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The Hawthorn Chapter of the  
Missouri Native Plant Society  
Newsletter is published month-  
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# Missouri Native Plant Society

## Hawthorn Chapter

### Newsletter

VOLUME 32, NUMBER 6

JUNE 2017

## Future Activities

**June 15th, Thursday at 11:30 am: Lunch at Uprise Bakery.** 10 Hitt St., just south of Broadway.

**July 10th, Monday at 7 pm: Bimonthly Meeting at Unitarian Church.** Topic TBA.

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

**August 5th, Saturday at 1 pm: PGT Butterfly Walk.** Prairie Garden Trust will be hosting a butterfly walk at their location by New Bloomfield. See their website ([www.prairiegardentrust.org](http://www.prairiegardentrust.org)) for more information.

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

## Need Articles for Submission

Articles for the July Hawthorn Chapter Newsletter and future newsletters would be greatly appreciated.

I mention this now because this Summer will be full of vacation

experiences as well as opportunities to visit your favorite locales to see native plants.

Snap a few photos of what you see as we all would love to experience it with you. I

typically start working on the newsletter around the 25th of the month, so if you have something you would like to share please provide it by then. My contact info is to the left.

## Garlic Mustard: Evil, Invasive, Delicious

Submitted by Nancy Langworthy and Written by Dave Taft



Garlic Mustard Flower. Courtesy of Dave Taft.

Prolific and adaptable, garlic mustard is tastiest in the height of spring. Just a small taste of garlic mustard, collected at the right time of year, makes this noxious weed a little harder to hate. For a plant that often plays the role of evil spawn of the woodland, it is actually not unattractive. Both prolific and adaptable, garlic mustard is also delicious. In the height of spring, just as the plants stretch their tiny four-petaled blossoms above the forest floor, they are at their garlicky best.

*Alliaria petiolata* is a biennial and requires two years to mature, growing as a small, leafy rosette in its first year and flowering in its second. Though the plant attracts a host of springtime pollinators, these insects' services are hardly necessary, as the flowers are self-fertile and rarely wilt without producing a hoard of seeds. An average garlic mustard plant can produce up to 600 tiny seeds, which are arranged in long, narrow capsules called siliques. More vigorous plants may produce many times more; I have read estimates that a square yard of infested woodland can produce upward of 12,500 seeds per year.

These seeds are easily spread by human feet, animal fur and the treads of bicycle tires, and though they usually germinate within their first year, they have been known to linger five or more, awaiting suitable conditions. As any land manager will tell you, once the plant arrives, it is extremely hard to be rid of. *Alliaria petiolata* is a biennial and requires two years to mature.

Fortunately, garlic mustard's vaunted edibility may provide a culinary cure for plagued woodlands. The plant should be overcollected at every opportunity. I have heard of it becoming scarce, even absent, at sites when a particularly good recipe is popular. I have enjoyed garlic mustard's raw leaves in salads, but in my experience not all of its leaves are created equal. Often, those grown in shade are less bitter, and these are wonderful mixed with more traditional salad greens. My next choice for edibility would be the second-year, tender flowering shoots, which are at their best just about now.

It is hard to misidentify a plant this abundant, but if you are concerned, use a field guide. And for good measure, simply crush the leaves or stems; if they smell unmistakably of garlic, you have the right one. One word of caution: Garlic mustard contains traces of cyanide, which is most likely the plants' defense mechanism against becoming a meal. But before giving up on the prospect of a few leaves in your salad, consider that most mustard relatives — broccoli, cabbage, kale — also contain traces of this toxin. And in any case, most people have no problem limiting their wild mustard collecting to once or twice a month. Consider, too, that cyanide is water soluble, so blanching or boiling the leaves before their consumption reduces its level measurably.

Though garlic mustard is widespread in its native Europe, its natural predators make sure it is never very abundant. In North America, however, humans are quite alone in our taste for this invader, so dig in. Remove the whole root when you do and be a glutton. Your local woodland wildflowers will thank you for it.

A version of this article appears in print on May 14, 2017, on Page MB4 of the New York Times edition with the headline: Evil, and Delicious.



Garlic Mustard Plant. Courtesy of Dave Taft.

# March 13th Meeting Minutes

Annette Sanders provided the program on Nature Photography. She gave an interesting bio of her progress to a PhD wearing many hats which she demonstrated in comical fashion. Her photo display gave her examples of how to be effective pupils of nature photography and to be ready for anything that might attract including birds, flowers and insects and to do it safely. The presentation was much appreciated by the many attending.

Business meeting: Minutes were approved from published version. Treasury was reviewed. Prairie Garden Trust reported the costs to do Spring and fall planting of flowers, forbes and grass, and trees. This was interpreted not

as a request for funding but 'how much it costs'. The Domke's will be invited to present at the May meeting hopefully. Annette Sanders stated she would donate frames and photos for fundraising.

A request for school project \$600 for planting 25X150 area following the 2nd years of preparation at the Career Center Gentry school near Rock Bridge. Amy Hempen is the teacher.

Glenn Pickett was presented an award from Hawthorn Society for his effective and successful efforts

over the years—well deserved!

19 attended with Denny Donnell presiding still looking for a complete slate of officers. The calendar of events will come in the Hawthorn Society publication.

Boyd E. Terry erstwhile Secretary



**Dues are due July 1st!! See the Membership Form on the back of this newsletter for dues amounts. Submit dues to Paula Peters at 2216 Grace Ellen Dr., Columbia, MO 65202.**

### 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.

Hawthorn Chapter Missouri Native Plant Society  
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