(*Allium canadense*)
PHOTO: George F. Mayfield



Brown-Eyed Susan
(*Rudbeckia triloba*)
PHOTO: Joan Rudolph



Herb-Robert
(*Geranium robertianum*)
PHOTO: geograph.org.uk

a dynamic garden that you can enjoy as it changes with the season. He adds that it would be also be good to include some native grasses like Little Bluestem (*Andropogon scoparius*) into a pocket garden, and notes that other native flowers could easily be substituted for any of those he recommends.

Dickhudt hopes peoples' pocket gardens will grow larger as people become more familiar with native plants, allowing them to save the seed and gradually expand their planting in future years.

"We are never going to take soybean fields in western Minnesota and turn them into prairies again," he says. "We need to depend on backyard mini prairies to provide the habitat, so start with a 10-foot by 10-foot area and go from there."

Everyone has a corner of their yard that they can convert to a native plant garden, and they can do so without spending a lot of money, he adds.

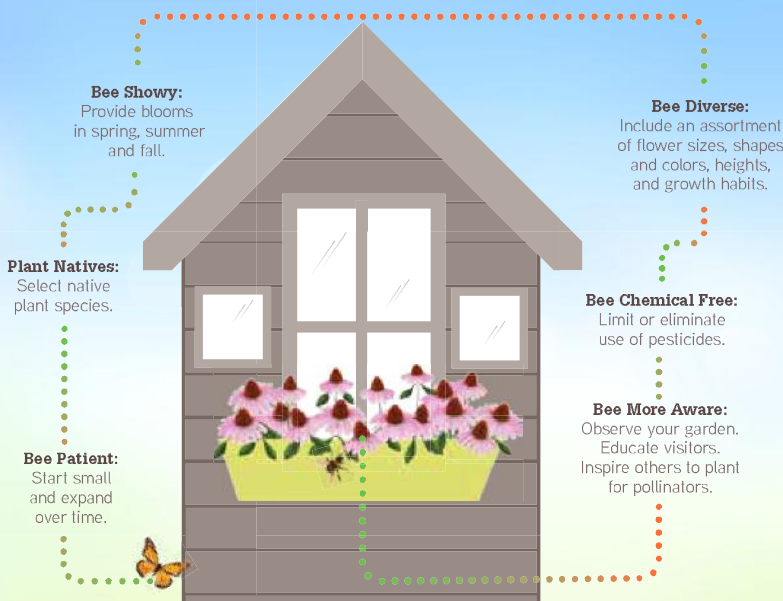
"A lot of people are putting in fairy gardens, butterfly gardens and pollinator gardens," he says. "But put in a native garden and it will cover all that. The main point behind the movement is that if a lot of people do it we will have continuity for those little critters that depend on native plants."

No matter the size of your native garden, Dickhudt says you will notice the impact. "There is no doubt you'll have more pollinators and birds in your backyard," he says. But he says he also has less trouble with pesky bugs in his vegetable garden thanks to his use of native plants. "The native plants attract the bugs, which attract the birds, and the birds are doing a good job on the bugs on my cauliflower and broccoli," he says. "My yard is starting to make sense ... and seems to becoming alive. And that just feels good." 🌿

Plant a Window Box for Pollinators

Help pollinators by planting for them

Pollinators make use of food and habitat anywhere it is found, whether on a roadside strip, in a schoolyard garden or a planter on a windowsill. Even a small garden like a window box can help support pollinators.



USDA launches 'plant a window box for pollinators'

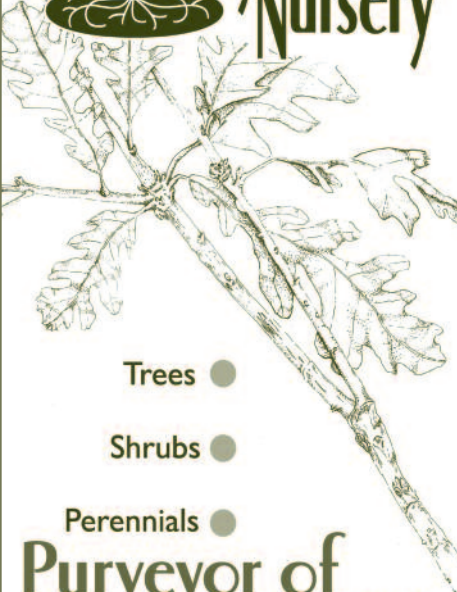
Pocket gardens don't need to be in your yard; they can be in your window box.

That's the premise of the U.S. Department of Agriculture, which is urging people of all ages to "Plant a Window Box for Pollinators" by using their new online tool available at the redesigned [People's Garden Initiative](#) website.

The new tool allows people to determine which plants will provide pollinator forage based on their ZIP code. Site visitors can then print out the list of plants to take to their local native plant nursery and grow them in a window box. There is also a [virtual window box game](#).

Even a space as small as a window box can help pollinators by ensuring they don't have to fly too far to find food. The interactive website also includes the live USDA "bee cam," which broadcasts honeybee activity on the roof of the USDA's building in Washington.

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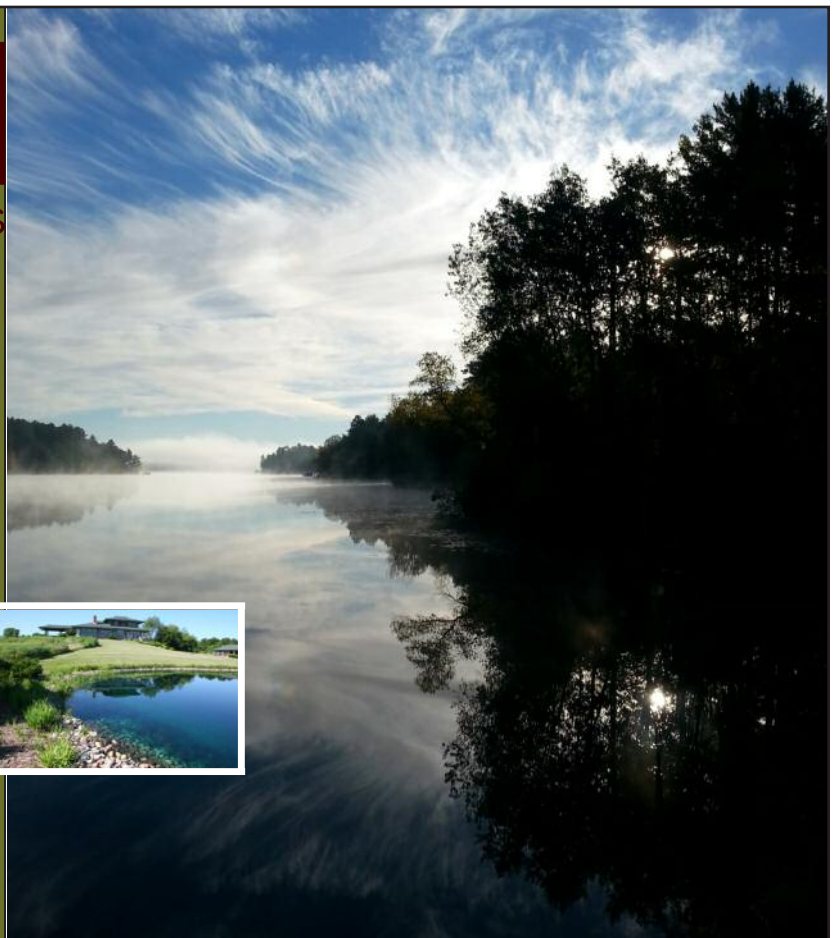
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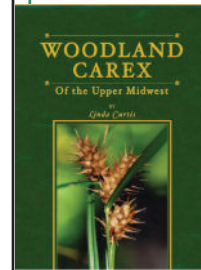
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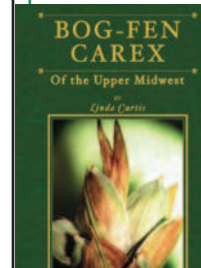
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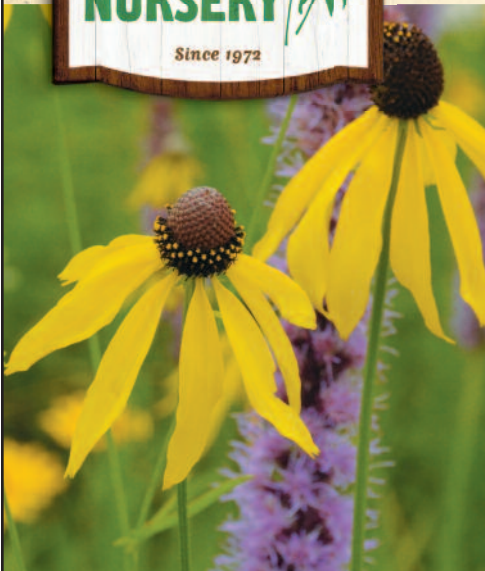
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Song commemorates monarchs' journey to Mexico

By Barbara A. Schmitz, JOURNAL Editor

Denise Gibbs said she had always wanted an original monarch song to sing to children at their nature center's annual Monarch Fiesta Day.

She finally has it, and the results have already been exciting.

Denise and her husband, Rob, wrote, sang and produced "*My Long Journey South*," publishing it on YouTube in January 2016. Only one month after posting it, they had already received positive feedback from teachers in four countries. "I wanted a song that other naturalists and educators could use," she says. "Music is for sharing and this song is our gift."

Denise said it wasn't difficult to come up with the lyrics. "Based on what I had observed of monarchs' southward migratory behavior at Chincoteague National Wildlife Refuge at Assateague Island, Virginia, I already knew what I wanted to say," she said. "It only took about two hours to write the lyrics initially. Rob added the mechanics of the song structure, and we fine-tuned it to have a chorus that was repetitive and easy to remember."

All together, it took them three days from start to finish, she says.

Not surprisingly, this wasn't the first time the two had written a song. The couple had collaborated on song lyrics for children's nature puppet shows when they were both interpretive naturalists. Rob, a musician who plays the guitar, banjo and harmonica, has written many songs that he performs both with a local band and solo.

For "*My Long Journey South*," Rob played the instruments and sang in multiple parts, while Denise sang the high harmony part on the chorus.

"With plans now being discussed for planting milkweed and nectar sources to create the *Monarch Highway* along I-35, I wanted a song to donate to the promotion of the 'highway,'" Denise says. She gave it to Chip Taylor, director at Monarch Watch, and he forwarded it to the appropriate committees.

Denise has had a long interest in monarchs. With education and training in botany and horticulture, she owned a native plant nursery, Wings & Wildflowers, for more than 20 years, specializing in native nectar and host plants for butterflies.



Denise & Rob Gibbs

"But two decades ago, quite by accident, I was doing a botanical inventory in a field at Higbee Beach near Cape May, New Jersey at the same time that Dick Walton was testing out some tags given to him by Dr. Lincoln Brower," she says. "I introduced myself and asked if I could watch him put the tags on migrating monarchs."

He obliged. Denise says she was fascinated and asked questions that could not yet be answered. She gave him her business card and told him that she would like to participate if he ever wanted to expand his monarch monitoring project south of New Jersey.

Two years later she got a call from him, and she's been monitoring monarchs since 1997.

Recently retired from a 36-year career as a park naturalist with the Maryland National Capital Park and Planning Commission, Denise now works as a contract biologist for the Maryland DNR, Natural Heritage Service. Rob also recently retired as the natural resources manager with the MNCPPC-Parks.

You can watch their music video to "*My Long Journey South*" [here](#).

Denise says that anyone who wants to use their song to educate others is welcome to do so. "To quote Chip Taylor, 'I want millions of children to sing this song.'" However, they do ask that if teachers sing it with their students that they videotape it and post it on YouTube for all to see.

"Observing monarch behavior and the obstacles they face and overcome during migration has made me aware of the need for their conservation," Denise says. "It is now my life goal to advocate for their continued survival. Not only that, but I have fallen deeply, madly in love with monarchs, and cannot imagine life without them." 🌸

LETTERS TO THE EDITOR

Free is not free

We've learned a lot being members of Wild Ones. Thanks for the information that you provide.

Please caution members that mulch from their local community may be free, but it is not. The reason is that it includes buckthorn seeds. The worst mistake we ever made is to get "free" mulch. It is kind of clunky, not nice chips like buying from a supplier, so we put it in our gardens not close to our house. We got more buckthorn than you could imagine! A year later, I looked at the mulch at our village and could see the buckthorn berries.

Free is not free.

DARYL GRIER, Member,
Wild Ones — Menomonee River,
Wisconsin

Avoid glyphosate for health reasons

I enjoyed the March-April newsletter; very informative! I do have a comment to add to the story about preparing garden space for native plants. I suggest avoiding glyphosate since it can be absorbed through the skin. People and animals living in Argentina, Mexico and Hawaii near where Monsanto sprays fields with Roundup are experiencing sharply increased numbers of miscarriages, serious birth defects, lower sperm counts, hormone imbalances, cancer and decreased immunity, to name a few effects.

As a master gardener, I now generally recommend gardeners discontinue the use of this chemical for health reasons, and instead use the other methods described in the article to clear ground for planting.

MAXENE LINEHAN
Hovland, Minnesota

'Bird Watching' magazine highlights Wild Ones' member gardens

Native gardens aren't just good for attracting pollinators. They're also great for attracting birds.

That's why "*Bird Watching*" magazine profiled three native gardens of Wild Ones members in its April 2016 article, "Five Bird-Friendly Yards." They include Janet Allen's yard in a suburb of Syracuse, New York; Margy and Dan Terpstra's Certified Monarch Waystation yard in Kirkwood, Missouri; and Kathy McDonald's half-acre suburban yard in Cincinnati, Ohio.

We're profiling the Terpstras' yard here in our new feature, Member Yards. But we'd like to feature other members' native gardens, large or small, in upcoming issues. If you're interested in sharing your native garden, send two or three high-resolution photos, maximum of 2.0 MB, as well as a brief description, to journal@wildones.org. Please include your contact information so we can easily follow up with you.

MEMBER YARDS

By Barbara A. Schmitz, *JOURNAL Editor*

In 1979, Margy Terpstra designed a garden for hummingbirds at their first home, hoping to attract the small, colorful bird to their yard. But she got more than hummingbirds. "The more birds I saw in the trees, the more I wanted to learn about them," she recalled. "Dan gave me a good pair of binoculars and my interest continued to grow."

In 1996, she and her husband, Dan, decided to move, in part so they could expand their gardens. Their passion became their life purpose when they found what would become their new home.

It was May and during the peak of the spring migration. She recalled: "We stepped out onto the deck and the birdsong was overwhelming. The migrant birds were staying high in the canopy finding caterpillars in the oaks, black cherries and hickories."

A monarch nectars on Eastern blazing star (*Liatris scariosa*) in Margy and Dan Terpstra's garden.

However, invasive Asian bush honeysuckle had completely taken over the understory of the property. They bought the property, knowing that they "could do much" to improve the habitat.

That has been an understatement. Since then, the couple has removed at least 8,000 square feet of invasive species, as well as large areas of lawn, and made their yard into a paradise for birds, pollinators and mammals.

The Terpstras, who live in the heart of the Mississippi Flyway in Kirkwood, Missouri, are both retired professionals who work from home. Dan is an engineering consultant and Margy is a horticulturist, birder and photographer. Together, the couple maintains their property, named "Shady Oaks," as a bird and wildlife sanctuary.

Margy said the restoration of the property has been slow, but steady work. They rebuilt the layers in the woodland and garden areas primarily with native Missouri trees, shrubs, perennials and groundcovers. "Once the honeysuckle was gone, dormant

The Terpstra's bubbler basin in their woodland in spring. It is a preformed pond constructed with the boulders that were excavated for their breakfast room addition. The water recirculates through tubing in the rocks and back into the pond.



natives emerged like roughleaf dogwood (*Cornus drummondii*), blackhaw viburnum (*Viburnum prunifolium*) and mayapple (*Podophyllum peltatum*),” Margy said. But they have also added many native species that span the seasons with high wildlife value, such as hazelnut (*Corylus americana*), golden currant (*Ribes odoratum*), witchhazel (*Hamamelis vernalis*), winterberry (*Ilex verticillata*), buttonbush (*Cephalanthus occidentalis*), cliff goldenrod (*Solidago drummondii*) and coral trumpet honeysuckle (*Lonicera sempervirens*).

The Terpstras installed their songbird and butterfly garden in 2009, and filled it with native nectar and host plants like swamp milkweed (*Asclepias incarnata*) and butterflyweed (*Asclepias tuberosa*).

They have two water areas on their land, both of which are surrounded with native plants. “We consider all of our native plantings to be the very best bird feeders,” Margy said. Their goal is to include many native plants that sustain life through more than one season.

She explained: “We leave the flower stalks around the pond and garden areas until mid-March to benefit the overwintering insects and to provide food and cover for birds and small mammals. Birds forage in the leaf litter that fills the beds. Barred owls find voles in the woodland. The Eastern blazingstar (*Liatris scariosa*) and buttonbush (*Cephalanthus occidentalis*) that provide nectar for monarchs, bumblebees and ruby-throats later provide seeds in winter for dark-eyed juncos, Carolina chickadees and American goldfinches.”

Margy said, “It’s been a labor of love, and definitely worth all the work.” The design of their gardens evolved over time and with thorough assessment and research. “We first had to get a good sense of the water flow throughout the

property,” she explained. “We have a little bit of everything here — some (spots) high and dry, some sunny, some shady, some wet. But that was good; it gave us a lot of potential for diversity.”

The addition of a breakfast room onto the house prompted them to add the bubbler outside. “They excavated several beautiful rocks out of the ground, one with a perfect groove down the side, and that became the basis for our bubbler,” Margy said. “We wanted to be able to see the bubbler from the new breakfast room and I’ve spent hours staring at it and watching for birds.”

Margy keeps the annotated checklist of Missouri bird species at hand and has recorded 147 species in their yard. In addition, over the last five years, she has recorded an average of 105 species each year.

Three cameras allow the Terpstras to admire the wildlife that come to their garden, even when they aren’t watching. They’ve seen foxes, raccoons, deer, mink, rabbits and opossums. They still haven’t convinced any of the neighbors to get rid of their lawns and plant natives, but one neighbor has been removing more of his invasive honeysuckle, so Margy remains optimistic about change.

They followed the strict guidelines of St. Louis Audubon’s Bring Conservation Home program for creating habitat and their property was awarded Platinum, the highest level of certification. In addition, Margy served as a volunteer habitat adviser for small private landowners for the program.

The Terpstras said their reason for planting with natives is because it is the most sustainable thing one can do with a yard. They explained: “Native plants are best adapted to our Midwest swings in temperature and variable rainfall. They have been around for millennia and the birds and wildlife are best adapted to the food sources that they provide — they have evolved together and are therefore interdependent.

“Secondly, there is serendipity,” Margy said. “The more you look, the more you’ll see when you start paying attention to nature. It is such a privilege to watch the essence of nature as it unfolds before you. Besides our two grandsons, our garden provides us with such great joy. So much of what humankind is doing to nature is not good or healthy for any of us; we believe that what we each can do in our own yards does make a difference.” 🌸



The Terpstra’s bubbler basin is visited by three warbler species bathing together. The chestnut-sided, black-throated green and five Tennessee warblers took a break from feeding on caterpillars last fall. Water is an important addition to a native garden to support birdlife.

YARD HIGHLIGHTS

- The Terpstras’ partially wooded 0.6-acre lot has four main areas: Woodland and Bubbler Pond, Songbird and Butterfly Garden, East Beds and Water Garden and North Beds.
- The 1,250-square foot songbird and butterfly garden is in the shape of a monarch’s wing and is a Certified Monarch Waystation.
- Their yard includes two water features, a 100-gallon bubbler pond and a 1,500-gallon water garden with a streambed and three waterfalls.
- They have removed at least 8,000 square feet of invasive bush honeysuckle, several areas of English ivy and wintercreeper, as well as large areas of lawn.
- Their yard is more than 75 percent native plantings, and they do not use chemical pesticides or fertilizers except for the application of herbicides in dry areas to eradicate invasive exotic plants.
- The property has been on many tours for native plant classes and for the public, including the Missouri Botanical Garden’s 2011 St. Louis Garden Tour and the inaugural St. Louis Native Plant Garden Tour in 2015, which was sponsored jointly by St. Louis Audubon Society and St. Louis Wild Ones.

The Songbird and Butterfly Garden is in the shape of a butterfly’s wing.



By Barbara A. Schmitz,
JOURNAL Editor

Pollinators seem to be getting as much attention in the news lately as presidential candidates. And for good reason.

A growing number of studies already published this year reaffirm the importance of pollinators to our food supply, and at the same time show that the number of bees and other pollinators are declining and may even be becoming extinct. Another study on the population of Eastern monarch butterflies also predicts the species could die off unless something is done — soon — to reverse its population decline.

The Eastern monarch butterfly population in North America declined by 84 percent between the winter of 1996-97 and the winter of 2014-15, according to the March 2016 study published in *Scientific Reports*. In fact, a research team from the Scripps Institution of Oceanography and the U.S. Geological Survey found there is an 11 percent to 57 percent risk of the butterfly species reaching the “quasi-extinction” point during the next two decades. The report defines “quasi-extinction” as the loss of a viable migratory population of monarchs in eastern North America.

Eastern monarchs spend winters in a small section of Mexico and migrate north through the United States and Canada in the spring and back south in the fall. Several generations of monarchs are born, reproduce and die during each leg of the annual migration.

But the size of the monarch overwintering population has been declining, with the lowest populations recorded in the last three censuses, the report noted. The cause of the decline has been predominantly attributed to the loss of breeding habitat, primarily in the U.S., caused by declines in milkweed abundance, as well as habitat loss in the wintering sites, climate changes, insecticides, mowing regimes, invasive species and disease incidence.

There was some good news in February when the World Wildlife Fund Mexico announced that the number of monarch butterflies overwintering in Mexico increased to 150 million from 42 million last year. But even with the increase, the numbers are still far below a

Pollinator Populations *may become* Extinct

Five-pack of pollinators
PHOTO: Kati Barricklow

number that most scientists consider sustainable.

Then, in early March a winter storm that began with rain and was followed by hail, snow and sub-freezing temperatures struck the monarch sanctuaries in Mexico just before many of the monarchs would have left for their spring migration. Estimates of the number of butterflies that died varied from 1.5 million, or about 3 percent of the estimated 50 million roosting, to nearly 11 million.

The situation isn't much brighter for bees and other pollinators. In a different study, the United Nations' Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services, or **IPBES**, reports that 16 percent of pollinator species worldwide are being driven toward extinction due to diverse pressures, including many of them that are manmade. And that threatens millions of livelihoods and hundreds of billions of dollars worth of food supplies, according to the IPBES' first global assessment of pollinators.

The two-year study, released in February, was compiled by a team of 77 experts from around the world, citing about 3,000 scientific papers and including information about practices based on indigenous and local knowledge from more than 60 locations worldwide.

The full report will not be available until the end of May, but Hien Ngo, IPBES pollination assessment coordinator, said the report includes a discussion on the effect of invasive alien plant species and bee species and their effect on native plants, as well as examines and assesses the benefit to bees from native plants and non-farmed habitat and the ability of native plants to support pollinator communities.

🐝 20,000 —

Number of species of wild bees. There are also some species of butterflies, moths, wasps, beetles, birds, bats and other vertebrates that contribute to pollination.

🌾 75% — Percentage of the world's food crops that depend at least in part on pollination.

💰 \$235 billion to \$577 billion (U.S.) — Annual value of global crops directly affected by pollinators.

📈 300% — Increase in volume of agricultural production dependent on animal pollination in the past 50 years.

🌼 Almost 90% — Percentage of wild flowering plants that depend to some extent on animal pollination.

🍯 1.6 million metric ton — Annual honey production from the western honeybee.

🐛 16.5% — Percentage of vertebrate pollinators threatened with extinction globally.

🐝 +40% — Percentage of invertebrate pollinator species, particularly bees and butterflies, facing extinction. Pollinators with backbones, such as hummingbirds and bats, are only slightly better off, with 1 in 6 species facing extinction.

By the Numbers

SOURCE: IPBES

The study notes that there are more than 20,000 species of wild bees alone, plus many species of butterflies, flies, moths, wasps, beetles, birds, bats and other animals that contribute to pollination. (According to the U.S. Department of Agriculture, butterflies are less efficient than bees at moving pollen between plants. Highly perched on their long thin legs, they do not pick up much pollen on their bodies and lack specialized structures for collecting it.) Pollinated crops include those that provide fruit, vegetables, seeds, nuts and oils.

The main threats to wild pollinators, especially bees and butterflies, include changes in land use, intensive agricultural practices and pesticide use, alien invasive species, diseases and pests, and climate change, the report cites. Declines in regional wild pollinators have been confirmed for Northwestern Europe and in North America.

The assessment found that pesticides, including neonicotinoid insecticides, threaten pollinators worldwide, although the long-term effects are still unknown. A pioneering study conducted in farm fields showed that one neonicotinoid insecticide had a negative effect on wild bees, but the effect on managed honeybees was less clear.

"While gaps remain in our knowledge of pollinators, we have more than enough evidence to act," said Vera Lucia Imperatriz-Fonseca, co-chair of the assessment and senior professor at the University of São Paulo, in a press release.

There are things that can be done to reduce the risks to pollinators, such as:

- Maintaining or creating greater diversity of pollinator habitats in agricultural and urban landscapes;
- Supporting traditional practices that manage habitat patchiness, crop rotation and coproduction between science and indigenous local knowledge;
- Educating and exchanging knowledge among farmers, scientists, industry, communities and the general public;
- Decreasing exposure of pollinators to pesticides by reducing their usage, seeking alternative forms of pest control, and adopting a range of specific application practices, including technologies to reduce pesticide drift; and
- Improving managed bee husbandry for pathogen control, coupled with better regulation of trade and use of commercial pollinators.

"The growing threat to pollinators, which play an important role in food security, provides another compelling example of how connected people are to our environment, and how deeply entwined our fate is with that of the natural world," said Achim Steiner, executive director of the United Nations Environment Programme. "As we work toward food security, it is important to approach the challenge with a consideration of the environmental impacts that drive the issue. Sustainable development, including improving food security for the world's population, necessitates an approach that embraces the environment."

Another study, published in the Jan. 22, 2016 issue of *Science* magazine, for the first time quantifies how much crop yields depend on the work of bees that fertilize plants as they



PHOTO: Erin Vastag

BEE INFORMED, BEE PREPARED

What's the difference between a wasp, a honeybee, and a bumblebee?

WASP



Slender shape
Narrow waist
Smooth body
Little hair
Long legs
10 to 25 mm
A wasp can sting many times because its stinger is smooth

HONEYBEE



Rounded shape
Waist not very visible
Pollen baskets on legs
12 mm (worker)
A honey bee stings only once then dies. Its stinger is barbed so the bee can't pull it out again.

BUMBLEBEE



Stocky shape
Waist not very visible
Very hairy body (furry-looking)
Pollen baskets on legs
6 to 25 mm
A bumble bee can sting many times, because its stinger is smooth

How to Avoid Getting Stung

- avoid wearing brightly colored or patterned clothing
- avoid walking barefoot
- avoid perfume or cologne when heading to a heavy bee area
- avoid sudden movements
- avoid leaving food goods, especially sweets, exposed

If You Get Stung

Most allergic reactions to bee stings include pain and red swelling around the sting. Other common reactions include hives, nausea, dizziness, and a tight feeling in the throat. If these symptoms occur, the person needs medical attention immediately.

CREDIT: Pollinator Partnership

To learn more about Pollinator Partnership, go to <http://www.pollinator.org/>.

If you'd like to donate, go to <http://pollinator.org/donate.htm>.

move from flower to flower. Researchers concluded that ecological intensification, or boosting farm outputs by tapping the power of natural processes, is one of the sustainable pathways toward greater food supplies.

More than 2 billion people — often poor and undernourished — are reliant on small farms of less than 2 hectares (or about 5 acres) in size in developing countries, yet they represent 83 percent of the global agricultural population, according to the study.

“As a result, improving the livelihoods of smallholders through higher and more stable crop yields, while minimizing negative environmental impacts, is essential for achieving global food security and poverty reduction,” the study states, suggesting that boosting farm outputs by improving pollinator diversity and density would have a direct impact on crop yields.

From 2010-2014, scientists recorded flower-visitor density, flower-visitor richness and crop yield in 344 fields of 33 crop systems across small and large farms in Africa, Asia and Latin America. Flower visitor species richness was measured by netting all pollinators of crop flowers along six 25-m long and 2-m wide transects for herbaceous crops. Researchers measured crop yield by harvesting all the fruits or seeds of five to 10 entire plants and then multiplying those values by plant density.

They concluded that crop yields were significantly lower in farming plots that attracted fewer bees during the main flowering season than in those plots that received more visits. But more importantly, their research predicted that poorly performing farms could increase their yields by a median of 24 percent through higher flower-visitor density, or simply by attracting more pollinators to the land.

The United Nations Food and Agriculture Organization (FAO) coordinated the field study and also highlighted the study's publication. “What do cucumbers, mustard, almonds and alfalfa have in common?” asked FAO in a [press release](#). “On the surface, very little; but there is one thing they share: they all owe their existence to the service of bees.”

The research also looked at larger plots and concluded that, while those fields also benefited from more pollinator visits, the impact on yields was less significant than in the smaller plots — probably because many bees have a harder time servicing large fields far from their nesting habitat. But a diversity of bees, each with different flight capacities, can make the difference.

This suggests that bee diversity offers benefits both for small farms in developing countries, and for larger farms. However, that means farmers need to find ways to keep pollinators buzzing around the farm year-round.

The report found that attracting pollinators to farms is not as easy as planting for the season and waiting for them to arrive. Instead, maintaining habitat and forage resources all year long is key to wooing pollinators and keeping them on the land for longer periods of time. This can be done by planting different trees and plants that flower at different times in the year, for example, or by maintaining flowering hedge rows around the farm or by reducing the use of pesticides.

“The take away from our study is that bees provide a real service and should be taken into account when we plan food security interventions,” said Nadine Azzu, global project coordinator in the FAO who worked on the report. “And the best part is: their service is free.” 🌼

Miles rules: SHOULD THEY BE OBEYED?

By
Charlotte Adelman

Doug Tallamy says in a [National Wildlife Federation](#) article that about 80 percent of suburbia is landscaped with plants from Asia. This statistic is obvious where I live near Chicago. Hostas, daylilies and Eurasian ornamental grasses are so ubiquitous that most people assume they are native to our area. This goes along with the widespread indifference and resistance to landscaping and gardening with native Midwestern species.

Yet, even in the midst of this monolithic viewpoint, there are people who care about the future of butterflies, bees, birds and other living creatures. Finding the like minded, sharing ideas, working together and observing the visiting butterflies, bees and birds make native gardening projects very rewarding.

Giving presentations about gardening with Midwestern native plants in the suburbs and city generally brings small but receptive audiences, including some who are highly motivated, taking notes and asking intelligent questions. I call attention to how native plants are needed by Midwestern butterflies to achieve successful reproduction and explain that these plants host the insects that enable birds to feed their young and achieve successful nesting. During discussions about avoiding potentially invasive nonnative plants, I mention, “The most prudent measure is to choose a regionally native species,” according to “[Native Alternatives to Invasive Plants](#).” When discussing the difficulty of locating local native plant purveyors, I reference the excellent native plant nurseries on the web that carry native Midwestern species.

These discussions inspire many in the audience to start gardening with native Midwestern plants. But sometimes they elicit strong recommendations that everyone should follow the traditional “Don’t move plants more than 20, 50, 100-miles, etc. from their original location.” This is when it becomes important for me to immediately offer reasonable alternatives. Why?

It is daunting just trying to persuade and inspire city or suburban gardeners to choose native Midwestern plants without adding another requirement. Bringing this up is a good way to alarm and turn off many potential native plant gardeners. Indeed, leaving the impression that it is harmful to the environment and wrong to ignore the miles rules can spell the end to his or her aspirations. And it would be a shame to permit a seemingly arbitrary rule to cause the loss of a potential backyard native plant gardener whose value in helping create a better environment cannot be overstated. To require native plant gardeners to adhere to strict restorationist standards may well be unnecessarily restrictive.

What’s wrong with the “miles rules”? First of all, not only are they inconsistent and arbitrary, and not proven scientifically, but they aren’t always the best policy, even for restorationists. As an [Oregon State University](#) publication notes about restoring threatened and degraded habitats: “It would be nice if there were a consistent distance, some magic number (say, within a 50-mile radius), to indicate how far a plant might be moved successfully, but it is not that simple. For plants, local is best defined ecologically, in terms of climate and environment, rather than in miles.” Jeffrey G. Norcini, a University of Florida native plant expert, writes in “[Native Plants: An Overview](#)”: “Experimental evidence supporting ‘mileage rules’ is limited at best.”

Moreover, attempting to follow a miles rule is difficult and

often impossible. Even native plant purveyors may have some or none of the information. Tracking it down requires time, detective skills and proficiency at geography and math. Additionally, due to weather related and other problems, even the finest native plant purveyors frequently obtain portions of their inventory from a variety of growers, and aren’t in a position to verify other growers’ miles. And, as Norcini observes, “There may be limited or no availability of plants or seed

derived from within the specified number of miles of the planting site.” (By the way, the place that sells the plants should not be confused with the place where the plants were grown or propagated, such as a nursery.) Fortunately, rather than throwing up one’s hands in despair, the native plant gardener can employ ecologically superior ways of gardening that provide practical and realistically appropriate native plant species that will sustain butterflies, bees and birds.

I was pleased to see the [Illinois Native Plant Society](#) share a recent [ecological study](#) from the Ecological Society of America suggesting an alternative to the traditional miles rules. Related to ecological restoration, the study noted that deploying well-adapted and ecologically appropriate plant materials is a core component of successful restoration projects. “We have developed generalized provisional seed zones that can be applied to any plant species in the United States to help guide seed movement,” the study states. “These provisional seed zones can be considered a starting point for guidelines for seed transfer, and should be utilized in conjunction with appropriate species-specific information as well as local knowledge of microsite differences.”

An earlier report from the [Oregon State University Extension Service](#) also focused on restoration projects, observing: “Because research-based transfer guidelines are not available for most native plants used in restoration, the seed source issue often is overlooked. This can lead to choices at one of two mistaken extremes. One is to stretch project funds by buying whatever native plants are inexpensive or readily available on the market. This can lead to the introduction of inappropriate, poorly adapted plant materials. The other mistake is to rigidly restrict acquisition of plant materials to those from the project site or its immediate proximity. This can lead to loss of genetic variation ... and/or to excessive costs and delays.”

The views of Tallamy, scientist and author of “[Bringing Nature Home](#),” are always relevant. “There are in fact cases when a plant can be moved outside of its native range and still perform some or even most of its evolutionary roles within its new ecosystem,” he writes. Moving these plants can be “guilt free” when traits such as leaf chemistry, shape and toughness are very similar. “This occurs typically when the plant is a member of a genus that contains several similar relatives.”

One example is the different species of native sundrops (*Oenothera*). Another is “the very showy azaleas that evolved in and around the Great Smoky Mountains in Tennessee and southwestern Virginia,” which “can remain a functioning part of the ecosystem” when he moves them to his house in Pennsylvania because insects adapted to local azalea species ... should have no trouble using the southern species as a resource. “My point here is that a gardener need not be a

complete purist in the use of native plants in recreating functioning habitats for insects and the many birds and animals that eat them.”

But there is a distinction, notes Tallamy, between installing a native plant from Tennessee in New Jersey and planting one from some distant location like China, the Rocky Mountains or the Pacific Northwest. The plants’ isolation from each other for millions of years produces little likelihood of New Jersey insects being able to use the distant ones as host plants, even if they are in the same genus. Developing so far away from each other makes it likely that their leaf chemistries developed to be so different that local insects will not recognize them as host plants, or if they do, the caterpillars won’t be able to safely eat and digest the plants, he writes.

So what should we do to choose the best natives for our backyards and gardens? Wild Ones advocates selecting plants and seeds derived, insofar as is possible, from local or regional sources at sites having the same or similar environmental conditions as the site of the planting. This plant material is often termed the local ecotype. Two plants can be the exact same species, but the one from Wyoming will be of another genotype than the one from Illinois. Due to the differences in their acclimatization (temperature range, diseases, rainfall, pests, etc.) plant material that originates in and is native to your geographic region is generally the best to use.

These regions have ecological, not political boundaries. Therefore, it is better to use a source from your geographic region but outside your state than to use a source from a different geographic region inside your state. Such regions, often referred to as ecoregions by scientists, are best delineated by the USDA Forest Services U.S. Ecoregions Map, which can be downloaded from Wild Ones here. In general, the more closely you match the environmental conditions of the source of your plant material to that of the planting site, the better it will grow.

To prevent the local extinction of native plants, as well as the insects and birds that rely on them, plants should not be dug from natural areas, but should be bought from reputable nurseries. Ask for seedling stock, not clonal stock, cultivars, nativars or horticulturally enhanced plants. These lack genetic variation, having been usually selected for traits such as bigger, showier flowers or fruits, different colored leaves, or shorter or sturdier stems, a goal of aesthetic uniformity at the expense of genetic diversity.

A list of nurseries carrying (at least some) native plants of local ecotypes can often be obtained from local nature centers, state natural resource departments, local Wild Ones chapters, native plant organizations and the web. Nature centers or nurseries dealing exclusively with native plants are more apt to have stock of local ecotypes. For more information, go to the Wild Ones Local Ecotype Guidelines. ❀

CHARLOTTE ADELMAN, a Wild Ones member, is co-author of “The Midwestern Native Garden,” “Prairie Directory of North America” and as of June, “Midwestern Native Shrubs and Trees: Gardening Alternatives to Nonnative Species — An Illustrated Guide.” Living in Wilmette, Illinois, Adelman is also winner of the 2012 Helen Hull Award from the National Garden Clubs and in 2014, was awarded an Audubon Chicago Region Habitat Project Conservation Leadership Award. You can reach her at csadel1@aol.com.

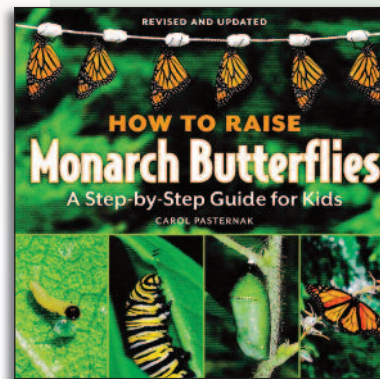
BOOK REVIEW

By Barbara A. Schmitz

If you would have walked into my living room anytime during the summer 15 years ago, you would have seen my fireplace mantel lined with rows of quart canning jars, each filled with milkweed leaves, sticks, monarch caterpillars and chrysalises or pupas. My son was 5 then and into bugs, but especially monarchs, in a big way.

Throughout that summer and the next few summers, we watched the metamorphosis of more than 100 monarchs take place. If we were going away for the weekend and knew that a monarch would magically emerge while we were gone, we packed up the jars in boxes and they went with us, too. We needed to watch them become butterflies, and we always let them free outside once they did.

I learned a lot about monarchs in those days; I could easily tell a male apart from a female, thanks to the black dot on the hind wing of males. I also learned then that they taste with their feet and smell with their antennae, and that their poop was called frass.



But the book, “*How to Raise Monarch Butterflies: A Step-by-Step Guide for Kids*,” by Carol Pasternak, quickly showed me there was still a lot I could learn. For instance, did you know monarch butterflies are deaf? Or that a monarch eye has thousands of individual lenses, or that monarchs that emerge in early summer start mating when they are only three days old?

The 48-page book, first published by Firefly Books Ltd in 2012 and revised in 2015, is well done and well organized. It can be purchased through the Wild Ones store.

The book gives clear guidance on what you’ll need to raise monarchs, explains the monarch life cycle, and includes a list of resources, plus a handy glossary. It’s written for those who have never raised monarchs before, and includes information and beautiful photographs that show you just what to do and expect. But even if you’re an old pro at raising monarchs, there are things you will learn.

The book includes sections on what you’ll need to create your monarch’s home, to how to find caterpillars, and most importantly, how to take care of them. It stresses the need to treat your caterpillars just as you would any pet — and that means taking care of them daily by cleaning their container and making sure they have food, which in the case of monarchs, means leaves from the milkweed plant. It also gives tips for their eventual release.

It includes information on predators and perils, and on mating and migration. But once you and your children are hooked on raising monarchs, the book encourages you to create your own pollinator garden, giving tips how to do that so you can attract a variety of butterflies to your yard the following summer.

The book is an excellent resource for any child who wants to learn more about monarchs. But it’s also a great resource for any parent or grandparent who wants to share with their child or grandchild the circle of life and the beauty that the outdoors holds. ❀

GEORGIA

The Mimsie Lanier Center for Native Plant Studies at the University of Georgia was dedicated in February and offers educational programs to help people learn about the need for native plant propagation. The facility features a climate-controlled classroom and greenhouses where native plants are grown.

Georgia has more than 4,000 native plant species, one of the highest numbers east of the Mississippi. However, the number of many native species has declined largely due to conversion of native plant habitat to various forms for human use. Currently, 737 plant species are considered of “special concern” in Georgia. Of those, about 150 are listed by the state or federal government as endangered, threatened or rare.

MINNESOTA

The St. Paul City Council recently approved a resolution to encourage residents and city departments to cut down on pesticide use and add more native plants in their landscaping.

The city has already been incorporating some best practices for pollinators, the *Star Tribune* reported, including adding pollinator-friendly plants in parks and gardens and limiting pesticide use.

St. Paul became the ninth city in the state to add such a policy.

NEBRASKA

More than 25 volunteers helped sow seeds by hand to create another patch of native prairie in the midst of farmland this February.

The Grand Island Independent reports the volunteers helped the Nature Conservancy plant seeds for 141 species of native prairie plants on 60 acres. The planting was part of the group’s ongoing effort to restore sections of vibrant prairie in Central Nebraska’s Platte River Valley.

The Nature Conservancy’s Platte River Prairie project has already restored more than 2,500 acres of former cropland to prairie.

NORTH DAKOTA

Ducks Unlimited will be planting pollinator-friendly species on 160 acres of property in Wells County, North Dakota that was donated by Wild Ones members.

NEWS FROM ACROSS THE NATION

Charlotte Adelman and her husband, Bernie Schwartz, both retired lawyers living in Wilmette, Illinois, donated the property to DU in late 2013. Located in the Prairie Pothole Region, the land is exceptional habitat for breeding ducks. However, DU plans to diversify the property with various native plants so it will support more wildlife, including butterflies, bees and birds.

“We plan to enhance both the wetlands and the grasslands through management and supplemental seeding of native prairie flora,” said Jonas Davis, DU manager of conservation programs in North Dakota.

Adelman and Schwartz are a driving force behind the project. They donated the property because of their interest in promoting ducks and native plants, as well as their concern about habitat for butterflies, bees, birds and other native wildlife.

“If people want butterflies, bees and birds, they have to start planting native plants,” Adelman said. “We chose DU because they’re taking such a proactive role in making native prairies safe for the future.”

TEXAS

Move over, monarchs. You no longer hold the record for having the longest migratory route. Scientists have concluded that honor now goes to a dragonfly called *Pantala flavescens* that is barely 1.5-inches long.

Biologists at Rutgers University found populations of this dragonfly as far apart

***A Pantala flavescens* from Palakkad, Kerala, India. Researchers have determined this dragonfly travels about 4,400 miles as it migrates.**

PHOTO: Abhishek Jacob / Creative Commons



as Texas, eastern Canada, Japan, Korea, India and South America. Since all have the same genetic profiles, the researchers concluded these insects are traveling extraordinary long distances and breeding with each other.

The researchers, whose findings are published in the journal PLOS ONE, believe that the dragonflies’ bodies have evolved, and that the increased surface area on their wings enables them to use the wind to carry them across oceans and continents, or about 4,400 miles during their migration. Monarchs are estimated to migrate 2,500 miles.

WISCONSIN

A new study shows the pace of plant community change is accelerating in Wisconsin’s remnant prairies. Published in the February 2016 *Science Advances* journal, the authors used legacy studies done between 1947-1956 and 1987-1998 to compare today’s prairies to those of the past. They found a considerable shift in the composition of prairie plant communities in the six decades, as well as acceleration in the pace of change.

“Plant community identity diverged more dramatically between 1987 and 2012 than between 1950 and 1987, despite the fact that the 1950–1987 interval is more than 30 percent longer,” the study states. “Annual rates of extinction increased by 214 percent between 1987 and 2012 relative to 1950–1987, whereas annual rates of local colonization increased by 129 percent.”

In fact, the high rates of local extinction leave some sites with fewer than 18 percent of the species detected in the 1950 survey still present today. “Meanwhile, we see a rapid increase in the rates at which non-native species are colonizing these sites, along with substantial shifts in the drivers associated with these changes,” the study states. Non-native woody shrubs, bushes and fast-growing trees are replacing many of the native plant species mainly due to a decline in prescribed fires.

Plant species native to prairies are able to withstand fire, but introduced species often are not. Not surprisingly, researchers also concluded that large prairies that are the most successful today are ones that are actively managed with regularly prescribed fires. 🌿

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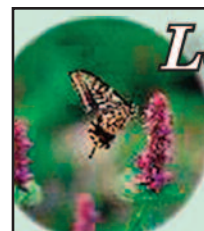


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Plant a Seed with a booth display

By Tim Lewis

Display booths are an excellent way to Plant A Seed at chapter meetings and local gardening events. My chapter, Rock River Valley in the Northern Illinois region, participates in four to six events per year. These events are gardening conferences and other environmental events.

Our booth has a sturdy wood-framed, three-panel display and an attractive trade show tablecloth with the Wild Ones logo on the front. For each event, we put out literature that is appropriate for the event and time of year. The panel has a few photos of chapter events, a map of the region we serve, and photos of local native plants and landscapes, which seem to attract most people. I have been the booth coordinator for several years and have learned a few things to make the booth display more engaging. One of these is to avoid putting out a lot of literature.

Too much can overwhelm visitors who are mostly people just starting out and wanting to learn something about native plant landscaping. I also learned that if you set up in an outdoor venue, you need a way of tying the display down to the table and your literature has to be weighted down with something or in literature racks.

We hand out a membership brochure and a schedule of our events, and have available newsletters, a few relevant JOURNAL reprints, and monarch literature. We use a tally counter to keep track of how many people we engage, meaning that if a person stops at the booth and talks to one of our booth staff they are counted. The count goes into my report to the board. This helps us evaluate if the event is worth the time and effort in subsequent years.



An attractive display at various events can help teach people about native plants and encourage them to join Wild Ones.

PHOTO: Tim Lewis

When we participate in an event at a bird banding station I

put out literature about attracting birds to yards with native plants. The event draws about 200 people over a weekend and many stop to get information about attracting birds to their yards. We have gotten new members and several plant orders because of this event. Earlier this year, we were invited to a gardening conference put on by the county extension service.

The event drew 85 people and we engaged 48 of them. One person joined that day. Another year, we participated at an Earth Day event where we engaged fewer than 10 people out of the

approximate 100 who attended. However, one person placed an order at the booth for plants from our plant sale.

Some chapters encourage people to join that day at their booths and sometimes offer a discount if they do. We take a different approach and encourage people to attend our free and open programs and give them our membership brochure and the schedule of events. We usually do not know if the visitors become members unless they tell us.

Even though we do not know how effective the booth is, it is important to have a presence at venues in your area that are compatible with our mission. Just having an attractive display puts our name in the public and may motivate people to find out more about Wild Ones and native plants. 🌱

Grow Membership Challenge

Ready, Set, Grow! The Plant a Seed Chapter Challenge began May 1 and runs through July 31. The two chapters that bring in the most new members during these three months will receive their choice of a banner or a table runner with their Wild Ones chapter logo on it to use at their events. We will also feature the winning chapter and their best practices in recruiting new members in a future JOURNAL issue.

Plant a Seed with your community, friends, neighbors and relatives. Get the word out and spread our message of planting with natives, creating habitats for pollinators, and providing astounding beauty that is appealing to all. Good luck to all chapters. Ready, Set, Grow!




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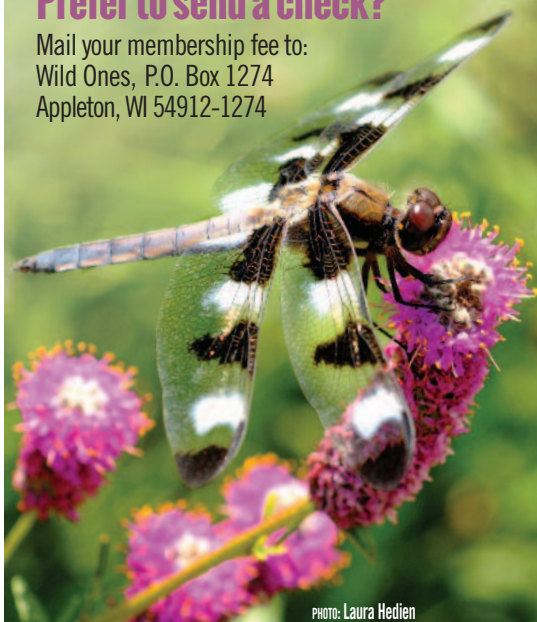


PHOTO: Laura Hedien



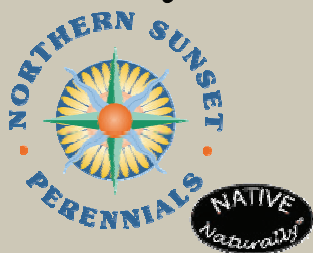
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2016 Annual Conference

Aug. 19-21, 2016

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Cost

The Annual Conference fee is \$90 per person.
Saturday only is \$60 per person.
(Including all sessions, meals and entertainment)

Hotel reservations

Information coming soon.

The conference weekend

includes the national Board of Directors meeting, the Annual Membership meeting, chapter development workshops, interesting speakers, lots of networking and great food. The WILD Center is the place to be!

The workshops

featured this year include:

- Tips for Promoting and Growing Your Chapter
 - Having a Successful Plant Sale
 - Developing Partnerships
 - Planning a Chapter Conference
- Pollinator Walk with Heather Holm
 - Build Your Own Bee House (May have a minimal cost)

We hope you enjoy the lineup we have for you.
Let us know how we can make your stay more comfortable.

Preliminary Schedule — Subject to change

Friday, Aug. 19

9 - 11 a.m. Annual Board of Directors Meeting
11 a.m. — noon How to Read Financial Statements — What Board Members Need to Know
Noon - 1 p.m. Lunch
1 - 4 p.m. Board Development Training for National and Chapter Boards
5 p.m. Conversation and Refreshments
5:30 p.m. Welcome and Dinner
6:30 p.m. Tim Lewis Roast

Saturday, Aug. 20

8 - 9 a.m. Walk the Nature Trails and Birding at the WILD Center
9 - 10:30 a.m. Workshops
#1 Tips for Promoting and Growing Your Chapter
#2 Having a Successful Plant Sale
10:30 a.m. — noon Workshops
#3 Developing Partnerships
#4 Planning a Chapter Conference
Noon - 1 p.m. Lunch
1 - 2:30 p.m. Annual Membership Meeting
2:30 - 4 p.m. Featured Speaker — To be determined
4 - 5 p.m. Pollinator Hour - Workshops
#5 Pollinator Walk with Heather Holm
#6 Build Your Own Bee House (May have a minimal cost)
5:30 p.m. Conversation and Refreshments
6 p.m. Dinner on the Prairie
7 p.m. Hometown Habitat Movie or Socializing at the Council Ring (Fire if weather permits)

Sunday, Aug. 21

9 - 11 a.m. Open House — Networking Session and Coordinating Efforts between Chapters
Stop at the WILD Center to meet with staff and chapters to talk about ways to work together and coordinate efforts. Bring your questions and ideas. Food and beverages will be served.



PHOTO:
Rick Webb

Chapter Anniversaries

- 3 years – Blue Ridge, Va.
- 4 years – Tennessee Valley, Tenn.
- 10 years – Mountain Laurel, Conn.
- 12 years – Habitat Gardening in Central
New York, NY
- 15 years – Door County, Wis.
- 16 years – Gibson Woods, Ind.
- 16 years – Southeast Michigan, Mich.
- 17 years – Oakland, Mich.
- 20 years – Ann Arbor, Mich.
- 22 years – Columbus, Ohio
- 22 years – Rock River Valley, Ill.
- 37 years – Milwaukee-North, Wis.

Mark Your Calendars

May 2-8

National Wildflower Week
Lady Bird Johnson
Wildflower Center

May

American Wetlands Month

June 20-26

National Pollinator Week

Aug. 19-21

Wild Ones Annual Conference
WILD Center, Neenah, Wis.

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For information about starting
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Milwaukee Southwest-Wehr Chapter #23
Message Center: 414-299-9888 x2
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Wolf River Chapter #74
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Thank you for your contributions

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matching donation 1:1
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Business and Affiliate Members

NEW BUSINESS MEMBERS

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Fox Valley Area (Wis.)

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Will County (Ill.)

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NEW AFFILIATE MEMBER

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Northern Kane County (Ill.)

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St. Croix Oak Savanna (Minn.)

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Greater Cincinnati (Ohio)

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www.thenatureinstitute.org
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Jacki Kossik PHOTO

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Contact the Headquarters office if you have others items that may be suitable for use by Wild Ones. We now have someone in the office from 10 a.m. to 3 p.m. Monday - Friday. Or call for an appointment: 877-394-9453

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The deadline for the Wild Ones Photo Contest is **June 20, 2016**.

We will announce the winners at the Wild Ones Annual Conference in August.
See wildones.org for details.



Photo by Jim Rogers—Central Wisconsin

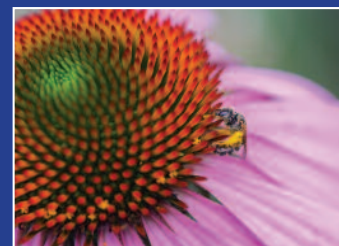


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