A close-up photograph of several compound leaves with serrated, pinnate leaflets. The leaves are primarily a deep, vibrant red, with some green visible on the undersides and in the background. The lighting is soft, highlighting the texture of the leaf surfaces.

Volume 6, Issue 11-2008, November 2008

# Northwest Native Plant Journal

A Monthly Web Magazine

**Garden gifts to make now**

**Meet writer and naturalist Rob Sandelin**

**And more!**

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

# Northwest Native Plant Journal

## A Monthly Web Magazine

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Pacific Willow (*Salix lucida*  
ssp. *lasiandra*) Fall color.  
Photo by JoAnn Onstott

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# About this Web Magazine



Mountain Ash fall color, photo by JoAnn Onstott

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.).



# On the Cover

## Tall Oregon Grape (*Mahonia aquifolium*)

With fruit that looks like blueberries and leaf like holly, Oregon Grape is unique....and it's the Oregon State Flower. The Oregon Horticultural Society voted in 1892 to name the Oregon Grape the official state flower.

A native shrub of the Pacific Northwest, the Oregon Grape thrives in the mountains and along timbered valley streams. Its rugged evergreen foliage turns shades of deep wine and scarlet in autumn.



Photo by JoAnn Onstott



# To Do List

## Caring for your NW Native Plant Garden

- 1 – Bulbs--plant any you have now.
- 2 – Mulch strawberries if your winters are very strong.
- 3 – Winter winds can uproot young trees and shrubs. Stake them down if they are in exposed areas.
- 4 – Watch for rabbit damage on Serviceberry and bramble berries. Circle the stem with hardware cloth leaving 1-2 inches between the wire and the shrub.
- 5 – Clean up tools. Sharpen, paint handles, slather on a layer of wax or petroleum jelly.
- 6 – Take a good look around and tidy up whatever has gone a bit messy.
- 7 – Update your garden journal while your autumn impressions are fresh. Note what went well and what didn't.





# Sparky's Corner

## A special message from our frisky contributor

Brrrr! It's cold today. We spent most of the day in our nests snuggled up and talking about how good the summer was. Diana and George and Victor and Mario have worked very hard to get all the new plants set up and signs made. They moved the customer service stand and are doing something in the office but I don't know what. It's hard to tell what two-leggers are up to. They have some pretty funny ideas. Wally enjoys watching them.

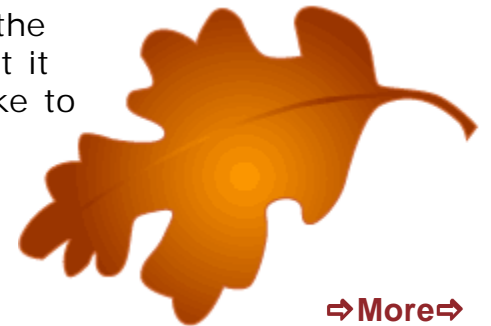


Look what Jennifer brought for me! It's written by a two-legger nature guy. Sooooo interesting!

*Under the cover of darkness the deer mice are gathering maple seeds into small caches, some of which will be pillaged by the larger squirrels. The mice will of course return the favor and steal cones and seeds from the squirrel's caches while they sleep. This back and forth exchange has been going on for as long as both have lived here, each unintentionally supporting the other.*

Jennifer says the writer's name is Rob Sandelin. She's gonna write an article for this journal about him.

The part I'm curious about is--how did he know about the mice and the squirrels? Who told him? I bet it was those little mice. They like to tattle and they'll talk to anybody.



[⇒ More ⇒](#)

But it's not a big deal, the trading and stealing part. All the animals do that. He just didn't know we squirrels have an agreement with the mice. We put up extra food just for them and they do the same for us.

# Sparky's Corner, continued

I heard the two-leggers do this too. The ones that have too much food take it to what they call a 'food bank' (that's really just a two-legger variety of our caches). Then the ones that need the food come and get some and a lot of times the two-leggers at the food bank will take food to the ones that need it.

They also share clothes and stuff for their nests. There's a place in our town named Helping Hands where they keep the extra clothes. And there's a place right downtown where there are nest spaces if somebody doesn't have one to stay in. They fix food for the hungry ones and give them blankets and coats. (That's because two-leggers don't have their own fur.) The downtown place is called the Union Gospel Mission.

These two-legger sharing places are really important when it gets cold and rainy and even icy or snowy. The ones without nests have a hard time and they get sick sometimes and lonely.

I'm glad we don't have problems like that. We have communities where we hang out together and we share our nests. It helps us stay warm when several of us snug up in the nests. We can sleep soft and cozy and it makes us feel good to be with our buds. I think that makes most all the creatures feel good, to be with their buds.

Well, I gotta go grab something to eat and then jump back in that warm nest. Maybe somebody will tell a story! See you next time.

Your friend,

**Sparky**



**P.S.** Oh, confusion! I found out there's a handyman kind of two-legger guy that uses the name of Helping Hands. He's not the one that does the helping with clothes and nesting stuff. The one where two-leggers can take clothes they don't need and the ones that need clothes can get them is the real helping hands and their address is 1755 13th Street SE in Salem and their phone number is 503-364-9936.





# Thanksgiving

Nothing is more honorable than a grateful heart.

~ Seneca

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.

~ Edward Sandford Martin

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John Fitzgerald Kennedy

If the only prayer you said in your whole life was, "thank you," that would suffice.

~ Meister Eckhart





# Tastes of the Wild

## Smashing gift ideas with native plants

The holiday season will be here soon and we've been thinking of some very special gifts for your loved ones. The combination of a young Northwest native plant with edible parts, a recipe or two and a narrative describing how and where the plant was first documented might be the hit of the year. Of course, a short note about the plant's favored growing conditions should be added.

Remember, good presentation is the difference between the ordinary and the spectacular. Snuggle the items in a nice basket or small wooden box or even an appropriate saucepan, print the recipe, history and growing instructions by hand or on a printer. Add a pretty potholder or dish towel and you'll get rave reviews.

In researching for this article, we began with Oregon State University's Extension Service. If you're not familiar with them, here's your opportunity to get acquainted. They are a public service dedicated to all things growing here in Oregon and have at their fingertips the greatest wealth of information on those subjects of any resource you can find. Here's what they say about edible native plants:

*"Oregon beaches, mountains and woods are filled with many wild, native berries. Some of these berries are edible; others should be avoided. Many of these wild berries make delicious jams, jellies, and pies."*



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# Tastes of the Wild, continued

*"Red, black and evergreen huckleberries (genus **Vaccinium**) are mainly found in the Cascades and low mountains near the coast. The wild huckleberry is much smaller than the domestic blueberry and very tasty. They make excellent pies, jams, jellies, syrups and are great in muffins, breads, and pancakes.*

*"**Western huckleberry** is larger and sweeter and has fewer seeds. There are many varieties. They vary from red to almost black in color. These huckleberries can be used in place of blueberries in recipes. The black or blue huckleberries are much more flavorful than the red varieties.*

*"**Bog cranberry** is a small dark red berry which is found in bogs and sandy areas along the coast. It can be used in sauces and breads.*

*"**Oregon Grape**, the berry from the Oregon State flower, is picked when dark blue. It is not very tasty eaten raw but makes into great jams and jellies. Berries from both the high and low growing varieties are equally good. Oregon Grape belongs to the genus *berberis*.*

*"**Wild blackberries (genus **Rubus**)** are among the most plentiful wild berries. The small trailing blackberries grow along the coastal mountains. These are very tart and flavorful. They make great pies, jams and jellies. These are the first of the blackberries to ripen.*



Ring-Necked Pheasants from  
[www.paulnoll.com/Oregon/Birds/Home/birds-Pheasant-Ring-necked.html](http://www.paulnoll.com/Oregon/Birds/Home/birds-Pheasant-Ring-necked.html)



Rose Hips and Snowberries  
Photo by JoAnn Onstott

*"The last blackberry to ripen is the **evergreen**. They are similar to the Himalaya but milder in flavor and firmer. The bushes are very thorny and the fruit very seedy.*

*"All the blackberries are good made into juice, jellies, jams, syrups, and pies. They can be frozen or canned for later use.*

⇒More⇒



# Tastes of the Wild, continued

*"Salal is an ornamental shrub that grows wild along the coastal range and also in many gardens. The salal berry is a sweet blackberry which ripens in late July or early August. Salal is of the genus Gaultheria. It is often used in pies, jams, jellies, and syrups. Salal berries can be mixed with Oregon Grape to make jams and jellies.*

*"Blue Elderberry (genus Sambucus Glauca) is a small shrub ranging in size from 7 to 15 feet. It produces clusters of blueberries used in making excellent jellies and syrups.*

*Caution: The red elderberry (Sambucus Callicarpa) should not be eaten. Its clusters of red berries often cause stomach upsets when eaten.*

*"Wild plums (genus Prunus) are found in the valley and some southern and eastern Oregon counties. Their color ranges from yellow to a deep reddish purple. They are especially good for jellies, jams, and juices.*

*"Wild currant and gooseberries (genus Ribes) are found along streams and other moist areas in the Cascades or along the foothills to the coastal range. These berries make great jellies, jams, syrups, and pies.*



*"Salmonberries and thimbleberries are of the same family as the blackberry. They grow on shrubs in the woodlands and are probably the first of the berries to ripen. The salmonberries range in color from orange to red and look like a raspberry. They are very juicy and lack the rich flavor of raspberries. They are best eaten out of hand.*

*"Thimbleberries are red berries that grow on shrub-like bushes in the woodlands. They are a cap-like berry that is not too flavorful and very seedy. They are also best eaten as found.*

*"There are many berries and fruits growing in the wild. Some are edible and others not, so be sure you know what you are picking. Also watch young children to be sure they show you what they pick and taste. There are many edible plant books available in bookstores to help you decide whether or not a fruit, berry, or plant is safe to eat.*

*Chanterelle mushrooms, native to the Northwest*

[⇒ More ⇒](#)

# Tastes of the Wild, continued



Salal (*Gaultheria shallon*) flower, fruit and mature plants forming the understory at Stuart Island. Photos by JoAnn Onstott



## MAKING JAM AND JELLY

*Because the processing time is short, use sterilized jars for the following products. To sterilize, place jars right-side-up on a rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes. Leave ¼ inch headspace when pouring jelly into sterilized jars.*

### **Blackberry, Huckleberry and Wild Plum Jam & Jelly**

*"The instruction sheets in commercial pectin packages will give good recipes for wild blackberries. For huckleberries, use blueberry recipes; for wild plum, use our sour cherry recipes.*

### **Salal and Oregon Grape Jelly**

*1 quart red salal berries Lemon juice  
cup Oregon grape berries Sugar  
1¼ cups water*

*Wash berries and place in large kettle; crush berries with a potato masher; add water and simmer slowly for 5 minutes or until soft. Let juice drip through a dampened jelly bag. Measure juice; to each 1 cup juice, add 1 cup sugar and 1 teaspoon lemon juice. Boil rapidly until jelly sheets from a metal spoon. Skim well, pour into hot, sterilized jars. Adjust lids and process half-pint jars 5 minutes in a boiling water canner.*

### **Salal Jelly**

*Use equal parts of salal juice and tart apple juice, Bring to a boil and add 1 cup sugar for each cup of juice and let boil until jelly stage. Pour into hot, sterilized jars. Adjust lids and process half-pint jars 5 minutes in a boiling water canner.*

[⇒ More ⇒](#)



# Tastes of the Wild, continued



## **Salal Jelly**

*Use equal parts of salal juice and tart apple juice, Bring to a boil and add 1 cup sugar for each cup of juice and let boil until jelly stage. Pour into hot, sterilized jars. Adjust lids and process half-pint jars 5 minutes in a boiling water canner.*

## **Oregon Grape Jelly**

*Select firm ripe Oregon grapes. Wash, leaving on stems. Place in large preserving kettle, covering with water. Boil 10 minutes, then mash and boil 5 minutes longer. Drain through jelly bag. Measure juice into large preserving kettle and boil 10 minutes. Add  $\frac{3}{4}$  as much sugar as juice. Stir until sugar is dissolved.*

*Boil rapidly until it sheets from a spoon. Remove from heat, skim at once, and pour into hot, sterilized jars. Adjust lids and process 5 minutes in a boiling water canner.*

## **Blue Elderberry Jelly**

*4 to 5 lbs. blue elderberries  
7  $\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  cup lemon juice  
2 packets liquid pectin*

*Remove stems from berries. Place in kettle and crush. Heat gently until juice flows. Simmer covered 15 minutes. Strain juice through jelly bag. Measure 3 $\frac{1}{2}$  cups juice. Add lemon juice and sugar. Bring to a boil. Add pectin at once, stirring constantly. Bring to a boil again and boil hard  $\frac{1}{2}$  minute. Remove from heat. Skim. Pour into hot, sterilized jars. Adjust lids and process half-pint jars 5 minutes in a boiling water canner.*

*For additional information on preserving wild berries and fruits, and juice extraction methods, contact your local county Extension office.*

**Blue Elderberry (*Racemosa mexicana*) Flower and Fruit**



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# Tastes of the Wild, continued

*"Oregon grapes are not grapes at all, but are an evergreen shrub (Mahonia aquifolium) growing in northwestern North America. They have fragrant yellow flowers that produce small, edible, bluish berries. They are low in natural sugar and high in acid, so do not add more acid that stated in the recipe below. This wine is good dry or sweet."*

## **Oregon Grape Wine**

*(makes 6 US gallons)*

15 pounds Oregon grape	1 tsp yeast energizer
12 pounds granulated sugar	6 campden tablets
3 tsp acid blend	6 tsp pectic enzyme.
5 tsp yeast nutrient	water to 6 US gallons
Montrachet wine yeast	

*To avoid bitterness from the seeds, run the berries through a food mill. Put pulp and juice in primary with sugar, yeast nutrient, yeast energizer, acid blend, crushed Campden tablets, and water to bring total to 6 gallons. Stir well to dissolve sugar. Cover and set aside 12 hours. Add pectic enzyme, stir, recover, and set aside another 12 hours. Initial s.g. should be 1.090. Add activated yeast. Stir twice daily until s.g. drops to 1.030 (1-2 weeks). Strain through nylon straining bag, transfer liquid to secondary and fit airlock. Rack, top up and refit airlock after 30 days. Repeat every 60 days for six months. If wine does not clear on its own, fine with Bentonite. Stabilize with potassium metabisulfite and potassium sorbate and sweeten to taste if desired. Wait 10 days and rack into bottles. Age six months before tasting. Improves with age. [Adapted from recipe by William R. Spiller of Canada]*

*"My thanks to Julie Bryant for this request and William Spiller for the recipe."*

From Winemaking by Jack Keller of Pleasanton, Texas  
[www.winemaking.jackkeller.net/reques84.asp](http://www.winemaking.jackkeller.net/reques84.asp)

⇒ More ⇒



Tall Oregon Grape  
(Mahonia  
aquifolium) bloom,  
fall color and fruit  
Photos by JoAnn  
Onstott





# Tastes of the Wild, continued



Wild Checkermallow (*Sidalcea*)  
Photo by Jennifer Rehm

## *Mallow*

*"You have seen this plant before (only fresh) in one of our first deliveries. I have never been very fond of eating this plant fresh. It tends to be bland and chewy. But, I have a renewed interest in it dried thanks to Katrina Blair up in Durango. Once a week she serves an 100% raw and locally harvested lunch. She uses many wild foods in her dishes. Being raw, she has gotten creative with dried foods. She makes crackers from blending nuts and seeds with water and then drying them. She dries wild greens and adds them to energy bars along with wild berries and chokecherries. I was not able to track down her nettle and mallow bar recipe but I think that we can get creative and come up with our own. The idea is to sprinkle these nutritious and locally abundant weeds into our foods for a little green boost. They will re-hydrate with moisture and do not need to be cooked. They will stay vital for up to a year dried."*

From Flagstaff Arizona's Community  
Supported Wild Foraging Newsletter  
[www.environment.nau.edu/cswf/pdf/newsletter7\\_20Oct03\\_pdf.pdf](http://www.environment.nau.edu/cswf/pdf/newsletter7_20Oct03_pdf.pdf)

*In their book, Wild Plants of the Sierra Nevada, Ray S. Vizgirdas and Edna M. Rey-Vizgirdas say:*

*Early settlers used the dried, mashed leaves to improve the flavor of manzanita berries. Additionally, the thick sap made of macerated root of this species was mixed with sugar to make marshmallows.*

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# Tastes of the Wild, continued



## Rose Hips

*Rose hips are one of those foods that come out just at the right time—when colds are going around and our bodies are trying to deal with the change of season. I challenge you to find a food higher in vitamin C and bioflavanoids. One of you will probably come up with one but good luck finding another source of bioflavanoids that isn't bitter like the inside of a grapefruit peel. At \$25 a pound I urge you to pick your own when your supply runs out. You can harvest any variety but some people spray their roses with scary chemicals so inquire before raiding your neighbors ornamentals. We harvest a common native unsprayed species.*

*Rose hips are not just for making tea. At one time you could find recipes for them as a vegetable, eaten with a little butter, salt and pepper or adding them to soups or stews.*

## Rose Hip Tea

*I recommend making a strong tea or decoction by simmering the hips in a covered kettle or pot for ten minutes. The tea will be too weak to taste if not simmered. DONT DISCARD YOUR HIPS—instead eat them as a vegetable or throw them into your dinner somehow. The tea is also nice with a little wild mint.*

From Flagstaff Arizona's Community Supported Wild Foraging Newsletter  
[www.environment.nau.edu/cswf/pdf/newsletter7\\_20Oct03\\_pdf.pdf](http://www.environment.nau.edu/cswf/pdf/newsletter7_20Oct03_pdf.pdf)



Nootka Rose  
(*Rosa nutkana*)  
Flower, fall color  
and Beautiful hips  
Photos by JoAnn  
Onstott



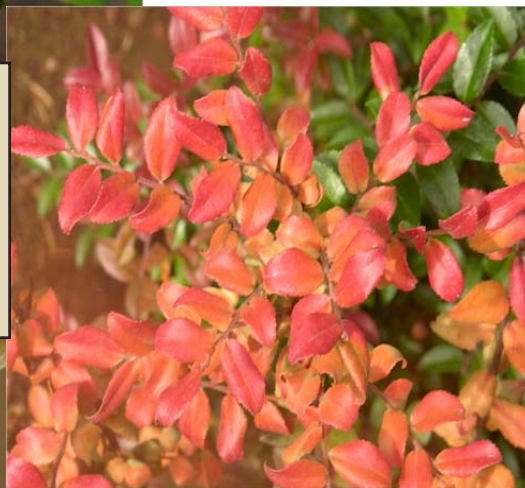
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# Tastes of the Wild, continued



Evergreen Huckleberry  
(*Vaccinium ovatum*)  
Flower, fall color and  
just ripening fruit  
Photos by JoAnn  
Onstott



**Blueberry Soup** (may also be done with rosehips and other fruit).

4 cups blueberries  
1 t nutmeg and 1 t cinnamon  
2 T butter  
cornstarch

brown sugar  
panty hose  
lemon juice  
mint

Simmer four cups of blueberries in one quart of water for 30 minutes. Let cool and squeeze through panty hose, cheese cloth, or a sieve. Transfer juice to a pan and add optional 2 tablespoons of butter. Bring to a simmer. Add a quarter cup of brown sugar, a pinch of cinnamon and nutmeg. Stir a tablespoon of corn starch in four tablespoons of water and stir into simmering blueberry serve to thicken. A shot of lemon juice and a sprig of mint and/ or lemon zest to soup is excellent. Serves 6.

*NOTE: Huckleberries are Wally's favorite fruit!*

From Herbvideos, Jim Meuninck's Edible  
Wild Plants and Self-Reliance Pages  
[www.herbvideos.com/ewprecip.htm](http://www.herbvideos.com/ewprecip.htm)



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# Tastes of the Wild, continued

## *Frittered Elder Flowers*

*Several clusters of elder flowers  
Flower or tempura batter (rice flour)  
1 egg  
Powdered sugar  
Cooking oil*

*Heat the oil on medium. Dip the flower heads in a tempura batter (thin) made from the rice or flour, egg, water mix. Fritter the flower heads in the hot oil (no seasoning). Dab the frittered flower heads dry of the oil, sprinkle with powdered sugar and serve with black raspberries.*

*CAUTION: Summer flowers may be batter fried or eaten raw but be cautious. Learn to distinguish elder flowers from the poisonous water hemlock flower. Use a field guild and forage with a knowledgeable botanist.*

From Herbvideos, Jim Meuninck's  
Edible Wild Plants and  
Self-Reliance Pages  
[www.herbvideos.com/  
ewprecip.htm](http://www.herbvideos.com/ewprecip.htm)



Red Elderberry (*Sambucus racemosa*)  
Big fluffy flower heads just right for frittering  
Photo by Jennifer Rehm

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# Tastes of the Wild, continued



Blue Elderberry (*Racemosa mexicana*)  
Berries perfectly ripe and ready for picking  
Photo by JoAnn Onstott

## *Elderberry Pie (Field Berry Pie)*

*Elderberries may be made into jelly or fermented into wine but my favorite is elderberry apple pie.*

*pie crust*

*2 cups elderberries*

*cup blackberries*

*2 cups cooking apples*

*cinnamon*

*nutmeg*

*brown sugar (or maple syrup)*

*butter*

*You need two cups of elderberries, a cup of blackberries or a cup wild grapes with the seeds, mix the berries with two cups of cooking apples. Stir in three tablespoons of brown sugar or maple syrup, a teaspoon of cinnamon and a half teaspoon of nutmeg. Pour the contents into a pie shell in two layers sprinkle a pinch of flour over each layer as a thickener. Cook the pie topless or cover it with a crust (325 degrees for 30 minutes). Elderberry pie is a simple recipe that pleases those who aren't always easy to please. Other elderberry dishes and wild fruit dishes may be found in the excellent resource by Nancy Turner "Edible Wild Fruits and Nuts of Canada."*



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From Herbvideos, Jim Meuninck's Edible Wild Plants and Self-Reliance Pages  
[www.herbvideos.com/ewprecip.htm](http://www.herbvideos.com/ewprecip.htm)

# Tastes of the Wild, continued



## *Edible Water Perennial: Wapato (Sagittaria latifolia)*

*"Long before the arrival of Lewis and Clark's expedition, Sauvie Island in Oregon was known as Wapato Island to the original inhabitants, the Multnomahs. It was named for the abundance of the Wapato (Sagittaria latifolia), a potato-like plant commonly found in wetland areas. This northwest native perennial still grows there."*

*"To harvest the root which is the edible part of the plant, the arrowhead shaped green leaves atop the tall stalks give away the presence of the mild flavored vegetable. Traditional harvest method is to wade into the water barefoot and feel around in the soft mud for the bulbs with your toes. If you are very dextrous you can pry the bulb loose from the pond floor and watch for it to pop up to the top of the water. A stick can also be used for this. You then break off the bulb from the stalk and keep the bulb. To follow the old way, cook the tuber in a pit fire until soft. Use instead of potatoes."*

*From Foods of the Americas by  
Fernando Divina, Marlene Divina,  
George P. Horse Capture,  
George P. Horse*

Wapato (*Sagittaria latifolia*)  
Photo by JoAnn Onstott

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# Tastes of the Wild, continued

## Salmon Soup with Wapato and Cattail Shoots

*Cattail, Typha latifolia, was once one of the Western Hemisphere's most important plants. It was used by many tribes throughout the Americas not only as a source of food but also to make a variety of weavings, including baskets, mats and rugs. The silky down was used to stuff bedding, and at least several Plains tribes used the fluffy tops as padding for baby diapers. Many tribes residing along the Columbia and Willamette rivers in Washington and Oregon prepared a version of this soup. You are likely to find all of the ingredients for this soup in the same location in the wild. Cattails are sometimes available in farmers' markets in the Northwest, or you can order them by mail from some sources.*



*Serves 4*

*12 wapato roots or waxy new potatoes, peeled and cut into 1-inch pieces.  
6-8 (4- to 6-inch) cattail shoots or fresh hearts of palm, trimmed of woody exterior and sliced*

*6 green onions, or 8-10 nodding onions, white part only, sliced*

*4 cups water or vegetable stock*

*3 juniper berries*

*1 pound fresh salmon steak*

*Pinch of sea or kosher salt*

*Place the wapato, cattails, onions, water and juniper berries in a large saucepan and bring to boil over high heat. Decrease the heat to medium and simmer for about 15 minutes, until the wapato is tender. Add the salmon and salt and cook for 8 to 10 minutes, until the salmon is just underdone. Remove the salmon with a slotted spoon or a spatula and continue simmering the soup.*

*Place the salmon on a clean work surface and gently remove the skin with the tines of a fork. Lift the central and belly bones away from the flesh and pull away the bell membrane.*

*To serve, break the salmon into bite-sized pieces and evenly distribute the meat among warm soup bowls. With a slotted spoon, evenly distribute the vegetables into the bowls. Ladle the broth over and serve immediately.*

***From Foods of the Americas by Fernando Divina, Marlene Divina, George P. Horse Capture, George P. Horse***



**Nodding Onion (*Allium cernuum*)**  
Photo by JoAnn Onstott  
Pacific Salmon  
(Haida traditional painting)



[⇒ More ⇒](#)

# Tastes of the Wild, continued

## *Hazelnut Soup*

*While soups are well established in the Northeast, hazelnuts continue to be a valued food to many other Native people across the United States and Canada. The Algonquin, Iroquois, and most other Native people of the northern woodlands regions prepared nuts in many ways, including versions of this delicious soup. Serve with corn bread, or as one may do in the Northwest, with Buckskin Cakes. To make a richer tasting soup, add a dollop of crema to each serving and top with a sprig of watercress and some additional toasted and chopped nuts. Serves 4*

*1 pound hazelnuts  
6 to 8 ramps, green onions or nodding onions, white part only  
1/2 cup watercress, including slender stems  
2 tablespoons hazelnut, sunflower or corn oil  
About 4 cups vegetable stock or water  
2 teaspoons sea or kosher salt*

*Preheat the oven to 350 degrees. Spread the hazelnuts on a baking sheet and place in the oven. Cook for 12 to 15 minutes, until toasted. Remove from the oven and allow to cool. When cool enough to handle, place the nuts in a kitchen towel and rub vigorously to remove as much of the papery skins as possible.*

*Trim the roots from the ramps and remove any woody stems and flowers. Thinly slice the ramps, with their tops on, and set aside. Rinse and drain the watercress, removing woody stems or pale leaves. Chop the watercress coarsely.*

*Heat the oil over medium heat in a large saucepan. Add the ramps and watercress and wilt for 3 to 5 minutes, stirring continuously. Add the stock and hazelnuts. Increase the heat to medium-high and bring to a boil. Decrease the heat to medium-low and simmer for about 30 minutes, until the nuts are softened and the flavors have developed. In small batches, transfer the soup to a food processor or blender and process until smooth. Don't fill the processor more than one-third full. Return the puree to the saucepan and bring to a simmer over medium heat. Add more liquid to thin, if necessary, and stir in the salt. Ladle into warm bowls and serve immediately.*

*From Foods of the Americas by Fernando Divina, Marlene Divina, George P. Horse Capture, George P. Horse*

[\*⇒ More ⇒\*](#)



**Western Hazelnut (*Corylus cornuta* var. *californica*)**  
Photo by JoAnn Onstott



# Tastes of the Wild, continued



Western Hazelnut (*Corylus cornuta* var. *californica*) Summer green and autumn gold.  
Photo by JoAnn Onstott



## *Hazelnut Vinaigrette*

*Use this vinaigrette to dress blanched fresh fiddlehead ferns or asparagus. The nut oil and citrus seem to have a particular affinity for the aggressively flavored tendrils of young ferns. A few wood sorrel leaves, cooked wild rice, and some toasted hazelnuts are also good additions to the mix. Makes about 2 ¼ cups.*

*½ cup rice or other mild vinegar  
½ cup hazelnut oil  
1 cup corn or sunflower oil  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon freshly squeezed lime juice  
1 tablespoon freshly squeezed grapefruit juice*

*Combine all of the ingredients in a bottle with a tight-fitting lid. Shake vigorously to incorporate the oils into the vinegar. This vinaigrette should be used soon after preparing.*

*From Foods of the Americas by Fernando Divina, Marlene Divina, George P. Horse Capture, George P. Horse*



# Natural Author







A talent for words and a love of nature makes this author worth reading



Rob Sandelin is a man of many adventures. He has been involved in the Environmental Education program developed by the Environmental Science School Field Resources for the Monrod School District at Sky Valley Education Center in Monroe, Washington. This is from their website:

*Rob is a naturalist interested in all aspects of nature, with especial interest in birds and mammals. He is an avid backpacker and bird watcher and writer, with professional experience as a teacher and ranger naturalist. He is author of, A Field Guide to the Cascades and Olympics. Rob is the programs field trip guide.*

The objectives of our program are:

-  To be aware and appreciate nature and the natural systems of the Skykomish Watershed area.
-  To acquire skills and knowledge of the tools of a naturalist/scientist.
-  To look at nature through an artists eye.
-  To provide service to the sky Valley community with service projects.
-  To understand environmental issues from a variety of perspectives.
-  To use traditional school subject skills to create a portfolio of class work

The program's website: [www.nonprofitpages.com/nica/SVE.htm](http://www.nonprofitpages.com/nica/SVE.htm)

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# Natural Author, continued

Aside from his teaching duties, Rob writes an article He calls his website Northwest Natural History. We call it a native plant adventure in poetic prose. He writes:

*"These pages are a web-based version of a random, but regular email newsletter called This Week in the Woods which documents the lives of plants and animals of the Lowland Pacific Northwest. I write and send these emails to encourage and inspire people to go outside and discover the treasures and wonders of this fabulous place we live."*

Here is his article, This week in the woods: Mid November 2004

*"The maple leaves have mostly all drifted through the autumn skies to find their resting place on lawns, roads and forest floor. Now is the time for the brief glory of the cottonwood, whose bright yellow flames show brightly for a week or so. Their tall straight trunks and upturned branches are easy to spot with their golden crowns of fall. The humble alder is usually one of the last to let go of its leaves, like a kid trying to stay up past its bedtime. In a few more weeks all the branches will be bare and the trees will be in their winter slumber."*

*"The leaves that fall are the trees gift to the soil, each leaf still contains sugars that attract a host of decomposers which then liberate the other nutrients inside the leaf. There is a whole world in the first couple inches of soil and fallen leaves provide a huge energy source for literally millions of critters large and small."*

Cottonwood without leaves against the crisp autumn sky.  
Photo by Rob Sandelin



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# Natural Author, continued



*"When leaves fall into water they decompose and release a couple of molecules of organic fatty acids. These molecules have a charge like a magnet. One end of this molecule attracts other fatty acid molecules, the other end repels water, so these acids float on top the surface tension of the water forming a microscopic film. As they collect they also attract other materials. When water moves, such as in a stream, these fatty molecules get agitated and as the surface tension of the water breaks, the molecules coagulate and collect air, which creates the greasy yellow-brown foam you see on streams. People sometimes see this foam and think it's from pollution. Foam caused by pollution is white in color and not greasy and usually smells of soap. Natural foam is often yellow brown, a bit greasy and smells kind of fishy or organic, and definitely not soapy. I have heard this foam makes a great laxative but have never tried it myself.*

Foamy stream and a Douglas Squirrel. Photos by Rob Sandelin

*"Chipmunks are moving indoors these days, curling up snug in their food cached filled nests to snooze away the bad weather. Unlike true hibernators, which store energy in fat reserves, our littlest squirrel has stashed food and regularly uncurls through the winter to snack and even wander forth on occasion for a drink of water. Its bigger cousin, the Douglas squirrel is out and about all year long. This fall was an off year in our woods for Douglas fir cones, which is a primary food resource for the Douglas squirrel. This animal is territorial, and it uses its chipping voice to declare ownership of certain resources. This fall there was a considerable increase in squirrel boundary setting. I watched one large squirrel for several hours and he drove off another squirrel 6 different times, each time chasing the intruder to a particular point, then stopping and yelling at the interloper who dared him back with equal invective from about 20 feet away. The space between them I imagined as a squirrely demilitarized zone, over which each faction watched the other but did not actually defend or control. To no surprise, this zone contained no tree or food resources.*

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# Natural Author, continued

*"On another day I watched a industrious Doug squirrel methodically collecting maple seeds. Each seed was examined and some were rejected. I looked over the rejects but whatever fault they had was beyond my ape brain comprehension. Typically these seeds are cached in a shallow hole, the seeds are separated from the "wings" and the wings are used to line the hole and also to cover it.*

*"The overwhelming abundance of mushrooms of this fall have mostly turned to mush, leaving behind a few of the tougher varieties such as the coral mushrooms. Mushrooms are often decayed rapidly by other fungi, while others are eaten. Our native Bannana slug in particular enjoys many kinds of mushrooms. Often mice and of course squirrels also snack on fungi. I have found mushrooms where the edge of the cap was entirely nibbled all the way around, but none of the rest of the mushroom was eaten. There are still fresh fruitings to be found but the explosion of September and October has muted to a trickle, and it takes considerable search to find a fresh specimen. One that might catch your eye is a small golden-brown capped mushroom with a ragged edge to the cap. This is the questionable Stropharia, which in our woods fruits just about anytime of year. What is questionable about it I have no idea, it seems like a fine upstanding mushroom to me. Perhaps it is questionable whether or not it is worth eating, which in my opinion is a poor excuse for such a name, since like all its fungi kin, it plays one or more critical roles in the workings of our forests.*

*"The birds here now are the hardy, rain resistant residents such as the stocky Towhee which controls the ground, using their wings and tail flashes to move the Song Sparrows and Juncos off the prime feeding spots. In a few weeks these will be usurped by the Varied Thrushes, who move down from their mountain forests to spend the winter in the lowlands. Varied Thrushes are about the size of Robins, but they have distinctive stripes on the head and chest.*



Stropharia mushroom photo by Rob Sandelin

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# Natural Author, continued

*"Meanwhile the black-capped chickadees roam the woods in packs, seeking out insect eggs and other tidbits from all angles of the branches. Often these bands are made up of several kinds of birds which spread out as they travel in search of food. The large noisily chattering flocks you see wheeling through the trees are most likely Pine Siskins, a small finch who wears a pinstripe suit. These birds often show up ill and weak at feeders and throughout the winter a few will die. This is the normal course of nature, and late fall and winter are the pruning season to remove the weak.*

**Varied Thrush, photo from Marietta College**

**Barred Owl, photo by Rob Sandelin**

*"If you are out and about and hear a ruckus of Crows and Jays it is a signal that they have discovered some sort of bird of prey and are trying to move it away. If you follow their calls you might be rewarded with a*



*glimpse of an owl or a hawk. A week ago I did just that and got a nice look at a huge great horned owl, who was huddled close to the trunk of a cedar tree, and blending in so well that I stood right underneath and did not see it. The odd Who, who Whoocooksfor you call of the Barred Owl has been heard lately, and so has the rhythmic toot toot toot of the pygmy owl. Barred owls are a relative new comer to our woods, and they are increasing in numbers so obviously our forests are to their liking. They are perhaps the most complacent owl, and so they sometimes perch low and seem undisturbed as excited birdwatchers and children enjoy their presence. With all this owl activity the squirrels are no doubt a bit jumpy, since they are one of the primary lunch features on the menu of the larger owls.chain. The fat gray squirrel on the other hand seems oblivious to any such fear, daintily hopping about as if he were the king of the world. This one will make a nice feast at an owls thanksgiving.*



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# Natural Author, continued

*"From a mole tunnel near our bird feeder, a tiny Creeping Vole has been venturing out to snatch fallen seeds. He pops his little head out of the hole like a periscope, scans to ensure the coast is clear, then scampers into the open as fast as his little feet will go. Some of the time, he immediately reverses course and dashes back in to the safety of cover without even looking for a seed, disturbed perhaps by some shadow or leaf movement. Other times he frantically searches for a morsel, constantly glancing up and about and over his shoulder. Clearly this creature understands his place in the food chain. The fat gray squirrel on the other hand seems oblivious to any such fear, daintily hopping about as if he were the king of the world. This one will make a nice feast at an owl's Thanksgiving."*

*"Let me know what you find out there."*

*"May our thanksgivings include giving thanks to nature, the source of everything we need."*

What a wonderful way to describe the sights and sounds of wilderness we can see every day if we just keep our eyes and ears open.

See Mr. Sandelin's website and, if you desire, sign up for his newsletter. It comes quietly into your email box without bells or whistles, just the impressions this remarkable naturalist finds to share.

[www.share3.esd105.wednet.edu:80/rsandelin/NWnature/NWNature.htm](http://www.share3.esd105.wednet.edu:80/rsandelin/NWnature/NWNature.htm)

Vine Maple (*Acer circinatum*)  
Photo by JoAnn Onstott



# This & That

## Notes from Jennifer

Winter is coming, I can feel it in my bones. Oh, some days are still filled with sunshine. But the leaves are falling and frost has rhimed the bushes and grasses. Sometimes in the early morning, the fog lays a mist over everything and I can see my breath when I take the dogs outside for their first run of the day.

They are extra energetic, those dogs, on days like this. Where my aging creaks and groans inhibit movement, the canines seem to take it as quicktime races around the cherry tree, through the grape vines and a couple of fast circles around the pond.

I often see deer when I travel right after sunrise and just before sunset. They go in search of food and a drink. Their steps are careful. They know holes are to be expected beneath the understories and they take precautions so those graceful hooves do not step into them. When they come onto the roadway they generally stop and look around. Odd, this behavior. Why do they not stop before they find themselves standing on the place where cars and trucks roam?

Most make it to the other side and down to water's edge but some are not so lucky. Their bodies lie beside the highways sometimes for days. I wonder what the deer who come after think about that.



This old apple tree is much wider than it is tall. The multiple stems hold up branches heavy with fruit that nobody seems to use. I bet the deer and other wildlife enjoy it though.

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Gratitude consists of being more aware of what you have, than what you don't. —Unknown

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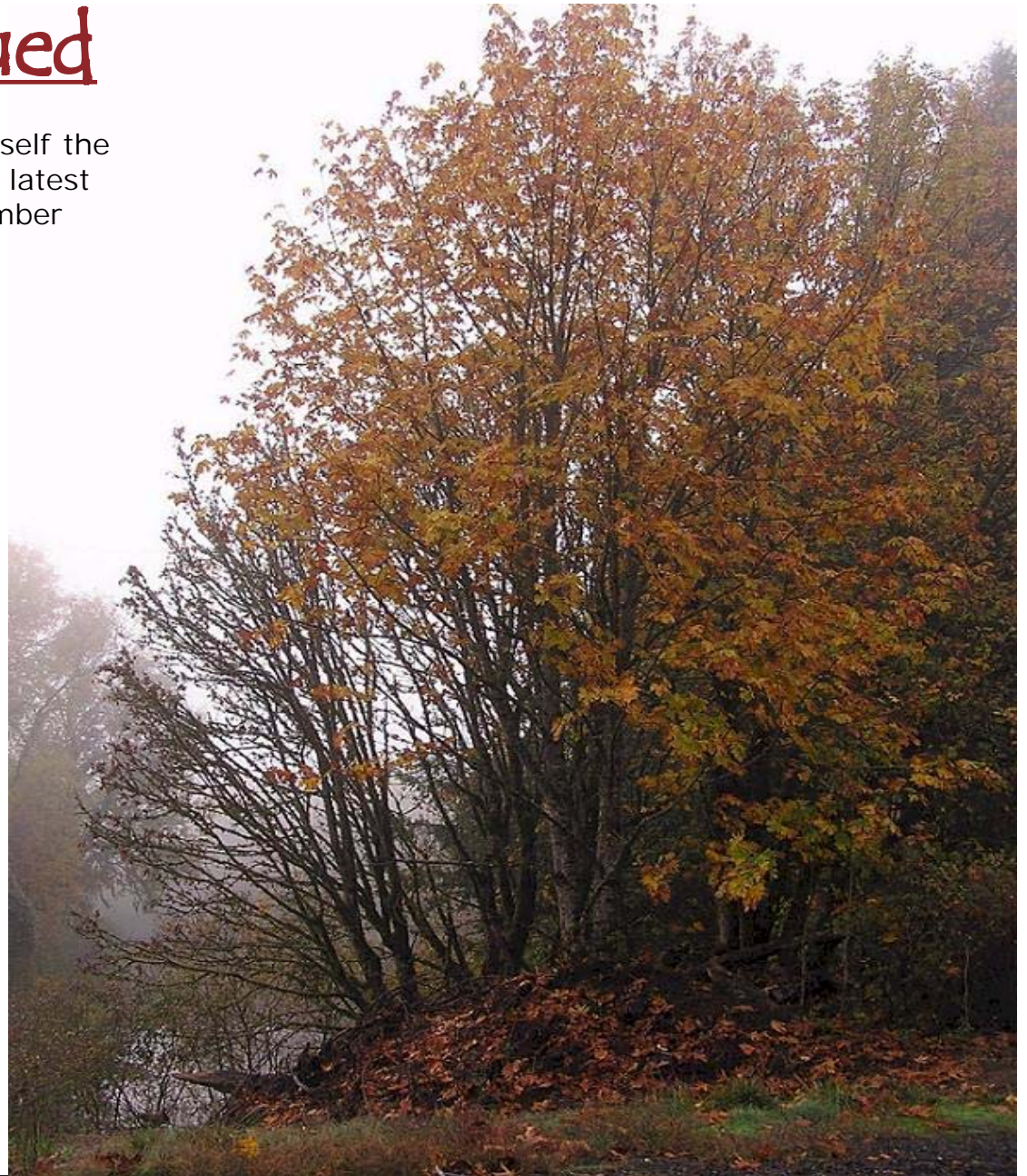
# This & That, continued

I wonder about so many things when I allow myself the time to do so. I've been listening to the Eagles' latest CD lately, one song in particular I want to remember every day. It's called "Learn to be still."

*Its just another day in paradise  
As you stumble to your bed  
You'd give anything to silence  
Those voices ringing in your head  
You thought you could find happiness  
Just over that green hill  
You thought you would be satisfied  
But you never will-  
Learn to be still*

*There are so many contradictions  
In all these messages we send  
We keep asking  
How do I get out of here  
Where do I fit in?  
Though the world is torn and shaken  
Even if your heart is breakin'  
It's waiting for you to awaken  
And someday you will-  
Learn to be still*

Morning beside the Luckiamute River  
Photo by Jennifer Rehm



# 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*



Oval Leaf Viburnum (*Viburnum ellipticum*)  
Photo by JoAnn Onstott

## **American Bonsai Society**

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

## **Birdchick**

<http://www.birdchick.com/>

Hundreds of photos of birds, bees, butterflies and other friendlies. Sharon Stiteler shares the joys of birding as well as insights on rabbits.

## **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.

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# Useful Plant Databases on the Web, Continued



Native American Plum (*Prunus americana*)  
Photo by JoAnn Onstott

## 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.

## 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.

## 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."

## ModernBackyard

<http://www.modernbackyard.com>

Landscape architecture provides exceptional, affordable landscape design online.

## The Native Plant Network

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

Information on how to propagate native plants of North America.

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# Useful Plant Databases on the Web, Continued



Red Osier Dogwood (*Cornus sericea* ssp. *stolonifera*)  
Photo by JoAnn Onstott

## Portland Bureau of Environmental Services

<http://www.portlandonline.com/bes/index.cfm?c=29323>

Oregon's Clean River Agency website full of wonderful information about caring for our earth. Download their Native Plant Poster, plant list and brochure on removing invasive plants at

## 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.

## This week in the woods

<http://www.share3.esd105.wednet.edu:80/rsandelin/NWnature/NWNature.htm>

## 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.





**NOTICE: NURSERY IS CLOSED**

**In November 2010,  
Wallace W Hansen NW Native Plants  
Native Plant Nursery and Gardens  
closed permanently.**

**Many thanks to all our gardening friends for  
your interest in the native plants of the Pacific  
northwest. It has been our pleasure to serve  
you.**

**[www.nwplants.com](http://www.nwplants.com)**

**Our website, [www.nwplants.com](http://www.nwplants.com), is no  
longer commercial. Our goal is to  
continue Wally's legacy of generating  
interest, even passion, in the  
magnificent native plants of the Pacific  
Northwest through information and  
illustration.**

**Good luck! Good gardening!**



**American Cranberry (*Viburnum opulus* var. *americanum*)  
Photo by JoAnn Onstott**