



Missouri Native Plant Society Hawthorn Chapter Newsletter

Volume 34, Number 8

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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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We would like to read about announcements, impressions, species accounts, photos, poems, links to scientific articles or other creative nature writing **from you, too.**

August 2019

Future Activities Calendar

Dues are Due in June

For those who renew annually, and have not yet sent your renewal dues, it is time to send in your membership fee.

Print the last page of this newsletter and send to our treasurer, Paula; not to the newsletter editor.

If you are tired of renewing each year, consider becoming a life member. The State Board meeting in May discussed raising life membership in 2020.

15 Aug Thurs 11:30 to 1pm Lunch at RagTag/Uprise. Just south of Broadway at 10 Hitt Street.

July and/or August is the Best Month to see Prairies in Bloom. There has been some interest in exploring 2-3 in Pettis County. Sometimes weather cools for a few days in mid-summer. When it does, expect an email announcement regarding this activity. There is a very good Mexican restaurant in Sedalia for lunch. Perhaps – soon – cool temperatures will fall on a weekend. Look for an announcement by email.

9 Sept Mon, 6:30 Monday 6:30pm Members Meeting We are planning this meeting to be held at the Gustin Golf Course. There will be a short tour of the native plantings and presentation of a Blazing Star Award. See announcement inside.

19 Sept Thurs 11:30 to 1pm Lunch at RagTag/Uprise. Just south of Broadway at 10 Hitt Street.

5 Oct Sat Chestnut Festival at HARC in New Franklin. Volunteers needed for booth; details in Sept newsletter.

14 Oct Mon, 6:30 UU Church Monday 6:30pm Members Meeting Unitarian Universalist Church, 2615 Shepard Blvd, Columbia. There are several speakers waiting to be scheduled so we will hold a meeting in Sept, Oct, and Nov.



Welcome to two new members Marcia and Jayne.
Hope you will join active members at some of our activities.



Tell Nadia About Speaker Opportunities Nadia Navarrete-Tindall is taking on the duties primarily of finding speakers for our meetings. Please get their contact info and let Nadia know so she can get them scheduled.

Contact Nadia here: nativeplantsandmore@gmail.com

The editor wants to thank Jack, Kim, Nadia and Lea for their submissions this month. We all enjoy reading personal articles about your experiences and new knowledge about nature.

Please submit during the second half of every month.

This is the 34th year Hawthorn has supplied a newsletter to chapter members. Thanks to Doug Miller for keeping the chapter website up to date.

Announcements

We need a Chapter Rep to attend State Meetings, please volunteer.

Lunch at RagTag Thurs 15 Aug

Meet our group for lunch 11:30 at RagTag/Uprise, 10 Hitt St [Just south of Broadway]. Last lunch [18 July] was attended by ten members with lively discussions about insects, birds, planting, weather challenges, and good ideas about future activities. Hope to see you there next time.

Special Location for Our 9 Sept Meeting

Award for Gustin Golf Course

Isaac Breuer is the manager at MU's Gustin Golf Course. He and the Golf Course will be accepting our Blazing Star Award for the exemplary efforts to landscape roughs with native vegetation. Please join us for this event.

Arrive before 6:30 at the Golf Course Club House.

LINK UP!!

Jeff Cantrell [MDC] sent this link to me last month: **Does education influence wildlife friendly landscaping preferences?**

Your reading abstract and discussion gives full picture [from abstract:] Our findings suggest that residential support for native plant landscaping is higher than is reflected by typical residential landscaping practices, and that dissemination of information regarding the benefits of native plant landscaping to birds could alter public preferences for native plant landscaping. **Talk to your neighbors! Read the next pages for good examples.**

<https://drive.google.com/file/d/0B9x5Ahn-zXr7SC1JeXkzUDctYzJ6SGdmUjhYbWluNUZUU29r/view?ts=5d11801d>

Refer to past editions of our newsletter for other important resource links.

Hawthorn website www.columbianativeplants.org
MONPS website www.monativeplantsociety.org

Yard Signs

We offered our chapter membership to order yard signs designed by Grow Native during the last week of July. Nancy will send you a notice when they are delivered to her. Please pick up your ordered signs according to Nancy's instructions and make payment to Native Plant Society. There will be a few additional signs available at booths and activities if you contact Nancy first. Refer to

TWO previous emails sent to you with attachment.

Update from Hawthorn Grants

Text and photo submitted by Lea Langdon



There was a wonderful planting day at the Columbia Early Learning Center North, with many adult volunteers and preschool students in June. We planted and mulched about 30 native plants from the NPS grant they received a couple years ago. The presentation of a final report will hopefully happen at the fall NPS meeting.

Local volunteer opportunities with Lea.

Contact Lea to be added to her mail list.

573-864-7647 langtrea@gmail.com

Missouri Master Naturalist

Columbia Outdoor Classroom Volunteer

Hawthorn's Visit to Gustin Golf Course

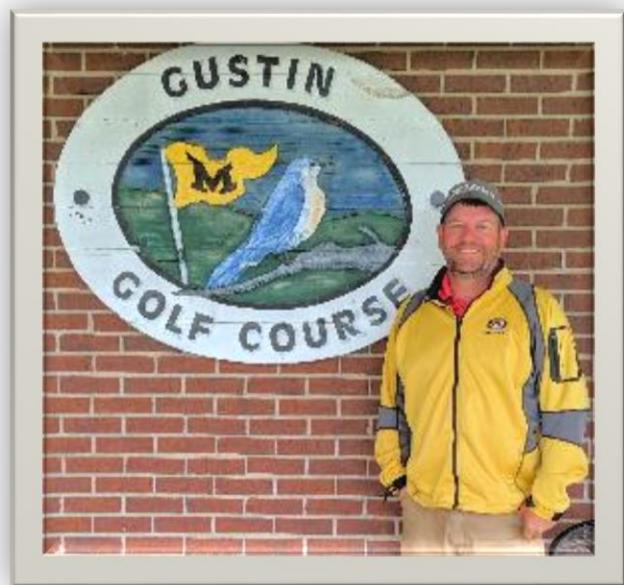
Submitted by Jack Harris one of our founding members.

FORE!!!

WAIT! What is that word doing in an article in a native plant newsletter? Hang in there... read on - and you will find out.

On 31 July 2018 the Wild Ones and Hawthorn chapters were invited for a brief tour of the A.L. Gustin Golf Course. The tour was to focus on the efforts of the course management to encourage native plants at selected sites around the large acreage of the course. A total of about 14 individuals gathered at the Club House and were greeted by Isaac Breuer*, Golf Course Superintendent.

Isaac Breuer, A.L. Gustin Golf Course Superintendent* taken 21 May
<https://gustingolfcourse.com> 2019. >>>



The visitors were paired off and each pair assigned a golf cart. Mr. Breuer then led a caravan tour of several sites managed to encourage native plants in the unused portions of the course.

We learned that multiple management practices were applied including periodic prescribed burns at various 3 -4 acre sites every 3 -5 years, removal of bush honeysuckle, seeding with native plants including attention to pollinator imperatives such as milkweeds and asters. Purple martin bird houses, and 26 bluebird houses were added in the early 1990's. Since 1996, about 2,845 fledgling bluebirds have been documented.

All of this has been accomplished by staff with assistance and advice from various expert sources including Missouri Department of Conservation (MDC), Quail Forever, Audubon, and the burns were synchronized with the Columbia fire department.

Isaac Breuer's efforts exemplify how the development of a latent native plant resource can benefit and enhance the attractiveness of a business ambience for the enjoyment of the customer and for all who care to observe. Isaac reported that he has received many complimentary comments about the wildflowers around the course.

The Missouri Native Plant Society has historically encouraged and advocated businesses to integrate native plants in their landscaping where appropriate. In 1990 The Missouri Native Plant Society Conferred the "Plant Stewardship Award" to John Weston, St. Louis Hills Country Club** for his innovative use of native plants around the greenways. **Hawthorn wishes to confer the "Blazing Star Award" to Issac Breuer and the Gustin Golf Course for the same reasons.**

Thanks to Isaac for the tour and the hospitality.

That's a birdie! Or a milkweed beetle in this case.



*Isaac Breuer's career includes 26 years in golf course management, 24 of them at A.L. Gustin Golf Course, Columbia, MO.

**Reference:
Missouriensis, Journal of the MONPS
1999.Vol. 20, pp-38,
43.



Gustin Golf Course 17 July 2019 BE photo

Native Plantings in Our Community

Submitted and photographed by Kim

This local bank is promoting native plants all along its



perimeter. I see the City of Columbia Public Works gets credit . It makes me appreciative to live in a town that values native plants, as I know many cities do not have citizens who support resources for native plants.

Sometimes I try to explain native benefits to others in our community. A few years ago I noticed some native plants in an island planting outside a small gym adjacent to Bass Pro Shop. I stopped to look and was amazed at the variety! I phoned the gym and was able to speak to the manager. I explained the plants and their benefits to pollinators and even people. He said they were just deciding what to do with the area and they would just leave it wild. He was enthusiastic about the area and mentioned it to some of his patrons while I was on the phone. The next spring when in the area I stopped by and saw it was a little out of control, as you can imagine. I spoke to the manager again and pulled out some vines that were taking over and thinned out a few other plants. I have not passed this yard this year, but am hopeful it is still wild and people are still taking notice.

[Ed Note: Notice the parkway on the west side of south Providence. Look hard at the unmowed places. These are wildflower plantings. As are additional blocks of native plantings on the south side of east Broadway across from Broadway Marketplace. Hawthorn and Wild Ones care for several public wild gardens. These along with Stevens Lake and Bonnie View/CANS parks and Lea's school yards as examples, we can use to talk to our friends and neighbors about the benefits of planting larger wildflower gardens.]

Finding Neighborhood Friends

Submitted and photographed by Kim

My family is new to the native plant life, although I realize my Mother always chose to plant natives along with her non-native favorites. Although my native gardens are young, [*a snapshot to the right*] each time I go for my walk I find something amazing and humbling. The experience is not limited to me, however, as different family

members and neighbors notice more and varied wildlife in our area. It has brought our neighborhood closer in some ways, and at least been a learning experience for everyone.

[*Pipevine swallowtail on buttonbush below*]



An example is that a neighbor a few blocks away had years ago put in a native garden on the side of their house. That family sold their house.

As I drove by two years ago I saw the new family outside cutting down the

milkweed which probably seemed out of place to them. I stopped and showed the parents and their three small girls the baby caterpillars on the milkweed. [As in the photo right] Then they found some more on their own.

Much excitement!! We spoke about milkweed being the Monarch's only food source and I encouraged them to look online for more Monarch information. I made some new friends, and every year since they have let their milkweed grow ☺.

[Ed note: The article on the bottom left of page 2 said: if nature is explained, people will learn. Talk to your neighbors.]



Native Mountain Mints: Good for Us, Good for Pollinators!

by Nadia Navarrete-Tindall, Vice-president, Hawthorn Chapter

If someone told you to go and find a bunch of mountain mints, where would you look? Strangely enough, if you went looking for mountain mints in the mountains, you might have a hard time finding them! Instead, try looking in dry to moist prairies, glades, savannas, woodlands and even in margins of rivers. They can even be persistent in roadsides and other mowed disturbed sites if they are spared from being sprayed with herbicides. This time of year we can see them in full bloom. They spread slowly and non-invasively from rhizomes, forming colonies, which make them suitable for sites with erosion problems, but mountain mints do not spread as much as the introduced ‘true mints’ from Europe in the *Mentha* genus, like spearmint (*M. spicata*). Native Mints usually spread by seeds.

In gardens, mountain mints do well under full sun to moderate shade and from dry to moist sites with good drainage. An added bonus is that deer do not like them, so they do well in heavily browsed areas.

According to Steyermark’s Flora of Missouri, volume 2 (Yatskievych 2013), in Missouri, we have six species of mountain mints. The two most common and widely spread across the state are slender mountain mint (above *Pycnanthemum tenuifolium* with carpenter bee Randy Tindall photo),

and hairy mountain mint (*P. pilosum* or *P. verticillatum* var. *pilosum* Nadia’s photo right >>>). They are both perennials and widely available in native plant nurseries.

The difference between these two ‘mountain mints’ is that hairy mountain mint has very pubescent leaves and tall stems, as you would guess from the name, while slender mountain mint has very smooth leaves. Slender mountain mint has a naturally bushier shape than hairy mountain mint, but both can be planted in groupings in gardens or be included in native plant seed mixes for prairie restoration projects or to improve habitat for pollinators. These and most mints, native or not, are important pollinator plants. In our yard in Columbia, we have both mountain mints.



They are visited by small and large butterflies and a myriad of other insects like flies, native bees, beetles and wasps. Doug Ladd in his Tallgrass Prairie Wildflowers book mentions that flowers are produced from late spring to late summer. Mountain mints are shorter than their cousins *Monarda* species. Like many mints they respond well to pruning if shorter plants are desired. The clippings can be used to prepare teas, or infusions to flavor desserts, or for potpourri.

Leaves can be harvested any time of the year for recipes, but tender shoots are better. They can be used fresh or dried to store for later use. My experience with these mountain mints is that the leaves of hairy mountain mint are more aromatic than slender mountain mint, but both have similar scent. In the recipe at the end of this article, I gathered fresh hairy mountain mint from spring to summer. I clip some plants through the growing season to get new growth available for cooking.

The other 4 species of mountain mints are: white mountain mint (*P. albescens*) found in 26 southern counties, Torrey’s mountain mint (*P. torreyi*), present only in Dunklin county, Virginia mountain mint (*P. virginianum*), scattered in the Ozarks and across the state and clustered mountain mint (*P. muticum*), present only in 6 counties in southeast Missouri. Its range is restricted to Texas and most of the eastern United States.

We are fortunate to have so many native mints, mountain and otherwise in Missouri. For example, dittany (*Cunila origanooides*) and several *Monarda* species. They all belong to the mint family or Lamiaceae with characteristic square stems that can be propagated easily from seed or cuttings.



Pycnanthemum tenuifolium in natural form photographed by Nadia.

I was surprised to find so little information about these mints in the books about native edibles that I consulted. Of these, Kelly Kishner in his book Native Edible Plants from the Prairie mentions the genus *Pycnanthemum*, in general, to be used to prepare a tasty tea. Daniel. E. Moerman in his Native American Food Plants, a dictionary of ethnobotany, mentions 3 species: *P. virginianum*, used by the Chippewa and *P. flexuoxun* and *P. incanum*, used by the Cherokee. The last two are not native to Missouri and with more limited range of distribution.

Bottom line is, if you want to feel refreshed and invigorated, adopt mountain mints in your garden for their wonderful flavors, to see their beautiful flowers and their happy pollinators. You and your little flying friends will be glad you did.

Mountain Mint Chocolate Cheesecake with pecan pie crust

Text and photo by Nadia



Make one 12 inch cake. Serves 12

Ingredients for filling: $\frac{3}{4}$ cup heavy cream, 8- 8 to 12 inch hairy mountain mint cuttings, $\frac{1}{2}$ cup sugar, 3-8oz. packages cream cheese at room temperature, 3 eggs, $\frac{3}{4}$ cup semi-sweet chocolate chips or replace with dry cranberries

Ingredients for Crust: It works best to use a springform pan. $\frac{1}{2}$ cup ground pecans –small Missouri pecans are best, 1 cup acorn flour (specialty stores or prepare your own), $\frac{1}{2}$ cup rolled oats, 1 tsp. ground cinnamon, 4 oz. unsalted butter, 1 to $\frac{1}{2}$ tablespoon maple syrup, $\frac{1}{4}$ tsp. salt.

Directions: In a medium sauce pan, place mint cuttings and cover with a cup of heavy cream. Bring to a low simmer, remove from heat and let steep for 1 to 3 hours (more time = more flavor). Before using, strain mint cuttings from cream.

Preheat the oven to 350 degrees F. To prepare the crust, mix together pecans, flour, cinnamon and salt. Add minced butter and maple syrup to make a ball. Do not overwork! Place the ball into springform pan pressing the dough from the center toward the edges with your fingers. Cover entire pan. Cool it down in refrigerator for 1 to 2 hours (While cooling crust, make filling.) and bake it in the preheated oven for 5 minutes before adding cheesecake filling.

Beat the cream cheese and $\frac{1}{2}$ cup sugar with a mixer until fluffy. Add the eggs one at a time. Beat in the minty cream until mixed well. Fold half of the chocolate chips (or cranberries) in the batter. Pour batter over baked crust and sprinkle remaining chips or cranberries over the top of the cheesecake.

Bake for 45 minutes to 1 hour. Areas of the sides and top might crack a little. To check if it is done insert a knife or wooden stick [chopstick/skewer] in the middle of the pie. If it comes out clean is ready. Place pan on wire rack to cool. Chill overnight.

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 Bradford Plant Sale. There are opportunities to volunteer caring for native gardens in public places. We don't deliver printed copies by mail unless you insist. Please consider requesting email delivery; it saves us money for the Grant Program.

- Regular (\$16.00)*
 - Student (\$11.00)
 - Contributing (\$26.00)* designate chapter or state
 - Paper postal service (\$10)
 - State Lifetime (\$200) Might be raised for 2020
 - Chapter Lifetime (\$120 – 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:
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 1 through June 30. Dues are Due NOW!

Name _____

Address _____

Phone: Evening _____

Day or Cell _____

Email: _____

Method of receiving chapter newsletter:

(circle preference) Email Regular mail
As of July 2018, Petal Pusher printed on paper in grayscale, sent by post, will cost an additional \$10 more than standard membership. Email delivery brings you color photos and it saves NPS money.