

Native & Uncommon Plants News

November 2009



We have redesigned our website and after ironing out a few glitches, will launch in the near future, so please check us out at the same www.nativeanduncommonplants.com and let us know how you like it!



Upcoming Events at The Jacksonville Zoo & Gardens First Saturday Garden Tour

November 7 – Shades of Autumn

The cooling weather not only invigorates our gardening ambitions but it energizes the gardens as well. Join us for a casual walk down the River of Color to enjoy the cooling weather and the Autumnal show highlighting the best and brightest plants of the season.

Registration information:

- ❖ Meet outside the ticket booths @ 8:45 tour starts at 9:00. Cost is \$10 for members~ \$20 for nonmembers. Size of tour is limited to 30.
- ❖ You can register online at <http://www.jaxzoo.org/things/horticultureworkshop.asp>.
- ❖ For more information, call (904) 757-4463 ext. 153

December 5 - Bamboo

With the opening of the Asian Garden we have increased our bamboo collection immensely, and though at first glance it all looks green, its not just another grass. We will be walking thru the Gardens with area expert Richard Lindberg discussing the unique distinctions of each variety



I'd like to ask your help in **banning plastic** bags from stores in FL. DEP is doing a study and collecting comments. If you agree, please email them at retail.bags@dep.state.fl.us or go to www.dep.state.fl.us/waste/retailbags.

It's important for lots of those opposing these bags to have their votes or opinions counted. The website said it needs to submit the report by 2/1/10. These bags get blown around and into waterways where they harm/kill birds, sea turtles etc. Thanks for your help!



Pileated Woodpecker

Scientific Name: *Dryocopus pileatus*.

Family: Woodpecker.

Length: 16-1/2 inches. Wingspan: 29 inches.

Distinctive Markings: Full red crest, black wings and tail, and a white stripe on its long neck. Males and females look alike, except the male has full red crest that extends to the top of his bill, and a red "mustache." The female has a red crest on the back of her head and a black mustache.

Nest: Pairs excavate a new nesting cavity each year in generally the same area. It's located in a tree 15 to 70 feet high, typically faces south and has a round entrance hole. The pair spends about a month creating the cavity, which is up to 24 inches deep. Using no nesting material, the female lays 3 to 5 white eggs, which both parents incubate for 18 days. They raise one brood per year.

Song: Contact call is a deep loud "wek" or "kuk" sound. Territorial call is a higher-pitched cackle, "flick-a, flick-a, flick-a."

Habitat: Mature conifer and deciduous forests and large tracts of mixed woodlands.

Diet: Mostly carpenter ants, as well as beetles, insect larvae, wild berries and acorns.

Backyard Favorites: Suet in feeders, located at least 10 feet above the ground on the trunk of a mature tree in wooded habitat.



Just Because a Plant's for Sale......does not mean it's OK to buy it and take it home.

by Rosalind Rowe

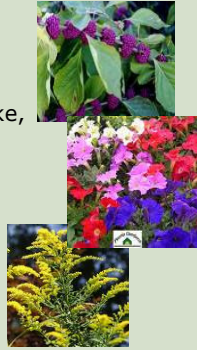
If you are shopping for plants, first go to www.FLEPPC.org to learn the currently known invasive plants, and then arm yourself with good references, such as Rufino Osorio's *A Gardener's Guide to Native Plants* or Ginny Stibolt's new book, *Sustainable Gardening for Florida*.

I personally use Osorio's, but haven't seen Stibolt's new book

November News & Notes

Blooming this month:

Salvias, Callicarpa is loaded with berries, Asters, Mums, Lantana, Plumbago, Clerodendron, Firespike, Firebush, Vinca, Petunias, Asclepias (I have monarch caterpillars), Endless Summer & Blushing Bride Hydrangeas still blooming!, Hearts-a-Busting have busted, Goldenrod, Euphorbia 'Diamond Frost', Roses, Thryallis, Vincas and Grasses.



New Plants

Nemesia 'Opal Innocence' beautiful silvery pink will bloom non-stop until mid-June, 1 foot tall \$3. Thornless Blackberries \$15. Florida Privet, salt & drought tolerant evergreen shrub \$15, grows to about 10 feet, but you can hedge this plant to whatever you want, blooms January,



Chores:

Turn your clocks back one hour Sat. night, but also, on Friday if you're an odd-numbered address, put your watering system back to once a week on Saturdays and if you're even numbered, you can go off on Sundays only. Your hardwood plants should only need water every 10-14 days - about 1". The lawn should get 3/4-1". If we get a freeze (it's 85 as I write this, so that's hard to imagine), water 24-48 hours in advance, never during the freeze.

Bee Balm—some interesting facts:

Look around this time of year for the lovely flowering stalks of spotted bee balm (*Monarda punctata*) that insect namesake. Stretching high over the summer weeds, these aromatic perennials have dusty purple bracts that are often mistaken for the flowers. The actual flowers—yellowish tubular, two lipped, and dotted with purple—form in tufted whorls around the stem. This member of the Lamiaceae family, often called "horsemint," can be found in disturbed fields, near woodland edges, and along roadsides.

Colonial settlers used bee balm as a substitute for tea. During World War I, when commercial thyme fields were destroyed in Europe, *Monarda* was cultivated in the United States as a source of thymol, which had numerous medicinal uses including as a vermifuge, digestive aid, carminative, and antiseptic. Natural thymol also was used to flavor soft drinks. The synthetic version has long since replaced natural sources.

Native American people, including the Creek, Chickasaw, and Osage, recognized numerous healing properties for *Monarda*, including strong antiseptic action, pain relief, and fever reduction (it produces perspiration while cooling the core body). Poultices of *Monarda* treated skin infections and minor wounds, and the tea was used to treat mouth and throat infections caused by dental caries and gingivitis. Sometimes called "Oswego tea," herbalist Matthew Wood tells us that the native people call *M. fistulosa* "sweet leaf," which he deems a most appropriate and beautiful name for *Monarda*.

The most common use today is to soothe bronchial conditions, mild colds and flu symptoms. The minty leaves add zip to conventional tea, zest to salads, or flavor soups, vegetables, or meat. Choose young leaves, as they will be more tender and flavorful. And as with many native edible plants, you can make jelly, wine, or herbal vinegars with bee balm.

Remember, always cross-check with several references for the identity of plants before using them. If you are at all unsure, consult with experienced foragers and herbalists before eating or using plants from the wild.



Gardening with Native Plants is about Knowing - By Candy Weller

Gardening with native plants is about knowing what you have, what it does, how it can be used, why it is here. It is about appreciating what this area has to offer. It is learning of the beauty, the use and the necessity of plants that admit life.

It is not about miles and miles of homogenous landscapes. It is not about hiring people with tractors, mowers, weed whackers, blowers, edgers and hedge trimmers. It is not about watering because it is allowed. It is not about monthly services for chemicals, which are "preventative" - if it isn't there you can't prevent it. If it is there, you can prevent it in the area that it does exist. The rest is money, chemicals and fertilizer down the drain, or in our area, down the bay.

This is our part of the world. What we do in our yards impacts the entire region. It is about knowing what this region has to offer.

Pronunciation: Chamaecrista fasciculata, kam-ee-crista' means on the ground, fass-ik-yew-lay'-ta means clustered. It is also known as Partridge Pea and is a shrub about 2-3 feet tall that attracts a beneficial insect that eats chinch bugs. I planted one near my lawn area, it had yellow blooms that turned into seeds, which I collected some & threw rest away. I have also heard that you can treat chinch bugs with sugar, which they can't digest & die, but I don't know the amount spread - could be worth a try!



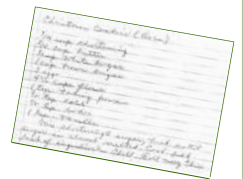
Recipe

Thanksgiving Cranberry Sauce

1 box lemon jello
1 c boiling water
Mix those, then add a small can crushed pineapple -

saving about 1/4 c of the juice to add in when you drain the can.

Next mix in 8 oz can whole cranberry sauce. Put in a nice holiday dish overnight.



Remember, if you have a topic you want covered or specific questions, please email me.

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