

THE NATIVE PLANT PRESS

The Newsletter of the Central Puget Sound Chapter of WNPS

Vol 17, No 4, May 2016

Chapter Meeting Thursday, May 5 Center for Urban Horticulture*

May Program: The Forests of the Olympic Peninsula

By Robert Van Pelt

Dr. Van Pelt has long been fascinated with “Forest Giants” and has extensively studied old-growth forests across North America, particularly in California and the Pacific Northwest. He has a particular interest in tree and forest structure and forest ecology. He has a long connection with the forests of Washington State and was responsible for starting the Washington Big Tree Program in 1987, which keeps records on the largest of each species of tree in the state. He is currently involved in canopy research in the forests of the Olympic Peninsula, among other sites, and will share recent findings with us.

Robert Van Pelt is currently on the research faculty at the University of Washington and Humboldt State University, where he is part of the Institute for Redwood Ecology. He has been at the University of Washington since 1988, where he received both his MS and PhD. A native of the Midwest, he has lived in Seattle for 30 years, but spends the bulk of his time in Arcata. His fascination with facts and figures, combined with his research on big trees, led him to write *Forest Giants of the Pacific Coast* (2001), which chronicles in detail the largest trees in western North America.

He was a scientific consultant for a congressionally mandated study of state forests in Washington, and wrote two books which are currently being used in Washington state forest management. These books were but one output from a four-year effort in defining what old-growth and pre-Euro-American settlement forests are throughout the state. This has led to a major shift in how state forests are managed, in both eastern and western Washington.

Currently, he is involved in canopy research on the structure and physiology of the world’s tallest trees – coast redwood, Douglas fir, Sitka spruce, giant sequoia, and mountain ash.

--- *Program produced by Sharon Baker*

Program Calendar

May 5: **Forest Giants** by Robert Van Pelt.

June 2: **Historical and Current Fire Regimes in eastern Washington: How Did We Get Here?** by Paul Hessberg.

Field Trip Calendar

See the field trip section for details.

Washington Park, Anacortes

Sunday April 24, 2016

Mima Mounds State Natural Area Preserve

Saturday, May 7, 2016

Hazel Wolfe Wetland

Saturday, May 28, 2016

Native Plant Identification Workshop

By Nelson Salisbury, Chapter Botanist

A free plant identification workshop is offered before each Chapter meeting at 6:00 PM in CUH, Main Hall. While the workshop is oriented primarily toward beginners, anyone who wants to work on improving keying skills or their familiarity with the northwest flora is welcome. Feel free to bring samples of unknown plants in for identification. We will have plenty of material and tools if you come empty-handed.

* **CUH Location**

The Chapter meeting will be held on the University of Washington campus at the Center for Urban Horticulture, 3501 NE 41st Street, (Mary Gates Memorial Dr. NE) Seattle, 98195. We will meet in the Main Hall. To help you find the meeting location, you can find excellent maps at the UW website at www.universityofwashington.edu/maps.

Look for the Northwest Horticultural Society Hall adjacent to Miller Library. Refreshments and socializing begin at 7 PM, followed by a short business meeting at 7:30 PM, and then the program.

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Eastside Branch News

By Sid Gupta

The CPS' Eastside Branch initiated a process resulting in a formal partnership between WNPS and the Bellevue Botanical Garden (BBG). In exchange for a generous allotment of free facility use for sales and educational programs, the Eastside Branch has manned volunteer work crews twice a year for the past two years, where we've planted native plants into the natural forest areas of the BBG. The crews have usually consisted of about 10 WNPS members and another 10 members from the East Lake Washington District Garden Club. The workers have been skilled and efficient, following BBG's directions well and requiring minimal supervision.

Our goals for this partnership include building local native plant community and increasing our sphere of influence. We hope to have a positive impact on changing unhealthy landscape practices while increasing aesthetic delight in our lovely northwest landscapes.

Our partner, the Bellevue Botanical Garden, is interested in improving its stewardship of the contiguous large forested area (also part of Bellevue Parks), demonstrating best landscaping practices, and improving the diversity and health of its native plant areas, which include the Ravine Experience, the Native Discovery Garden, a new swale, and a future installation along the roadway frontage where the BBG plans to demo best landscaping practices for water absorption and filtration. For a little inspiration, the next time you're in Bellevue (or on Google Maps!) it's worth taking a look at the BBG and noting the substantial size of the contiguous forest that Bellevue has had the foresight to hold within the public trust.

A great opportunity to visit is by participating in the upcoming work party on Wednesday, May 18, from 10-12:00. Details are in the Volunteers section.

Board Reports

Message from the Chair

By Chrys Bertolotto

Each year, spring feels like a marvelous gift to me. Bursting with life, it is hard not to feel invigorated. I think that the renewal of the plant world is a huge part of that. It is appropriate, then, that the Washington Native Plant Society reaches out to its members this time of year to ask for your support in continuing to protect, conserve, research and educate others about Washington State's native plants and native plant habitats. At a recent State Board meeting, I learned that WNPS membership numbers were down in 2015, despite a very loyal base of members. Working hand in hand between grassroots chapter-level activities and state-wide efforts, WNPS makes a difference. To name just a few things, our Chapter has been working hard to offer engaging learning opportunities in the field and in classrooms, promoting native plant use at plant sales and festivals and making great strides in resurrecting the Native Plant Stewardship program in our chapter. At the state level, the Stewardship program is growing and

spreading, conservation, education and research grants provided to important projects and Native Plant Appreciation Week has blossomed into something we can all be proud of.

I hope you will choose to renew your membership with WNPS this spring, and come out to Chapter events to enjoy this lovely season. Perhaps I'll see you on the upcoming Mima Mounds field trip, to celebrate spring, and another great plant sale achievement!

Last Call for Plant Sale Volunteers

We still need you!

Saturday, April 30th
9:00 am to 4:00 pm
Bellevue Botanical Garden
12001 Main St., Bellevue 98005

"Thank You" to all of you who have already signed up to be a Volunteer. We have exceptional plants and expect a huge attendance.



This event is mostly indoors or under roof-cover, with all the amenities available at the Gardens.

Let us know which shifts suit your schedule:

Friday, April 29 12:00 noon - 5:00 pm Set-Up and Prep Activities

Saturday, April 30 12:30 pm - 4:30 pm Sales Day Activities (the slower-side of the sale)

When you email Marissa, list any experience you may have so she can best assign you and be sure to let her know of any physical restrictions that prevent you from repetitive lifting. Here is a list of possible assignments:

- Plant Steward
- Botanist or Plant Professional
- Volunteer Driver
- Plant Tallier
- Plant Sale Cashier
- Education Booth
- Set up or load out

For all Volunteer Questions and to Sign Up for a shift, please contact Marissa Wright-npsvolunteers@gmail.com.

Field Trip Schedule

Trail Trip Leaders Wanted: If you have an idea for a trail trip and would like to lead one, contact Susan Dawson at lapianta@aol.com. Trail Trips are now listed on the WNPS website <http://www.wnps.org/>

Washington Park, Anacortes

Sunday April 24, 2016

Leader: Geoff Berg

Limit of 12

Washington Park is a great place to start the wildflower viewing season. We should see lowland wildflowers such as Chocolate lilies, Calypso Orchids, Shooting Stars and Camas in full bloom. Appropriate footwear for hiking is recommended for this easy-paced three mile walk with 120 foot elevation gain. A lunch break will be taken on the trail.

Meet 9:00 a.m. at the Ravenna Park & Ride to car pool or meet at 11:00 a.m. in the Washington Park parking lot (near the boat launch).

Sign up: call Geoff Berg at 206-422-6512, or e-mail him at geoffberg@yahoo.com.

Mima Mounds State Natural Area Preserve

Saturday, May 7, 2016



Leader: Brenda Clifton
Limit of 12

One of the few native grassland prairies left in western Washington is contained in the 445-acre Mima Mounds Natural Area Preserve. Prairie landscapes were maintained through burning by Native Americans for the prized Camus bulbs and the game attracting qualities. We will do a short loop (approx. 3-5 miles), stopping frequently to identify plants. There will be no elevation gain. We will see many wildflowers, including Camus, lupine and paintbrush, depending on the progression of the season.

Where to meet: Carpool at 9:00 am at the southeast corner of the Northgate Park and Ride or meet at the Mima Mounds parking area at 10:45 am. Drive I-5 south to exit 95 (Littlerock Maytown), onto Maytown Road westbound through Littlerock to left on Mima Gate Road to Bordeaux Road

Meet at: 9:00 am (10:45 am if you are driving directly to the Mima Mounds. Bring food and water as there is none on site.

No Pets allowed.

Email Brenda Clifton at brenda_clifton@hotmail.com.

Hazel Wolfe Wetland

Saturday, May 28, 2016

Leader: Mike Marsh
Limit of 12

Hazel Wolfe Wetland was preserved through the hard work of Washington Native Plant Society members, principally by Fred and Ann Weinmann. Our trail winds through level forested land, and then follows "Ann's Walk" around the wetland. We should see trillium, skunk cabbage, Devil's club, a beaver dam, and some fauna, like birds.

The hike is level and no more than 2 miles. Bring water, a drink and a snack. There is a great viewing platform at one end of the open water where we can pause. Dress for the weather. There is a plant list on the WNPS website under Hazel Wolfe Wildlife Sanctuary.

Meet at 8:30 AM at the Beaver Lake Reserve parking area (1.1 miles along Beaver Lake Dr. from its beginning off SE 24th St. in Samammish).

Sign up: Mike Marsh, 206-281-8976, or swamp@blarg.net.

Volunteers

WNPS Spring Work Party at BBG

May 18, 10-12:00

Wednesday morning @ Bellevue Botanical Garden 12001 Main St, Bellevue, WA 98005

Meet at the BBG entrance. BBG has tools, but please bring your own gloves, drinking water, favorite tools & any clothing appropriate for the weather.

We may be working in the Ravine, Native Discovery Garden, the new wetland, the forest or other native areas. Please RSVP to Pati An: anpati@comcast.net.

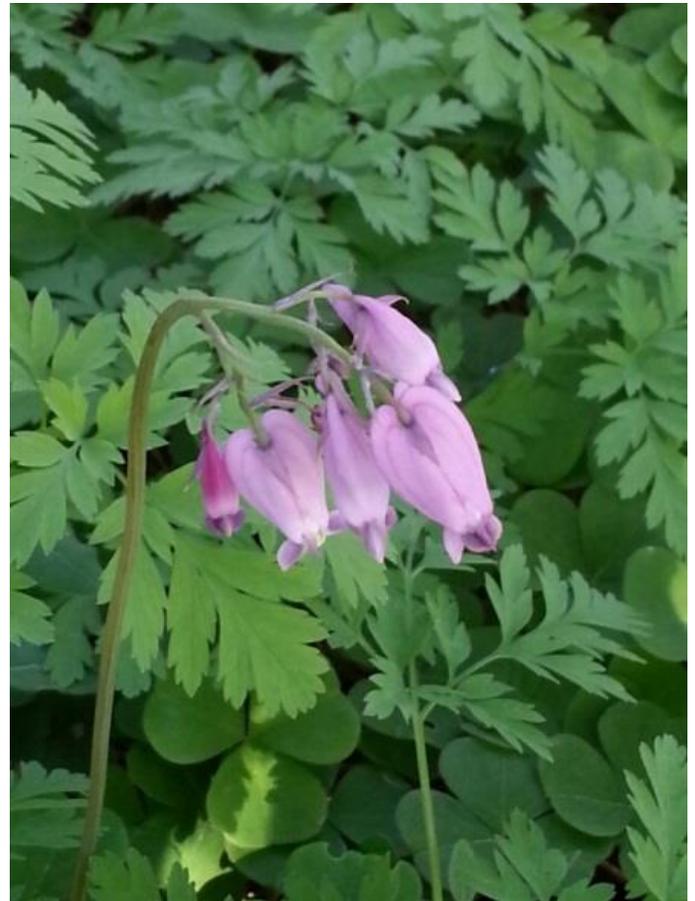
Plant of the Month: *Dicentra formosa*

By Janka Hobbs

Pacific bleeding heart is an herbaceous perennial that grows mostly on the Pacific slope of the Cascades from southern B.C. through central California. It is found in the understory of moist woods, as well as in damp meadows.

Dicentra belongs to the *Fumariaceae*, which is sometimes considered a subfamily of the *Papaveraceae*. All of the fumitories are rich in alkaloids, and many have been used medicinally, especially in the past. *D. formosa* is known to contain both protopine, an analgesic found also in opium poppies, and dicentrine, which has shown some promise as a tumor suppressant. Erna Gunther reported that the Skagit used bleeding heart as a worm medicine and as a hair wash, but that other tribes recognized but did not use it.

D. formosa is a larval host plant for *Clodius parnassan* butterflies. Its blooms attract humming birds. However, it is toxic to cattle, which have been poisoned by eating it, usually in early spring when other forage is scarce. Ants collect the seeds, attracted by little fatty globules called elaiosomes.



With its ferny, bluish green foliage and purple pink flowers, Pacific bleeding heart makes a fine deciduous ground cover for moist, lightly shaded areas. It emerges early in the spring, but will die back by late summer, especially if it is allowed to dry out. Occasionally, it will re-emerge in the fall when soil moisture rises again.

Central Puget Sound Chapter WNPS Officers & Committee Chairs 2016-2017

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WNPS and CPS Contact Information

The WNPS Office Welcomes visitors:

Monday – Thursday – 9:00am to 4:30 pm daily

Friday – 9:00 am to 1:00 pm, appointment only.

Please call ahead to confirm availability, especially if traveling a distance.

Office Contacts

Denise Mahnke, WNPS Business Manager, wnps@wnps.org

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Full WNPS Staff Information is available online:

http://www.wnps.org/contact_wnps.htm.

Membership, Dues and Questions

Membership Rates in 2016

Individual Membership \$35

Family Membership \$45

Club or Organization Membership \$65

Budget Membership \$20

Student \$20 (name of institution _____)

This is the address members should use for all correspondence regarding membership, dues payments, etc.

Washington Native Plant Society

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206-527-3210

info@wnps.org

Email Lists

The State WNPS List is a state-wide list for announcements, news and discussion relevant to native plants and the WNPS.

To join, go to: https://groups.yahoo.com/neo/groups/WNPS_DiscussionGroup/info and hit the "Join" button, or send an email to wnps_discussiongroup_subscribe@yahoogroups.com. It only takes a couple of minutes!

The new group will be "restricted" in that admission to the group must be granted, but messages will be unmoderated. Once you are a member, you will be able to set your personal preferences for receiving messages (e.g., individual messages as they are posted or a daily digest). You will also be able to unsubscribe yourself if and when you desire.

Electronic Newsletter Option

Many of you have chosen to receive your Native Plant Press electronically, and we thank you! This will save printing and postage expenses that can better go to our Chapter programs and activities. If you did not receive an e-mail about this option and would like to get the electronic version of the newsletter, please send your request to the CPS Staff Person at info@wnps.org.

Newsletter Submission

The deadline for the newsletter is the first Thursday of the preceding month, exactly one month before the meeting. Send submissions to the editor: Rick Bergman

Email: rickbergman@comcast.net

Phone 206-372-9816

Word or RTF documents are preferred. Please put Latin names of plants in italics. Digital photos must be high-resolution or will NOT be accepted.