Volume 12, Issue 3-2015; Jul - Sept 2015 NUMERATING Plant Journal

A Quarterly Web Magazine

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Go summer!, p15

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Summer Wildflowers, p81

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The Wild Garden: Hansen's Northwest Native Plant Database www.nwplants.com Editor: Jennifer Rehm, Webmaster



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About this Journal

This Journal was created under the direction of Wally Hansen – a dedicated Grower, Aficionado and Passionate Lover of Northwest Native Plants.

This Journal is not 'commercial.' Our goals are:

A — To generate interest, even passion, concerning the magnificent Native Plants of the Pacific Northwest.

B — To help you create your own Native Plant Gardens, large or small, for home or work.

C — To help you propagate and "grow on" those species that interest you the most.

D — To inform both Home Gardeners and interested Professionals of many disciplines concerning trends and news items from my little corner of the world.

E — To help the reader enjoy native plants more by understanding the historical and cultural role of native plants (i.e.–use by Native Americans, pioneers, early botanists, etc.).



Lilium occidentale (Westerm Lilly) Photo credit: Jeanne Sperling



On the Cover:

Photo credit: Aphidoidea at en.wikipedia

Fireweed, freely flowering

This fairly dense stand of Fireweed (Chamerion angustifolium) is growing on a recently burned location. That is its talent, and that's where its name comes from.

These tall colorful perennials will reliably bloom in summer, after which they will go to seed. If left to their own devices, they will into neighboring spaces. However, if you collect the seed and then cut off the old bloom, a second flowering will occur.



An old road in the country will show you its true self...and yours.

So glad you asked!

Readers speak up: Questions, suggestions, pats and pans

Our website

When my husband and I bought some property on the North Santiam River in 2002, one of the first things we did was discover Wally Hansen's native plant nursery. We loved walking around and picking out native plants to enhance our new property.

Now I think of him whenever I go there and see all the plants we got from his nursery and how well they have done in their new home. Some of what we planted include:

Little giant sequoia seedlings that are now about 20'tall Western Red Cedars Pacific Rhododendrons Trilliums

I was very pleased when I happened upon your website while trying to identify some of the plants on our property. The NW Native Plant Journal is particularly wonderful.

I hope you will be able to continue to maintain this site. --Linda

What a lovely message to open after a long day. I served as webmaster for Wally for many years. When he passed away and the nursery closed, I felt it was my opportunity to carry on his desire for an on-line resource for native plant information. It was a good thing—I think he would approve.

The journal is sometimes a stretch to find topics, research them, find illustrations and put it all together, but when I hear from readers how much they like it, I remember why I continue. --J

Later from Linda: Last night I found out that your site was given as a reference for native plant identification for the Girl Scout camp out that is this weekend at Mountaindale. That will be a new competition category for the girls this year. I thought you might enjoy hearing that. --Linda

Excellent!



Western Red Cedar (Thuja plicata)



So glad you asked!, cont'd

Identify this plant

I put this up on your FB page, also. Greenery looks like crocus, but not necessarily the flower. Some have said Star of Bethlehem. someone gave me some unmarked "bulbs" last fall, although they were very dried up and I didn't think they would come up....THEY DID! Just don't know what they are. --Arlene

I agree with the Star of Bethlehem ID (Ornithogalum umbellatum). Compare your photo at left to the one below it from Wikipedia by Meneerke bloem. Wikipedia says this about the plant:

"O. umbellatum requires considerable moisture during winter and spring, but can tolerate summer drought. It can be grown in a woodland garden as semi-shade is preferable. It is hardy to hardiness zone 5, and can become weedy. The plant is toxic.

Photo by Meneerke bloem

Photo by Arlene

Watering Incense Cedar

I bought my house just north of Sacramento in December. I haven't watered the Incense Cedar yet. It didn't have yellowed leaves until now. I've noticed it on other trees in the area. I read online about watering trees. I also looked at your site and that they are drought tolerant. It should look really green at this time of year if we weren't in a drought. I'm thinking it does need some water. Any advice? --Cynthia

Yes, please water that poor tree! This summer has been devastatingly dry and even

the most healthy plant specimes can die from total lack of water. Whether this is an example of global

warming or simply an affect of really hot weather, the fact is that it is hot and dry and we must adjust to it.

Your Incense Cedar is both resistant and tolerant of droughts, but I'm afraid we'll be required to water much more than we ever have during more usual weather. And make it a deep watering rather than a kiss on top of the soil.

I wrote an article in the NW Native Plant Journal, the web magazine I publish quarterly, about watering the garden--when, how much, best watering times, etc. Here's a link to that July 2014 issue: http://www.nwplants.com/information/emag/ vol11-4.pdf







So glad you asked!, cont'd

Finding plants

Interested in small starts of the vine maples. --Devon

The Vine Maple is one of the most prevalent natives in the nursery scene. They can be started from cuttings, much faster than from seed. Many of the native plant sales in spring and fall offer this hardy beauty. See below.

More on Finding plants

From Peggy: I am hoping you can let me know where I can purchase a huckleberry bush and a blackcap bush.

From Adam: I am just curious to know where I can purchase a Madrona tree. I live in the Arlington area, and cannot find this at any local nursery. Maybe you can steer me in the right direction.

From Linda: We want to buy trilliums. Are you a nursery? Can we order trillium seeds or bulbs?



Vine Maple (Acer circinatum) --best fall color, tough, drought resistant, does ok in shade

In the "Resources" section of the website there is a list of nurseries in the area that have native plants. Their contact information is there as well. Many have websites and/or online lists of what they have in stock. Use this link: <u>http://www.nwplants.com/information/resources/nurseries.html</u>

Thanks for writing and for your interest in our northwest native plants.

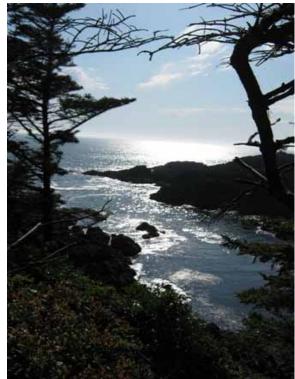


So glad you asked!, cont'd

Landscape designer

I am in the process of building a house out in Ucluelet on about 1/2 acre lot. I was wanting to see if you knew of anybody in that area that you could recommend as a landscape designer that has knowledge of the local indigenous plants. If you do that would be great if I could get there contact info. --Chris

There is a section on our home page called "Resources" with a sub-section for Native Plant Landscapers. (Here's a direct link: http:// nwplants.com/information/resources/ designers.html).



I've not had personal experience with any of these landscape designers. They are listed here as a courtesy to our readers.



Big Leaf Maple (Acer Macrophyllum) --good shade tree. Tough, drought resistant, great fall color.

Reviews from gardeners who have worked with any of them are welcome.

I congratulate you on choosing this location! I've only read about it, never had eyes there, but it sounds divine.

Wikipedia has this to say:

"Ucluelet is a district municipality on the Ucluelet Peninsula on the west coast of Vancouver Island in British Columbia, Canada. Ucluelet means "people of the safe harbour" in the indigenous Nuu-chah-nulth language." --Jen

Ucluelet photo by Ucleulet Tourism



Perilous Plants

Natives (and others) with a dark side

As summer brings on blooms and fruits and seeds and smells, they may tempt the unwary to taste or sniff or run among them just for fun. It could be the best summer memory. Or it could be a summer nobody wants to remember if the vegetation happens to be highly toxic, precipitating vomiting or a severe rash or even worse.

Prevention of untoward affects is far easier with some education about who the bad guys are and what they may have in their arsonal. To address this issue, there is a new page in our website, Poisonous Native (and other) Plants. A link on our home page will take you there.

There is also a list of the symptoms of poisoning that is rather broad, but it's a place to start if you see little Joey or Aunt Beth or the family pet starts behaving oddly. You'll find the phone number for the **Oregon Poison Center**, a part of the **American Association of Poison Control Centers**, Hours: 24 hours, 7 days a week, 1-800-222-1222. And for animals, there is **ASPCA's Poison Control Hotline Hotline** (1-888-426-4435, fee) and **Pet Poison Helpline** (1-855-764-7661, fee).

With the warm seasons, we are outside much more. It is the most likely time to run into a whole bunch of new plants. The walks in the woods, visiting friends or neighbors who don't have the slightest notion that their treasured garden shelters plants that could cause devastating results. We are each one responsible for helping us all be safe.

I'm preparing an article about plants, both native and non, that have been classified as poisonous. Will put it on the website soon--look for an announcement on Facebook.



Not a native here in the northwest. Foxglove (Digitalis purpurea) is invasive as well as poison.

Wildlife Corner

Out back with the animals

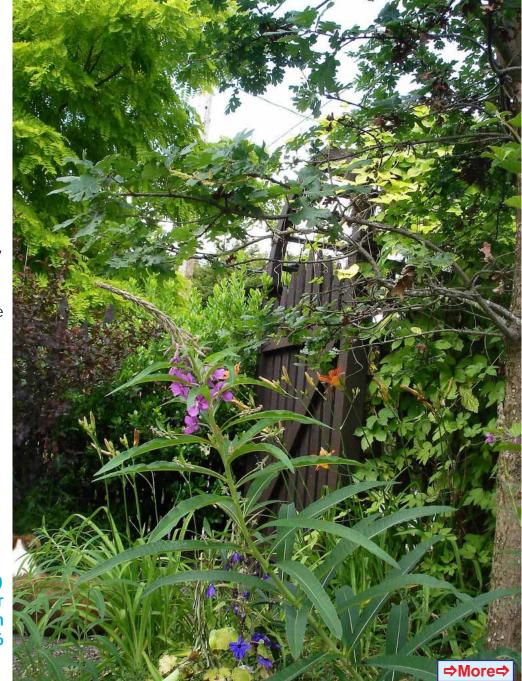
This morning I spent some time watching several little tiny birds enjoying the "wildlife cafe" amenities in my backyard. They were particularly interested one of the hanging feeders filled with a seed mixture from Audubon. They followed the seeds by a few bites of the suet cakes. Between each sampling they flew to the rhododendron shelters on each side of the cafe to savor the flavors.

After they had their fill of food for the time being, they flew to the large shallow bird bath that sits in the center of the cafe. The water there is freshened every day and much appreciated by birds of all kinds and the squirrels that nest up in my big Doug Fir. The little birds perched on the rim of the bath, then took a step down for a drink, after which they went a few more steps into the shallow edge for a nice morning bath.

Other birds came today soon after the babies, each using the facilities as they prefer. They really enjoy the varieties of food we offer. I try to have something for them all and that is working pretty well. The seed mixtures, the black oil sunflower seeds, corn on the cob, peanuts in the shell, a mixture of corn, nuts, dried fruit, and nut balls, and everybody loves the suet cakes.

Fireweed (native), penstemon (native), and day lilies (not) under an Oregon white oak. Photo credit: bottleman. See other photos and some information about this gardener's certification at http://www.bottleworld.net/?p=376

Wish this were my yard!



Wildlife Corner, cont'd

Watching these wild ones, I am awed by their energy, their beauty and their harmonius interaction with one another. And this is the reason I finally took a giant step this week and got my garden certified as a Backyard Wildlife Habitat through the National Wildlife Federation. It is a culmination of 4 years, working and planning and cultivating this little corner of Salem into what it is today.



Oh, I'm not done, no garden is ever finished, I think. But there is enough done at this point to satisfy the requirements for a recognized habitat. Soon as the flag comes that will proclaim my garden's new status, I will take its picture for you.

I've got my eye on further certification. The Backyard Habitat Certification Program is a collaborative effort of the Audubon Society of Portland and the Columbia Land Trust.

"We currently work with sites throughout the cities of Portland, Gresham and Fairview, within Multnomah County, and the City of Lake Oswego. If you live outside this area, contact us to join our waiting list and we'll notify you as the program expands."

I contacted them via the form on their website. This program is quite specific about what is acceptable for a good habitat. I ex-

pect more and more wild ones visiting here as my garden grows.

Love this lady's garden!

Photo credit: bottleman. See other photos and some information about this gardener's certification at http://www.bottleworld.net/?p=376

At right, Oceanspray (Holodiscus discolor) blooming right now in the Willamette Valley



Garden chores to do now

Pearly bits of wisdom & just plain common sense

Unseasonably hot weather has descended on Oregon's Willamette Valley this summer is not to be taken lightly.

For plants--

monitor carefully for signs of water deficiency, especially those new plantings. Provide shade by tilting an old umbrella over the plants or surrounding the plant with a few stakes and placing a piece of cardboard on top. Weight the cardboard down with a rock or two. Water early in the day and again at night if necessary.

Check container plants. Are they getting sufficient water? For pots that sit on pavement, it is advisable to either insulate the bottoms or move them to filtered shade. Keep in mind that these plants may need to be watered on a daily basis.

For people--

drink lots of water, use sunscreen and if possible, stay indoors or at least in shade during the hot part of the day. The old adage, "Mad dogs and Englishmen go out in the noonday sun,"



is not just a funky folk tune! Check on elderly neighbors to make sure they're OK

Photo from Savanah's Organic Garden



Photo credit: Nona

Garden chores, cont'd



--Each week, water and turn the compost heap. Add to the pile in correct brown and green proportions--a layer of green, then a layer of brown, repeat as needed.**

--Keep a garden journal. You can look back next year and have a reminder of what worked and didn't work for future planning.*

--Check garden centers for mark downs on remaining plants.

--Keep bird feeders and baths clean.

--Check that your mulch hasn't decomposed and add more as needed.

--Start saving seeds and taking cuttings.

**Composting, <u>http://www.nwplants.com/</u> information/composting.html

*About that journal, I have an old one--maybe I'll update it and make it available to you for download. No promises and no charge, of course.



Douglas Spirea (Spiraea douglassii), a fine ornamental native. I shot this one morning while on a scenic drive.



Staying in touch Good stuff to know

No, we are not a nursery Originally our website was all about a native plant nursery, Wallace W Hansen Northwest Native Plants. But in 2011, all that changed when the nursery closed its doors for good. We felt it was imperitive to preserve the vast amount of native plant information, so the website morphed from a commercial entity into what you see today: an ever-expanding non-profit repository of information about plants native to the Pacific Northwest. We don't have plants, we don't sell anything, we do share everything we know about native plants.

If you have questions about native plants, if there's a plant you want help identifying, if you have thoughts or photos you'd like to share, here's how to contact us:

Website-- http://nwplants.com/index.html

Email-- nwplants@gmail.com

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Facebook-- https://www.facebook.com/pages/The-Wild-Garden/
383505488458055?ref=aymt_homepage_panel
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Helpful websites:

Nurserys that have native plants, http://nwplants.com/information/resources/nurseries.html Garden designers that use natives, http://nwplants.com/information/resources/designers.html Websites for plant info, http://nwplants.com/information/resources/ontheweb.html



Want to know when the next 'Journal' is coming out? Follow The Wild Garden on Facebook! Share comments, ask questions, stay in touch. Get the latest news about our website (www.nwplants.com).



Summer destinations

Native gardens, field trips, volinteers needed

If you're looking for ways to pass the summer time, these low budget activitees may punch your ticket. It's a variety of ways to have some fun.

The Kruckeberg Botanic Garden

Beautiful garden free to the public just outside of the city. It's a blend of Pacific NW natives and unusual exotics in a wooded setting. In Shoreline, Washington, it was founded in 1958 by Dr. Arthur Kruckeberg and his wife Mareen, who amassed the plants over 50 years. Now owned by the City of Shoreline, operated by nonprofit Kruckeberg Botanic Garden Foundation.

An On-site Propagating Nursery

Rare and Native Plant Nursery has native plants and hardy exotics for a NW garden. We propagate many of the plants growing in the garden in the nursery. You can have a piece of the Kruckeberg Botanic Garden to plant in your own garden. Open Friday - Sunday, 10 am - 5 pm.

Dr. Kruckeberg: In His Own Words



Dr. Arthur R. Kruckeberg, a professor emeritus of Botany at the University of Washington. At age 90, he still lives in the house and often can be found working in the Garden or discussing plants with visitors. Mareen S. Kruckeberg, who lived to be 77 and passed away in 2003, was a self-taught botanist who founded the onsite MsK Nursery. Watch a video of Dr. Keuckenberg, "In His Own Words," as 'only he can be.'

Summer Picnic in the Garden - July 18, 2015



Celebrate summer at our first Picnic in the Garden, an event for the regional community. Enjoy the wonders of an enchanted outdoor space with family friendly activities, food, and entertainment.

Pony rides, face painting, a bouncy house, arts and crafts activities, kid-friendly container garden workshops, home made pie, and sno-cones. A perfect summer afternoon for your family.

Tickets are \$10/person and are on sale now! See their website at http://www.kruckeberg.org/

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Kruckeberg Botanic Garden contains four State Champion trees. We have pictures of three: Tanoak (Lithocarpus densiflorus), Striped-bark Maple (Acer pensylvanicum), and Chokecherry (Prunus virginiana). I did not find a photo of the third tree, Mutant Tanoak (Lithocarpus densiflorus 'Attenuato-dentatus').

Tanoak (Lithocarpus densiflorus)



Striped-bark Maple (Acer pensylvanicum) Photo by Kurt Stuber

The Kruckeberg Botanic Garden also contains various rare trees of interest, including Caucasian Spruce, Brewer's Spruce, Chilean fire tree (Embothrium coccineum), and Eucryphia glutinosa.

Chokecherry (Prunus virginiana) Photo by Walter Siegmund



•Garden Greeters: Volunteer Garden Greeters are the first point of contact for visitors. We ask Garden Greeters to staff at least one shift a month.

•Docents: Volunteer Docents lead garden tours and participate in leadership roles throughout the foundation. New Docent Training is held every other year.

•Volunteer Propagators: Volunteers are eligible to assist with nursery propagation AFTER COMPLETING OUR PROPAGATION WORKSHOP SERIES.. See list of workshops under Programs.

•Group Work Parties: We can also schedule group of volunteers from business, companies, professional

organizations, clubs, universities and schools to our garden for days of services, work parties, team-building, and more. Contact Vicki

Demetre at 206-546-1281 x60 or volunteer@kruckeberg.org to get started!

Chilean fire tree (Embothrium coccineum) Photo credit: Pawel Drozd



Well known for Beach Cleanups held every year, Solve has lots of interesting projects to tempt even the most bored indi-

viduals. If you find yourself with a bunch of energy you want to put to good use, try pitching in with Solve to make our beautiful state just a little bit better. See for yourselves--visit the Solve website. Think positive.

http://solveoregon.org/

"We clean, restore, educate and involve our community through volunteerism."

"SOLVE is a state-wide non-profit organization that takes action every day to keep Oregon clean and green. We mobilize over 35,000 volunteers and organize over 1,000 cleanup and restoration projects throughout the state."

"Our mission: Bring Oregonians together to improve our environment and build a legacy of stewardship."

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Northwest Trek Wildlife Park, Metro Parks Tacoma

In 1971, founders David and Connie Hellyer donated their vacation property near Eatonville to Metro Parks Tacoma to be set aside as a wildlife preserve. The park opened in 1975.



Today, the preserve offers a whole bunch of ideas for surprising summertime adventures:



Northwest Trek's 40th Birthday Celebration, July 17 -July 19. 10:00 am - 6:00 pm. Join us in celebrating 40 years of learning, conservation, and fun!Half a century ago, David T. "Doc" and Connie Hellyer dreamed of bison roaming free on their land near Eatonville. They looked at the water and the woods on their idyllic acreage, and more.

Boy Scout Camp. Put your camping skills to work during this exciting and unique camping experience. Work with fellow scouts to set-up your campsite, cook over an open fire and search for wildlife. Don't forget to bring your favorite campfire stories to.share. July 10 - July 11, 12:00 pm - 11:00 am. July 24 - July 25, 12:00 pm - 11:00 am.

You might catch a glimpse of this bobcat!

The Wild Garden: Hansen's Northwest Native Plant Database

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Family Camp. See the animals at night, private tram tour, games, crafts, other exciting activities--our overnight Family Camp's an adventure!We provide relaxing campsite, campers-only after-hours tram tour, more.

July 11 - July 12, 12:00 pm - 11:00 am July 18 - July 19, 12:00 pm - 11:00 am July 25 - July 26, 12:00 pm - 11:00 am August 1 - August 2, 12:00 pm - 11:00 am August 8 - August 9, 12:00 pm - 11:00 am



Photo Tour. Perfect for photographers of all levels, exclusive Photo Tours are a whole new way to experience the Free-Roaming Area.We'll provide optimal conditions for you to take action shots of the animals in the Free-Roaming Area. July 12. 8:00 am - 10:30 am August 8, 8:00 am - 10:30 am August 21, 8:00 am - 10:30 am

September 5, 8:00 am - 10:30 am

Keeper Tour. Stare into the eyes of a moose or get within a few feet of a bison during a morning ride on the wild side! Hop into the back of the keeper truck and experience the thrill of seeing these incredible animals up close as can be. July 18, 8:00 am - 10:00 am. NOTE: This tour is full! Other Keeper Tour dates: July 27, 8:00 am - 10:00 am August 2, 8:00 am - 10:00 am

> You for sure (well, probably) can spot this Male Roosevelt elk when you are on the tram

> > ⇔More⇔

"Mommy, Me & Moose" Girl Scout Camp. This camp is for Daisies and Brownies (K-3rd). Create lasting memories with your little scouts while introducing them to the joy of camping at this safe and exciting camping experience. Enjoy organized activities, crafts and wildlife search.

July 17 - July 18, 12:00 pm - 11:00 am

"The Junior Moose Adventure" Girl Scout Camp. This camp is for Juniors (4th and 5th). Practice your camping skills and learn new ways to enjoy the great outdoors during this unique camping experience. Work with your fellow scouts to set up tents, cook over an open fire and make memories.

July 31 - August 1, 12:00 pm - 11:00 am

"Hanging Loose with a Moose" Girl Scout Camp. This camp is for Cadettes, Seniors & Ambassadors (6th-12th). Put your camping skills to work during this exciting and unique camping experience. Work with fellow campers to set-up your campsite, cook over an open fire and search for wild things.

August 7 - August 8, 12:00 pm - 11:00 am



Senior & Ambassador Girl Scout Photo Tour. Perfect for photographers of all levels, Photo Tours are a whole new way to experience the Free-Roaming Area. This special Photo Tour is exclusively for Senior & Ambassador (9th-12th grade) Girl Scouts and their chaperones. August 22

Bison peacefully grazing in the meadow with black-tailed deer. So peaceful!

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Feeding Frenzy. All animals love to eat! See how keepers present food in creative ways to stimulate each animal's natural food-finding behaviors and watch the animals enjoy specialized meals. August 29 - August 30, 11:00 am - 5:00 pm

Senior Month. September is Senior Month! Seniors (age 65+) enjoy half-price general admission plus a 10% discount at the Forest Café and the gift shop. Something new to see & do. Enjoy a Discovery Tram Tour. September 1 September 30

Get Out of the Rut. Learn all about the exciting rut, or breeding, habits of hooved animals like deer, sheep, elk and moose. Watch and listen as they grunt, snort, bugle, and spar! Don't miss the wild romance and turbulent action. September 5 - September 7, 11:00 am - 5:00 pm

Run Wild. Imagine running on a forested path, away from buildings and city traffic. Choose from a 5k or 8k run or a 5k walk and explore Northwest Trek's unique race setting. Your registration fee supports Northwest Trek's conservation efforts. September 19, 7:30 am - 11:00 am

Contact Info for Northwest Trek Wildlife Park

https://www.nwtrek.org/thingstodo/

Main number: 360.832.6117 Group tickets, Reservations for events/programs: 360.832.7166, Fax: 360.832.6118

> Northwest Trek Wildlife Park 11610 Trek Drive East Eatonville, WA 98328



Bald Eagles are often seen at the park. Photo credit: Yathin S Krishnappa

⇔More⇔



about gardening with native plants.

Well, did you ever?

Yup, that's pretty close to what I said upon discovery of this innovative and positive idea: Metro's Native Plant Mobile Garden. Here's their spiel:

"Learn about native plant gardening from Metro's native plant mobile garden. The 6-foot-by-14-foot garden features more than 60 plant species that are native to the Pacific Northwest.

"Metro's natural gardening educators can bring the mobile garden to community events in the Portland metropolitan area. Visit our mobile garden and talk with an expert



"Come see beautiful native plants on display and take home a variety of natural gardening brochures. Invite Metro's mobile native plant garden to your community event! "To request the mobile garden for your event, call Metro Recycling Information at 503-234-3000."



Sisyrinchium californicum (Golden-Eyed Grass) Photo credit: Stan Shebs

Asarum caudatum (Wild Ginger) with Maidenhair Fern (Adiantum aleuticum)



Seaside daisy (Erigeron glaucus) Photo credit: Stan Shebs



Oregon's Native Plant Society has always got a few suggestions on summertime fun. Here's a taste:

Corvallis



Dedicated to the enjoyment, conservation, and study of Oregon's native plants and habitats

July 12, Sunday, 9 am-3 pm Field Trip: Marys Peak. (rescheduled from June) Join Rosalie Bienek and Esther McEvoy on a hike from the campground to the summit and back in a loop through the noble fir forest. We will search for and identify wildflowers. Bring a lunch, dress for the weather, and wear sturdy shoes. Location: meet at the OSU Wilkinson Hall parking lot, SW of the Beanery at 26th and Monroe. Contact Esther for more information: 541-754-0893.



August 15, Saturday, 7 am–late afternoon Field Trip: Middle Pyramid Climb Middle Pyramid to see the blue Gentians growing near the top. There are many other wildflowers along the way and the view from the top is spectacular. This is at least a two mile hike up, 2,000' elevation change, with the first part easy and the last part difficult. Bill Sullivan and the FS say this is four miles round trip, but most hikers believe it is closer to six. Bring lunch and water, walking sticks if you use them, dress for the weather, and wear sturdy shoes. Location: meet at the OSU Wilkinson Hall parking lot, southwest of the Beanery at 26th and Monroe. For information and to RSVP, contact Louise: patch1L@aol.com or 541-753-0012.

Emerald

Visit the Emerald Chapter Web site to learn more about the latest chapter events, plant lists and botanical information about Lane County plants and the people who love them.

July 11, Saturday, 9 am–4 pm Field Trip: Upper Elk Meadows. Alan Curtis leads this hike, located 30 miles from Cottage Grove. Elevation is 4,000

ft. Over 200 species of vascular plants have been identified here. We expect to see Frasera umpquaensis and several orchid species. Surrounding the meadow is an old-growth forest of Abies amabilis, Abies grandis, and Pseudotsuga menziesii. We will walk 1.5 miles through moist meadow. Wear boots and bring lunch and water. Location: meet at South Eugene High School, 400 E 19th Ave. ♦More

High Desert

For information, visit the High Desert Chapter website www.highdesertnpsoregon.org, Facebook page: 'Native Plant Society of Oregon: High Desert Chapter', or email highdesertnpso@gmail.com.

July 11, Saturday Field Trip: Steins Pillar. Hike with Sarah Garvin to the pillar named for Enoch Steen, though it is known as Steins Pillar. Check our chapter website (www.highdesertnpsoregon.org) for details.

July 18–19, Saturday-Sunday Field Trip: Steens Mountain. This landform was also named for Enoch Steen. Join Rick Hall, retired BLM botanist, and Lindsey Riibe, who is researching plants and their importance for the Greater Sage Grouse. We will be staying at Page Springs and botanizing the Loop Road. Check our website (www.highdesertnpsoregon.org) for details.



Photo credit: Raffi Kojian, www.plants.am

Bitterroot (Lewisia rediviva Photo credit: Walter Siegmund



Portland

If you would like to receive the semi-official Chapter e-mail newsletter, The Calochortus, e-mail Don Jacobson.

Facebook: Take a look at our Facebook page. Native Plant Society of Oregon-Portland-Chapter. It will have the most up-to-date information on hike, events, great plant pics.

Meeting Location: The Portland Chapter meets the second Thursday of most months in the Metro Building at 600 NE Grand Ave., Portland. Enter from NE Irving St. on the north side of the building and walk across the upper plaza to the entrance (not the door on 600 NE Grand Ave.). An attendant will let you in and direct you to the meeting room upstairs. Meetings and programs begin at 7 pm.

July 11, Saturday, 7:30 am Field Trip: Lookout Mountain, Wash. A moderate 2-mile round trip hike along a rough mountain road with a steady elevation gain of 759'. Hiking sticks help going down. Bring lunch and water. Co-leaders are Don Hardin of the Suksdorfia Chapter, Washington Native Plant Society and Ron Klump, Portland Chapter, Native Plant Society of Oregon. For more information or to sign up for the hike, contact Don Hardin at donhardin2@gmail.com.



Siskiyou

To join the Siskiyou Chapter email list: Send an email, from the address at which you want to receive announcements, to announce-join@siskiyou.npsoregon.org. No subject or message is required. You will get a confirmation email. If you



would like to volunteer to lead a hike in 2015, make a suggestion, or provide feedback regarding the field trip program please contact Julie Spelletich at: jspelletich@gmail.com. Join us on Facebook at: https://www.facebook.com/ SiskiyouChapterNativePlantSocietyOfOregon.

July 16, Thursday, 4:30 pm Field Trip: McDonald Peak. Escape the valley heat; walk into the sunset along the Siskiyou Crest with cheese, wine, and wildflowers! Join Adopt A Botanical Area Program Coordinator, Jeanine Moy, and NPSO Siskiyou Chapter President, Kristi Mergenthaler, for an evening walk on the Siskiyou Crest to observe rare and disjunct plants such as the Mt. Ashland lupine, monument plant, Henderson's horkelia and Howell's tauschia. Bring wine or cheese to share! Location: carpool leaves from the Northwest Nature Shop in Ashland at 4:30 pm.

July 18, Saturday, 10:45 am Hike: Crater Lake. We will hike with CLNP botanist Jennifer Beck to the summit of Mt. Scott (the highest point in the Park) to see what plants grow in this harsh environment, and discuss the plight of whitebark pine and the Park's efforts to conserve and restore it. It is a strenuous 4.4 miles round trip with a gain of 1250' ft. Afterward, we will drive along East Rim Drive to view some of the Park's rare plants, including the Crater Lake rockcress (Boechera horizontalis) and the pumice grapefern (Botrychium pumicola). Bring plenty of water, sunscreen, hat, and layers of clothing. Location: meet at 10:45 at the Mt. Scott trailhead on East Rim Drive. A map of the park is available at www.nps.gov/crla, click the "view Park Map" option in the "Park

Tools" section in the lower left corner. Check their website for updates. http://www.npsoregon.org/calendar.html

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The Log House Museum Northwest Native Plant Gardens

The plants in the Log House Museum garden are indigenous to the Pacific Northwest and are well-adapted to the moist, cool climate of our region. This is a point of contact garden, representing some of the plants that would have been growing here in 1851, and were being used by the Native people of the area before the arrival of the Alki Party.

Over 150 years ago many of these plants were used as food, medicine and to make tools, though many of the uses are discouraged today. Here is a selection of some of the plants that can be found in our garden!

Western Hemlock *Tsuga heterophylla*

The Western Hemlock is the Washington state tree. These trees can live to be over 1000 years old. The needles can be chewed or brewed into tea and are a good source of vitamin C.

False Solomon's Seal Maianthemum racemosa

The young shoots of this plant are edible. Its leaves can be used as a laxative, to soothe a sunburn and as a cough suppressant. False Solomon's Seal blooms small white flowers in April to June and then bears small red berries, which attract birds.

Tall Oregon Grape Berberis aquifolium

The Oregon Grape is the second most common shrub in the Pacific Northwest. Its berries ripen in August, attract birds and can be harvested to make preserves. The roots were also used by Native Americans to make dye.

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Western Trillium (Trillium ovatum)

The Trillium plant is a protected species. Once the flower is picked it can take up to seven years for it to bloom again! This is one of the reasons why this native plant is becoming harder to find in the wild. The leaves are edible and are

great in salad. Ants and mice spread trillium seeds, which is unusual since most flowers are pollinated by bees. Both white and pink Trillium flowers are present in this garden.

Sword Fern (Polystichum munitum)

The distinctive, long fronds of the Sword Fern were of great use to Native people in the area. The stem of the plant is edible and the leaves were used as paper towels are today—to cover cooked food, line pans and for cleaning.

Vine Maple (Acer circinatum)

The Vine Maple is one of the most widely used trees by Pacific Northwest tribes. Branches and bark were used to make everything from baskets, to snowshoes, to love potions! The leaves were used to line baskets and wrap foods for cooking. It was also used to treat polio and stomach problems.

Hardstem Bulrush (Scirpus acutus)

This is a common wetlands plant. Bulrush stems, also known as tules, can be woven to make baskets, mats, bowls, chair thatching and clothing. New shoots are tender and edible.

Oregon Iris (Iris tenax)

This flower blooms in mid-to-late spring. The leaves can be used to induce vomiting and help with depression. Native people used to weave the leaves together to make rope. This flower grows well in shaded areas.

http://www.loghousemuseum.info/exhibits/log-house-museum-northwest-native-plant-gardens/

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King County Native Plant Salvage Program Save our native plants! www.kingcounty.gov/environment/stewardship/ volunteer/plant-salvage-program.aspx

Age group: All ages Geographic area: King County

Dig in with Native Plant Salvage and remove plants from future construction sites. These native plants are crucial to maintaining our unique northwest ecosystem and need your protection. Help keep our native species alive and well by digging them out of harm's way and replanting them in salmon restoration project grounds. This project not only saves the plant species, but helps our salmon as well! Plant salvage is a great task for a group of students. The Native Plant Salvage program can accommodate school groups on weekdays. Just call and tell them you want to help save your native plants.

For more information, contact Cindy Young at 206-296-8065 or by email.



King County's "Volunteer Opportunities" brochure describes the salvage program, what it does, and ways to help. If you're interested. See

http://www.wnps.org/npsp/king/documents/S16HelpsalvagenativeplantsKingCountyWashington.pdf

This sounds like a whole lot fun. Saving plants that will be destroyed is a treasure search whether it is a building or a woodlot.

Abandoned House in Delray, Michigan. Photo credit: Max Chainey

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(Maidenhair Fern and Dryopteris arguta (Coastal Shield Fern)

Summer destinations, cont'd

Washington Native Plant Society http://www.wnps.org/

Study Weekend, **2015**: **Islands in the Sky**: A North Cascades Adventure, August 14-16 The Komo Kulshan Chapter invites you to join us for this

year's Native Plant Study Weekend. Come enjoy the splendor of the Heather Meadows area at road's end as well as destinations along the Mount Baker Highway. The North Cascades is a rugged mountainous region which over a long and complex geologic history has created a patchwork of isolated mountaintops, "sky islands," which are home to a unique flora of cold-adapted plants. There will be a wide range of outings with varying degress of difficulty, including strolls, hikes, and workshops.

Ferns and Fern Allies Identification Workshop: July 28th-29th, 2015

The ferns and fern allies are ancient lineages of vascular plants with high species richness in the Pacific Northwest. Learn how to know your ferns and fern allies in order to conduct wetland delineations, floristic and vegetatior surveys, rare plant surveys, and habitat assessments. This workshop is geared for experienced botanists, both professional and amateur, who are proficient in the use of dichotomous keys and comfortable with technical botanical terminology.



For your reading pleasure

A downloadable booklet

Found this tome of green import while browsing for something else, as often happens if you're open to surprises. It's titled "Native Plants for Pacific Northwest Gardens," subtitled "Grow green with planting ideas from Metro's mobile native plant garden." I've rarely seen such a comprehensive batch of great green-ness in only 15 pages. Well written and beautifully presented. A few of the subjects:

Natural gardening is easy, safe and fun

Plant right for your site

Use compost and mulch to build soil and stop weeds

Water less to save more

Native plants are great for home gardens

Avoid invasive plants

Many non-native plants are great for gardens, too

A good sampling of specific natives for different environments, short synopsis of the needs and qualities of each plant covered. There's even a space for writing your own notes.

And it's pretty! Did I mention that?

Really nice booklet from Metro that apparently accompanies the mobile native plant garden. If you don't have access to the garden, you can still download this beauty. Print one for yourself, for friends or just to share some solid ideas about our amazing native plants. Here's the web address:

http://library.oregonmetro.gov/files/native_plant_booklet.pdf

Lupines and ladybug A snapshot of this booklet's cover



Wildflowers

Blooming their little hearts out



Columbia Gorge Broad-leaf Lupine, (Lupinus latifolius x sericeus var. latifolius) Photo credit: Tab Tannery

> Bog Deervetch (Lotus crassifolius) Photo by Brent Miller

Truly, getting the required daily dose of wildflowers is difficult when the other side of my door is well in excess of 90 degrees. Hot! And new to those familiar with Oregon living.



Arrow Leaf Balsam Root Balsamorhiza sagittata Photo credit: Mike Cline

From Paul Slichter's notes on Flora & Fauna Northwest: Balsamroots and Columbia Gorge lupines (Lupinus latifolius x sericeus) beginning to bloom in quantity on Sevenmile Hill......March 30, 2015.

⇔More⇔

The Wild Garden: Hansen's Northwest Native Plant Database

Page RM

If you're spending the hot days wishing you could be out in the garden, these two websites can take you to the woodlands:

--Flora & Fauna Northwest, http:// science.halleyhosting.com/nature/ nature.htm

--Oregon Wildflowers, http:// oregonwildflowers.org, the latter now has a Facebook page (to go there, https:// www.facebook.com/groups/ oregonwildflowers)

The first, FFNW, is plentifully populated by spectacular photos and facts by Paul Slichter, 35435435. Seems he is "hiking and making plant lists for those trails and cross country routes that aren't well represented in the Columbia River and Klickitat River Gorges this season, so if you don't see your favorite hike here, please check the lists from previous years above to see what you'd see along those hikes.

Comprehensive plant lists for a number of hikes in the Columbia River Gorge (Look under the state and county they are found in.) can be found at http://science.halleyhosting.com/ nature/bloomtime/lists/plantlists.html." And he certainly carries along tools for making a visual record of what he observes.



Linnaea borealis Photo credit: Henripekka Kallio

Of 2015, he tells us that "As of early 2015, flower bloom is about 2-3 weeks earlier than most past years!"

To searching in this website for plants and their appearances, he suggests, "Use the links to previous bloom year data directly above to search for bloom reports at a particular location to better fit a recent flower visit."

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The other website, Oregon's Wildflowers, has a collection and journal of one person, this site put together by Greg Lief carries his findings and those of native plant lovers who answer his call to share what we know as we learn it.

Each day, photos and reports come in, each eager to tell us about their discoveries. I like seeing these on Facebook because it's sort of "over the back fence" there, the recounting of their tales and so generously posting their captured memories. Very personal, intimate in a way, the joyfulness of "Look what I found!"

Most of the entries talk about time of day, weather, aromas, and the sounds of birds and other wildlife, for the most part without the noise of "civilization."

If you "like" and "follow" the Facebook page, you'll receive the reports of contributors in your email and on your Facebook home page. I enjoy this a lot--reminds me to take a wildflower break.

Note: I requested permission to post some of the photos and notes on The Wild Garden. Both the website (www.nwplants,com) and the Facebook page (https:// www.facebook.com/#!/pages/The-Wild-

Garden/383505488458055) are educational so I think we're on the same page there. Until approved for use, I'm using our library's photos to illustrate the discoveries of Slichter, Lief and accomplices.



Tiger Lily (Lilium columbianum)

Wildflower Report for Blair Lake Meadows Reporter: Greg Lief, Date: 06/26/2015

> In the meadows near the lake: Western Coneflower (Rudbeckia occidentalis). Blue-Eved Grass (Sisyrinchium idahoense), Western Bistort (Polygonum bistortoides), Shooting Star (Dodecatheon sp.), Bog Orchid (Platanthera dilatata), Larkspur (Delphinium sp.), Agoseris sp., Tiger Lily (Lilium columbianum), Red Columbine (Aquilegia formosa), Lupine sp., Cat's Ears (Calochortus sp.), Fleabane (Erigeron sp.), and others.



Red Columbine (Aquilegia formosa)



The Wild Garden: Hansen's Northwest Native Plant Database

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Sagebrush Mariposa Lily (Calochortus macrocarpus) Photo credit: J Brew

Mr. Lief says of the Facebook group: "This group is affiliated with OregonWildflowers.org, a community resource for wildflower and photography enthusiasts to share information on where and when to visit Oregon and Southwest Washington's best wildflower locations.

OregonWildflowers.org includes a database and interactive map of wildflower locations, trip reports, and photos which can be sent as free e-cards." A little earlier this morning, someone posted a note on the Oregon Wildflower Facebook page, "The 95-100° temps have brought out the Calochortus macrocarpus approx. 20 miles east of Bend. The night blooming granite gilia (Linanthus pungens) has the high desert smelling like plumeria after dark. I expect it

will all dry out soon and be gone." Handily illustrates the value and beauty of Mr. Lief's gift to native plant afficionados.



Granite Gilia (Linanthus pungens) Photo credit: dcrjsr

Washington lily (Lilium washingtonianum)

UGA1375566

Another hiker found Washington Lily "on Mt. Hood's NW shoulder, on the hike from Top Spur trailhead on Wed. Past prime, but still extremely fragrant."







Woodland pinedrops (Pterospora andromedea) Picture at right shows habitat this plant enjoys. Photo credit: Susan Trull, U..S.



Drummond's anemone (Anemone drummondii) Photo credit: Walter Siegmud





Seen recently at Jack Lake Scarlet gilia (Ipomopsis aggregata)

Dwarf Chamaearacha (Chamaesaracha nana) Photo credit: Tom Hilton Found a week ago in Mount Jefferson Wilderness



Farewell to Spring (Clarkia anemone).Photo credit: Jnn, at Beacon Rock State Park



Mr. Slichter's introduction to the Flora and Fauna website, and some contact information:

"These web pages are intended for use by the biology students at Gresham High School as they identify the wildlife & wildflowers they encounter during their spring ecology studies. Of course, all nature afficionados are welcome too! It is our intention in the Biology Department at Gresham High School to present information about the natural history of the Pacific Northwest, with an emphasis to the areas near Portland, Oregon & Vancouver, Washington.

"You will find below my E-mail address. <u>I am</u> <u>unable to sell or give away my photos at this time</u>. It takes a too much time to search for and process them during a time of year where I need to finish putting this year's batch of photos online so I can make room for next years' flower photos.

"For non-photo inquiries, I will try to answer them as quickly as I can, but please be aware that I am frequently out on the road (without internet access) in search of new plants and animals to photograph & so am unable to respond immediately. In addition, for those of you trying to sell endangered or exotic animals and plants, or if you are looking for seeds, I am not in the retail or import/export business for such creatures!"

> Paul Slichter Email: pslichter@frontier.com



The Wild Garden: Hansen's Northwest Native Plant Database

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There are reports of "Profuse beargrass along Blair Lake Trail." I've experienced this phenom with my own senses and, truly, it is never to be forgotten. The majesty! Acres of brilliant white flowers with the summer sun shining upon them suffuses the air with the scent of mountain angels. Mr. Lief attempted to capture it in video, now on youtube.

Photos from National Park Service



A last look at Flora & Fauna Northwest: Wildflower Bloom at Conboy Lake National Wildlife Refuge, July 12 & 17, 2011

Note: We were fortunate to be doing some monitoring work for the refuge as this portion of the refuge is generally not open for viewing by the public (to protect nesting rare birds) so one should contact the US Fish and Wildlife Service before seeking to enter this closed area. Masses of showy downingia (Downingia elegans) blooming in flat bottomlands on Camas Prairie at Conboy Lake NWR, July 12, 2011



Hooded Ladies' Tresses (Spiranthes romanzoffiana) Photo credit: Eric in SF

Perennial discovery

Native Peonies

Peonies have long been one of my favorite flowers. They are romantic, ancient, beautifully colored, and of a most pleasing shape. They invoke a vision of a Victorian parlor with lace doilies and a Spanish shawl draped on a piano, a rose bowl filled with aromatic rose petals preserved with a bit of cinnamon and, of course, Orris Root. In this imaginary scene, a special bowl, The Peony Bowl, is set in a place of honor and filled with the esquisite flowers of a favored color. Those in my mind are a mixture of pink and red double blooms emitting the heavenly perfume. The heart-breaker to me, was that the finest of peonies were mostly from China or so I presumed.

Until this week. I was thumbing through some old issues of Kalmiopsis, the journal of the NPSO (Native Plant Society of Oregon) and found, in Kalmiopsis Volume 19, 2012, an article written by Nan Vance of Corvallis, Oregon. Her subject? "Finding Brown's Peony a Sweet Attraction."

I'm usually affronted when I hear of a native plant of which I am not aware--not because I think I know them all, but because I've been neglectful of my education on native plants of the Pacific northwest. In this condition, there is nothing for it but to dive in and learn what I can, and add such a plant to my botanical bucket list immediately.

Time well spent in this case: There is not one, but two native Peonies here in our own backyard, as it were. Two! Joyfulness surrounds me as I find photographs and dialog and specifics and statistics dealing with these plants. The usual go-to's for true plant data include Wikipedia, the PLANTS database, Lady Bird Johnson Wildflower Center, and several others. They were all well-visited during this episode of cramming truths in the interest of knowledge.

And here are some of the facts about our native peonies.

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Photo credit: Cassondra Skinner, BLM

Brown's peony (Paeonia brownii)

Ms. Vance began her article thusly:

"I first encountered Brown's peony (Paeonia brownii) with its verdant, lavender-tinged leaves and elegantly nodding maroon flowers growing among bitterbrush and bunchgrass on the eastern flank of the Oregon Cascades."

Right away she states:

"Except for two species, all members of Paeonia are Eurasian. California peony (P. californica) and Brown's (or western) peony are indigenous to western North America."

The PLANTS database, USDA plants, shows the native range for Paeony brownii as the northwestern part of the United States, as illustrated:

Its range does not overlap that of California peony, a south-central California.



This perennial plant reaches 1 ft 8 inches at maturity.

It is in flower from June to July. As the flowers are both male and female, they are self-fertilizing with the help of visiting insects.

A cold-hardy plant, tolerating temperatures down to about $-30^{\circ}c$.

A long-lived plant, specimens can survive in the garden for at least 50 years. Preferred soil ranges from heavy clay to sandy as well as loam, a deep rich soil is favored. These native plants will not survive in soggy or bone-dry soil. Drainage is critical.

Best performance is in full sun, although it will grow in very light shade.

Temperature-wise, this is a good plant for cold winters--tolerates even down to -22°f. Specimens often survive for at least 50 years.

In the wild, look for them at the edge of woodlands where the sun peeps through, in an area of checkered shade, or among plants populating the little shady bit where a sunny meadow crosses to shade.

Edibility is limited to the root which has a liquorice flavor.

Medicinally, records indicate uses in olden time for cough, heart and chest, fever, laxative, tuberculosis, and a poultice for wounds, burns or sores, VD, nausea, indigestion, haemorrhoids and varicose veins.



Photo credit: W D and Dolphia Bransford

Decoratively, the seeds are interesting and are often used to make jewelry and crafts.



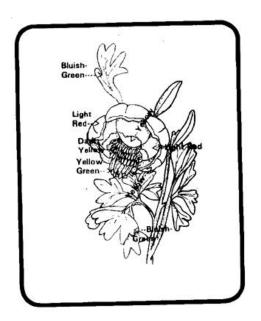
Community behaviour:

Not bothered by browsing deer or rabbits.

Will inhibit the growth of some other plants, especially legumes. Do not enjoy root disturbances.

May mix it up with other species of paeonies if planted near them.

Slow to reach maturity when planted from seed (4-5 years before the first bloom), but they do usually come true from seed.



This and other coloring book pages may be downloaded at http://www.nps.gov/search/ ?affiliate=nps&query=coloring%20pages CELEBRATING MLDFLOWERS Paconia brownia Wild Pacony or Brown's Pacony





Photo credit: W D and Dolphia Bransford Photo credit: nps.gov





Photo credit: Noah Elhardt

<u>California Peony, (Paeonia</u> <u>californica)</u>

Wikipedia, the free encyclopedia, provided this information on the other northwest native peony.

"Paeonia californica grows on dry hillsides in the coastal sage scrub and chaparral communities of the coastal mountains of Southern and Central California, often as an understory plant."

This peony is summer-deciduous broadleafed perennial. The foliage is highly lobed with dark green top and undersides of a paler shade of the same green.

Flowering occurs in very early spring from January to March. The blooms are cupshaped and they have a nodding aspect with dark maroon petals.

Of late, this perennial is being used in limited application for landscaping and xeriscaping. It's drought-tolerant

The California Peony has entered limited cultivation in native plant landscaping and xeriscaping. It is drought-tolerant through summer. In fact, the root swells to conserve

water and release it as needed, tending itself. Problems may arise if the unknowing gardener waters the plant while it has already stored moisture, the swollen root will rot with the unnecessary watering.

Shows marked preference for partial sun, and is not awfully particular about kinds of soil.

Good news for gardeners: deer tend to leave this one alone.





Still, it is not unheard of to find a California Peony across the borders into eastern Oregon, Nevada, Utah or Arizona in environments, especially those that mimic those of southwest California.

Natively, it often serves as understory to shrubs such as Arctostaphylos columbiana (Hairy Manzanita), Arctostaphylos patula (Greenleaf Manzanita) or Arbutus menziesii (Madrone). The California Peony's native range is much smaller than that of Brown's Peony as this map from PLANTS Database, USDA shows.







Now that I know the Pacific northwest has its very own wild peonies, I have good reason to go exploring in areas of possibility for discovery. I shall take Ms. Vance's council as my map:

> "Its range does not overlap that of California peony, a south-central California. In Oregon, the range of Brown's peony extends from the eastern slopes and foothills of the Cascade Range to the Blue Mountains and Owyhee uplands. It extends west of the Cascades only in southern Oregon where it reaches the Siskiyou Mountains. I observed a Brown's peony colony on Green Ridge, a flat-topped ridge at about 3,300 ft., on the eastern flank of the central Oregon Cascade Range that drains northward into the Metolius River."

I am very thankful to Nan Vance for writing such a great article about these plants she has studied for years and years. Sharing one's knowlege is, in my opinion, the ultimate gift.

And thanks to NPSO's publication, Kalmiopsis.



Photo credit: Teddy Llovet



This & That Notes from Jennifer

I must say, the hot summer days of late here in Oregon's Willamette Valley have wrung the juice right out of me. I've heard that old people should take extra care on days when the tempatures are high. I'm now a believer. Official records for Oregon's June 2015 weather, as reported by Oregon Live, merit perusing:

> "Eugene and Portland set new June records for consecutive dry days," said Clinton Rockey, a meteorologist with the National Weather Service in Portland. Warmest June on record at the airport and in downtown Portland with, respectively, average temperature of 70.3 degrees (6.7 degrees above average) and 69.1 degrees.

"Warmest overnight low ever for June: 71 degrees on June 27. The former record was 68 degrees in 1948.

"Record for consecutive days with a trace or less of rain: 27 days. The former record was 23 days in 1985.

"Record for days with no rainfall: 24 days. The former record was 18 days in 1951."

Read the full report at http://www.oregonlive.com/weather/index.ssf/2015/07/june_weather_by_the_numbers_te.html.

Between the record-demolishing heat and some personal health issues, I've been taking extra care of myself, with results that have made my medical team very happy.

When thermometers hit 80, I head indoors, close up the portals with thermal insulated draperys, and crank up the air conditioning. This is my quiet time for writing and crafts and maybe take in a movie. Drinking vast quantities of water works wonders also.

Whether or not you are old, do respect the extreme weather.

Drastic events can happen in the blink of an eye.





