

Volume 3, Issue 5, 2005

August-September 2005

# Northwest Native Plant Journal

**A Bi-Monthly Web Magazine**  
(formerly NW Native Plant Newsletter)

**New landscape plan (Shhh! It's a secret!)**

**Double-duty gardening:**  
**Food for thought**

**Native Plant Resources on the Web**

**Published by The Wild Garden: Hansen's Northwest Native Plant Database**

# Northwest Native Plant Journal

## A Bi-Monthly Web Magazine

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# About this Web Magazine

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.).



*Quercus kelloggii* (California Black Oak)  
Painting © Heidi Hansen



# On the Cover

## **Ponderosa Pine (*Pinus ponderosa*)**

The silhouettes of Ponderosa Pine and Garry Oaks show to good advantage in this evening view. The purple fades to pink and then to golden yellow as the sun winks through the branches of the Oak.

A western picture owned by no century in particular.



Photo taken at the Oregon Garden,  
August 11, 2005 by Jennifer Rehm





# Rare plant puzzle



Photo © Donald C. Eastman

## Name this plant!

A clue to help you on your quest for the correct answer:

"I don't like Oregon anymore - Washington is my favorite hide-away now. My bright yellow bracts turn to reddish orange as I get older. I bloom from April thru August. I am bashful - I try to hide from all of you - "Go Away!"

Send me an email with the correct botanical name of this plant . A small prize to those who correctly identify by August 31, 2005

Good luck!  
*Wally*

## Answer to last Journal's puzzle:

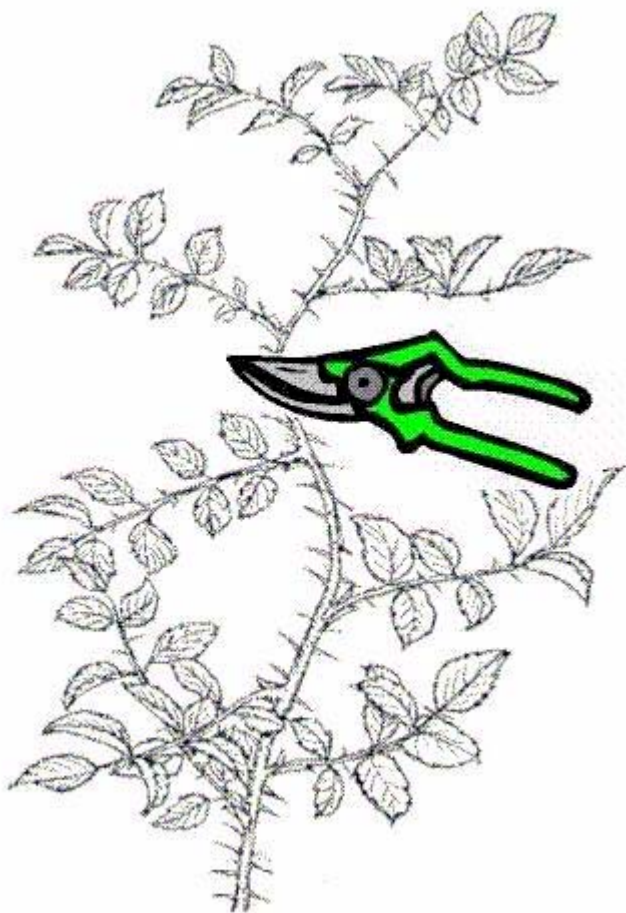
Viola hallii  
(Hall's Violet)

Congratulations to all who correctly answered!



# To Do List

## Caring for your NW Native Plant Garden



With the unusual weather we've had here in the Northwest this entire year, it's hard to know just what your native plant garden needs right now. Some perennials are blooming as though it were June and some seem to think it's October. New leaves emerge as others that would normally be green have already changed to their fall color and some have even fallen!

Use your good judgment and do what you feel is right. Here are some tips that may help:

- A** – Be careful about using fertilizer for the rest of the year. You do not want to stimulate growth that will put tender growth at risk from early frosts.
- B** – Get rid of weeds along paths, roads, etc before they go to seed. Cut and haul away, burn (careful!), kill with mild Round Up (nothing stronger), rent some goats, or whatever.
- C** – Collect seeds of native perennials, shrubs and trees. Dry a bit, label and store and process later as appropriate. As we have discussed many times, some seeds can be planted directly in the fall, other must be treated to break dormancy.
- D** – Keep watering young plants through August and maybe a bit in September, but then taper off to prepare the plants for first frost.
- E** – Start planning fall plantings! Mostly plant in late September and October. The ground is warm and even though deciduous plants lose their leaves, the roots will grow and get ready for Spring, 2006!



# Sparky's Corner

## A special message from our frisky contributor

I'm jumping up and down for joy!! THE NUTS ARE ALMOST READY!!! It won't be long now. I can't wait! I can taste those acorns and hazelnuts already. I've had my fill of mushrooms and maple fruits--(Wally calls those samaras)--I'm ready for some REAL FOOD: NUTS!!!!  
Yep, it's true, squirrels LOVE NUTS! Wally says we gotta hold our horses until they're ready so my pals & I are waiting. We've had some



pretty tasty maple fruits lately. Jennifer has a big old maple tree in her yard & she says she's gonna leave it there when she does the big makeover so that's good. She's planting some great berries & other bird food but no hazelnuts. I'm thinking a hazelnut tree would be just the ticket beside the birdbath she's planning. It would keep the water cooler in the summertime. And we have to have water, I mean what would happen with no water? We'd dry up! But there's lots of hazelnut trees around the nursery & down the hill a ways. And ACORNS!!!!!!  
Wowee, do I ever love ACORNS! Wally has baby oak trees that will make acorns when they get a little bigger & he thinks the big two-leggers (he calls them gardeners) will plant a bunch of them when it gets cooler outside, closer to rainy time. He's got Canyon Live Oak & Garry Oak & Black Oak & Sadler's Oak & Huckleberry Oak & some Tan Oaks too. Personally I prefer Garry Oak but then I never did meet an Oak I didn't like. Especially when they start making those ACORNS!!!!!!

Gotta go now, my pals are having a race around the nursery to see who can find the most Oaks. I'm gonna win!  
Keep your powder dry (don't know what that means but Jennifer's dad says it all the time). I'll see you next time!

P.S. Think Oak! C'mon, you've got room for just one dontcha?

**Sparky**

Garry Oak--isn't she a beaut? She'd look great in your yard!





# Are you going to eat that?

## Edible native plants

Harvest times for native plants occur around the same times as domestic plants. When the blueberries appear in fruit stands, the native berries are also about ready. The same is true of grapes and wild grapes, strawberries and wild ones, etc. However there is no domestic equivalent to Arrowhead or Bitterroot or Camas. To find the right time for harvesting those takes research and experience.

More important than harvest time is identification of the plant. Unlike those insipid raspberries in the grocery store, wild raspberries are not labeled and packaged in plastic. You can hunt them down in their natural habitat but that's pretty risky unless you can be sure nothing bad has been done to them (such as indiscriminate poison spraying or a bear relieving himself of excess water). Best is to grow your own and leave off the chemicals. Then you'll know for sure what you're preparing to eat.

Incorporating edible natives in your landscape is a super way of gardening because most native plants are as beautiful as they may be delicious. The beautiful purple blooms of the *Rubus spectabilis* turn into the delicious Salmonberries you'll enjoy in late spring. As you look through the following list of edible native plants, you may find some that are a surprise—their edibility is only incidental to their value in the garden.



Bitter Cherry (*Prunus emarginata*)  
Photo by Rory

⇒More⇒



# Are you going to eat that?, continued



Bitterroot (*Lewisia rediviva*)  
Photo © Donald C. Eastman

Arrowhead, Duck or Tule Potato but most commonly called Wapato from the Chinook word wappatoo ( <i>Sagittaria latifolia</i> )	The tubers of this plant formed a large part of the diet of the Lewis and Clark expedition when they were camped in Oregon. They bought them from the Indians. The tubers are found several feet away from the plant. Usually eaten boiled. They were stored after boiling also, sliced and strung up to dry. The Chinese people in California ate the tubers roasted or boiled. They're very sweet when roasted. In England the corms are ground fine and the flour is used for making cookies, muffins or puddings.
Bearberry ( <i>Arctostaphylos uva-ursi</i> )	First Nations used the leaves of this shrub in their tobacco.
Bitterroot ( <i>Lewisia rediviva</i> )	Roots can be gathered in spring when the outer coating (which contains most of the bitterness) can be slipped off easily when put into boiling water. This is very starchy but very nutritious. First Nations valued it so highly that a sackful of the roots were considered good exchange for a horse. <a href="#">➡More➡</a>

# Are you going to eat that?, continued

Blackberry ( <i>Rubus ursinus</i> )	Stronger, sweeter flavor than invasive aliens or domestic.
Blackcap raspberry ( <i>Rubus leucodermis</i> )	Taste similar to domestic raspberries.
Blueberry Elder ( <i>Sambucus caerulea</i> )	Called "the tree of music" by First Nations because the branches were cut in the spring, dried with the leaves on. When they were thoroughly dry, holes were bored into the branches with a hot stick. Berries can be used for a drink or dried. Make a fine wine. When the berries are ripe, gather and dry in the sun, they put away for winter pies. Dried berries are boiled in sugar for pies. A wonderful treat is made from the flower heads. Beat them into batter or dip whole into the batter. Then fry into fritters or make muffins.
Blueberry—Alaskan ( <i>Vaccinium alaskense</i> ); Dwarf (v. <i>caespitosum</i> ); or Red Alpine (v. <i>scoparium</i> )	Sweet and tasty, more flavor than domestic.
Buckeye ( <i>Aesculus californica</i> )	Leaves can be used for tea. Good remedy for congestion of the lungs.
Buffaloberry ( <i>Shepherdia canadensis</i> )	Very juicy, mild flavor.



*Vaccinium ovatum* (Evergreen Huckleberry)  
Photo © JoAnn Onstott

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# Are you going to eat that?, continued



Camas, Great or Common	Bulbs are quite nutritious and delicious. A molasses was made of the bulbs by boiling in water until almost evaporated. Early California settlers made pies of these bulbs. Caution not to eat to excess—Camass will act as purgative and emetic! Take care not to confuse Death Camass with this plant. Death Camass has greenish white flowers but Great Camass and Common Camas have blue flowers. Death Camass is nasty poison.
Ceanothus—Blueblossom (c. thrysiflorus); Buckbrush (c. cuneatus); Deerbrush (c. integerrimus); Mahala Mat (c. prostratus); Red Stem (c. sanguineus); Snowbrush (c. velutinus)	Not recommended as edible. However, aside from this family's known value in the landscape, the blossoms make a fine lather for cleansing and the roots yield a red dye.
Chokecherry ( <i>Prunus virginiana</i> )	Berries make good jelly or jam or wine.
Corn Lily ( <i>Clintonia borealis</i> )	Young leaves (collect in early spring, have a cucumber-like flavor for salads.
Cow Parsnip ( <i>Heracleum lanatum</i> )	Tender leaves and flower stalks are sweet and were used for green food before the flowers appear. Indians used the lower part of the plant as a salt substitute. Roots were cooked like rutabaga.
Cranberry ( <i>Viburnum trilobum</i> )	Tart and tasty.

Camas, Photo © Jennifer Rehm

⇒More⇒



# Are you going to eat that?, continued

Dandelion ( <i>Taraxacum officinale</i> )	Most famous of all "weeds," dandelion leaves are well known for good salad when they are young, also good cooked either alone or with other greens. Now are cultivated for the markets in New York and other cities. The "crowns" or rosettes should be gathered when the leaves are very young and tender. The plants growing up through matted grass or fallen leaves are best. The water in which they are cooked can be saved and sipped as a spring tonic. Winter salads of dandelions can be had if strong thrifty crowns, with two or three inches of root, are stored in a cellar, in autumn, and covered with litter or coal ashes.
Digger Pine ( <i>Pinus sabiniana</i> )	The soft center of the green cones gives a syrup when roasted for about 20 minutes. Seeds are usually eaten raw.
False Solomon's Seal ( <i>Smilacina racemosa</i> )	Early shoots can be eaten like asparagus.
Fireweed ( <i>Epilobium angustifolium</i> )	In Europe and Asia, young shoots were used like asparagus. Canadians used the young leaves and stems as a pot herb.



False Solomon's Seal  
(*Smilacina racemosa*)

Photo © JoAnn Onstott

*\*\*\* SAFETY NOTE \*\*\*\*\* We cannot emphasize strongly enough to KNOW WHAT YOU'RE EATING! Make positive sure every plant you are dealing with is what you think it is. Many plants (native and alien) have look-alikes. Even if you're growing a plant in your own garden you bought from a reputable nursery, get a second opinion before you use it as food.*

⇒More⇒



# Are you going to eat that?, continued



Oval Leaf Huckleberry  
(*Vaccinium ovalifolium*)  
Photo © JoAnn Onstott

Gooseberry ( <i>Ribes divaricatum</i> )	Very different taste than other berries but good.
Grape ( <i>Vitis californica</i> )	Grapes from this plant are edible and good thirst quenchers. Juice is excellent for jellies, preserves and drinks.
Horsetail or Scouring Rush ( <i>Equisetum arvense</i> )	Roman people in the 1600's ate the young heads of this plant boiled like asparagus or mixed with flour and fried.
Huckleberry—Globe ( <i>Vaccinium globulare</i> ); Mountain (v. <i>membranaceum</i> ); Oval Leaf (v. <i>ovalifolium</i> ); Evergreen (v. <i>ovatum</i> ); Red (v. <i>parvifolium</i> )	Wally's favorite and with good cause—a most delicious berry with unbeatable flavor.
Manzanita ( <i>Arctostaphyos columbiana</i> )	Berries may be eaten raw or cooked. High value nutritionally. A cider was made from the berries which were crushed, then scalded with enough water to equal the bulk of the berries. When settled, this was a fine drink.
Monkey Flower ( <i>Mimulus guttatus</i> )	Young stems and leaves are good for salad greens.
Mountain Mahogany—Birch Leaf ( <i>Cercocarpus montanus</i> ); or Curl Leaf (c. <i>ledifolium</i> )	We don't really class this as edible but the inner bark makes beautiful purple dye.

*Look in your local library for "antique" cookbooks. Feasting on native plants is not a new idea. Your great grandma probably enjoyed a dandelion salad and some huckleberry pie long before it was the "in" thing to do!*

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# Are you going to eat that?, continued



Onions—Hooker's ( <i>Allium acuminatum</i> ); or Nodding ( <i>a. cernuum</i> )	Used as domestic onions in salads, soups and stews in moderation—flavors are stronger than domestic.
Oregon Grapes—Tall ( <i>Mahonia aquifolium</i> ); Cascade ( <i>m. nervosa</i> ); Creeping ( <i>m. repens</i> )	The berries of this plant are superior food. The juice can be used in jellies or to make wine or added to soups.
Plums--American ( <i>Prunus americana</i> ); Bitter Cherry ( <i>p. emarginata</i> ); or Klamath ( <i>p. subcordata</i> )	may be eaten raw or used same as berries in jam, jelly, wine, pies, etc.
Rose—Bald-Hip ( <i>Rosa gymnocarpa</i> ); Clustered ( <i>r. pisocarpa</i> ); Nootka ( <i>r. nutkana</i> ); or Wood's ( <i>r. woodsii</i> )	hips are delicious eaten straight from the bush or cooked into jelly.
Salmonberry ( <i>Rubus spectabilis</i> )	Good raw, dried or cooked.
Sego Lily ( <i>Calochortus nuttallii</i> )	Bulbs can be roasted or steamed.
Serviceberry—Saskatoon ( <i>Amelanchier alnifolia</i> ); or Thicket Serviceberry ( <i>a. canadensis</i> )	Berries are truly a gourmet delight. Good for pies and puddings (leave in the seeds because they add to the flavor). Easily dried and used like raisins.

Rose Hips, large and small  
Photos © Jennifer Rehm

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# Are you going to eat that?, continued

Skunk Bush ( <i>Rhus trilobata</i> )	Dried wood and leaves of this plant is known to keep moths out of closets.
Solomon's Seal ( <i>Polygonatum officinale</i> )	Tender young shoots excellent steamed and served like asparagus. The whole plant has been used a pot herb when collected in spring.
Strawberries—Coastal ( <i>Fragaria chiloensis</i> ); Wild (f. <i>virgiana</i> ); or Wood's (f. <i>vesca</i> )	Far tastier than any cultivated domestic berry. You've not had a real strawberry until you've tried one of these.
Sumac ( <i>Rhus glabra</i> )	Dried fruit is good for cooking. Fresh fruit can be crushed and drunk.
Thimbleberry ( <i>Rubus parviflora</i> )	Light red berries are sweet and delicious.
Violet—Early Blue ( <i>Viola adunca</i> ); Evergreen (v. <i>sempervirens</i> ) or Yellow (v. <i>glabella</i> )	flowers are wonderful in salad or preserved in light sugar syrup. The leaves are good for salad
Western Virgin's Bower ( <i>Clematis ligusticifolia</i> )	was called Yerba de Chivato (herb of the goat" by Spanish-Americans who used it to wash wounds. First Nation peoples used the white portion of the bark for fever, the leaves and bark for shampoo and a decoction of the leaves was used on horses for sores and cuts. Snares and carrying nets were made from the fibers. 16 <sup>th</sup> century doctors used this internally in powdered form to cure bone pains.
Whortleberry ( <i>Vaccinium myrtillus</i> )	Very yummy form of bilberry.



Evergreen Violet  
(*Viola sempervirens*)  
Photo © JoAnn Onstott

*Hot news! The Huckleberries are ripe, at least at higher elevations! The ones we've seen are huge and juicy and delicious! This is definitely cause for celebration!*

⇒More⇒



# Are you going to eat that?, continued

## Eating native plants, in general

Most berries are interchangeable and can be eaten raw, dried, used in recipes in place of domestic berries, whatever your heart desires. The flavors of wild blackberries are stronger than domestic, and the same holds for strawberries, blueberries, etc. Green are usually best when young, especially if you intend to have salad, but you can cook the older ones as pot herbs. Nuts from native trees are like those from domesticated trees only better.

These recipes are from *Eat the Weeds* by Ben Charles Harris, published in 1961 by Keats Publishing, Inc. of New Caanan, Connecticut.

## Elderberry Wine

2 quarts berries (*Sambucus racemosa*--Red Elderberry,  
or *s. cerulea*--Blue Elderberry)

3 pounds sugar

1 pound raisins

¼ ounce sweet flag root

¼ ounce cinnamon

¼ ounce cloves

¼ ounce ginger.

Red Elderberry flowers  
(*Sambucus racemosa*)  
Photo © Jennifer Rehm



Boil the ripe fruits, previously crushed, in a gallon of water for ½ hours. Add the sugar and the spices. Boil again for 20 minutes and set aside for 3 days. Add one pound of yellow raisins to each gallon. Let it stand for 100 days. Filter if so desired.

Express the juice in some convenient way, wash the pulp and press again. To a gallon of the juice, add 3 pounds of sugar and allow to ferment.

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# Are you going to eat that?, continued



## Elderberry and apple jam

1 quart ripe elderberries (*Sambucus racemosa*--Red Elderberry, or *s. cerulea*--Blue Elderberry)

1 lemon

3 oranges

12 large cooking apples

5 cups sugar

Pare and core apples and cook until mushy. Add elderberries, juice of lemon and oranges. Grind the rind of two oranges and ½ of the lemon rind, then add the sugar, mix all together and boil for 30 minutes. This is a delicious jam.

Red Elderberry

(*Sambucus racemosa*)

This plant was a 1 gallon pot  
planted a year prior to having it's  
picture taken

Photo © Jennifer Rehm

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# Are you going to eat that?, continued

## Elder Flower Fritters

Gather your bunches of Elder flowers (note from Wally--use either *Sambucus racemosa*--Red Elderberry, or *s. cerulea*--Blue Elderberry) just as they are beginning to open, for that is the time of their perfection. They have just then a very fine smell and a spirited taste, but afterwards they grow dead and faint' we complain of these flowers having a sickly smell, but that is only when they are decaying; when fresh and just open they have the same flavour, but it is spirited and just the contrary of what it is afterwards. The Elder flowers being thus chosen, break each bunch into four regular parts, lay them carefully in a coup dish; break in a stick of cinnamon; pour to them a wine glass of Brandy (warm wine); and when this has stood a minute or two, add half a pint of Sack, stir the flowers in the liquor, cover them up, and let them soak about an hour, uncovering them and stirring them about at times to see how they keep moist; put a handful of the finest flour into a stewpan, add the yokes of four eggs beaten, and afterwards their whites beat up to a foam; add some white wine and a little salt, and put in the whites of the eggs last. When the batter is thus made, set a quantity of hog's lard in a stewpan; when it is very hot fry the fritters.

The method is this: The Elder flowers are to be taken out of this liquor and put into the Batter, and the quantity for each fritter is one of the bunches of Elder with as much batter as agreeably covers it, and hangs well about it. While they are frying, heat the dish they are to be sent up in, rub a Lemon upon it, now cut, and lay in the fritters as they come out of the pan; strew a little of the finest Orange-flower water over them and serve them up."

*From The Receipt Book of John Nott,  
Cook to the Duke of Bolton, 1723.*



I don't know what this is but it's some sort of native berry. Anybody know the answer?

I took this photo in May 2005

Photo © Jennifer Rehm

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# Are you going to eat that?, continued

## Elder Wine Flavored with Hops

A lady, disliking the taste of spices in home-made wines, was induced to try the effect of flavoring elderwine with hops. The result is one of the most grateful, wholesome and valuable beverages. Its color rivals that of the finest claret' and it produces no acidity after drinking, as many home-made wines do. The berries, (note from Wally--use either *Sambucus racemosa*--Red Elderberry, or *s. cerulea*--Blue Elderberry) which must be thoroughly ripe, are to be stripped from the stalk, and squeezed to a pulp. Stir and squeeze this pulp by passing through a sieve or basket; to every gallon of juice, add half gallon of cold water; boil nine gallons with six ounces of hops for half an hour; then strain it, and boil again with three pounds of sugar to the gallon, for about ten minutes, skimming it all the times. Allow to cool, and while lukewarm put a piece of toasted bread with a little yeast to set it working and put it into a cask as soon as cold. When it has done working, cork it down and leave it 6 months before it is tapped. It is then drinkable but improves with age exceedingly.

From *Godey's Lady's Book*.

## Elderberry Jelly

1 cup juice (*Sambucus racemosa*--Red Elderberry,  
or *s. cerulea*--Blue Elderberry)

1 cup sugar

½ cup pectin

Proceed as in making other jellies.

## Elder Flower Lemonade

Cover the freshly collected flowers (use *Sambucus racemosa*--Red Elderberry, or *s. cerulea*--Blue Elderberry) with 2 quarts of cold water. Add a lemon cut into quarters, a tablespoonful of malt or cider vinegar, and 2/3 of a pound of sugar. Stir well. Allow to stand 24 hours. Stir occasionally. Strain and simmer the mixture for 15 minutes. Chill one week before using.



Here's another photo of the same kind of berry shown on the previous page taken a month later, June 2005

Photo © Jennifer Rehm

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# Are you going to eat that?, continued

## Spiced Huckleberry Jam

- 2 pounds berries (Use any of the vacciniums)
- 6 cups sugar
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon allspice
- 1 cup bottled pectin

Wash and crush berries; add sugar, cinnamon, cloves and allspice. Bring to a full rolling boil. Add pectin; boil hard 2 minutes. Remove from heat. Skim. Pour quickly into hot sterilized jelly glasses and seal.

Sometimes this is made in combination with fresh peaches, a lovely jam resulting.

Oval-Leaf Huckleberry (*Vaccinium ovalifolium*)  
Photo © JoAnn Onstott



## Wild Cranberry Sherbet

- 4 cups cranberries (Use American Cranberry (*Viburnum trilobum*))
- 2 ½ cups water
- 1 tablespoon gelatin
- 2 cups sugar or honey
- ½ cup cold water
- ½ cup lemon juice

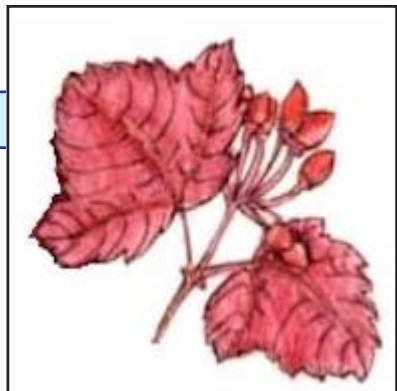
Cook cranberries and water until skins pop open. Strain, add gelatin, softened in cold water, and sugar. Heat until sugar is dissolved. Cool and add lemon juice. Freeze until firm.

American Cranberry (*Viburnum trilobum*)  
Photo © JoAnn Onstott





# Are you going to eat that?, continued



## Wild Cranberry Jelly

Use  $\frac{1}{4}$  as much water as cranberries. Boil 20 minutes. Put through sieve. Bring juice to boiling point and add  $\frac{1}{2}$  as much sugar as there is juice. Boil 5 minutes. Pout into sterilized jars and seal.

American Cranberry (*Viburnum trilobum*) in autumn finery  
Painting © Heidi D. Hansen



## Rose Hip Jam

2 pints of rose hip puree  
four apples  
2  $\frac{1}{2}$  pounds of sugar

- Wash and peel the apples, cut into quarter and core.
- Stew the apples until tender with just enough water to cover.
- When apples are tender, add the rose hip puree and sugar.
- Heat gently until the sugar is dissolved, then boil until skin forms on the surface of a test sample poured onto a cold plate.
- Pour into hot sterilized jars and seal immediately.
- Store in cool, dark place.

Care must be taken that the jam is thoroughly cooked to evaporate excess moisture. It is best to cook the fruit very thoroughly before adding sugar, and the time of cooing after the sugar is added should be the shortest possible.

Nootka Rose Hips (*Rosa Nutkana*)  
Photo © JoAnn Onstott

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# Are you going to eat that?, continued

The following recipe is from a website by Paula Giese. She has collected many recipes and notes on First Nation ways. <http://www.kstrom.net/isk/food/recipes.html>

## Custard pie made with cooked berries

- 2 cups cranberries pulp (*Viburnum trilobum*, American Cranberry)
- 1 cup water
- 1 can (1.5 cups) sweetened condensed milk
- 1/4 cup lemon juice
- 2 well-beaten egg yolks
- 1 baked 9-inch pie shell
- 1/2 cup whipping cream
- 3 TBS sugar
- 1/2 tsp vanilla

Mix pulp with water, force through sieve or puree in blender. Combine puree with lemon juice, milk, eggs, mix thoroughly. Pour into pastry shell and chill till set. Whip cream to soft peaks, add sugar and vanilla, top pie with it.



Blue Elderberry  
(*Sambucus cerulea*)  
Berries just ripe for picking!

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# Are you going to eat that?, continued

These recipes are from Native American Technology and Art website and are submitted by peoples from different nations. Excellent website at <http://www.nativetech.org/food/index.php>

## Currant Pudding

Recipe from Cindy, Passamaquoddy, who notes the recipe has Bannock origins

Ingredients: Fresh currants

Preparation: Go pick some nice fresh currants, leave the ants behind.

Wash up what little managed to make it to the house.

Squish them up some.

Boil a little while.

*Note: Serve after a sweat.*

Servings: Depends how many berries make it back to the house.

## Staghorn Sumac Tea (aka Indian lemonade)

Recipe from Tony Layne, Cherokee, who had this passed down from great grandparents

Ingredients: One complete seed spike (deep red)

Honey, or some other sweetener

Preparation: Rub the small fruits loose from the spike bundle and bruise them slightly. Then steep them in hot water until the water takes on a deep rose color. Control the strength of the tea by the length of time you steep it. Drain off the tea. The fruit can be used more than once in most circumstances. Sweeten to taste with honey or other sweeteners.

Servings: A few

*Rhus glabra* (Smooth Sumac)

Photo © Wally



\*\*\* SAFETY NOTE \*\*\*\*\* The red fruit spikes of the 'Staghorn Sumac' create a wonderful brew. The 'WHITE' fruit of the 'POISON SUMAC' is as deadly as its name. The fruits do not look the same, but ask someone who knows the difference to teach you.

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# Are you going to eat that?, continued

## Manzanita Juice

Recipe Cindy, Passamaquoddy, who notes the recipe has Miwok origins

Ingredients:

Ripe manzanita berries

Preparation:

Pick and clean ripe manzanita berries.

Mash them a bit and add water.

*Note: Real good.*

Servings:

Five - Ten

## Resources

Aside from my own personal knowledge and experience, information for this article has been gathered from:

*Common Edible and Useful Plants of the West* by Muriel Sweet published in 1962 by Naturegraph Company of Healdsburg, California.

*Eat the Weeds* by Ben Charles Harris published in 1961 by Keats Publishing of New Canaan, Connecticut.

Paula Giese's website, <http://www.kstrom.net/isk/food/recipes.html>

Native American Technology and Art website, <http://www.nativetech.org/food/index.php>



Hairy Manzanita  
(*Arctostaphylos columbiana*)  
Painting © Heidi D. Hansen







# New Lewis and Clark Garden

## Their inheritance continues at The Oregon Garden

**Lewis & Clark Plant Collection Garden** - Drawing on the documentation of plants identified by the Lewis & Clark Expedition, The Garden celebrates the botanical discoveries during their great journey of 1803-1805. Once completed, the garden will be a “living museum” of plants documented in the Lewis & Clark Journals. It is located east of the Signature Oak.

Entrance graced by sculpture and a beautiful map  
Photo © Jennifer Rehm



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# New Lewis and Clark Garden, continued

Newly planted container garden:

*Mahonia nervosa*  
(Cascade Oregon Grape),  
*Mimulus lewisii*  
(Pink Monkeyflower),  
*Ribes sanguineum*  
(Red Flowering Currant),  
*Vaccinium ovatum*  
(Evergreen Huckleberry)

This will make a bold and beautiful statement when fully grown!

Photo © Jennifer Rehm



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# New Lewis and Clark Garden, continued



Closeup of Pink Monkeyflower (*Mimulus lewisii*) in the container garden. Evergreen Huckleberry (*Vaccinium ovatum*) is at left.

Photo © Jennifer Rehm

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# New Lewis and Clark Garden, continued

Matching container garden on the opposite side of the entrance to the Lewis and Clark Botanical Legacy Garden. The hand-hewn benches give just the right touch with the heavy clay pots. A lovely vignette.

Photo © Jennifer Rehm



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# New Lewis and Clark Garden, continued



Two Oregon Grapes, same family but very different growth habit. Above is *Mahonia Nervosa* (Cascade Oregon Grape). At right is *Mahonia Aquifolium Compacta*. It is unknown whether or not the *Compacta* is a native or simply a cultivar derived from the pure *Mahonia Aquifolium* (Tall Oregon Grape).

Photo © Jennifer Rehm

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## New Lewis and Clark Garden, continued



This pleasant yellow beauty was not labeled but I think it is an Evening Primrose.

Photo © Jennifer Rehm

⇒More⇒



# New Lewis and Clark Garden, continued



Plantings in this garden are accented with the most wonderful rocks set upright rather than lying prone. The feeling is definitely primitive as befits the Corps of Discovery whom it recalls. Some stones are placed in groupings that seem to have grown where they stand. Others are alone, sentinels reminiscent of the First Nation peoples who shared their knowledge and lore with the explorers.

Photo © Jennifer Rehm

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# New Lewis and Clark Garden, continued

Not yet labeled,  
this looks like an  
Arrowwo Willow  
(*Salix lasiolepis*).

Photo © Jennifer Rehm



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# New Lewis and Clark Garden, continued



The stream babbles along between these rock walls, a river canyon in miniature. Nearby is a campfire laid out ready for fire, logs on either side await a weary traveler.

Photos © Jennifer Rehm

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# New Lewis and Clark Garden, continued

After meandering through the Lewis and Clark garden, we followed the path back down the hill past sweet-smelling roses and a garden with pets in mind, a peaceful pond with quite friendly dragonflies and on to the parking lot for our drive back to Salem.

If you have not visited the Oregon Garden yet, you're missing an experience you'll long remember. This is an outing most everyone can enjoy. It's educational, too. There are vegetable gardens and composting displays, areas planted by many Oregon nurseries, water features and art of all sorts.

We arrived at the garden too late for the visitor's center or the cafe or any of the other indoor attractions but we thoroughly enjoyed hearing the music of Johnny Lang as we toured the botanical bounty.



Photo © Jennifer Rehm

A word about the people who work at the garden: we had need of special accommodations. The garden staff were caring, thoughtful, very professional and they made our visit a success. We are most grateful for their assistance.

# New Lewis and Clark Garden, continued

From the Oregon Garden website at <http://www.oregongarden.org/>: End your visit to the Oregon Garden with a beautiful sunset. A fitting finale to your excursion, watch the sun go down in this peaceful setting. The view just might be spectacular!



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Rain curtain at sunset



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# The Transformation of a Garden

By Jennifer Rehm

**Once a common landscape in Salem, Oregon, a determined woman transforms her yard to a NW Native masterpiece (I hope).**

A secret garden in the front yard? What a magical idea!

Much has come from Frances Hodgson Burnett's book, *The Secret Garden*, first published in 1911. It begins:

"When Mary Lennox was sent to Misselthwaite Manor to live with her uncle everybody said she was the most disagreeable-looking child ever seen. It was true, too. . ."

Mary has adventures in an English estate based around the most wonderful discovery--a secret garden. How intriguing!

Since Mrs. Hodgson wrote this delightful book, the thought of a secret garden has spawned creativity in several quite different directions.

"The Broadleaf Interior"  
Painting © Heidi D. Hansen



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# The Transformation of a Garden, continued

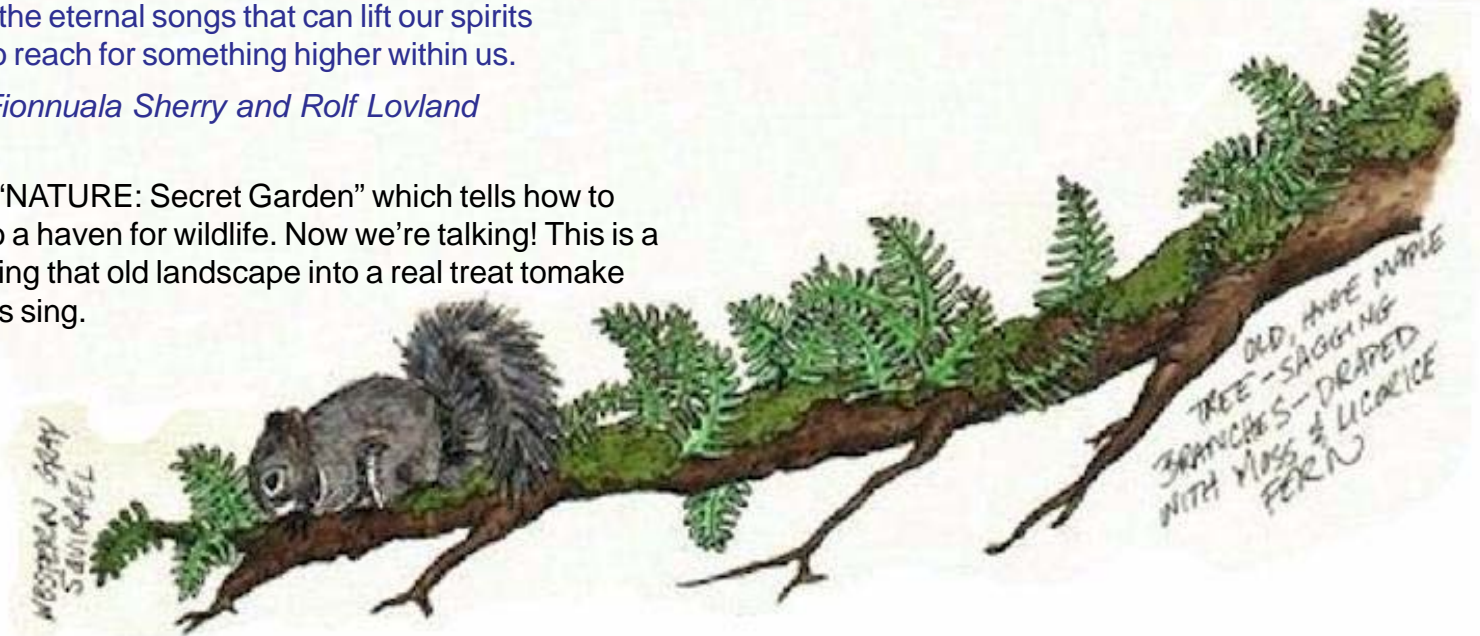
A movie based on the book was made in 1993.

An award-winning musical group with this name has been formed in Norway. The intro to their cd, Earthsongs, says:

If we listen with our hearts  
we can hear the earth silently singing:  
It's the promise of the past,  
it's the yield of new life  
- it's the songs of the earth.  
They were always there  
- awakened by our heartbeats  
and nourished by our tears  
- the eternal songs that can lift our spirits  
to reach for something higher within us.

*Fionnuala Sherry and Rolf Lovland*

And PBS has a series called "NATURE: Secret Garden" which tells how to transform a home garden into a haven for wildlife. Now we're talking! This is a veritable cookbook for changing that old landscape into a real treat to make both human and wildlife hearts sing.

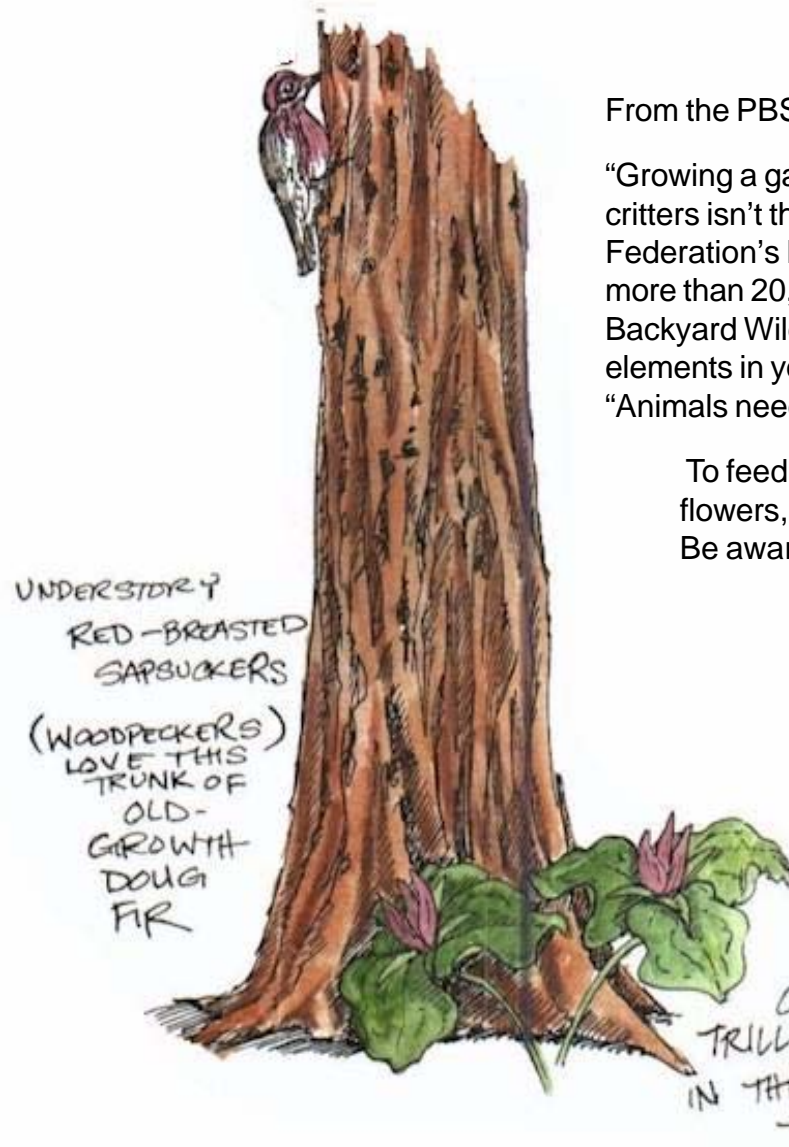


Excerpt from "Native Plant  
Exploration Journal"

Painting © Heidi D. Hansen

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# The Transformation of a Garden, continued



From the PBS segment titled "The Home Gardener:"

"Growing a garden with plenty of nooks and crannies for critters isn't that difficult. So says the National Wildlife Federation's Heather Carskaddan, who has helped create more than 20,000 wildlife-friendly yards through the group's Backyard Wildlife Habitat Program. "You need four key elements in your garden to attract wildlife," she explains. "Animals need food, water, cover, and places to raise young."

To feed the animals, one should plant species that produce flowers, fruits, nectar, nuts, and seeds at different seasons. Be aware that some animals prefer specific plants. . . "



"You can easily lure wildlife to your garden."

Though there are not exact measurements (take 1 gallon plant of Evergreen Huckleberry, plant beneath a 3 gallon Red Flowering Currant, etc.) there is inspiration to be found in this informative program. (I have not had the opportunity to see the video but the website sufficed quite handily to get my creative juices flowing. See for yourself: <http://www.pbs.org/wnet/nature/secretgarden/>).

Excerpt from "Art Hike Sketches: April 7-21, 2002"  
Painting © Heidi D. Hansen

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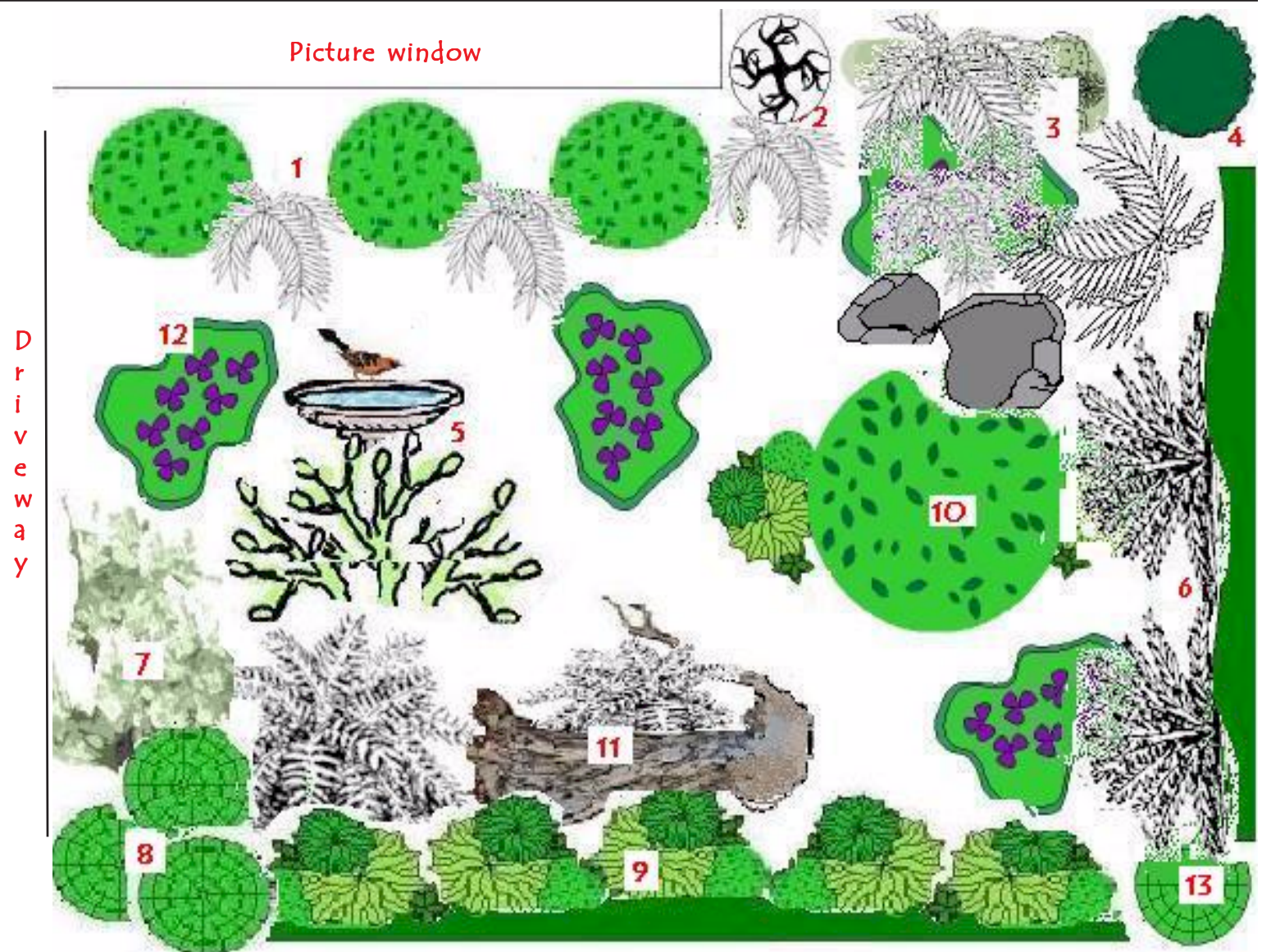


# The Transformation of a Garden, continued

Here's what I came up with--probably this is a first draft because, as with other "theme" gardens, there are bound to be more designs than just one.

On this side of the yard is a driveway. The Hairy Manzanita and the Box will shelter the garden from the street but provide a framework for visitors approaching the front door to view wonders within the garden.

The Rhodies are planted just outside a big picture window which will give excellent opportunity to observe wildlife in the garden from an armchair indoors without intruding on the habitat community.





# The Transformation of a Garden, continued

**Secret Garden/Wildlife Habitat.** Year-round wildlife food and shelter, privacy and noise barrier, plentiful flowers for cutting, all forming a stage upon which birds, butterflies and squirrels can be viewed unobtrusively.

1. Existing Rhodies underplanted with Wild Ginger (*Asarum caudatum*) and various ferns tucked in.
2. Existing Vine Maple (*Acer circinatum*) underplanted with more ferns.
3. Ferns and with Tall Oregon Grape (*Mahonia aquifolium*) and Creeping Oregon Grape (*Mahonia repens*) beneath.
4. Existing Yew (*Taxus brevifolia*) marks the southwest corner.
5. Birdbath with Snowberry (*Symphoricarpos albus*) and Wild Rose (*Rosa gymnocarpa*) surrounding.
6. Existing Giant Arborvitae hedge (*Thuja plicata*) underplanted with Sword Ferns (*Polystichum munitum*)
7. Hairy Manzanita (*Arctostaphylos columbiana*)
8. Existing Box cut into clouds.
9. New Giant Arborvitae hedge (*Thuja plicata*) with ferns, Serviceberry (*Amelanchier alnifolia*), Mountain Bloom (*Ceanothus velutinus*), and Fremont Silk Tassel (*Garrya fremontii*). A few Tiger Lilies (*Lilium columbiana*) and Red Columbine (*Aquilegia formosa*) will be interspersed here and there.
10. Douglas Maple (*Acer glabrum*) underplanted with Salal (*Gaultheria shallon*), Western Iris, Camas and Monkeyflower (*Mimulus lewisii*).
11. Old craggy log with Licorice Ferns (*Polypodium glycyrrhiza*).
12. Mahala Mat (*Ceanothus prostratus*) and Kinnikinnick (*Arctostaphylos uva-ursi*) as groundcovers.
13. Weeping Spruce (*Picea breweriana*) is a curtained transition from the old Arborvitae hedge to the new one.



# The Transformation of a Garden, continued

Each design I realize for the garden pleases me more than the ones preceding it. September will signal the start of the planting so a decision will be made soon. This "secret garden" idea is the best so far. I can imagine a winter view from indoors, watching nature's creatures at work and play as I sip a cup of tea at fireside. I shall build a daily observance around such an event in the afternoon.

John Travolta has such a "habit" that he guards carefully--a tradition for him of a quiet time of reflection and renewal. He even has a special tray with a small teapot with cup and saucer and a little dish for biscuits that he reserves just for his daily meditation. This is a ritual everyone can afford to mimic. A pause that truly refreshes.



## How much did it cost?

Here's the itemized price list for everything so far.

### Materials:

Black plastic, 250 x 20 ft roll	\$35.00
Fasteners	\$12.50
Organic compost, 2 yards	
@ \$18 per yard	\$36.00
Mint compost, 5 yards	
@ \$16 per yard plus	
distance fee for delivery	\$98.00
Fir bark, 7 yards	\$115.00

**Total Materials** **\$296.50**

### Labor:

Initial laying of plastic	\$10.00
Spreading compost	Trade 4 hours of computer work
Removing plastic and spread bark	\$10.00

**Total Labor** **\$20.00**

**Grand Total** **\$316.50**

Excerpt from "Art Hike Sketches: April 7-21, 2002"  
Painting © Heidi D. Hansen



# Useful Plant Databases on the Web

Here is a good collection of web data bases that will be useful to professional growers and all native plant gardeners. This list is from a larger list compiled by Lawyer Nursery in 2002 and published in one of their flyers. I wish to thank them for this public service.

*Wally*

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## **American Bonsai Society**

[http://www.absbonsai.org/abs\\_home.html](http://www.absbonsai.org/abs_home.html)

## **Bonsai web**

<http://www.bonsaiweb.com>

Portal of links to educate about the art of bonsai.

## **CalPhotos**

<http://elib.cs.berkeley.edu/photos/>

Over 33,000 plant images from the University of California, Berkley

## **Cornell University online grafting course**

<http://instruct1.cit.cornell.edu/courses/hort494/graftage/hort494.index.html>

## **Fire effects on plant species**

<http://www.fs.fed.us/database/feis/>

USDA, Forest Service site.

## **Flora of North America Web Site**

<http://hua.huh.harvard.edu/FNA/>

Taxonomic relationships, distributions, and morphological characteristics of all plants native and naturalized found in North America.



*Mahonia aquifolium*  
(Tall Oregon Grape)  
Painting by Heidi Hansen

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# Useful Plant Databases on the Web, Continued

## **Bonsai web**

<http://www.bonsaiweb.com>

Portal of links to educate about the art of bonsai.

## **Fire effects on plant species**

<http://www.fs.fed.us/database/feis/>

USDA, Forest Service site.

## **Forest Types of the United States**

<http://forestry.about.com/library/tree/bltypdex.htm>

Maps of the most common forest types.

## **Forestry index**

<http://forestryindex.net/>

Links to news & info on the forestry industry.

## **Cornell University online grafting course**

<http://instruct1.cit.cornell.edu/courses/hort494/graftage/hort494.index.html>

## **Growit.com Rooting Database**

<http://www.growit.com/Know/Rooting.htm>

“Extensive information on rooting cuttings of woody plants, organized by botanical name. Developed for commercial growers.”

## **The Native Plant Network**

<http://nativeplants.for.uidaho.edu/network/>

Information on how to propagate native plants of North America.



Red Huckleberry  
(*Vaccinium parviflorum*)  
Painting by Heidi Hansen

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# Useful Plant Databases on the Web, Continued

## **Woody Plant Seed Manual**

<http://www.wpsm.net/>

Manual by the US Forest Service covering seed biology, genetic Improvement of forest trees, seed testing, certification of tree seeds and other woody plant materials, and nursery practices.

## **River Corridor and Wetland Restoration**

<http://www.epa.gov/owow/wetlands/restore/>

Environmental Protection Agency (EPA) site

## **Soils**

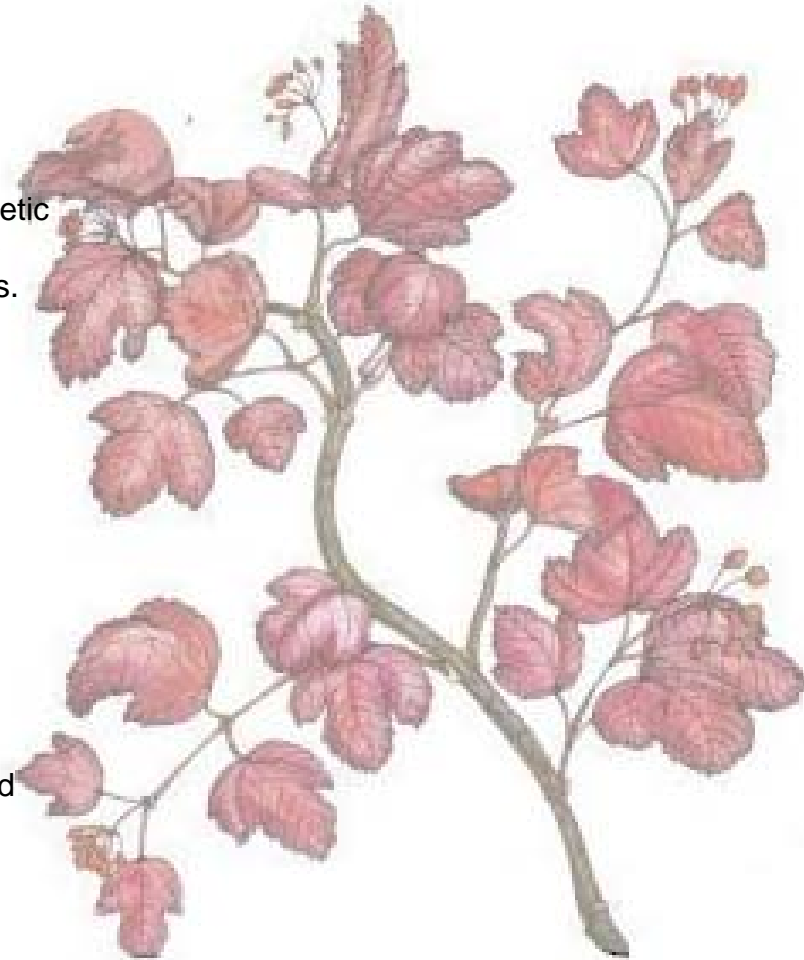
<http://homepages.which.net/~fred.moor/soil/links/10102.htm>

A website about soil fertility, chemistry, and pH with many interesting links.

## **Soil Science Society of America**

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

Website for soil science professionals. Offers information and links.



*Viburnum trilobum* (American Cranberry)  
Painting by Heidi Hansen



# Personal notes from Wally

## Thoughts on a summer afternoon

Once again, I turn to a favorite poet – Sergeant Joyce Kilmer -

He wrote a favorite poem – “Trees.” He was killed in action in France in 1918.

Violence and death may be nearby, but we can reach for joy and tranquility with our families and with our gardens. Trees in our gardens add strength and tranquility and beauty. All of us need trees and plants to balance our lives – a sort of Garden of Eden.

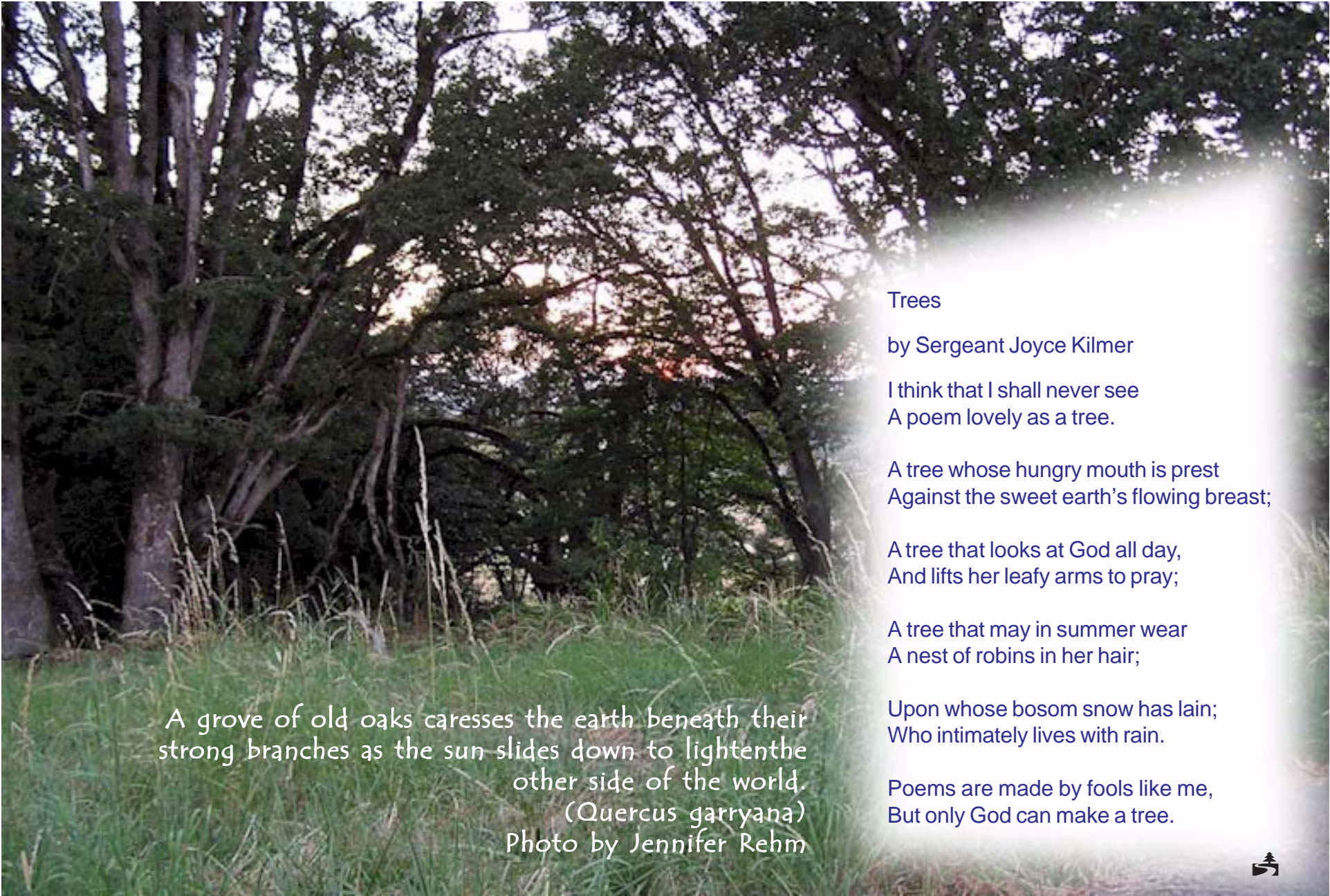
Be thankful for whatever garden you have. Take care of your garden - it will take care of you.

**Wally**

No earthly gardener could trim a tree with such sublime precision as that bestowed on a Giant Sequoia (*Sequoiadendron giganteum*)  
Photo by Rory







A grove of old oaks caresses the earth beneath their  
strong branches as the sun slides down to lighten the  
other side of the world.  
(*Quercus garryana*)  
Photo by Jennifer Rehm

## Trees

by Sergeant Joyce Kilmer

I think that I shall never see  
A poem lovely as a tree.

A tree whose hungry mouth is prest  
Against the sweet earth's flowing breast;

A tree that looks at God all day,  
And lifts her leafy arms to pray;

A tree that may in summer wear  
A nest of robins in her hair;

Upon whose bosom snow has lain;  
Who intimately lives with rain.

Poems are made by fools like me,  
But only God can make a tree.





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**Good luck! Good gardening!**

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