

Darlingtonia

WINTER 2015
Jan-Mar

Newsletter of the North Coast Chapter of the California Native Plant Society
Dedicated to the Preservation of California Native Flora



OUR CHAPTER'S NEW PLANT NURSERY

By Chris Beresford

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I am pleased to announce that our chapter has entered into an agreement with the Jacoby Creek Land Trust for the setting up of a nursery at their site off of Old Arcata Road in Bayside. While it is smaller than we had hoped for and will not provide us an area for shade plants, it will enable us to have a work space, storage for all of our associated plant sale items and a place for our sun loving plants. The site will also enable our yards to go back to being just that, our yards! If you would like to become a part of the nursery team, please contact me at thegang7@pacbell.net or call 707-826-0259. We will need to have a group of individuals who will do such duties as regularly help to water our plants, maintain and feed plants and help to repot plants up as needed to a sellable size to make this nursery a success.



Find out what's happening:

- Visit our website:
www.northcoastcnps.org
- Visit our Facebook page:
<https://www.facebook.com/NorthCoastCNPS>
- Sign-Up for Activity
Notifications by emailing:
NorthCoast_CNPS-subscribe@yahoo.com

FIELD TRIPS, LONG AND SHORT

Please watch for later additions on our Web site (www.northcoastcnps.org) or sign up for e-mail announcements (Northcoast_CNPS-subscribe@yahoogroups.com).

Outings are open to everyone, not just members. All levels of expertise, from beginners to experienced botanizers, are welcome. Direct questions about physical ability requirements to the leader. It is wise to contact the leader if you are coming, in case plans change.

February 28, Saturday. Requa to Lagoon Creek Day Hike (Coastal Trail, Hidden Beach Section, in Redwood National Park). We have found spring happening on this trail in February in previous years. See the March 2010 issue of *Darlingtonia* for a write-up of our most recent trip here. (It's on our web site.) Osoberry, Red-flowering Currant, Western Coltsfoot, Candyflower, Milkmaids, Smith's Fairy Bells, Western Trillium and Giant Purple Trillium (*Trillium ovatum* and *kurabayashii*) in bloom, 10 species of fern, 6 of umbellifers, ... Is that enough temptation? We will shuttle cars to Lagoon Creek, where Highway 101 meets the ocean north of Klamath, and then start walking from the spectacular Requa trailhead on the north side of the mouth of the Klamath River. It's a 4-mile, gentle hike. We might visit Hidden Beach along the way. Meet at 8:30 a.m. at Pacific Union School (3001 Janes Rd., Arcata) or arrange a place farther north. Dress for being in the weather all day! Bring lunch and water. Return late afternoon. Please tell Carol you are coming 822-2015.

March 14, Saturday. Flint Ridge Trail Day Hike. This trail in Redwood National Park just south of the mouth of the Klamath River will take us through majestic, upland old growth Redwoods, with blooms of Milkmaids, Smith's Fairy Bells, and Redwood Violets, as well as along the banks of Marshall Pond and through Red Alder-Sitka Spruce forest. The group will decide whether to do the full trail, 4.6 miles with 800 ft. elevation gain and loss, by shuttling vehicles, or do a shorter, up-and-back version. We will also check one of our favorite stands of Giant Purple Trillium along Klamath Beach Rd. Meet at 8:30 a.m. at Pacific Union School (3001 Janes Rd., Arcata) or arrange a place farther north. Dress for being in the weather all day! Bring lunch and water. Return late afternoon. Please tell Carol you are coming 822-2015 .

BOOK REVIEW: EAT THE WILD

by Donna Wildearth

Quick—how many edible native plants can you name? Of course there's Evergreen Huckleberry, Red Huckleberry, Thimbleberry, Salmonberry. O.K., but how about non-berry plants? Hmm. Miner's Lettuce and . . . ? If you'd like to expand your knowledge of edible natives, two recent books (both available in the Humboldt County library) address this subject:

- ☞ *Living Wild: Gardening, Cooking and Healing with Native Plants of California*. Alicia Funk & Karin Kaufman. Nevada City, CA: Flicker Press, 2013. 175 pages.
- ☞ *California Foraging*. Judith Larner Lowry. Portland, OR: Timber Press, 2014. 344 pages.

Both of these books are illustrated with beautiful color photos of native plants. And both raise the issue of ethical, sustainable foraging. *California Foraging* provides a more in-depth discussion of where, when, and how to forage responsibly. The author notes specific concerns for each plant under the heading "Future Harvests." Thus for Vine Maple (which has edible flowers) she comments: "Each flower you eat is a potential tree, so harvest in moderation." In truth, for many native edibles the best option is to grow them in your own garden.

California Foraging contains a useful table of foraging opportunities throughout the year for edible greens, flowers, seeds, roots, fruits, and nuts. Thus if you get a yen for edible native greens in March, you can check this table where you will discover, among other options, Oregon Grape, Redwood Sorrel, and Douglas Fir. Or if you yearn for edible fruits in September you will find Black Nightshade, Blue Elderberry, Wild Rose, Manzanita, Evergreen Huckleberry, and Salal.

One of the major differences between the books is that *Living Wild*, as the subtitle indicates, lists medicinal uses of native plants and provides instructions on how to prepare herbal infusions, oils, salves, and poultices. In addition, it gives information on the historic and contemporary uses of native plants for basketry, furniture, jewelry, and musical instruments.

Living Wild also provides 29 pages of detailed *recipes* for cooking and baking with native plants. Are you intrigued by Manzanita and Douglas Fir Cider, Elderflower Champagne, Cattail Soup? Or how about Madrone Berries with Rice and Veggies, Monkeyflower Salad, Pine Nut Fritters, Bay Leaf Ice Cream, Yerba Santa Raw Chocolates? Yum—I'm heading to the kitchen.

Living Wild covers 122 plants while *California Foraging* covers 125 plants. The discussions of individual plants in *California Foraging* are generally longer and more detailed than those in *Living Wild*. I assumed that the plant lists in these books would overlap for the most part. However, when I compared them plant by plant I found they are actually quite different.

California Foraging includes many plants that aren't covered in *Living Wild*. These fall into three main categories: many wildflowers and native grasses with edible seeds (Bull Clover, California Buttercup, California Oatgrass, Goldfields, Meadow Foam, Farewell-to-Spring); desert plants such as Cacti, Desert Ironwood, and Palo Verde; and common non-native species such as Nasturtium, Fennel, and Borage.

On the other hand, *Living Wild* contains a number of plants, including many local native plants, that are not covered in *California Foraging*, primarily because *Living Wild* focuses on plants used medicinally and for craft work as well as on edible plants. For example, *Living Wild* profiles Yarrow, Alder, Arnica, Artemisia, Spicebush, Ceanothus, Redbud, Bleeding Heart, California Poppy, Coffeeberry, Toyon, and Bitter Cherry, which are not covered in *California Foraging*.

(Continued on page 8)

CHAPTER PROGRAMS AND MEETINGS

EVENING PROGRAMS

Evening programs are free, public programs on the second Wednesday of each month, September through May, at the Six Rivers Masonic Lodge, 251 Bayside Rd., Arcata. Refreshments at 7:00 p.m.; Botanical FAQ's at 7:15 p.m., and program at 7:30 p.m. For information or to suggest a speaker or topic contact Michael Kauffmann at 707-407-7686 / michael_kauffmann@yahoo.com.

- Jan 14** **"Delving into the Cryptic Lives of Gall Wasps"** with **Dr. John Martini**. Wasps of the family Cynipidae form galls on a variety of plants, particularly Rosaceae (rose) and Fagaceae (oaks) in northern California. John's presentation will illustrate the interesting natural history of the wasp's relationship to native plants by illustrating life cycles, galls sites, and predatory interactions. Dr. DeMartini is a Humboldt State University Professor emeritus with a passion for regional natural history.
- Feb 11** **"Making It How It Was: Dune and Salt Marsh Restoration around Humboldt Bay"** with **Andrea Pickart** of the Humboldt Bay National Wildlife Refuge will evaluate the 25-year history of dune restoration on our coast, especially projects at Lanphere and at Ma-le'i Dunes. She will also discuss the research and monitoring being done to address the challenges of sea level rise associated with climate change. **Michael Cipra**, executive director of the North Coast Regional Land Trust, will share the inspiring results of his organization's five-year-old project to restore a 35-acre tidal wetland at Freshwater Farms Reserve. The project created a diverse salt marsh as well as estuary habitat for juvenile Coho and Chinook Salmon, Cutthroat and Steelhead Trout, and the endangered Tidewater Goby. A second phase of salt marsh restoration is being planned.
- Mar 11** **"Burning the Bald Hills: Managing Savanna and Woodland Ecosystems in Redwood National Park"** with **Eamon Engber**, Interagency Fire Ecologist with Redwood National Park.
- Apr 8** **"Northern California Botanical Rarities: what to look for, how to find them"** with **Aaron Sims**. The North Coast Chapter's territory includes home to many rare plants. **CNPS Rare Plant Botanist and veteran botanical explorer Aaron Sims** will impress you with how many, provide some current knowledge about them, and point out what we need to learn. He will introduce a few recently described rare species from northern California, as well as review some rare plants that have gone entirely unnoticed in recent decades.
- May 13** **TBD**

Celebrate California's lovely, useful, and important native plants



April 11-19

The California State Assembly and Senate approved Resolution ACR 173 establishing California Native Plant Week, which proclaims the 3rd week of April, each year, as California Native Plant Week and encourages community groups, schools, and citizens to undertake appropriate activities to promote the conservation, restoration, and appreciation of California's native plants.

The resolution was introduced by Assemblywoman Noreen Evans (D – Napa) and sponsored by the California Native Plant Society, while it garnered the support of horticulturalists, conservation organizations, and nurseries throughout California.

ACR 173 recognizes the vital historical, artistic, and economic contributions California's native plants have made to our State, and points out that California native plant gardening and landscaping have tremendous positive impacts to our watersheds, to habitat recovery, and to curbing catastrophic wildfires. In particular, the resolution recognizes that home landscaping and gardening with native plants can cut residential water use from 60 to 90% over conventional gardening.

“California's native plants provide unparalleled and unique iconic, economic, artistic, historical, and environmental values to the state; and California's over 6,000 native plant species, subspecies, and varieties, of which over 2,150 exist only in California, make California home to more diverse plant life than all other states combined; and California's native plants include some of the oldest, tallest, and most massive living things on Earth.” ACR 173

<http://californianativeplantweek.org/>

VOLUNTEER CORNER

Phone Carol 822-2015 or write theralphs@humboldt1.com to volunteer, ask questions, or make suggestions.

Thank you!

- Sylvia White for years and years of contributing in many ways to our chapter--moderator of our Yahoo! Gardening Group, Econews reporter, potting up plants, bringing refreshments to work parties, tending our table at many events, taking care of plants, setting up plant sales, helping customers at plant sales, being an active Native Plant Consultant, suggesting speakers, sharing bits of wisdom, and turning her yard into a model native plant garden. Sylvia learned all this in the 13 years she has lived here, a real model for us all. Colorado is lucky to get her next.
- Kim McFarland for several terms as Vice-President, adding perspective and energy to our Steering Committee.
- Plant Sale Team, coordinated by Chris Beresford and Anna Bernard, for another INCREDIBLE plant sale. Innumerable volunteers arranged the transport, display, and marketing of thousands of plants.
- Propagators and Plant Sitters for producing plants to be ready for their big day facing the customers.
- Ann Burroughs for editing and printing thousands of plant tags.
- Anna Bernard for making street -side signs about the plant sale.
- Karen Isa for the creative, effective home-made banner on the fence by the Grange announcing the plant sale.
- Chris Beresford and Richard Beresford and a team of assistants for readying our nursery space quickly, to be ready for plants right after the sale. Sorry, deer! Our plants are not for you!
- Chris Beresford for working with a team of HSU students who needed native plants for a pollinator garden project, and with the HSU Natural History Museum to replant their sidewalk beds with native plants (G St. opposite Wildberries).
- Chris Hammond for instigating, helping plan, and rustling the grub for the Horse Mountain Botanical Area Clean-Up.

Lynn Wright of Six Rivers National Forest and Jeanine Moy of Klamath-Siskiyou Wildlands Center were important planners and participants too.

- Lisa Hoover, Botanist at Six Rivers N. F., for leading the volunteers at the work day on a very interesting walk.
- Six Rivers National Forest for providing a truck and equipment and staff to help at the clean-up.
- The 20-some volunteers who picked up hundreds (thousands?) of shot-gun shells and much other debris.....
- Pete Haggard for vision, perseverance, and horticultural skill resulting in the Arcata Community Center Native Plant and Wildlife Garden, a beautiful, native plant garden near the Arcata Community Center, now embellished with a beautiful sign.
- City of Arcata for paying for and installing the sign, designed by Leslie Scopes Anderson, and for supporting this project through the years, in the person of Dan Diemer.
- Greg O'Connell for liaising with the Big Lagoon Company land owners and Greg O'Connell, Dave Imper, Dennis Walker, and Carol Ralph for meeting with them to explain our restoration plans for Big Lagoon Bog. Greg also presented our proposal to a forum of consultants and regulatory agency staff to get guidance on permitting.
- Dennis Walker for bringing the removable pontoon bridge to the Big Lagoon Bog meeting.
- Bev Zeman, Carol Ralph, Pete Haggard, Judie Hinman, and Sylvia White for doing native plant consultations
- Karen Isa, Bev Zeman, Tom Pratum, Frank Milelcik, Carol woods, Cindy Woods, Sylvia White, and Frances Ferguson for tending out table at North Country Fair.
- Frances Ferguson for scheduling people to tend our North Country Fair table
- Carol Ralph and Karen Isa for setting up and Carol and Tom for taking down our North Country Fair table.
- Karen Isa for seeing a need, inventing, and creating a clever, handy duffel in which to carry and store our portable canopy used at outdoor events for our table.
- Dave Imper, Wanda Naylor, Kathleen Becker, Sylvia White, Carol Ralph, and probably others for donating used books for our fun "book sale" (by donation) at the November evening program.



SPRING WILDFLOWER SHOW

MAY 1-3 at the Manila Community Center



- CJ Ralph, Carol Ralph, Barbara Kelley, and others for helping at the book sale.
- Jim Smith for donating 10 copies of his new grass book.
- Greg O'Connell for mediating our chapter's donation to the student awards fund for students going to the Conservation Conference in January.
- Tom Pratum for paying attention to our treasury and orchestrating a jump to a different bank.
- Dave Imper for rapid action in responding to a sudden, informal, de-listing of the rare MacDonald's Rock Cress by the US Fish and Wildlife Office in Arcata.
- The many and various people who help set up the room and clear it up at each of our evening programs. What a helpful bunch we are!

Welcome Aboard!

- Gura Lashlee as Moderator of our Yahoo! Gardening Group.
- Greg O'Connell as Vice-President (continuing as Co-chair Rare Plants)

You Can Help! Here are some of the fun and rewarding tasks we need done. Tell Carol how you can help (822-2015 or theralphs@humboldt1.com), or for the plant sale tasks, tell Chris (826-0259 or thegang7@pacbell.net).

- Assemble and submit content for our page in Econews 6 times/year
- Submit our publicity to the North Coast Journal
- Submit our publicity to KHSU
- Learn about grazing allotments on Forest Service and BLM lands and keep us informed
- Participate in monthly telephone conference with state CNPS Conservation Director Greg Suba
- Coordinate the Spring Wildflower Show, May 1-3, 2015, at the Manila Community Center
- Coordinate school visits to the Spring Wildflower Show, May 1, 2015, at the Manila Community Center
- Check our publicity in various outlets

- Print and put up one or more fliers for our evening programs, plant sales, and wildflower show
- Set up & clean up refreshments at an evening program
- Bring finger food refreshments to an evening program
- Help pot up plants we are growing for sales
- Take care of some plants at my home
- Help take care of plants at our nursery
- Coordinate the spring plant sale, May 2-3, 2015
- Keep the Excel inventory of our plants
- Write publicity for our plant sales
- Schedule volunteers to help the plant sales
- Be a consultant for our Native Plant Consultation Service
- Be on our Steering Committee
- Keep our outreach material and provide it for various fairs and events, about 6/year
- Organize a workshop on a topic of your choice
- Suggest a speaker for our evening programs
- Organize or lead one or more 2-hour plant walks
- Organize a garden tour
- Collect flowers on April 30, 2015, for the Spring Wildflower Show
- Help prepare the room for the Wildflower Show on April 30, 2015, afternoon
- Help identify and label flowers at the Wildflower Show on May 1, morning
- Lead a group of students through the Wildflower Show lessons
- Staff our chapter table or welcome table at the Wildflower Show
- Help clean up the Wildflower Show on May 3, 4 p.m.
- Write publicity for the Wildflower Show



& PLANT SALE

School groups welcome on Friday, May 1
(phone 707.822.2015).

Join our volunteers! No botanical knowledge required!

For the show contact Carol (707-822-2015/theralphs@humboldt1.com)

For the sale contact Anna (707-826-7247/eabern@aol.com)



FIELD TRIP REPORTS

South Fork Janes Creek

October 12, 2014

by Carol Ralph

Officially opened in July this year, the South Fork Janes Creek Trail is a new addition to the City of Arcata's growing offerings for recreation in the Arcata Community Forest. (Find maps on www.cityofarcata.org.) It was made possible on this private property by a conservation easement from the Samuels family. Ten of us accessed this loop from the Diamond Drive trailhead, following Trail 5, then Trail 10 to the intersection with the Ridge Trail, where the loop starts. We went counterclockwise around the loop, descending on the recently built foot-and-bike trail to South Fork Janes Creek, downstream along the creek on old logging road, and up the partly steep, fairly straight Ridge Trail, which is also old logging road. The loop itself is two miles, so our total route was about three.

The best, oldest Redwood forest was in the Trail 5 and 10 section. Along there we reviewed the four common conifers of this Redwood forest Redwood [*Sequoia sempervirens*], Douglas-fir [*Pseudotsuga menziesii*], Sitka Spruce [*Picea sitchensis*], Grand Fir [*Abies grandis*], the common understory trees (Cascara [*Frangula purshiana*] and Red Elderberry [*Sambucus racemosa*]), the common forest shrubs (Salal [*Gaultheria shaloni*], Evergreen Huckleberry [*Vaccinium ovatum*], Red Huckleberry [*Vaccinium parvifolium*], Thimbleberry [*Rubus parviflorus*], Red-flowering Currant [*Ribes sanguineum*]), and common herbs (Western Trillium [*Trillium ovatum*], Star Flower [*Trientalis latifolia*], Redwood Sorrel [*Oxalis oregana*], Redwood Violet [*Viola sempervirens*], Douglas Iris [*Iris douglasiana*], Red Clintonia [*Clintonia andrewsiana*], Long-tailed Ginger [*Asarum caudatum*], Northern Inside-out Flower [*Vancouveria hexandra*]). We identified these herbs by leaves; none were blooming. We saw seven fern species here (Sword Fern [*Polystichum munitum*], Deer Fern [*Blechnum spicant*], Lady Fern [*Athyrium filix-femina*], Spreading Wood Fern [*Dryopteris expansa*], Five-finger Fern [*Adiantum aleuticum*], Bracken [*Pteridium aquilinum*], Leather Fern [*Polypodium scolopendria*]) and later, on the loop, added Licorice Fern [*Polypodium glycyrrhiza*]). The lush Deer Fern on the cut bank of the new trail was beautiful.

Down in the stream canyon the riparian forest was drippy and lush. Beds of Piggyback Plant (*Tolmiea diplomenziesii*) and Coltsfoot (*Petasites frigidus* var. *palmatus*) lined the trail. We saw two species of horsetail, Giant Horsetail (*Equisetum telmateia*) and Common Horsetail (*Equisetum arvense*). In shady seeps were the huge, tropical-looking leaves of Skunk

Cabbage (*Lysichiton americanus*). Stink Currant (*Ribes bracteosum*) was in the creek. After the trail began a gentle ascent, a tall, old, shaded roadcut was clothed an inch deep with a leafy liverwort studded with other bryophytes.

The Ridge Trail section of the loop is wider road, more recently graveled, so it is less shady and has a wider variety and abundance of roadside weeds, which are worth learning too.

It was an enjoyable walk in a well managed Redwood forest. An early part of the loop cut through forest that recently had been thinned or selectively logged, but litterfall had covered the modest scars, and the fallen debris was beginning its cycle into soil nutrients. A very few Pampas Grass (*Cortaderia jubata*), English Holly (*Ilex aquifolium*), and seedling English Ivy (*Hedera helix*) were the only invasive plants we saw. It was easy to enjoy the feel and flora of this iconic habitat of our region, and the lush riparian zone along the stream was special.

**ONE PERSON
CAN MAKE A
DIFFERENCE,
AND EVERYONE
SHOULD TRY**

-JOHN F. KENNEDY-

NORTH COAST CNPS OFFICERS ELECTION RESULTS

Every two years we elect our chapter's president, vice-president, treasurer, and secretary. Nominations were open all summer and Chapter members were able to vote in person at our October 8 evening program, at the October 2 business meeting, or by mailing the ballot by October 18, 2014. The results were:

President	Carol Ralph (returning)
Vice-President	Greg O'Connell
Secretary	Frances Ferguson (returning)
Treasurer	Tom Pratum (returning)



POTS NEEDED

The plant propagation group is always in need of more of the size pots we sell our plants in at our twice yearly plant sales - 4" square pots, flats to put them in and 1-gallon pots. We literally go through hundreds of these every year! If you have any extra of the above, you can drop them off at Chris

Beresford's house at 4688 Jacoby Creek Road, Bayside or at Anna Bernard's house at 3232 Alliance Road (in the subdivision at the end of K Street), Arcata. For additional information or to arrange for one of us to come and pick them up, contact Chris at thegang7@pacbell.net or at 826-0259 or Anna at eabern@aol.com or at 826-7247. If you could clean them up & wash them first, we would really appreciate it.

Fall Plant Sale Volunteer Thank You

On behalf of the plant sale committee, we wish to thank all of the volunteers that made the plant sale held at the Bayside Grange in October such a success – it was our best fall plant sale to date! To those that helped out on by assisting with publicity; making our labels for all of our CNPS provided plants as well as the nursery plant labels; helping to set up for the sale; moving plants to and from the sale site; checking in and out the participating nurseries; answering the many numerous plant questions for folks coming to the plant sale; adding up plant sales; working the cashiering tables; providing food for the volunteers; helping to clean up after the sale; talking home plants to plant sit until the next sale and anything else that we may have missed – a Big Thank You – we could not have done this without everyone's assistance!



Those who volunteered to work on the sale are: Richard Beresford, Randi Swendenburg, Judie Hinman, Karen Isa, Kim McFarland, Sam Rich, Wanda Naylor, Pete Haggard, Bojan Ingle, Gura Lashee, Carol Ralph, CJ Ralph, Connie Gregerson, Sydney Carothers, Chris Brant, Ann Burroughs, Sylvia White, Frank Milezchik, Rita Zito, Elaine Allison, Jen Kalt, Laura Julian, Alan Wilkinson, Gordon Skaggs, Jason Elam, Rebecca Bernard, Catherine Arnold, Melanie & Ron Johnson, Anita Gilbride-Read, Chris Brant, Virginia Chatfield, Stephanie Klein, Pete Haggard, Sabra Steinburg, Jeremy Rockweit. The sale

also could not have occurred without the assistance of all of the individuals

Plant Growers Group

As was evident at our recent plant sale, the Chapter has been working hard on increasing the number of species of plants that we provide. It is that time of year again when we start many different species and soon we will need to move these new starts up into larger containers for the upcoming spring sale. We will also be organizing some "dig-n-divide" adventures to local gardens to get starts from established landscapes or divisions.

If you have time to volunteer to help transplant seedlings, to participate in one of our "dig-n-divides", you can contribute to our biggest fundraiser and help to support the Chapter and it's many activities. To volunteer: No experience is required - we will show you how!

If you would like to assist in this ongoing project, the easiest way to do so is to sign up to receive email notification of upcoming transplanting sessions or "dig-n-divides" via our chapter's Yahoo gardening group. To join send an email to northcoast_cnps_gardening-subscribe@yahoo.com. For information contact Chris Beresford at 707 826-0259 or at thegang7@pacbell.net.

who grew and provided plants, who "baby-sit" plants between sales, and who divided or dug out native plants from their own yards or enabled us to do so providing plants for us to sell – another Big Thank You to all of you!

Three-local nurseries also participated by providing plants for our fall plant sale: Samara Restoration, Lost Foods, and Brant Landscaping. These nurseries all provided the great shrubs, trees and perennials that we do not grow ourselves.

A special thanks to Gura Lashee for taking photos of our plant sale event and to Karen Isa for updating our plant sale banner.

If we have missed anyone, our sincere apologies on our oversight.

Chris Beresford and Anna Bernard



MEMBERS' CORNER
WELCOME NEW MEMBERS

CATHERINE ARNOLD
JAMES AVEN
TOM CARLBERG
KIM CLASS
NANCY DYE
SHARON FERRETT
MANETTE GERSTLE
JENNY HUTCHINSON
REED KENNY
GILLIAN LEVY
CARRIE LOPEZ
MIKE NORBERRY
GIACOMO RENZULLO
HOPE STANTON
MATTHEW STUART

THANK YOU
RENEWING MEMBERS

CHRIS BRANT
E.M. DALLENBACH
BIANCA HAYASHI
SARA MARCH
J. MASTROGIUSEPPE
CHERI SANVILLE
PATRICIA SENNOTT
KAY SENNOTT
TOM ALLEN KATY ALLEN
ANNA BERNARD
MIGNONNE BIVIN
LARRY BLAKELY
STEFANI BRANDT
NANCY BUCK
KATHRYN CORBETT
NANCY DEAN
GARY FALXA
NED FORSYTH
GREGORY FREER
MARA GALVEZ
TAMARA GEDIK
MELINDA GROOM
JUDITH HINMAN
GAIL HOVORKA

MICHELE KAMPRATH
BARBARA KELLY
JOYCE KING
RHIANNON KORHUMMEL
GURA LASHLEE
LAURIE LAWRENCE
BOBBIE MCKAY
WANDA NAYLOR
GREGORY O'CONNELL
VICTORIA PATTON / JOHN PATTON
TOM PRATUM / PEGGY LEVITON
CAROL RALPH / C.J. RALPH
PETER ROBBINS
APRIL SAHARA
SAMARA RESTORATION
OONA SMITH
DONNA M. THOMPSON
BRADLEY L. THOMPSON / KAREN SHEPHERD
NEZZIE WADE
JAMES F. WATERS / VIRGINIA WATERS
KATHERINE WHITE
WILLIAM WOOD
DANA YORK

MEMBERSHIP BENEFITS

Support these local businesses and with proof of your North Coast membership, receive discounts on your purchases.

- **Greenlot Nursery**, 10% discount on plants, 443-9484
- **Lost Foods Native Plant Nursery**: 10% discount on plants, 268-8447, LostFoods.org
- **Mad River Gardens**: 10% discount on plant purchases, 822-7049
- **Miller Farms**: 5% discount on plant materials, 839-1571
- **Pierson's Garden Shop**, 10% discount on all garden shop items (except sale or non-discountable items—please ask staff before going to register), 441-2713
- **Samara Restoration LLC**, 10% discount on plants, 834.4379 / samararestoration.com

JOIN THE CNPS
NORTH COAST CHAPTER!

To join or renew, you can either:

- ◆ Send your name and address, check (payable to CNPS) CNPS, 2707 K St., Suite 1, Sacramento, CA 95816-5113.
- ◆ Pay on-line <http://www.cnps.org/cnps/join/>

(Continued from page 2)

I found both of these books informative and enjoyable. And I've definitely been inspired to experiment with using wild foods in my diet. Native plants offer a variety of new flavors to explore and may be highly nutritious. When tested in a laboratory, Manzanita, Elderberry, and Madrone berries were found to contain three times more antioxidants than Blueberries and Pomegranates. In the words of *Living Wild*, "Native plants offer a nutrient-dense, GMO-free source of truly local food." They also appeal to me as another way to deepen my connection to the place where I live.

Let's see . . . according to *California Foraging*, in January I could add peeled, chopped sprouts of California Blackberry to soups; gather the leaves of Candy Flower to eat raw or cooked; or pluck Vetch leaf tips to use in salads. And if I wait till next summer, I can enjoy the flower stems of Beach Buckwheat (*Eriogonum latifolium*, also known as sourgrass) which are said to have a "zesty crunch!"

Note: Always use caution when harvesting and eating wild plants. To avoid potential problems, it is essential to understand how to correctly identify and prepare the plants.

STEERING COMMITTEE MEMBERS/CONTACTS

President	Carol Ralph	707-822-2015	theralphs@humboldt1.com
Vice President	Greg O'Connell	707-599-4887	gregoconnell7@gmail.com
Secretary	Frances Ferguson	707-822-5079	fferguson@reninet.com
Treasurer	Tom Pratum	707-382-8640	tkp@whatcomssl.org
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Education	Position Open		Contact President Carol Ralph
Conservation	Position Open		Contact President Carol Ralph
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T-Shirt Sales	Position Open		Contact President Carol Ralph
Workshops	Gordon Leppig	707-839-0458	gleppig@dfg.ca.gov
Wildflower Show	Position Open		Contact President Carol Ralph
Chapter Council Delegate	Larry Levine	707-822-7190	levinel@northcoast.com
NEC NCCNPS Representative	Gary Falxa		gfalxa@suddenlink.net

COMMUNICATIONS

North Coast CNPS members have four ways to share information with each other:

- The **Darlingtonia Newsletter** (quarterly),

Issue	Print Date	Submission Deadline	Announce Events In
Winter	January 1	December 1	Jan, Feb, Mar, Apr
Spring	April 1	March 1	Apr, May, June, Jul
Summer	July 1	June 1	Jul, Aug, Sep, Oct
Fall	October 1	September 1	Oct, Nov, Dec, Jan

Email newsletter articles, factoids, tidbits, etc. to the Newsletter Editor by the above submission deadlines.

Articles should generally be no more than 1,000 words and photos can be any size and in these formats: JPG, JPEG, BMP, GIF, or PNG).

- Our **chapter's website**: www.northcoastcnps.org
- **E-mail lists/forums** To subscribe, send an email to:
 - For Announcements: NorthCoast_CNPS-subscribe@yahoogroups.com
 - For Gardening: NorthCoast_CNPS_Gardening-subscribe@yahoogroups.com
- **Facebook** www.facebook.com/NorthCoastCNPS

ECONEWS AND YOU

We, the North Coast Chapter of CNPS, are a member organization of the Northcoast Environmental Center (NEC), a valuable voice for conservation in our area. We have a seat on their board of directors. The NEC is the only organization with which we share our mailing list. We think it is important that our members receive *EcoNews*, an informative publication about conservation issues in our area. Our chapter pays NEC to mail *EcoNews* to our members who are not also NEC members. You can reduce this cost to our chapter by joining NEC at www.yournec.org or requesting your *EcoNews* be electronic (contact Gary Falxa at gfalxa@suddenlink.net).

NATIVE PLANT CONSULTATION SERVICE



Are you wondering which plants in your yard are native? Are you unsure if that vine in the corner is an invasive exotic? Would you like to know some native species that would grow well in your yard?

The North Coast Chapter of the California Native Plant Society offers the Native Plant Consultation Service to answer these questions and to give advice on gardening with natives. If you are a member of CNPS, this service is free, if not, you can join or make a donation to our chapter.

A phone call to our coordinator, Bev Zeman at 677-9391 or donjzeman@yahoo.com, will put you in touch with a team of volunteer consultants who will arrange a visit to your property to look at what you have and help choose suitable plants for your garden.

"Don's Fern Garden" Project in Southern Humboldt

November wrapped up a big North Coast CNPS fern-planting project in a private grove in Redway. This volunteer-run project led by Anna Bernard and Karen Isa who purchased 360 ferns from our plant grower/sales efforts.

Thanks to all of the volunteers for the important roles played in making the Redway Project a great success. We had many tasks and many hands made this lovely memorial garden possible.



More volunteers than pictured

- Communicate and arrange native plant property assessment.
- Go to Redway to do the property assessment
- Plant suggestions

- Pot washing
- Soil and compost shopping and delivery to fern salvage site

- Fern donation
- Fern salvage
- Fern storage and watering
- Collecting remaining (200+) plants in one location
- Storing and watering plants until delivery day



Fern delivery

- Loading up and transporting plants to Redway
- Unloading and counting plants
- Invoicing and payment processing
- Pick up pots & flats in Redway
- Drop off pots at nursery storage shed
- Photo documentation

Horse Mountain Botanical Area Clean-up Results

On National Public Lands Day, September 27, the North Coast CNPS teamed up with and co-sponsored a trash clean-up and nature walk with K-S Wild and the Six Rivers National Forest.



Morning orientation and safety talk

We had over twenty-five enthusiastic volunteers from the three groups and others who had heard about the effort.

We were organized into three groups who focused on separate areas (up towards the towers, quarry, and a bit

further down the trail) and spent a couple of hours collecting items left behind by others (mostly from target shooting). The effort was such a success that Six Rivers National Forest folks had to come back and pick up the remainder of piles/bags of trash we collected because they didn't fit into the trucks they had.



Trash pick up

We agreed to do this again next year because the locale is special (less than an hour from Arcata, easy access, great views, and incredible plant community), the project



After lunch group photo

organization was terrific, and with just a few hours of effort we made a big difference.



Lisa Hoover, USFS leading the plant walk

WINTER GARDEN

By Pete Haggard

If you are a fan of the Swedish movie director Ingmar Bergman, you know he often used winter landscapes in his films as a metaphor for "death, illness, faith, betrayal, bleakness and insanity". Nevertheless, for me, winter is a most satisfying time, especially for gardening. The cooler weather makes working outside a pleasure, and you really don't have to worry about watering because nature provides much of the moisture.

Winter gardens have a very special look. Deciduous trees, such as red twig dogwood (*Cornus sericea*) and Pacific ninebark (*Physocarpus capitatus*), are devoid of leaves, showing off their sinuous structure and the color and texture of their bark and branches. Lichens, especially crustose lichens, paint mysterious and complex patterns on the bark of trees, especially on red alder (*Alnus rubra*) and bigleaf maple (*Acer macrophyllum*).

Along with lichens, other epiphytes like licorice fern (*Polypodium calirhiza*) are at their best in winter. During this time of the year, licorice ferns can fill large areas devoid of vegetation during the summer: once a licorice fern is established, it holds it own against weeds!



Lichen on red alder (*Alnus rubra*)

flowers (catkins) over a long period of time, even in cold wet weather.

The seeds of many native plants sprout in response to the wet weather. The seedlings of plants like clarkia (*Clarkia* spp.), gumweed (*Grindelia stricta*), lilies (*Lilium pardalinum*), and phacelia (*Phacelia bolanderi*), appear, often enmass. This is the time of the year to dig the seedlings up and replant them around the garden before the the slugs and snails find them.

Winter may not be everyone's favorite time of year to garden, but at the very least, get out there and enjoy the special beauty that the winter landscape affords us.

“enjoy the special beauty that the winter landscape affords us”

Two shrubs that flower in the winter, silk tassel (*Garrya elliptica*), a broadleaf evergreen, and California hazelnut (*Corylus cornuta*), a deciduous broadleaf, provide color at a time of year when we least expect it. Coastal silk tassel, particularly the selections "James Roof" and "Evie," can produce masses of male



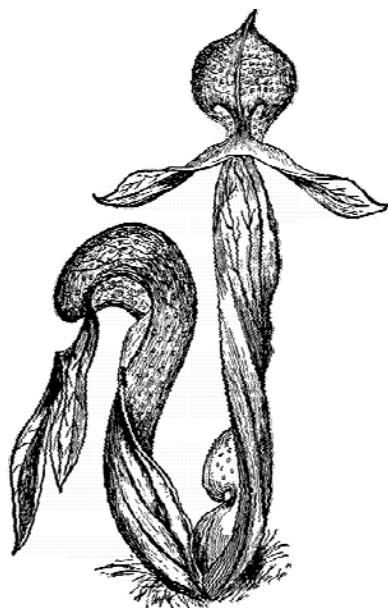
Silk tassel (*Garrya elliptica*)

CNPS, North Coast Chapter
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CHANGE SERVICE REQUESTED

Darlingtonia



Visit us at
NorthCoastCNPS.org

CALENDAR of EVENTS (Field Trips—Page 2 / Programs— Page 3)

January

- ◆ Wed 14: Program

February

- ◆ Wed 11: Program
- ◆ Sat 28: Hike

March

- ◆ Wed 11: Program
- ◆ Sat 14: Hike

April

- ◆ Wed 8: Program
- ◆ Sat 11—Sun 19: Native Plant Week

May

- ◆ Fri 1—Sat 2: Plant Show
- ◆ Fri 1—Sun 3: Wildflower Show
- ◆ Wed 13: Program