



Missouri Native Plant Society Hawthorn Chapter Newsletter

Volume 34, Number 1
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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.**

January 2019

Future Activities Calendar

14 January Monday 6:30pm Members Meeting Unitarian Universalist Church, 2615 Shepard Blvd, Columbia. Traditionally this is our planning meeting for the next year. If you have any requests for mosey destinations or workshop topics you are welcome to voice those at this time. Meetings are always the second Mon of odd-numbered months 6:30pm at UU Church

17 Jan Thurs 11:30 Lunch at RagTag. 10 Hitt St, just south of Broadway.

21 Feb 11:30 Lunch at RagTag. 10 Hitt St, just south of Broadway. Lunch is always on the Th-third Th-Thursday of every month. Post this activity throughout the year on your calendar.



The chapter members rely on each other to share a myriad of information: links to book reviews and scientific articles with cites, original and shared poems with cite, personal stories of experiences in nature, photos to illustrate any of these submissions. We are all educated people who can write a series of sentences to form a paragraph and then two paragraphs. If you enjoy reading the thoughts of others it is best to submit your own thoughts, ideas, opinions, artistic creations.

Your input is important to all of us.

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. Thanks to Emily, Louise, and Niel who sent information on time for this issue.



True Native Plants for Wildlife

It cannot be said more strongly from all evidence that our bird and insect numbers have declined by close to 50% because of declines in native plant landscape numbers and diversity. It is up to us to rehab more of our turf laws to a diverse mix of true native plants. Please corroborate with members of your chapter to ask about the correct sources of native plants. Please purchase true native plants from local native plant nurseries – not Nativars from the big box stores. Your Hawthorn chapter has a native nursery. Contact beckyerick711@centurylink.net for info.

Information for booth workers.

This link is a statement from GN for professional nursery managers. We do need to understand these issues and keep them in mind when talking to customers.

<https://drive.google.com/file/d/1JHLjikujuhGO5sMEDpj6Wh2XPPWwZ8PQ1/view>

There is a small set of facts that applies to our plants.

- 1 I do not use any chemical insecticides on our nursery plants. Occasionally I use a lye soap spray.
- 2 I never use fertilizer.
- 3 The potting medium I use decomposes into real dirt; it is not peatmoss.
- 4 The plants come with all the insects, fungi, and viruses natural to them.



Announcements

Minutes from the last meeting are on the second attachment to this email. **PLEASE READ THE MINUTES FROM 4 December meeting so they can be approved or amended at the 14 January Meeting.**



Lunch at RagTag Thurs 17 Jan

Meet our group for lunch 11:30 at RagTag, 10 Hitt St [Just south of Broadway]. Last lunch [20 Dec] was attended by eleven members with lively discussions about plant and landscape management, alien control, and plans for the next activity. Hope to see you there next time.



Nature Boosts Wellbeing

Donna VanBuecken [Accent on Natural Landscaping](#)
December 5, 2018 Copyright 2005-2018

Getting outside and walking in nature will help you find a sense of place — a sense of wellbeing.

One of the arguments we Wild Ones have always made when we talk to others about the benefits of using native plants in natural landscaping is how good it makes us feel - how it gives us a sense of place. I've never really felt comfortable trying to explain that personal statement. I know how being outside and observing the wonder of nature makes me feel, but I have never been comfortable trying to explain that feeling to others.

I ran across a report the other day that helps to support that statement. It's a report on research done in the United Kingdom. Published in 2017, it was a study by the University of Essex aimed at establishing The Wildlife Trusts'* contribution to human wellbeing — personal and mental. As is the case with most research, the study was conducted scientifically and established methods to be used to continue to gather additional information in the future.

The Study

Although this initial study included only 139 people, the researchers found significant improvement in wellbeing during the 12 week period, with the greatest improvement being from people who had not previously had contact with Wildlife Trust activities.

“Half of the people who started with low mental wellbeing improved after 12 weeks, and two-thirds noticed improvement within six weeks. Across all volunteers, there was a ‘statistically significant improvement of 8 percent in wellbeing scores.’



Register Your Garden For Monarchs

Sign up your garden as a Monarch Waystation with Monarch Watch. Then Join WildOnes [native landscaping] and register your garden for a beautiful sign.

Be a citizen scientist. Almost half of our scientific data from nature has come from people like you. Learn about collecting bird data [Cornell Lab of Ornithology], plant phenology data [project Bud Burst] , bee data & butterfly data [Xerces Society].

LINK UP!!

I finally got onto the Biota of North America. The distribution maps are fascinating!

<http://www.bonap.org/>

I realize I'm the last to discover a good thing, but I'll post this for all who are one step behind me.

iNaturalist is a world-wide site used by 300G people who have made 10M observations.

Have a great time exploring!

<https://www.inaturalist.org/>

Nadia's Yard: a blog by Randy Tindall

<http://nadiasyard.com/>

MONPS website

www.monativeplantsociety.org

Bush honeysuckle removal – contact Eric Bohle

ebohle4@gmail.com

Wren Song

<http://www.ecosystemgardening.com/wren-song/>

Insect conservation: Xerces Society www.xerces.org

<https://xerces.org/bringbackthepollinators/>

<https://xerces.org/2018/04/19/tropical-milkweed-a-no-grow/>

<https://xerces.org/2018/04/04/rain-gardens-are-a-win-win/>

Plant identification: USDA plant database <http://plants.usda.gov>

Grow Native resources: www.grownative.com

“If you truly love Nature, you will find beauty everywhere.” Vincent Van Gogh



“Earth laughs in flowers”

Ralph Waldo Emerson

"Global synthesis of conservation studies reveals the importance of small habitat patches for biodiversity." *Proceedings of the National Academy of Sciences USA*

Editorial from the Editor Becky Erickson

I hope this statement was useful to get your attention. I realize this is taken out of context, referring to an island of native ground in a sea of humanized landscape. But we can all

[**Nature boosts wellbeing . . .**]Participants reported ‘enhanced level of positivity, health, nature relatedness, activity, and increased contact with green space.’ They especially enjoyed participating in conservation activities and learning new skills, which is a well-known way to improve wellbeing.” ([Treehugger](#))

Conclusions

This study concluded that getting out and doing things in nature makes people feel better. I agree with [Treehugger](#) when it says this study should be a useful for “policy-makers, medical professionals, and educators to understand how truly powerful nature can be.” **And how important nature’s role is in human life.** Hopefully this study and future studies such as this will help shape decisions about conservation and the preservation of green space.

I don’t know if knowing the conclusion of this study helps me explain a sense of place or the feeling I get from being in nature any better, but at least I know I’m “on the right track.”

Click here to read the complete study [The health and wellbeing impacts of volunteering with The Wildlife Trusts](#).

*There are 46 Wildlife Trusts covering the whole of the UK, the Isle of Man and Alderney. Each Wildlife Trust is an independent charity set up to help look after wildlife and wild places and help people get closer to nature. ([WildlifeTrusts.org](#))



2018 Wreath Making

Submitted by Louise Flenner

The window over my computer faces the back yard. About 30 feet out is a shepherd’s hook that holds a seed wreath to feed the winter birds. Today a Carolina Wren loudly announced its presence and I spot it sitting right in the middle of the wreath feasting on peanut butter and birdseed spread on the pine cones. I sigh with a great sense of satisfaction that the wreath I made is doing exactly what I wanted it to do - attract birds and provide holiday decoration.

Prior to this end result, the making of the wreath was also great holiday fun. Cindy, Becky, Carol Leigh and I spent a delightful couple of hours outdoors on a warm afternoon making holiday decorations. Carol Leigh and her husband had laid out lots of dried native plant flowers, pinecones, seed/peanut butter mix, evergreen boughs. Cindy brought a carload of cedar boughs with berries. Becky brought bags of dried plant materials. I had some rose hips gathered that morning on a walk in the woods.

While I was focused on my bird seed wreath, Cindy decorated a ceramic centerpiece that she uses during the holidays adding cedar boughs and lots of other



[**Earth laughs . . .**]extrapolate the idea to our own neighborhood where we live. [**Earth laughs cont**] Native biology from mycorrhiza to big old trees, springtails to giant swallowtails, least shrews to black bears, need an island of diverse habitat to persist. We are as much a part of them as they are of us. If we are to thrive as a species, we need to learn to cohabit with them all.

When I moved to my house, it and the plot it sat on was pretty close to sterile, surrounded by potentially vital native land that was only used for grazing and timber removal; luckily it was an almost intact ecosystem. I seeded and plugged a broad diversity of local native plants into the disturbed sub-soil clay – usually every year . . . about 15 years after starting this project, indian paintbrush, rose gentian, bottle gentian, blue lobelia, and fringed orchids began to appear among the introduced species. I didn’t know that it would really happen, but the native mycorrhiza had been rejuvenated enough to feed the needs of more conservative vegetation. This vegetation diversity in turn attracts a complete list of wildlife from the sea of sterile woods and mowed yards.

Please consider this line of thought and expand the area of your native vegetation. Even in the city, a larger, more diverse area of native vegetation than you already have in undisturbed soil will help Earth. Build it and they will come.

“Nature does not hurry; yet everything is accomplished.”Lao Tsu.



[**Wreath Making cont...**] grasses and dried flowers to create a beautiful display for the center of her holiday table. Cindy didn’t need a wreath for herself so she made one for Carol Leigh who could use three for the doors of her fiber studio. The prairie dock leaves and holly berries were a highlight of Becky’s wreath. Carol Leigh ended up getting her three wreaths as she made one and Cindy finished her project and made one for her and with Becky’s that made three. Carol Leigh had hot apple cider, hemp tea and paw paw bread available on her outdoor stoves. We all felt relaxed and festive and laughed a lot.

Kudos go out to Carol Leigh’s husband Denny who provided so much assistance that it wouldn’t be possible without him. He set up the tables, cut cedar, holly and grape vines. Then when Cindy wanted to take a picture, he got the nails and benches to display our artwork on the side of the house. When we all left, he helped clean up.

Carol Leigh gave us a tour of her fiber art studio which is like going to a visitor center at State Park. She has some wonderful looms, spinning wheels, fiber art from Navajo artists and a fantastic quilt dyed with natural dyes dating back to the 1800’s. If you haven’t been there you need to go. Thank you to her for providing the place to bring back this former Chapter tradition. Hope we can do it again next year.



Grazing Lands Grow More Bugs for Birds to Eat

by Hayes Goosey and David Naugle, from [Conservation](https://www.farmers.gov/media/blog/2018/11/25/grazing-lands-grow-more-bugs-birds-eat) magazine
<https://www.farmers.gov/media/blog/2018/11/25/grazing-lands-grow-more-bugs-birds-eat>

Summarized by Neil Bass

USDA released the findings of a study funded by the USDA and conducted by Montana State University. This study occurred in central Montana and compared insect diversity and abundance on grazed, rested, and idle pastures. Findings were that insects preferred by sage grouse chicks and the chicks of other grassland bird species, were 13% more prevalent on managed rangelands. The study concluded that well managed grazing provides better habitat for sage grouse and more insects eaten by their chicks.

Livestock grazing is known to influence the abundance and composition of insect populations and can be a direct result of habitat disturbance or by changing plant composition and structure over time. Rest rotation grazing is known to increase arthropod diversity on grasslands. Separate research has shown that sage grouse chicks eat beetles, ants, and caterpillars, which comprise 50 to 60% of the diet. This study showed that predatory spiders were twice as abundant in idle and ungrazed pastures. These spiders prey upon the same arthropods favored by sage grouse chicks. Insects preferred by grassland bird chicks were 13% higher in pastures managed with grazing, in particular rotational grazing.

This study shows that well managed grazing of native plants can be an effective way to benefit wildlife and livestock. Rangelands with lush native grasses, wildflowers, sagebrush, and wet meadows are the best habitat for arthropods as well as hundreds of other species. Managing for diverse, healthy plants puts more pounds on livestock too.

Audubon is promoting responsible ranching along these lines. It offers a special tag for marketing that explains to the consumer how the beef was raised on a highly diverse landscape with bird/insect conservation in mind. This marketing information gives consumers the opportunity to purchase more bird friendly beef.

Get the details at

<https://www.audubon.org/conservation/project/grassland-birds> .

These results are pertinent to Missouri too. Missouri has 14 million acres of rangeland and most of it could be upgraded for wildlife with management described above. Managed grazing of native prairie and warm season grass plantings can benefit livestock producers, grassland birds, and native plants too.

Report from Grant Recipient

Submitted by Emily Roberts Belair Elementary, JC MO

The teacher's job at Belair Elementary is teaching children. Like other schools the primary focus is teaching the students Missouri State Standards and everything else they felt students need to know in 9 short months. Fitting in every subject can be tricky when the focus seems to revolve around reading and math, and the teachers started to notice that science time was slipping away more and more each year, to fit in more of the main focus areas. Emily Roberts, a kindergarten teacher at the school knew



something had to be done to preserve the teaching of science, and thought there must be a way to incorporate all the subjects through science. That is when the idea of the

Belair Learning Garden was formed. Emily attended a workshop through MDC that focused on building gardens at schools and learned about the Native Plant Society Grant available to help with the project.

Once the ideas for the 3 separate sections of the garden were clear a team from the community along with students from the school, worked to make it a reality. The first area completed was the vegetable garden. Planting tomatoes, lettuce, peppers and herbs, the students were able to see the entire cycle from planting, to harvesting, and finally eating the food in the cafeteria. The next two sections were the outdoor classroom and the native plant garden.



Through the grant from the Hawthorn Chapter NPS, students at Belair will get to see many of their science standards come to life. Plant life cycles, seasonal effects of plants, animal and insect life cycles, soil types, weather, water cycle are just a few of the opportunities student will get to explore from the native plant garden at the school. While teachers are excited to have a place to teach science, they all know that there will be so much more than just science standards learned in this space.

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. If you get this only by mail, please consider requesting email delivery; it saves us money.

___ Regular (\$16.00)*

___ Student (\$11.00)

___ Contributing (\$26.00)* designate chapter or state

___ Paper postal service (\$10)

___ State Lifetime (\$200)

___ 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: **Missouri Native Plant Society.**

Send check and this form to: Paula Peters, 2216 Grace Ellen Dr., Columbia, MO 65202



Hawthorn Chapter Missouri Native Plant Society

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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 2015 edition of the Petal Pusher printed on paper, sent by post, will cost an additional \$10 more than standard membership. Email delivery brings you color photos and it saves NPS money. With email delivery you also receive updates and announcements between newsletters. Regular Mail includes NO interim updates or reminders without request for phone contact.