

The Turk's Cap

The Newsletter Of The Delaware Native Plant Society

www.delawarenativeplants.org

Check out page
5 for a list of
area events and
plant sales.

2016 Annual Meeting Held at Mt. Cuba Center



Last August, DNPS members gathered at the Mt. Cuba Center for a guided tour of the native plant gardens and to hold our annual meeting in the picnic area. It was a beautiful late summer Saturday morning with many varieties of native plant flora on display.



The native plant meadow



White Baneberry seed head

White Baneberry

Actaea pachypoda

Oblong clusters of tiny flowers in very late spring produce unusual, shiny white berries with a single black dot -- commonly known as "doll's eyes." They're poisonous to us, but sometimes eaten without harm by small mammals, sapsuckers, and robins.

Ranunculaceae

Featured Plant



Blue gentian flowers



Maidenhair Fern



Pitcher plants

Message from the President



It seems like winter arrived and then scurried away without much ado this year, as evident by the early blooms on trees and the emerging bulbs forced a little too early this season. I guess that groundhog was wrong this time.

Much thanks to our members and guests who attended our Annual Symposium last year. We had an amazing turnout and viewed the full-length movie, Hometown Habitat. The response was overwhelming and we may offer this viewing again in the future.

We are looking ahead to a potential project in conjunction with the University of Delaware at their Lewes campus. Located on this campus is a native garden that

was installed roughly 10 years ago. It is in dire need of rehabilitation. We are currently in discussion with the University in combining our efforts to make this project a success. We will need volunteers and resources to help with this endeavor. This project will be introduced at our Spring Workshop. Please stay tuned for future updates as we move along this process.

As always, thanks to all our members, and especially to those that

The fall 2016 symposium screening of the movie "Hometown Habitat: Stories of Bringing Nature Home" was a great success. Eric Wahl intrudes the film to the audience and Alice Mohrman from DNS spoke about "Gardening for Wildlife and Water". Thanks to the Garden Keepers from Bombay Hook National Wildlife Refuge for co-sponsoring this event with DNPS.

volunteer their time and effort to make our organization a continued success.

Happy Spring!

Erick Wahl, President

Spring Workshop Draws 30 Attendees



Faith Kuehn from DDA talked about plants for early spring pollinators such as skunk cabbage, red maple, red bud, sassafras, and spicebush.



Native plant is a term to describe plants endemic (indigenous) or naturalized to a given area in geologic time.

This includes plants that have developed, occur naturally, or existed for many years in an area (e.g. trees, flowers, grasses, and other plants). In North America a plant is often deemed native if it was present before colonization.

Some native plants have adapted to a very limited, unusual environments or very harsh climates or exceptional soil conditions. Although some types of plants for these reasons exist only within a very limited range (endemism), others can live in diverse areas or by adaptation to different surroundings (indigenous plant).

Questions or comments please contact Rick Mickowski, newsletter editor at rick.mickowski@state.de.us or at 302-832-3100 ext. 8979. Member submissions encouraged!



DNPS Officer Team 2016-2018 from left to right: Eric Wahl - President, Rick Mickowski - Vice President, Eric Zuelke - Treasurer, and Alison Long - Secretary

Native Edibles in the Landscape by Nancy Bell, Master Gardener

What could be better than putting native plants in your home landscape to attract and feed wildlife? Perhaps planting natives that attract wildlife and feed people too! Edible plants don't need to be confined to the vegetable plot in the backyard. There are many plants that happen to be edible and are attractive enough to be used alongside your other ornamentals. We just need to start thinking outside the plot. Let me help you change your perspective. How about starting with trees? There are a number of fruiting trees that have beautiful flowers in the springtime and unlike their strictly ornamental relatives, will reward you with fruit later in the year. There are several statuesque nut trees that are native and some beautiful berry-bearing ones as well. A few of my favorites are the **Serviceberries** (*Amelanchier* sp.), **Pawpaw** (*Asimina triloba*) and **American Beech** (*Fagus grandifolia*).

There are so many wonderful attributes to these plants that I cannot believe they are not more widely used. **Serviceberries**, which are small trees/large shrubs, are covered in glorious white blossoms in early spring, and then ripen into an abundance of fruit in June. Later in the year, the fall colors are show-stopping shades of gold, orange and red. The Pawpaw produces dark purple-maroon flowers in early spring. The pollinators for these flowers are beetles and flies, so the odor they produce is not really one that we humans appreciate. Fortunately this is a mild fragrance! **Pawpaw** fruit is the largest native, edible fruit (actually a berry) produced in North America. In the fall, the large leaves turn a beautiful clear gold. **Pawpaw** trees are self-sterile, so two different plants are necessary for fruit. This is also the larval host plant for the fabulous Zebra Swallowtail butterfly. Last of the trees, the **American Beech** produces nuts that are pleasant to taste. Additionally, the perfectly smooth, gray bark accents the wooded landscape.



Elderberry fruit

Now, on to shrubs. **Elderberry** (*Sambucus canadensis*) is a large shrub that blooms in early summer. The showy, large white flower heads, made up of many small individual flowers, are edible. By late summer, the flower heads have developed into large clusters of dark purple fruit, so heavy that the branches begin to droop. The seeds should not be eaten in large quantities, so this fruit is best prepared as jams and jellies, with the seeds removed by a sieve. Next, the **Blueberries** (*Vaccinium* sp.) a favorite of many, bloom profusely in late spring and are quite attractive. The fruit ripens in mid to late summer. Although it will self-pollinate, you should have at least two or three different varieties to

maximize the fruiting potential. The fall color is unrivaled in vibrant shades of scarlet. In the winter, the stems become quite red and help to brighten the normal browns and grays of the season. Blueberries are truly four season plants and are the larval host plant to more than 60 species of butterflies and moths. With both the Blueberry and Elderberry, you will be competing with the birds for the fruit and you may need to use a net. Here's a surprise. Did you know that unlike most ferns, **Ostrich Fern** (*Matteuccia struthiopteris*) is edible? Ostrich Fern can be harvested in the spring as the 'fiddleheads' are beginning to emerge, very much like harvesting asparagus. It is these fiddleheads that are eaten steamed, boiled or raw. Never take more than 1/3 of the plant or it may begin to decline. As with any new food, it is important to taste first in small quantities to test for allergies or other reactions. Also remember to consult reputable sources of information for methods of harvesting or preparing edible plants. Do you have a wet area that's become troublesome? Some of the plants mentioned will be very happy there. The Pawpaw, Serviceberry, Blueberry and even the Ostrich Fern (on a shady edge) will do fabulously and give you the bonus of food, as well an attractive solution. I hope that this gives you some new and different ideas for using native plants.

Visit us on Facebook

[Delaware Native Plant Society](#)

NATIVE PLANT HIGHLIGHT

PASSIFLORA LUTEA

BY RICK MICKOWSKI, DNPS VICE PRESIDENT

SEVERAL YEARS AGO AT ONE OF THE DNPS NATIVE PLANT SALES, I PURCHASED AND PLANTED THE NATIVE VINE *PASSIFLORA LUTEA*. I PLANTED IT IN MY FLOWER BED IN THE BACK YARD AND FOR SEVERAL YEARS IT HAS COME UP. BEING A LATE PLANT TO EMERGE IN THE SPRING, I SOMETIMES FORGOT IT WAS THERE AND ALMOST DUG IT UP. FINALLY, LAST SUMMER IT GREW TO A GOOD SIZE AND BLOOMED FOR THE FIRST TIME!

Passiflora lutea (yellow passionflower) is a flowering plant in the family ***Passifloraceae***, native to North America in



the eastern and south central parts of the United States from Pennsylvania west to Kansas, and south to Florida and Texas. It is the northernmost species of ***Passiflora*** and is tolerant of winter temperatures down to –15 degrees C and even –30 degrees C for short periods.

It is a perennial herbaceous climbing or trailing vine that can reach 3-5 meters in



length. The leaves are trilobed, 3-7 cm long and 3-15 cm broad, with a 5 cm petiole; in the north of its range it is deciduous. The common name as well as its scientific name refers to the small, 1-1-5 cm diameter chartreuse (yellow-green) or off-white flowers it produces in summer. The flowers are followed by small black berries that contain seeds that are brown and bumpy. ***P. lutea*** grows in bright shade to sunny places with moist, rich soil.

This plant is often good for butterfly gardens, as it is the host plant for Gulf fritillaries, Julia butterflies (***Dryas Julia***) and zebra longwings (***Heliconius charitonius***). It is also the only pollen source used by an unusual specialist bee, (***Anthemurgus passiflorae***), which is the sole member of its genus; this rare bee is unusual in that despite its obligate relationship with the plant (oligolecty), it does not pollinate it.

Text adapted from Wikipedia 2017

Photos taken by Rick Mickowski in his backyard August 12, 2016.

CALENDAR OF EVENTS

MARCH-SEPTEMBER 2017

- | | |
|------------|--|
| March 18th | NJ Native Plant Society Annual Meeting in Medford.
http://www.brownpapertickets.com/event/2890297 |
| April 5th | University of Delaware Botanic Garden Plant Sale Preview Lecture. Go to www.ag.udel.edu/udbg to register. \$10 for non-members. |
| April 8th | Copeland Native Plant Seminar with C. Colston Burrell and Doug Tallamy. Cost is \$65 for non DNS members. Go to www.delawarenaturesociety.org/seminars . |
| April 29th | Ag Day and UD Botanic Garden Plant Sale from 10-4 at the University of Delaware. |
| May 6th | Gardening for the Bays Native Plant Sale at the James Farm Ecological Preserve. Go to www.inlandbays.org for more information. Exhibitors include DNS, Delaware Botanic Garden at Pepper Creek, Master Gardeners, Sussex Bird Club and Beekeeper James Carfagno. Plant companies include Envirotech, Inland Bays Garden Center, ROOTS Landscaping and Garden Center, and Sussex Landscaping. |
| May 6-7 | Delaware Nature Society Native Plant Sale at Coverdale Farm Preserve. Plant sale catalogue available at www.delawarenaturesociety.org . |
| May 13-14 | Brandywine River Museum Native Plant sale. |
| June 7-10 | Native Plants in the Landscape Conference at Millersville University. More information at www.millersvillenativeplants.org . |
| June 24 | Gardening for water and wildlife at the East Coast Garden Center. Register at www.eastcoastgardencenter.com/classes-events.html . |

Various dates The Mt. Cuba center website and new spring/summer 2017 catalogue has many interesting native plant classes and workshops listed. Go to www.mtcubacenter.org for a complete listing. A sampling of offerings include: annual wildflower celebration (free) on April 23, National Public Gardens Day (free) on May 12, Native Plants for Nesting Birds on May 17, Native Orchids of DE on May 18, Grow a Pollinator Garden on June 16, Milkweeds for Monarchs on June 29, Hedgerows for Pollinators on July 8, Designing with Native Plants on September 14, and Monarch Butterfly Tagging on September 16th.

Native Plant Resources

Izel - An online Marketplace for Native Plants. Go to www.izelplants.com.

Mid-Atlantic Native Plant Farm in New Freedom, PA. A wholesale grower that will sell and ship to regular customers. Find them at www.midatlanticnatives.com.

Adkins Arboretum native plant nursery in Maryland . Visit www.adkinsarboretum.org for more details. Annual open house and native plant sale on April 29-30.

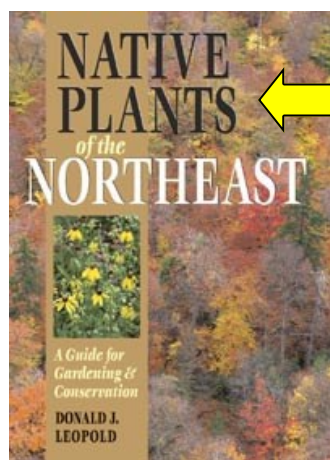
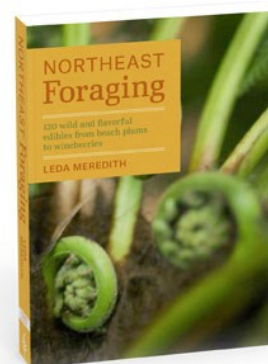
The **National Wildlife Federation** website has a program called "Liven Up Your Garden" where you can find customized native plant lists by county. Go to www.nwf.org.

Bowman's Hill Wildflower Preserve in New Hope, PA has many native plant program offerings. Go to www.bhwp.org for a complete listing. Native plant sale on April 22nd.

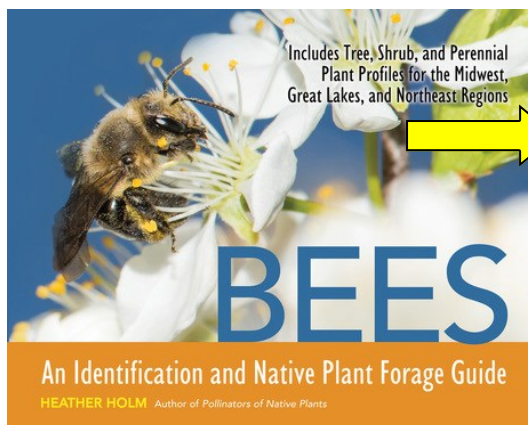
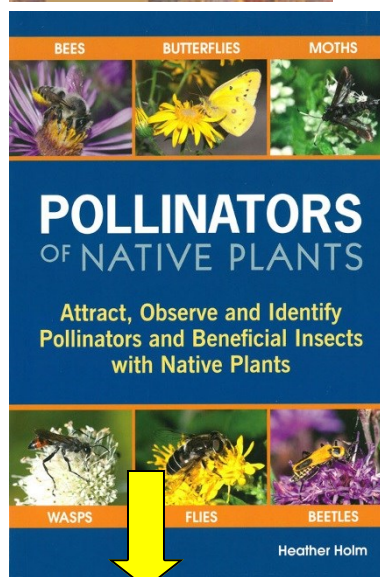
Native Plant Resources

The Northeast offers a veritable feast for foragers. The woods, meadows, seashore, and even city neighborhoods are home to an abundance of delicious wild edible plants. A passionate wild foods expert, Meredith emphasizes local varieties and traditions, showing you what to look for, when and where to look, and how to gather in a responsible way.

Northeast Foraging is a hardworking guide packed with detailed information and clear photography for the safe identification of more than 120 wild plants. It also features a seasonal guide for foraging year-round and collecting tips for sustainable harvesting. It is applicable to New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Maryland, Delaware, Rhode Island, Ontario, and Quebec.



If you've always wanted to garden with native plants, this book is for you. With entries for nearly 700 species of native trees, shrubs, vines, ferns, grasses, and wildflowers from the northeastern quarter of the U.S. and eastern Canada, its comprehensive horticultural coverage is unsurpassed by any other single volume. The natural ranges of many of the plants discussed extend beyond the Northeast; the information on horticultural uses applies to any garden. Each plant description includes information about cultivation and propagation, ranges, and hardiness. An appendix recommends particular plants for difficult situations, as well as attracting butterflies, hummingbirds, and other wildlife. Illustrated throughout with color photographs.



"It would be hard to imagine a book more chock full of the information we need to save our native bees. From helpful ID tips, to body size ranges, to seasonal distribution to 99 species of the trees, shrubs, and perennials preferred by 27 genera of our most common bees, **Heather Holm** covers it all. This is the book pollination biologists and homeowners alike have been waiting for!" **Douglas Tallamy**, author of *Bringing Nature Home*

This comprehensive, essential resource profiles over 65 perennial native plant species and the pollinators, beneficial insects and flower visitors the plants attract. Beautifully designed and illustrated with over 1650 photos of plants and insects, it underscores the pivotal role that native plants play in supporting pollinators and beneficial insects. Readers learn to recognize, identify and attract pollinators and beneficial insects as well as customize their landscape planting for a particular type of pollinator with native plants. The book includes information on pollination, types of pollinators, pollinator habitat and conservation as well as pollinator landscape plans.



Recipes Using Native Fruits

Serviceberry—Also called Juneberry



Serviceberry Muffins

1½ cups all-purpose flour ½ cup sugar 2 teaspoons baking powder ½ teaspoon salt 1 egg ½ cup milk ¼ cup vegetable oil ¾ cup serviceberries Lightly oil muffin pans. In a bowl, measure and mix together flour, sugar, baking powder and salt. In another bowl, beat egg; add milk and oil. Pour liquid ingredients into dry ingredients. Mix dry ingredients until just moistened, about 15 mixing strokes; batter should be lumpy. Fold in serviceberries. Fill muffin cups two-thirds full. Bake at 400°F for 20 to 25 minutes or until golden brown. Immediately remove muffins from pans and cool on a wire rack. Yield: 12 muffins

Serviceberry Pie

4 cups fresh serviceberries ¼ cup water 2 tablespoons lemon juice ¾ cup white sugar 3 tablespoons all-purpose flour 1 tablespoon butter pastry for a two-crust 9-inch pie Preheat oven to 425°F. In a large saucepan, simmer berries in ¼ cup water for 10 minutes. Stir in lemon juice with berries. Combine sugar and flour in a medium bowl; stir into berry mixture. Pour mixture into pastry-lined 9-inch pie pan. Dot with butter. Place second crust on top of pie; seal and flute edges. Cut vents in top. Bake in preheated oven for 15 minutes. Reduce oven temperature to 350°F and bake for an additional 35 to 45 minutes, or until golden brown.

Serviceberry Jam

4 cups serviceberries 2 oranges 1½ cups water ½ cup lemon juice 3 cups sugar Prepare jar lids. Put serviceberries through food chopper with a medium-fine blade. Juice the two oranges and put the peel through the food chopper. Combine berries, orange peel and water in a large saucepan; boil gently until fruit is tender. Add juice from oranges, lemon juice and sugar. Boil 20 minutes or until the desired consistency is reached.

Observations from 2016

Last year while driving around New Castle County I noticed an abundant crop of Serviceberries and they were in unexpected locations. The first location was a row of Serviceberry trees that had been planted along Greenhill Avenue in the median between the road and the Porky Oliver Golf Course. The trees were loaded with fruit. The second location was in the parking lot of a shopping center on Route 202 in front of the Steinmart store. The trees were planted in the parking lot median strip and were loaded with berries. Now if these trees can grow in such a location they will grow in your yard! Hopefully, the birds found them for a berry good feast!

Rick Mickowski, DNPS

Recipes courtesy of the University of Alaska Fairbanks Cooperative Extension Service "Serviceberries". Recipes originally from the publication "Collecting and Using Alaska's Wild Berries and Other Wild Products, UAF publication FNH-00120

Membership Application

Delaware native Plant Society

Member Information

Name:

Business Name or Organization:

Address:

City and Zip Code:

Telephone (home/work):

☐ Full-time Student \$10.00

☐ Individual \$15.00

☐ Family or Household \$18.00

☐ Contributing \$50.00

☐ Business \$100.00

☐ Lifetime \$500.00

☐ Donations are also welcome \$_____

Membership benefits include:

Total Amount Enclosed: \$

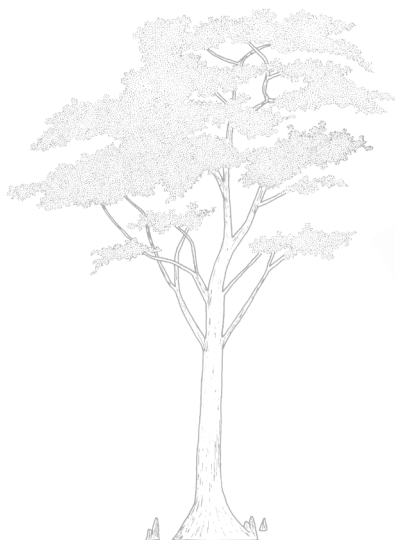
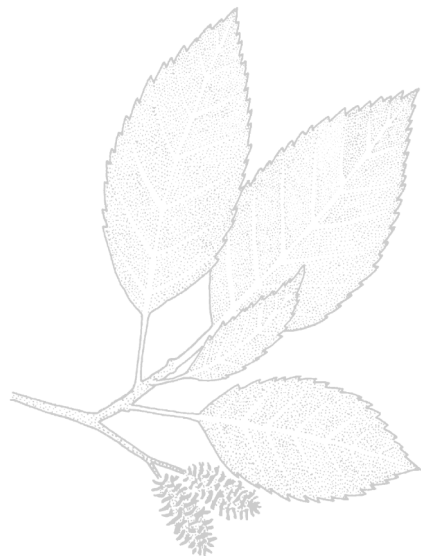
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DELAWARE NATIVE PLANT SOCIETY

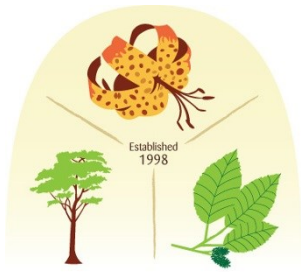
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The Turk's Cap

The Newsletter Of The Delaware Native Plant Society

www.delawarenativeplants.org

Check out page
5 for a list of
area events and
activities.

Fall Symposium to feature George Coombs from Mt. Cuba Center

George Coombs from the Mt. Cuba Center will be our special guest presenter at the annual symposium on Saturday, September 30th at the Bombay Hook Visitor Center meeting room. George will detail how Mt. Cuba selects and evaluates native plants for superior garden performance, and learn about some of their exciting research comparing the ecological value of cultivars versus the straight species. Mt. Cuba Center is a public garden that specialized in plants native to the Eastern United States. As part of its mission to inspire and conserve, Mt. Cuba Center conducts native plant research in various forms. Mt. Cuba Center is just wrapping up a three-year study of garden phlox and will soon begin evaluating Helenium also known as Sneezeweed.

Other plant evaluations have been Aster, Echinacea, Heuchera, Coreopsis, Baptisia, and Monarda.

Also on the agenda is a presentation on native bees by Nancy Lawson following lunch. Nancy is the author of "The Humane Gardener: Nurturing a Backyard Habitat for Wildlife" and a columnist for All Animals magazine. To register for the symposium please email Eric Wahl at eric@elementdg.com.

DNPS President Eric Wahl will end the session with an overview of the volunteer day scheduled for October 28th from 9:00 a.m. to noon to begin our renovation project of the native plant garden at the UD Sharp campus in Lewes.



Phlox in the trial garden, August 2016
photos by Rick Mickowski



Volunteers needed on October 28th from 9-noon at the UD Sharp Campus in Lewes, DE as DNPS begins the renovation process on the native plant garden. Contact Eric Wahl at eric@elementdg.com to register.



Message from the President

It seems like summer passed by this year in record speed. With autumn fast approaching, we are gearing up for our popular Annual Symposium. This year we welcome George Coombs from Mt. Cuba, discussing the test gardens that he oversees. We will also hear about native bees from Nancy Lawson. You can find out more information within the newsletter. In addition, we are getting excited to begin some volunteer work in conjunction with the University of Delaware at their Lewes campus. Located on this campus is a native garden that was installed roughly 10 years ago, and needs restoration. Our first date for beginning work is October 28th, from 9:00 until noon. We will need volunteers and resources to help with this endeavor. Additional information will be provided at the Annual Symposium. On this first volunteer day, we expect to perform some basic weeding, light pruning, and seed collecting. The intent is to have a few members start the seed so that we have seedlings to install next year at another volunteer day. If you are interested in helping out, please email me at eric@elementdg.com or call 302-645-0777.

As always, thanks to all our members, and especially to those that volunteer their time and effort to make our organization a continued success.

Happy Autumn!

Eric W. Wahl



UD Lewes Campus Native Plant Garden path in photo taken a few years ago.



Rick Mickowski

Monarch butterfly on Swamp Milkweed (*Asclepias incarnata*)

Native plant is a term to describe plants endemic (indigenous) or naturalized to a given area in geologic time.

This includes plants that have developed, occur naturally, or existed for many years in an area (e.g. trees, flowers, grasses, and other plants). In North America a plant is often deemed native if it was present before colonization.

Some native plants have adapted to a very limited, unusual environments or very harsh climates or exceptional soil conditions. Although some types of plants for these reasons exist only within a very limited range (endemism), others can live in diverse areas or by adaptation to different surroundings (indigenous plant).

Questions or comments please contact Rick Mickowski, newsletter editor at rick.mickowski@state.de.us or at 302-832-3100 ext. 8979. Member submissions encouraged!

2018 Schedule of Events

March 2018 - Spring Workshop/Lecture

May 2018 - Field trip to Bowman's Hill Wildflower Preserve in Pennsylvania

Summer 2018 Annual meeting and visit to Southern Delaware Botanic Garden

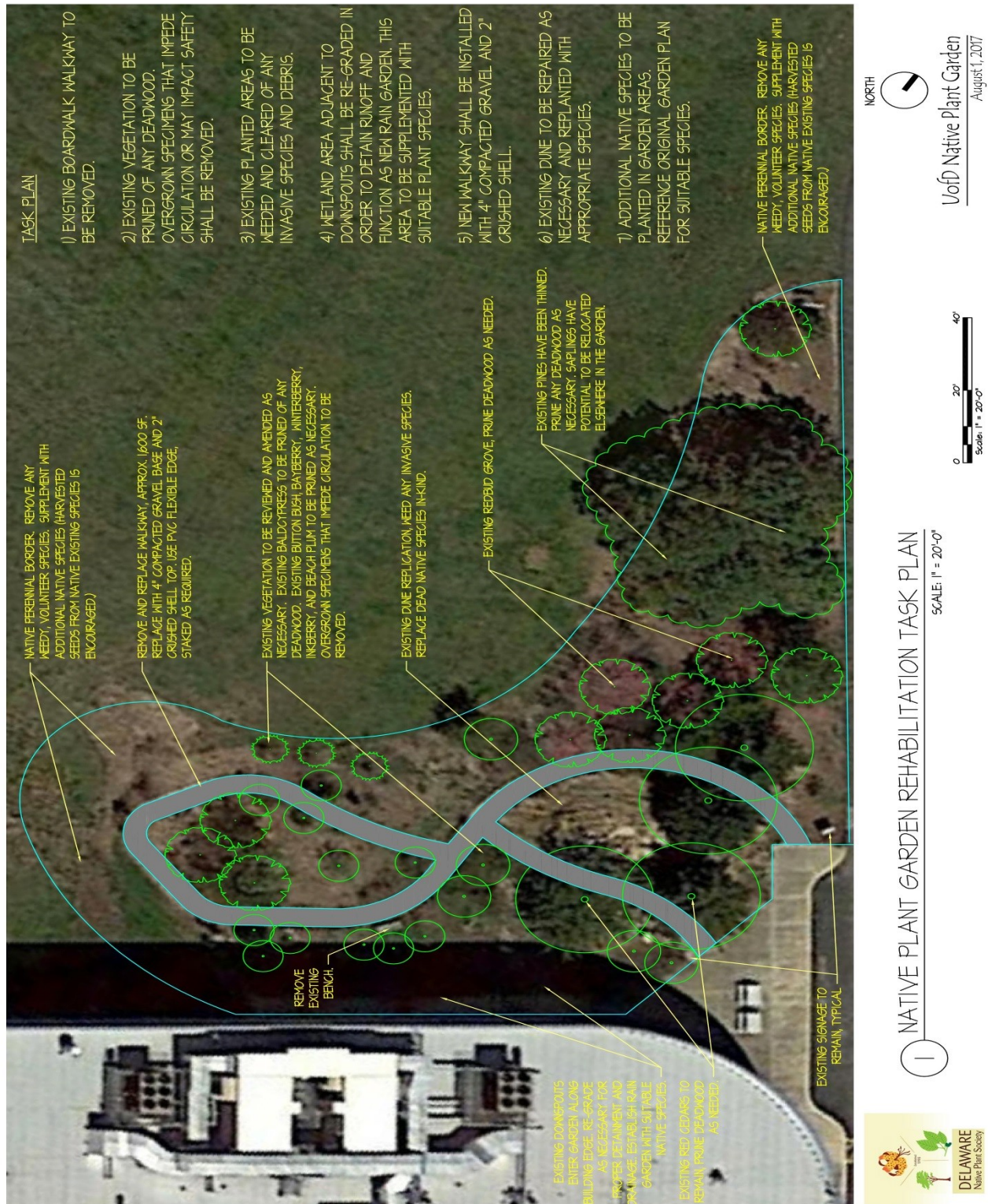
TBD—Volunteer Work Days at Native Plant Garden Restoration project

September 2018—Fall Symposium



DNPS Officer Team 2016-2018 from left to right:
Eric Wahl - President, Rick Mickowski - Vice President, Eric Zuelke - Treasurer, and Alison Long - Secretary

Plan for Renovating the UD Sharp Campus Native Plant Garden



Visit us on Facebook

[Delaware Native Plant Society](https://www.facebook.com/DelawareNativePlantSociety/)

NATIVE PLANT HIGHLIGHT

Wild Senna

*Senna
marilandica,
Senna
hebecarpa*

Wild senna is a large perennial with the distinctive foliage and conspicuous seed pods characteristic of members of the pea family. Unusual yellow flowers appear close to the stem and though they are only briefly in bloom, are visited by a number of pollinators including butterflies, solitary bees, and bumble bees. In regards to the last pollinator on that list, a [2016 study by researchers at Penn State](#) found that bumble bees preferentially visit flowers that produce pollen that has higher protein-to-lipid ratios, and wild senna was the favorite of bumble bees amongst the plants used in the study.

Regarding the unusual flowers – not only do they look different, structurally – they are. As Mary Anne Borge of [The Natural Web](#) writes:

Wild Senna's flowers have another somewhat unusual feature, or more accurately, they lack a feature, nectaries, that many flowers have. Many plant species have evolved to entice pollinators to their flowers by providing a reward of nectar in exchange for their visits. In spite of the lack of nectar, Wild Senna is pollinated by bees, primarily Bumble Bees but also Sweat Bees (Halictid species) who visit the flowers for their pollen, a highly nutritious food that contains protein, carbohydrates, fats, vitamins and minerals.

Which brings us to an interesting back-up strategy Wild Senna employs for protection. Wild Senna has extrafloral nectaries, a nectar source separate from the flowers. They are positioned on the leaf petioles



(stems) near their attachment to the primary plant stem and adjacent to the flower buds.

Extrafloral nectaries are attractive to ants, parasitic wasps and lady beetles. It's thought that these insects protect the plant from other insects that would attack the foliage. Indeed, the interplay of predator and prey interactions that play out in part because of these nectaries are worthy of *Game of Thrones*!

Wild senna is a larval host to cloudless sulphur (*Phoebis sennae*), orange-barred sulphur (*Phoebis philea*), and sleepy-orange butterflies (*Abaeis nicippe*). Birds enjoy the abundant seedpods and the plant serves as an important food-source for game birds such as quail.

This wildflower is underutilized in the home landscape. It mixes well as a backdrop to shorter perennials and adds structure to the wildflower garden. It makes an effective herbaceous hedge, and can withstand high winds that would wither other plants. Wild senna is considered threatened or endangered in the Northeastern U.S. – providing all the more reason to include it in your garden for the sake of its conservation.



Even though the blooms may not be as showy or long-lived as other wildflowers, the benefits to pollinators as well as the attractive foliage and form of wild senna make it a valuable addition to your landscape.

Native Range: *Senna hebecarpa* is native across the Northeastern U.S. from the Great Lakes as far south as Georgia. *Senna marilandica* has a broader range extending further west and south.

Best For: Supporting bumble bees, adding interest and structure to the garden, attracting beneficial insects for pest control.

Profile written by Justin Wheeler, Web and Communications Specialist

Re-printed with permission from the author as it first appeared on the Xerces.com website under the Plants for Pollinators blog.

CALENDAR OF EVENTS

September 2017—April 2018

Various dates The **Mt. Cuba Center** website and new fall 2017/winter 2018 catalogue has many interesting native plant classes and workshops listed. Go to www.mtcubacenter.org for a complete listing. A sampling of offerings include: Amazing Asters on September 29th, Show Stopping Autumn Perennials on October 14th, Collecting and Saving Seeds Workshop on October 19th, How to Plan, Install, and Maintain a Meadow on October 21st and 28th, Trees and Shrubs for Autumn Gardens on November 4th, Essential Evergreens on November 8th and 15th, Native “Plantscapes” for Year-Round Interest on January 25th and February 1st, Building Nature from Scratch on February 17th, The Front Yard Revolution on March 10th, Big Benefits of Small Trees on March 14th, From Suburban Lot to Native Paradise on March 16th, and New and Noteworthy Natives for March 17th.

October 20, 2017—Perennial Plant Conference at Swarthmore College. Sessions include Unusual Woodland Plants, Ecological Design in Practice, and From Nursery to Nature: Understanding the Benefits and Shortcomings of Native Cultivars. Go to www.perennialplantconference.org.



November 3, 2017—The Turning a New Leaf Conference in Herndon, VA. Go to www.chesapeakelandscape.org/new-leaf for the agenda and registration details.

April 7, 2018—Copeland Native Plant Seminar co-sponsored by the Delaware Nature Society and Mt. Cuba Center. Features nationally recognized landscape designer Heather Holm and garden writer Barbara Ellis with afternoon garden tours and a container garden workshop. Cost is \$65.00 (\$50 for DNS members. Heather will talk on “Gardening for Bees and Butterflies” and Barbara Ellis will speak on “Greener Gardens: One Step at a Time. Both speakers most recent books will be available for purchase and signing.

Native Plant Resources

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Mid-Atlantic Native Plant Farm in New Freedom, PA. A wholesale grower that will sell and ship to regular customers. Find them at www.midatlanticnatives.com.

Adkins Arboretum native plant nursery in Maryland. Visit www.adkinsarboretum.org for more details. Annual open house and native plant sale on April 29-30.

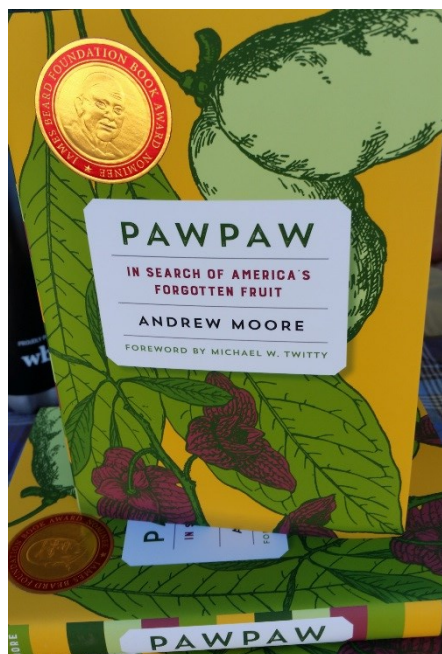
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Bowman’s Hill Wildflower Preserve in New Hope, PA has many native plant program offerings. Go to www.bhwp.org for a complete listing.

Delaware Nature Society annual plant sale first week-end in May.

Delaware Center for the Inland Bays native plant sale in May.

Native Plant Resources



While at the 2017 PawPaw Festival held at the Blue Ball Barn at Alapocas State Park on August 19th, I had chance to meet the author of this book about PawPaws. “Paw Paw: In Search of America’s Forgotten Fruit” by Andrew Moore. What is it? The pawpaw. Why have so few people heard of the pawpaw, much less tasted one? In his book, author Andrew Moore answers that question by taking readers on a journey through the past, present, and future of this unique fruit. Along the way, Moore gathers pawpaw lore and knowledge not only from plant breeders and horticulturalists working to bring pawpaws into the mainstream, but also regular folks who ate them in the woods as kids, but never since. The book also plumbs deeper questions about America’s foodways—how economic, biologic, and cultural forces combine to lead us to eat what we eat, and sometimes ignore the incredible, delicious foods growing within reach. Available through Chelsea Green Publishing at www.chelseagreen.com. The North American Pawpaw (*Asimina triloba*) is our “temperate tropical fruit.” It is also our largest edible native fruit. The trees grow in deep woods over

nearly all the eastern half of the United States. The taste is a sweet mixture of banana, melon or mango and the flavor varies subtly among the 50 plus varieties which have been developed. For more information check out the North American Pawpaw Growers Association at www.NAPGA.com or www.Ohiopawpaw.com.



Longwood Gardens

If you have not been to Longwood Gardens lately, now is the time to visit the new large meadow project that was completed just within the past few years. The photo to the left was taken in October 2016.

Photo by Rick Mickowski

“ We have to raise the bar on our landscapes. In the past, we have asked one thing of our gardens: that they be pretty. Now they have to support life, sequester carbon, feed pollinators, and manage water.”

Douglas Tallamy, Professor
University of Delaware, 2015

The Average American “Garden”





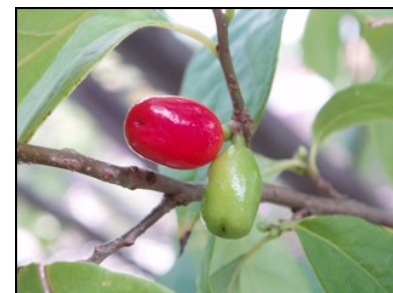
Courtesy of NetPS Plant Finder

Recipes Using Native Fruits

Spicebush—*Lindera benzoin*



Janet Pasaturo—OurOneAcreFarm



Julie Makin

Wild Allspice Java Rub with Spicebush

Spice bush is featured in this rub that spices up steak, brisket, or pork.

- 5 Tablespoons ground coffee
- 2 Tablespoons coarse salt
- 2 Tablespoons brown sugar
- 2 Tablespoons paprika
- 2 teaspoons freshly ground pink peppercorns
- 2 teaspoons garlic powder
- 2 teaspoons ground spicebush berries
- 1 teaspoon ground cumin
- 1 teaspoon unsweetened cocoa powder

Combine all ingredients and place in an airtight container. This mix is shelf stable but should be used within 6 months.

Uses for Spicebush (seeds ripen about the same time as fall apples)

As a supplement, almost all parts of spicebush can be used in food and medicinal preparations. Spicebush bark's antifungal capacities were demonstrated in a 2008 study that showed its activities against both *Candida albicans* and the fungus that causes athlete's foot. To use the bark in this way, either make a tincture or simmer (decoct) the root water for 15-20 minutes.

The entire shrub is high in volatile oils, making all parts of the plant likely effective at settling the stomach when made into a tea. The twigs can be picked to add to a tasty medical brew at any time of the year. If you're hoping to have a cleansing sweat or break a fever, brew your tea for 30 minutes (4 ounces twigs to 1 quart water) and serve hot.

Dry berries in a dehydrator. You'll need to run unblanched, frozen berries through the food processor before adding to a dish. Dried berries can be ground in the coffee grinder and add the powder to coffee, cookies, chai tea, cobblers, curries, and more.

From Heirloom Gardener online. Dawn Combs is the author of the book "Heal Local".

Spicebush Ice Cream

Courtesy of OurOneAcreFarm.com

- 1 cup whole or low fat milk
 - 4 tsp freshly picked chopped spicebush twigs
 - 2 cups heavy cream
 - 1/2 cup sour cream
 - 2/3 cup sugar
 - 2 tbsp. tapioca syrup or corn syrup
- 1) Heat milk over medium heat, stirring often until bubbling around the edges and beginning to steam.
 - 2) Remove from heat and add the chopped twigs. Cover and let steep for 30 minutes.
 - 3) Strain milk to remove twigs, discard twigs.
 - 4) Add milk and all remaining ingredients into a food processor or blender, process until smooth.
 - 5) Chill in fridge for 3 hours or overnight.
 - 6) Churn in ice cream maker according to directions.
 - 7) Transfer to a 1 quart freezer container and put into freezer. Then enjoy!

Membership Application

Delaware native Plant Society

Member Information

Name:

Business Name or Organization:

Address:

City and Zip Code:

Telephone (home/work):

☐ Full-time Student \$10.00

☐ Individual \$15.00

☐ Family or Household \$18.00

☐ Contributing \$50.00

☐ Business \$100.00

☐ Lifetime \$500.00

☐ Donations are also welcome \$_____

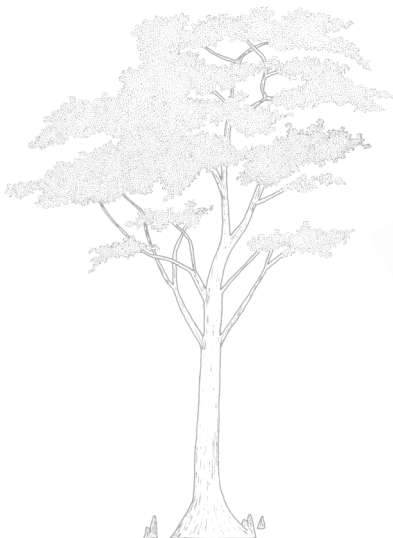
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Total Amount Enclosed: \$

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