

The News From Native Plant School

November 2013



Native Plant School is a partnership between Shaw Nature Reserve, Grow Native! and Wild Ones Natural Landscapers. Classes are held in the Whitmire Wildflower Garden at Shaw Nature Reserve.

Please register at shawnature.org/NPS



Upcoming classes:

2013 Schedule

Thur, Nov. 7, 1-4 p.m.
Pruning, Training and
Transplanting Trees, Shrubs and
Vines

2014 Schedule

Thur, Feb. 6, 2014, 1-4 p.m.
RainScaping Fundamentals

Thur, Mar. 13 1-4pm
Greenhouse Propagation

March 21-22, 2014
Partners in Native Landscaping
Workshop at MBG
special guest Doug Tallamy

Thur, April 10, 1-4 p.m.
Top Performing Plants

Friday May 9, 4-7:30 p.m.
Saturday May 10, 9-4 p.m.
Shaw Wildflower Market
Fri, members only pre-sale

Please register at
shawnature.org/NPS

Nature Connection; The Year of Food:



Red-headed woodpeckers are busy in the Whitmire Wildflower Garden around oak trees gathering acorns. They cache acorns and other nuts in tree cavities and tuck them behind the bark plates of white oak and shagbark hickory. Also look for chipmunks and squirrels doing the same.

Photo by Danny Brown

To see more of Danny Browns photos and a little humor check out his website, Nature Frames, News from Puddle Rock at Shaw Nature Reserve
<http://dannybrownphotography.wordpress.com/2013/10/24/news-from-puddle-rock-at-shaw-nature-reserve/>

"I prefer winter and fall, when you feel the bone structure of the landscape. Something waits beneath it; the whole story doesn't show."

~Andrew Wyeth

Why Use Native Plants?

For Resistance to Deer Browse Deer are adaptable and eat a wide variety of plants. Fortunately there are many native plants that deer avoid. Deer rely on their sense of smell to determine whether an area is safe and which plants are desirable to eat. For instance, plants with aromatic foliage such as mountain mints and beebalm deter deer. Some plants repel deer because of their coarse, rough, hairy or spiny textures. This group includes rattlesnake master (*Eryngium yuccifolium*) and prickly pear cactus (*Opuntia humifusa*). A deer-resistant garden includes a high percentage of these types of plants.

<http://www.missouribotanicalgarden.org/Portals/o/Shaw%20Nature%20Reserve/PDFs/horticulture/Deer%20Resistant%20Native%20Plants.pdf>

Q&A:

Question:

Do rain barrels, rain gardens and other water retentive features attract mosquitoes? What can I do to prevent or get rid of mosquitoes in wet areas?

Answer:

Check to make sure your rain barrel has a properly designed lid to make sure water will not collect in it and attract mosquitos. A properly designed rain garden should drain within three days or less. It takes 5 days of standing water for mosquitoes to breed. A native soil rain garden should not be constructed in a location where a percolation test indicates an infiltration rate of less than .25 in/ hour. Use of a biological control, sold as Mosquito Dunk, can be effective mosquito deterrents.

Wild Ones Landscape Challenge:

Volunteers from the St. Louis Chapter of Wild Ones recently installed the sixth-annual garden for the Landscape Challenge makeover contest. The winning property, on Horner Avenue in St. Louis, received a rain garden, prairie garden and shrub planting. Wild Ones Natural Landscapers encourages Landscaping with native plants in residential, business and public landscapes.



<http://stlwildones.org/>

Trees Forests and Landscapes Donates Time, Expertise and Machinery:



Bill Spradley, owner of Trees Forests and Landscapes, is widely known in the community as a leader in the field of Arboriculture but also as a business owner with a propensity to give back. On Friday, October 25, Spradley and his entire crew of arborists donated a full day of work to improve the woodland surrounding the Dana Brown Overnight Education Center at Shaw Nature Reserve. Using the agile 75 ft. tall spider-lift (*see photo*), crowded hickories, chinquapin and post oaks were given a little elbow room by removing plentiful shingle oaks and white ash. While one crew operated the lift, the other climbed trees. Once the branches were lowered to the ground, Shaw Nature Reserve horticulture staff cut fire wood, chipped branches and cleaned up the paths.

In addition, Spradley recently volunteered his crew to prune and install lightning protection on the McBaine bur oak, the largest of its kind in Missouri. The tree, which is featured on the cover of Don Kurz book *Trees of Missouri*, is located near McBaine, Missouri in the Missouri River flood plain. The tree reaches 85 feet high, 120 feet wide and is estimated to be over 300 years old. Seeds of the champion McBaine oak were given to Shaw Nature Reserve horticulture staff to attempt propagation of the next generation.

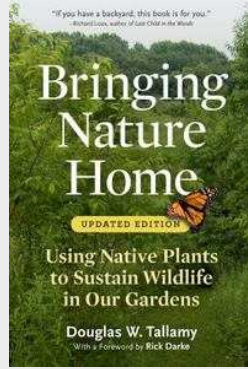
Gardening Tips:

- Blow or rake tree leaves from beds onto lawn and mow. Rake up ground leaves, compost and use the following season.
- Clean tree leaves and debris out gutters after tree leaves have fallen.
- Before shutting down irrigation system for the winter, inspect drip lines, pipes, nozzles, etc. for leaks. This may involve digging up a pipe or valve in a soggy area to inspect for punctures or leaks. Mark all leaks and repair after turning off the water for winter.
- November 15 to March 15 is the best time to prune most trees and shrubs. Remove conflicting and crowded branches, dead limbs, double-leaders and unsightly branches.
- Add fuel stabilizer to engines before winter storage. Drain and store water hoses. Clean up all tools.
- Good time to make improvements to hardscapes (pavers, walls, stonework, woodwork, etc.)

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

~Lauren DeStefano, Wither

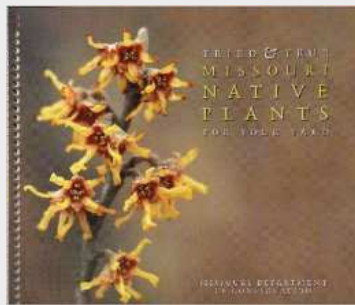
Holiday Gift Ideas for the Native Plant Lover in your Life



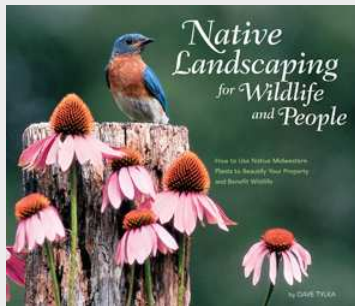
Bringing Nature Home: How You Can Sustain Wildlife with Native Plants
By Douglas W. Tallamy Foreword by Rick Darke

"The perfect antidote to the belief that nature happens somewhere else. If you have a backyard, this book is for you — get outside and learn about the wildlife around you, and then do something to make a haven for species at risk."
Richard Louv, author of Last Child in the Woods

Tried and True Missouri Native Plants for Your Yard Spiral-bound
by Barbara Fairchild



Puzzled about which native plants will work best in your yard? Find the answer in Tried and True: Missouri Native Plants for Your Yard, which showcases more than 100 plants native to Missouri. In addition to colorful photos, Tried & True includes detailed tables that describe the light and moisture preference, mature height and spread, season of interest, wildlife benefits and maintenance tips for each plant. Grouping plants into sections that include vines, ferns, grasses and sedges, perennials, shrubs and trees, both large and small, makes it easy to locate plants that fill a specific need.



Native landscaping for wildlife and people: How to use native midwestern plants to beautify your property and benefit wildlife
by Dave Tylka

"Native Landscaping for Wildlife and People" supplies many ideas for enjoying nature around your home while benefiting wildlife and beautifying your property. This 184-page, color book is written by biology professor and native plant landscaper, Dave Tylka.

All these books and more are available at the Shaw Nature Reserve visitor center bookstore.

Join the Missouri Master Naturalists

The Franklin County chapter of the Missouri Master Naturalists is recruiting new members. The Missouri Master Naturalist program is a community-based natural resource education and volunteer service program for adults, sponsored by Missouri Department of Conservation and University of Missouri Extension. To join the program you must complete a basic training course. Classes will be held on Thursday evenings from 5:00PM to 8:00PM beginning Thursday, January 9th 2014, and will continue for 12 weeks through Thursday, March 27th, 2014.

<http://www.miramiguoa.org/component/content/article/2-uncategorised/7-new-member-training-2014>

Recipe:

Melinda Twyman's
Persimmon Pudding

1 cup persimmon pulp
1 egg plus 1 yolk
¼ cup melted butter
1 ¼ cup evaporated milk
7 ½ Tbsp white sugar
¼ cup brown sugar
½ cup flour
½ tsp baking powder
½ tsp baking soda
¼ tsp salt
½ tsp cinnamon
½ tsp ginger
dash nutmeg

Mix wet ingredients then combine with dry ingredients. Bake in a 325 degree preheated oven for 45 minutes. Use one 9 X 9 Pyrex or glass baking dish. Bake until toothpick inserted tests dry. For 9 x 13 double recipe.

"If it be not ripe, it will draw a man's mouth awry, with much torment, but when it is ripe, it is as delicious as an apricot."

~Captain John Smith

*"Thought is the blossom,
language the bud,
action the fruit behind."*

--Ralph Waldo Emerson

An archive of this newsletter is available at:
<http://www.missouribotanicalgarden.org/visit/family-of-attractions/shaw-nature-reserve/gardens-gardening-at-shaw-nature-reserve/native-landscaping-for-the-home-gardener/native-plant-school/the-news-from-native-plant-school.aspx>

Native Plant Bake Off at the Fall Shaw Wildflower Market: An interview with Melinda Twyman



Q- Why cook with natives?

A- Why not? I have cooked about anything in almost any circumstance and under about any condition a Mid-westerer could possibly contrive. Seriously though, that is an exaggeration, but I am open enough to experiment and try about anything and love baking, I always have. When you have that kind of passion for something you use all things available to craft or hone your skills. Plus, people bring me things they don't want to go to waste. I don't want them to go to waste either.

Q- When did you become interested in cooking with native plants?

A- I began to take interest years back and was volunteered to lead a "Wild Edibles" class at YMCA of the Ozarks to a group of Girl Scout leaders. I had been to classes at the August A. Busch Wildlife Area and volunteered on the Bi-Centennial Celebration for the Lewis and Clark Expedition cooking at camp demonstrations. I have instructed in Dutch Oven Cooking and demonstrated at numerous local events. It was a natural marriage to combine all these together. I used the famous "Foxfire" book series recipes for many of my native creations. It is my go-to reference guide. The publishers provide cultural and historically accurate information about the early settlers to Missouri and Appalachian Mountains. My roots, my people. There aren't "old timers" left around whose families depended on these products of nature so referencing these historical records is the best left to my generation as a road map to understanding the world around me.

Q- Why did you choose this recipe?

A- A persimmon is common all over the Ozarks in the fall. It seemed an appropriate choice. The pudding created in the recipe is a finger food that tastes as good as Thanksgiving pie without the crust.

Q- Anything else you want to put in the newsletter?

A- I encourage anyone to venture out of old habits and into new ones. Many youth will never know, understand, and appreciate our great state of Missouri and it's unique characteristics unless we, as stewards of the land, "show them" and engage them to use it.

Melinda Twyman is a member of the Miramiguoa Chapter of Franklin County Missouri Master Naturalists.