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The Hawthorn Chapter of the Missouri Native Plant Society Newsletter is published monthly. Send submissions by the 26th of every month to:

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# Missouri Native Plant Society Hawthorn Chapter Newsletter

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## Future Activities

**October 8th, Saturday from 10 am to 4 pm: Chestnut Roast.** We will once again have a booth at the Chestnut Roast at HARC in Franklin, MO. See article inside for details.

**October 15th, Saturday at 9 am: Fall Foliage Hike at Painted Rock CA and Lunch at Canterbury Hill Winery.** Join us as we take a hike in Painted Rock Conservation Area and enjoy lunch at a winery. See article inside for details. Contact Paula Peters at pieridae1@gmail.com if you plan to attend.

**October 20th, Thursday at 11:30 am: Lunch at Uprise Bakery.** 10 Hitt St., just south of Broadway.

**November ? : Wreath-Making Workshop.** Need a host or hostess for this event.

**November 14th, Monday at 6:00 pm: Bimonthly Meeting at Unitarian Church.** The meeting topic is to be determined. Please note the time change for this meeting.

**November 17th, Thursday at 11:30 am: Lunch at Uprise Bakery.** 10 Hitt St., just south of Broadway.

## Wreath-Making Workshop & Holiday Party

We are in need of a host/hostess this year for the Wreath-Making Workshop. The event is typically held in November when plant materials have had sufficient time to produce or release seed and dry. If you would like to volun-

teer your space (garage, outdoor area, etc.) please let me know so it can be added to the newsletter.

We are also in need of a host/hostess for the Holiday Party typically held in December.

If you would like to volunteer your home and time for these fun events please email Vanessa at vanndawn@gmail.com. And if you are the host/hostess you get to choose the event date since you are providing the space.

# Book Review and Foraging Experience



Autumn Olive Branch and Berries.



Autumn Berry Jam and Brie on Crackers.



Autumn Berry Jam.

I recently won a basket of books in a drawing at the Missouri Master Naturalist Conference. There was one that I found to be a particular gem and a needed addition to my library. It is called **MIDWEST FORAGING**, 115 Wild and Flavorful Edibles from Burdock to Wild Peach, by Lisa M. Rose. Right away I couldn't help but love the book for its beautiful color photographs of real plants.

It is arranged alphabetically by common names, but she includes its Latin name for specific identification. This is followed by a short list of all its edible parts, such as leaves, roots, pollen. Then each plant receives the same run down of foraging information: 1. How to identify 2. Where and When to Gather 3. How to Gather 4. How to Eat and 5. Future Harvests. This information along with the pictures gives you all you need to know to get started. She is very clear about the need to know your plant before you eat it.

While car pooling to the Conference with Paula Peters we had a conversation about Autumn Olive. She informed me that the berries are edible which I didn't know. So I tested out my new book and looked it up in **MIDWEST FORAGING** and sure enough they are actually a "perfect trail snack - tart and juicy". Since I have Autumn Olive in the berry stage in my backyard, I decided to try some. I was pleasantly surprised at how delicious they are right off the bush. Don't get me wrong, I am as indoctrinated as anyone about the invasiveness of Autumn Olive. **DO NOT PLANT** it, but it is O.K. to forage.

I like the way Lisa Rose puts it, "Frequently, nature centers and local land conservancy organizations will clear stands of autumn olive bushes in the spring and fall as part of their habitat preservation programs. Aid their efforts: lend a hand clearing, and in the fall, gather fruit at the same time." The berries clump on the limbs, called drupes, and if the limb is cut, you can bring the whole thing home and harvest the berries while you sit on your deck enjoying the fall breeze and a glass of your favorite beverage. Treat the seeds like the invasive species they are and keep them contained.

Further exploration on the internet informed me of the antioxidant benefits of Autumn Olive. It is rich in Vit. A, C, and E, flavonoids and lycopene. Some sites have started referring to it as Autumn Berry and sell jams and fruit leathers made from it. All these products are made by boiling the berry which kills the seeds so it is at least a small way of turning an invasive species into a commodity and reducing spread by birds. For more on this I refer you to [ouroneacrefarm.com](http://ouroneacrefarm.com) for recipes for jams, fruit leathers, and even pies by Janet Pesaturo. I couldn't resist trying some jam making and found it to be one of my favorite jams. The recipe used by Janet Pesaturo uses unripe McIntosh apple for the pectin and I wish I had some to use, but I had to resort to store bought pectin. I pretty closely followed the recipe amounts for berry jams (added some lemon juice). Heat and mash the berries with some added water prior to running through the food mill. I had 7 cups of berries and 1 cup of water to get 4 half pints of jam. Hawthorne Chapter of NPS is ordering several copies of **MIDWEST FORAGING** and I hope some of you will give it a look. Foraging is really a lot of fun and another way to enjoy our native plant world.

Article and photos submitted by Louise Flenner.

# Booth at the Chestnut Roast



**The Hawthorn Chapter booth at the Chestnut Roast from 2015. Submitted by Vanessa Melton.**

On October 8th we will be setting up a booth at the Chestnut Roast. This event is sponsored by MU and will take

tent with Forrest Keeling as we did last year. As you can see from the photo we were in the

place at the Horticultural and Agroforestry Research Center in Franklin, MO. We will be setting up at 9 am, and if you helped staff the booth last year the parking situation will be the same. We will also be sharing a large

shade most of the day and it was more than chilly, so dress in layers if you plan to help with the booth. If you would like to help staff the booth at any time during the day please contact Nancy Langworthy at langworthyn@gmail.com.

Submitted by Nancy Langworthy and Vanessa Melton.

# Painted Rock CA Hike

Come join us for one of our favorite hikes to view the spectacular fall foliage of Painted Rock Conservation Area. We will hike the Osage Bluff Scenic Trail, which overlooks the Osage River Valley. Painted Rock is just seven miles south of Westphalia on Highway 133, about 6 miles west of US63. The group will stop for lunch at Canterbury Win-

ery at 1707 S. Summit Dr. in Holts Summit, just north of Jefferson City (off of Highway 54), after the hike.

We will carpool from the parking lot of Moser's Store on Keene Street in Columbia at 9:00 am on Saturday, October 15, if there is interest. You may also meet us at Painted Rock at 10:00 am. If you plan to join us or

have any questions, please contact Paula Peters at pieridael@gmail.com.

Submitted by Paula Peters.

# MDC Calendars for Sale

The Hawthorn Chapter will once again be selling MDC Natural Events calendars for the upcoming year. These make great holiday gifts and will be available by Christmas, but you must place your order by November 15th.

A sign up sheet will be available at the November Members Meeting, but if you would like to pre-order you can email Vanessa Melton at vanndawn@gmail.com or call at 573-864-3905. The Chapter will only be placing one

calendar order with the Missouri Department of Conservation, so once the deadline arrives no more calendars will be ordered.

### Please Step Forward for Service

Please contact one of the officers ready to volunteer a little time to a very good environmental and educational service. We need people to serve as officers, to grow plants for fundraising, and we need people to man our information booth at events such as Earth Day and the Spring Bradford Plant Sale. If you receive this by mail, please consider requesting email delivery.

- Regular (\$16.00)\*
- Student (\$11.00)
- Contributing (\$26.00) Designate Chapter or State
- Paper Postal Service (\$5.00)
- State Lifetime (\$200.00)
- Chapter Lifetime (\$120.00—you must also be a member of the state organization to utilize this option)
- Chapter Only (\$6.00—this is for members who already belong to State and another Chapter)

\*Includes both Chapter (\$6) and State (\$10) dues.

Make check payable to **Missouri Native Plant Society**. Send check and this form to: Paula Peters, 2216 Grace Ellen Dr., Columbia, MO 65202.

### MEMBERSHIP FORM

#### Missouri Native Plant Society—Hawthorn Chapter

July 1st through June 30th.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone: Evening \_\_\_\_\_

Day or Cell \_\_\_\_\_

Email \_\_\_\_\_

As of July 2015 printed paper Petal Pusher newsletters sent by post will cost an additional \$5.00 more than standard membership. Email delivery brings not only a color copy of the newsletter, but also updates and announcements between newsletters. The local Chapter newsletter will be sent by email.

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