

The Suncoast Grapevine

Newsletter of the Suncoast Native Plant Society, Inc.



Volume 30 Number 10

October 2013



© Shirley Denton

Native Pennyroyal

Medicinal uses of Florida Native Plants

Presented by Rose Kalajian

**Wednesday, October 16, 2013 @ 7PM
Hillsborough County Extension Office**

Ever wondered what you could do with native plants besides enjoy their beauty and supply a habitat for wildlife? The ancient practice of folk herbalism is found throughout the world and the traditional use of healing plant from one's local environment has been the common people's main method of preventative and emergency healthcare for countless generations.

Rose Kalajian, Clinical Herbalist, specializes in the Medicinal uses of Florida Native Plants. In Wesley Chapel, Rose has practiced as a clinical herbalist, teacher and author for 13 years. She owns and operates a Herb Shoppe, Clinical Practice, Educational Center, and Plant Nursery on her 7 -acre Florida Native Plant Farm.

- submitted by Cliff Brown



The Florida Native Plant Society was organized in 1980 to promote the preservation, conservation, and restoration of the native plants and native plant communities of Florida. For more information about the Florida Native Plant Society, please visit our web site: www.fmps.org

Holiday Party

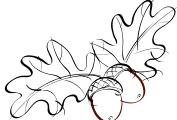
Harriett Wright has graciously agreed to have the party at her house again. We are looking forward to seeing everyone, especially long time members as we celebrate our 30 years!

December 7, 4:30, come early and tour the yard!

We are looking for set-up and clean-up volunteers, please let Devon know if you can help. SNPS is supplying the meats and non-alcoholic drinks, please bring a side or desert to share.

SNPS Board of Directors News

- ★ We are working on purchasing a bench and putting it in the USF botanical garden in honor of Betty Wargo, we also are sponsoring a 2014 FNPS grant in her name.
- ★ We are purchasing more coloring books and the great FWC pamphlet about creating a wildlife area in your yard.
- ★ Publicity/Social Media chair position is open, please let a board member know if you are interested
- ★ SNPS has new postcards with general info about how to get info about SNPS and native plants



Thanks for helping with the September meeting to -

Fred Mulholland for providing plants for the auction.

Donna Carty for bringing the refreshments

Gift cards were presented to Fred Mulholland and Vicki Sinclair for their on-going support of SNPS.

Note from the Editor

A wish came true on the September field trip to Bell Creek - I saw several pine lilies blooming in the wild. Somehow I kept missing them in the past years and I was in awe when we came upon a clump of them on our fieldtrip.

I love fall and slightly cooler, drier weather is on its way. I had a preview on my trip to Atlanta last month, mid-70's, sunny in the daytime and cool at night. Goldenrods, liatris and grasses are blooming so it must be October, cooler temps can't be far behind. The camping trip should be glorious!

- Janet Bowers, Grapevine editor



Letter from the President

October 2013

“You WILL learn about Florida native plants”, Troy Springer assured me. It was 2009 and the first meeting I attended with the Suncoast Native Plant Society. I didn’t want to get involved in political activism. I just wanted to learn about native plants and didn’t want to waste time if I wasn’t going to learn.

Though I had lived in Florida all my life, I felt I didn’t appreciate all she had to offer. It was a classic case of, the grass was greener ANYWHERE but Florida. It seemed Florida was being populated by “northerners” who appreciated her more than me. “But I was the native child!” I pouted, stamping my feet. I wanted to see and appreciate Florida like they did.

It all started with a tiny notice in the Tampa Tribune about a meeting. We had an oversized yard that had a past life as an orange grove and pea field and, struggling to make heads or tails of it, I knew I needed more trees and shrubs. But what kind and how do I lay them out? The ad said the Suncoast Native Plant Society was meeting in Seffner. What better way to appreciate Florida than to get to know her native plants? It would also solve my problem of “what to do with the yard”.

Four years later I DO know more about Florida native plants, thanks to all my mentors that have answered my constant, “what’s the name of that plant again?”, overlooked my mispronunciations and kindly corrected the misinformation I gave homeowners at the plant sales .

Thank you for teaching me, not just the names of plants, but to love Florida and all she has to offer. Thanks for teaching me to see Florida like a “northerner”!

Devon Higginbotham



Fieldtrip - Sunday October 20 - Lake Dan Reserve



Where: Parking is limited at the preserve entrance. We will meet at the Circle K convenience store located on the Northwest corner of Gunn Hwy and Tarpon Springs Rd. and car pool from there about 5 miles to Tyler Rd.

Time: 9:00 AM

Come out to see fall wild flowers at the Lake Dan Preserve, Odessa. Sunday October 20th @ 9 AM.

Located in NW Hillsborough County, Lake Dan was purchased by ELAPP in 2007.

Habitats include cypress strands, lakes, flat woods, wet prairie and sandhill. With many acres of upland pasture Cattle ranching remains active.

Lake Dan also has well used Horse trail so you'll want to watch where you step!

A hat and sunscreen are suggested.

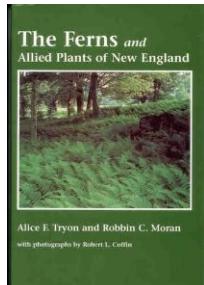
Field trip co-chair - Shirley Denton 986-6485



Read any good books lately?

Book for Sale

The SNPS library has a rare fern book but it is not about Florida ferns- The Ferns and Allied Plants of New England by Tryon/Moran published by the Mass. Audubon, 1997. The SNPS BOD has decided that we should try to sell it and use the money for SNPS projects. We are offering it to members for \$100 and if no one wants it then we will offer it on-line.



-submitted by Janet Bowers



Plant City Garden Fest 2013

Every year, this Festival gets bigger and better. Sponsored by the Plant City Garden Club, this fall event at the historic train depot continues to attract a growing contingent of garden enthusiasts. This is the third year that SNPS has been represented.

Gar and Eileen Reed, Nancy Wright and Devon Higginbotham manned the booth, disseminating information and selling books and seeds. We were even billed as one of two guest speakers.

-submitted by Devon Higginbotham

Hernando Chapter Meeting

Join us on Monday November 4th as we take an historical, as well as practical, hands-on approach to the study of native plants. We will learn how to take saw palmetto, sabal palm, longleaf pine, bear grass, and cattail and turn them into household utensils as our ancestors learned from the Native Americans. Judie Bradley and Joyce Rinehart, plant-craft experts from Dade Battlefield Historic State Park along with Kristin Wood, Marcie Clutter and Sue Blakeman from our Chapter, will man several instructional work stations, showing us how to make rope, boondoggles, baskets and decorative items. Guaranteed to be a hands-on evening with something for everybody of all ages, this experience will put a whole new light on native plants. You supply the creativity, we'll supply the plants - come join the fun!

Our regular monthly meetings are held at 7:00 PM, on the first Monday of the month at the Hernando County Mining Association Enrichment Center, 800 John Gary Grubs Blvd., Brooksville, FL 34601. Come as early as 6:30 for a bite to eat and a bit of socializing.

Questions should be directed to hcfnps@gmail.com , or check www.hcfnps.org.

-submitted by Mark Hutchinson



Dates to remember

Oct 12-13 USF Plant Sale - come and help or get new plants for your yard!

Oct 19 Boktoberfest - Bok Tower - plant vendors, free admission

Oct 20 -Sunday is the next SNPS fieldtrip

Oct 25-26 Audubon Assembly

Dec 7 - SNPS Holiday party - mark it on your calendar!

Kissimmee Prairie Preserve State Park: A Most Memorable Place

by Donna Bollenbach



"A Land Remembered" by Patrick Smith is required reading by students in Okeechobee County, Florida. The historical fiction novel tells the story of three generations of the family of the MacIvey family, pioneers who settled in central Florida in 1858 when much of Florida was a landscape of endless palmetto, grasses and dry scrub, dotted with hammocks, marshes, sloughs and swamps. They began as dirt poor farmers trying to merely survive through droughts, flooding, hurricanes, freezes and other forces of nature. Eventually they amass great wealth in cattle ranching and land development, and, fast forward to 1970, after draining the everglades, overdeveloping the coastlines and developing land to support a population boom, they come to realize too

late that much of the "real" Florida has been destroyed and their biggest enemy was greed. Fortunately, some of the land, the way Florida used to be, is being preserved. If you are joining the Suncoast Chapter of the Florida Native Plant Society on the camping trip in October, you will be taken back to "A Land Remembered" in Kissimmee Prairie Preserve State Park.

Kissimmee Prairie Preserve State Park (KPP) is located in Okeechobee County, about 25 miles north of Lake Okeechobee on the east side of the Kissimmee River. Its 54,000 acres protects the largest remaining tract of the Florida dry prairie, a unique ecosystem of dry prairie, depression marshes, sloughs, cabbage palm and oak hammocks. One of the things most loved about KPP is that it is very remote. As you leave civilization behind, you will drive by miles of open land, cattle ranches, and farmland to get there. This remoteness, void of light pollution, makes it one of the best places in the state for stargazing. It is so popular among astronomers that the park created a special area for their telescopes.

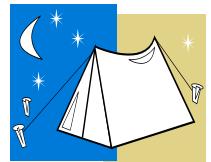
From the park entrance to the park office is 5 miles along a shell road. Wildlife, including burrowing owls, snakes and gopher tortoises, are often seen in the road, so drive slowly. Watch out for the Crested Caracara, a primitive looking bird in the Falcon family that may be seen foraging on the ground or soaring in the sky above the pastures and palmettos. On the right is the area referred to as the Audubon tract, because it was originally owned by the Audubon Society who sold it to the state in 2001. The Audubon society is still very active in the park, working with park rangers to protect birds that frequent the prairie, including the Florida Grasshopper Sparrow, which is perhaps the most endangered bird in the nation.

Continued on page 6

Future Fieldtrips

(Field trip info is also listed on suncoastnps.org and Meetup!)

Oct 25-27 Overnight Camping Kissimmee Prairie State Park Camping. Reservations required. This weekend was chosen both for anticipated fall wildflowers and for dark skies. The park is noted for being a wonderful place for stars, and we are planning to be there at the new moon. The park features a broad expanse of dry prairie. **Please contact Shirley Denton, be prepared to pay for a campsite.**



Nov 16 Green Swamp— Fall wildflowers should be at their best. We will plan the specific location based on where recent burns have been conducted. **This trip is a week earlier than usual to avoid Thanksgiving week.**

Kissimmee Prairie Preserve State Park: A Most Memorable Place (cont. from page 5)



As you drive into the prairie the first thing you may notice is the flatness and the lack of trees. The lack of trees in the prairie is a result of frequent fires and seasonal flooding. The Florida Park Service, and specifically rangers at KPP, work hard to schedule controlled burns to "mimic the timing of nature" to restore and maintain this fragile ecosystem. The result is a pristine community of low shrubs mixed equally with herbs and grasses, which in any given season transforms it into a blanket of texture and color.

The most common shrubs of the prairie are stunted saw palmetto, gallberry, fetterbush, shiny blueberry, netted paw-paw and St. John's Wort. Predominant grasses include wiregrass, bottlebrush threeawn, broomsedge bluestem and lop-sided Indian grass. Other prevalent wildflower species include narrowleaf silkglass, milkworts, meadow beauties, yellow-eyed grasses, goldenrods, blazing star and wild pennyroyal. The prairie is also home to a few rare plants. These include the Celestial Lily, the many-flowered grass pink, giant orchid and Catesby's (Pine) Lily.

In addition to the bounty of plant life, your trip to KPP will afford you many opportunities to see native wildlife. Where there are wildflowers, there is sure to be butterflies, and over 80 species of butterflies have been documented at KPP, making it "one of the best areas in Florida to observe butterflies," according to the North American Butterfly Association.

Birds are also plentiful in the prairie and hammocks. A wide variety of resident and migratory song birds may be seen.

From wherever you choose to observe the prairie, your campsite, the car, or a hiking trail, follow the advice of the park literature: "Look into the prairie, not at it," to unlock the secrets of its depth and beauty.

If you have already reserved your campsite for the Suncoast Native Plant Society trip to Kissimmee Prairie Preserve, you are in for a memorable experience to the "real" Florida. If you have not yet decided, I encourage you to make your reservations soon, you won't regret it!



Donna Bollenbach and her husband Bob joined the Florida Native Plant Society Suncoast chapter in August. They have been camping, hiking and photographing in Kissimmee Prairie Preserve State Park since 2005. A member of the Friends of Kissimmee Prairie Preserve, Donna has contributed photos and writing to the KPP website and Facebook pages. She is also the author of the e-book "The Art of Nature Photography," available on Amazon. She is a member of the SNPS Meetup group and some of her recent photos are on Meetup.

- For more information on KPP, including information about the importance of "Fire On the Prairie," visit the website: <http://www.kissimmeeprairiefriends.org/prairie-blog.html>
- For a detailed list of plants, along with scientific names go to:
http://www.fnai.org/PDF/NC/Dry_Prairie_Final_2010.pdf

Plant Profile

- Common Name: **Pinebaren Goldenrod**
- Botanical Name: **Solidago fistulosa**
- Family: **Asteraceae**
- Type of Plant: Stout, erect perennial
- Zone: 3-11
- Size: Up to 6 feet
- Leaves: Lance-ovate to obovate
- Bloom: A compound inflorescence on a stalk
- Flowering time: Autumn
- Fruit: Small achene with white bristle on top
- Growing conditions: Moist to rather dry sites
- Light: Sun to light shade
- Propagation: Seeds, division
- Maintenance: Removal of old flowering stems
- Motility: Slowly forming clumps from underground rhizomes
- Habitat: Flatwoods, margins of cypress swamps, and ponds
- Availability: Occasional at Florida native nurseries and FNPS plant sales
- Comments: Nineteen species of Solidago occur in Florida. Of these, eight occur in our area. The most common are pineland goldenrod, Chapman's goldenrod (*S. odora* var. *chapmanii*), wand goldenrod (*S. stricta*), and seaside goldenrod (*S. sempervirens*). Plant these as part of the background for showy fall color.



References:

- Nelson, G. 2003. **Florida's Best Native Landscape Plants**. University Press of Florida, Gainesville, FL.
- Osorio, R. 2001. **A Gardener's Guide to Florida's Native Plants**. University Press of Florida, Gainesville, FL.
- Wunderlin, R.P. 2003. **Guide to Vascular Plants of Florida, Second Edition**. University Press of Florida, Gainesville, FL.
- Wunderlin, R.P. and B.F. Hansen. 2005. **Atlas of Florida Vascular Plants** (<http://plantatlas.usf.edu/>).

Information compiled by Shirley Brown and Dick Wunderlin (Nov 2005 Grapevine)

Florida Native Plant Society Membership Application

Membership in the Florida Native Plant Society enables you to receive their wonderful quarterly magazine *The Palmetto*. Joining the SNPS also entitles you to membership privileges in the Suncoast Native Plant Society and a subscription to their monthly newsletter *The Suncoast Grapevine*. Contact the membership chair, Shirley Denton, at 986-6485.

New Member

Renewal

Name _____

Business name or organization _____

Address _____

City, State and Zip _____

Home phone _____ Email _____

Check pertinent category:

- | | |
|----------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Individual/Renewal \$35 | <input type="checkbox"/> Not-for-profit organization \$50 |
| <input type="checkbox"/> Full time student \$15 | <input type="checkbox"/> Business or corporate \$125 |
| <input type="checkbox"/> Library subscription \$15 | <input type="checkbox"/> Supporting \$100 |
| <input type="checkbox"/> Family or household \$50 | <input type="checkbox"/> Donor \$250 |
| <input type="checkbox"/> Contributing \$75 | |
| <input type="checkbox"/> Life \$1,000 | |

Make check payable to **FNPS**.

Detach and mail to:

FNPS

P.O. Box 278

Melbourne, FL 32902-0278

Activities & Committee Chairs

<i>Field Trips</i>	
Shirley Denton	986-6485
Steve Dickman	326-0221
<i>Publications</i>	
Dick Wunderlin	977-6484
George Kish	920-0853
<i>Librarian</i>	
Vikki Sinclair	989-2896
<i>Membership</i>	
Debbie Butts	754-7374
<i>Newsletter Editor</i>	
Janet Bowers	759-2822
Mike Fite, Assistant	977-0892
<i>Programs</i>	
Cliff Brown	810-3211
<i>Publicity/social media</i>	
TBD	
<i>Outreach</i>	
TBD	
<i>USF Plant Sales</i>	
Troy Springer	967-4538
<i>USF Botanical Garden Liaison</i>	
Kim Hutton	974-2329
<i>Chapter Representative</i>	
Devon Higginbotham	478-1183
<i>Webmaster</i>	
Ron Huston	951-0946

Newsletter Submissions

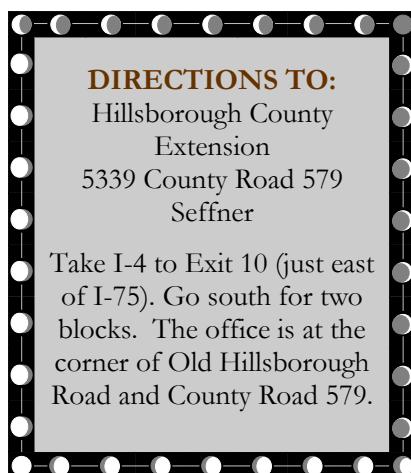
Deadline for the next issue:

November 1 2013

Please send articles and original artwork for The Suncoast Grapevine to **Janet Bowers**, by the deadline above. **Text should be in MS Word; graphics should be in a standard graphic format (.jpg, .bmp, .gif).** Previously published artwork should be accompanied by a letter of permission from the original publisher.

Email-

jbowers27@yahoo.com



Board of Directors

President

Devon Higginbotham
archiveproperties@gmail.com

Vice-president

Cliff Brown
Cliffbr@Tampabay.rr.com

Secretary

Janet Bowers
jbowers27@yahoo.com

Treasurer

Gar Reed
gar0426@yahoo.com

Board Members

Debbie Butts
debbutts1@verizon.net

Daphne Lambright
daphne.lambright@verizon.net

Meeting Location

The Suncoast Native Plant Society, Inc. meets the third Wednesday of the month @ 7pm @ the **Hillsborough County Extension Service office** in Seffner.

SNPS Web Address

<http://www.SuncoastNPS.org>