

Volume 7, Issue 5-2009

May 2009

Northwest Native Plant Journal

A Monthly Web Magazine

Strawberries, anyone? p.18

Bees, p.23

Let nature get rid of weeds, p.9

Native plant web resources--info just a click away

Published by Wallace W Hansen Northwest Native Plant Nursery & Gardens

Northwest Native Plant Journal

A Monthly Web Magazine

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Yellow Violet
(*Viola glabella*)
Photo by JoAnn Onstott

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About this Journal

I am Wally Hansen – I am a dedicated Grower, Aficionado and Passionate Lover of Northwest Native Plants.

This Journal is not 'commercial.' My 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.).



Western Redbud
(*Cercis occidentalis*)
Photo by JoAnn Onstott

Writers wanted: If you have expertise for any species of Northwest plants and wish to write an article for pay for publication in this Journal, please contact Wally via e-mail at nwplants@gmail.com Some articles (and pics) might deal with propagation, culture, diseases, restoration, reclamation, fertilizers, etc.



On the Cover



Photo by JoAnn Onstott

Giant Purple Trillium (*Trillium kurabayashii*)

The mysterious dark petals on this trillium, the mottled leaves of many greens and the sheer size of this plant native to the northwest make this unusual beauty a dramatic choice for a woodland setting.

Not often found in nurseries, when you do locate one for sale, it might be wise to take advantage of the offer.

Pair it with some Maidenhair Fern (*Adiantum aleuticum*) and maybe a few Inside-Out Flowers (*Vancouveria hexandra*).

Wherever you plant it, it is sure to create an intriguing sight.

Rare plant puzzle



Photo by Lynne

Name this plant!

One of our readers sent this photo to see if we could identify it for her. Alas, We cannot. We are in agreement that it is an erythronium, but which one? We've seen the recurved white flowers but not the rosy rings at the center. Will you take up the challenge?

Send me an email with the correct botanical name of this plant. You will join the ranks of winners!

Good luck!
Wally

Answer to last Journal's puzzle:

Last Month's mystery plant was the *Baccharis pilularis* (Coyote Bush). Our winner who first identified it: Mike Burns

Congratulations!

We send a special thank you to Mimi and Jorg who graciously allowed us to use their photo for our mystery plant.. They have a website called "Wildflower Trails of the San Francisco Bay Area" at www.westernwildflower.com Go visit their site, it is a real wonderland.



To Do List

Tips for the native plant gardener

- 1 – Divide and replant clumps of perennials that have finished flowering.
- 2 – Take cuttings from some plants.
- 3 – Watering as needed, especially potted plants and anything newly planted.
- 4 – Read garden books from the library.
- 5 – Weed the garden.
- 6 – Plant seeds in containers in the greenhouse or window shelves.
- 7 – Fertilize some actively growing plants with compost or manure.
- 8 – Mulch trees, shrubs and garden. Use straw mulch to conserve water and shade roots.
- 9 – Take a nap in the shade.
- 10 – Write a poem.
- 11 – Keep a garden journal.
- 12 – Don't get sun burnt.
- 13 – Shape shrubs.
- 14 – Prune vines.
- 15 – Thin excess fruit on trees if the wildlife has not done this enough.
- 16 – Sit and observe.
- 17 – Make sure lath/shade house is ready.



Douglas Spirea
Photo by Jennifer Rehm



Sparky's Corner

Sparky has gone on vacation (that rascally *Sciurus griseus*) so we are substituting with this story from the Ventura County Star. Sparky said he was going to Hawaii but promises he'll be back for the next journal.



My love/hate relationship with Mafia squirrels

By Greg Elliot

Sunday, April 12, 2009

I'd say I have a love/hate relationship with our local squirrels, but it's more complicated than that. The squirrels, it seems, are organized. Sort of like the Mafia.

At our old house, with its tiny back yard, we put up a birdfeeder and enjoyed the birds it attracted. But the local squirrels were soon raiding the feeder, so we got a squirrel-proof version. That solved the problem until my wife felt sorry for the squirrels that kept trying in vain to reach the birdseed. So, we got a squirrel feeder as well.

For a while, all was right with the world. The birds had their seed, the squirrels their peanuts, and we enjoyed watching all of them from the kitchen windows.

Then the extortion began.

Squirrels don't eat all their peanuts right away. Some they bury for future snacks. Whenever the feeder was empty, the squirrels went to town, digging through my many potted plants, looking for buried treasure. The larger plants, mostly fruit trees I'd begun from seeds, seemed unaffected, but the squirrels began to dig up my bonsais,

plants where clearly there wasn't enough extra dirt to bury anything.

Once, when I'd been too lax about refilling the feeder, I discovered my bonsai miniature forest had been hit. Nine tiny trees, arranged in a long pot with a tiny pebble path running through it, had all been uprooted, and were shriveling in the sun. The message was clear: Keep the feeder full, or your bonsais sleep with the fishes.

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Sparky's Corner, continued

I'll admit, I went along with the shakedown. Like the shopkeeper who pays protection to keep his store from burning to the ground. Then we moved.

The new house has a much larger yard, and came with fruit trees of its own, plus room to plant the trees I'd been cultivating. The bonsais, those that had survived, I moved to the side of the house, far from the squirrel feeder.

The squirrels themselves were wilder at the new house. Instead of begging for treats, they fled whenever I entered the back yard. Once again, all seemed right with the world. Then the fruit on the trees ripened.

I suppose it makes sense from the squirrel's viewpoint. On the menu today are peanuts. Also, plums, apricots, pomegranates... I managed to save a dozen pomegranates by bagging each in a mesh pouch while the crop grew, but the apricots and plums were a total loss.

I suppose the smartest thing to have done would be to have taken down all the feeders. But my wife and daughter both strongly opposed this idea. Over the winter, as I put my potted trees into the ground, I began to argue for a compromise: What if we set the feeders out after the harvest season? So far, this idea has not gone over well.

My friends who are gardeners look at me with open-mouthed astonishment: You actually feed those thieving varmints? I have to sheepishly admit that I do. Then I mumble about how my wife thinks we can do both, raise food and feed the thieving — er, the squirrels.

There had been an uneasy truce recently, but things ratcheted up a notch when we bought a Meyer lemon tree to replace one that produces no lemons. The new Meyer came with a few lemons ripening already, and an abundant amount of blossoms, a promise of many more lemons to come. Then the squirrels hit. Who knew, who could possibly know, that squirrels like to snack on lemon blossoms? Enough is enough, I finally decided.

This means war.

I took some leftover rabbit-proof fencing and created a three-layer fence, which looks like the pattern of a chambered nautilus shell, around the young tree.

Then I called the local nursery. Yes, it has products that will repel squirrels but are safe for fruit trees. They come in several varieties. I told her I'd be over soon to pick up one of each.

I suppose I'm sending a mixed message, attracting the squirrels with peanuts, repelling them with Squirrel-away, but like I said, I have a love-hate relationship with the thieving — with the little darlings.

— Greg Elliot lives in Agoura Hills. <http://www.venturacountystar.com/staff/greg-elliott/>



Weeds begone!

How a simple planting strategy can work wonders in your garden

Keeping weeds at bay can be as simple as populating bare earth with attractive and versatile native groundcovers.

Nature seems to detest a void as we can see by the way she quickly fills in empty spots in our gardens with nasty, invasive weeds. This spring my front yard was waiting patiently for me to put in the plants I decided would be just ducky--a carefully thought out design of landscape significance.

I had lain down a goodly amount of mint compost and covered that with several yards of fresh fir bark. But first one thing and then another delayed the actual planting of the chosen few.

Then one day I came home from work to find the biggest, most healthy dandelions I had ever seen. I never noticed them when I left in the mornings because it was just barely daylight. And I usually got home about dusk when invisibility arrives.

But this day I came home early and was astounded at my beautiful bark yard with its grossly overgrown invaders. Each of the vibrant green plants was well over a foot wide and half again that tall. The stem of each flower and weed puff was as big as my little finger. Fortunately it appeared that none of those seed balls had shattered yet but it was only a matter of time before they were going to share themselves with every yard on my street and probably as far off as the other side of town.

Quickly I placed a call to a fellow who does yard work for a fair wage and explained the urgency of getting these thugs under control before they engendered a not-so-friendly neighborhood lynching. He filled many 30-gallon garbage bags in a little over an hour. Whew! Saved for the time being but I knew it wouldn't last unless I took my own advice and replaced that empty yard with, what else, native plants!



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Weeds begone, continued

First plantings were the eye-popping stars of the garden, three beautiful shrubs placed a little to the right of center. Then some very large rocks collected over several years were placed around the shrubs. The biggest rocks went behind and around the shrubs, smaller ones almost adjacent with a few twisted pieces of weathered branches. Next came the groundcovers planted in loose cocentric circles, larger ones first with shorter ones mixed in with a gentle hand.

Lastly, long branches were sort of woven together about two to three feet high across the edge of the yard and wild roses were planted in zig zag pattern in front and behind them.

Since my yard was an empty space, we started 'from scratch.' But in an established landscape it is a simple matter to put in groundcovers wherever there is bare dirt. Choose plants that will thrive in the space you are filling. There are native plants to suit just about any condition. Some are very short and some are a foot or more tall. It is easier to pick plants that will fit your environment than it is to adjust the environment to the plant. This is a small sampling of natives suitable for covering ground.

Andromeda polifolia (Bog Rosemary)
Arctostaphylos uva-ursi (Kinnikinnik)
Asarum caudatum (Wild Ginger)
Ceanothus prostratus (Squaw Carpet)
Cornus canadensis (Bunchberry)
Dicentra formosa (Bleeding Heart)
Fragaria chiloensis (Coastal Strawberry)
Gaultheria shallon (Salal)
Linnaea borealis (Twinflower)
Mahonia repens (Creeping OR Grape)
Maianthemum dilatatum (False Lily-of-the-Valley)
Oxalis oregana (Oxalis)
Smilacina stellata (Star-Flowered Solomon's Seal)
Vancouveria hexandra (Inside-Out Flower)



Kinnikinnik (*Arctostaphylos uva-ursi*)
Soon pink bell-shaped flowers will bloom,
followed by red berries favored by wildlife.
Photo by JoAnn Onstott

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Weeds begone, continued

When selecting your groundcovers, be sure you are getting true natives. According to an article on native groundcovers Linda McMahan wrote for OSU, very often non-native plants will be mislabeled. She says:

"Most of the kinnikinick on the market is labeled "Massachusetts," and is not native here. The northwest native kinnikinick can sometimes be found at a native plant nursery."

The City of Portland's Bureau of Planning and Sustainability web site lists a great number of native groundcovers and indicates the preferred habitat of each. This is a very helpful resource.

Remember when planting in a new area, disturb the earth well around the planting hole so the groundcover can spread more easily to fill in the space.



Three shade-loving native groundcovers: Oxalis, Bleeding Heart and Bunchberry. The shade they prefer could be provided by dense shrubbery beneath which they are planted. Photos by JoAnn Onstott

Resources

Native groundcovers work well in Pacific Northwest landscapes by Linda McMahan, www.extension.oregonstate.edu/news/story.php?S_No=920

Native plant lists, Portland Online, City of Portland Bureau of Planning and Sustainability, www.portlandonline.com/planning/index.cfm?c=45132



Wild Strawberries

Small in size but large in flavor

Northwest native strawberries are sort of dangerous to pick in the wild because they are so attractive to wildlife and your average bird or bear have very different thoughts about hygiene than do we humans. Also, there may have been some treatments to the plants by county crews or railroad workers spraying to keep vegetation away from whatever it is they are protecting (roads, rails, etc).

There may be some places far removed from cultivation and civilization where you can just bet those deliciously tasty fruits are pure as nature grew them. I can think of two places where I have found patches so pristine there could be no doubt of their edibility.

One such spot was discovered after hiking 13 miles into the wilderness. I selected the most beautiful of the plentiful fruits and popped them in my mouth immediately. They were still a tiny bit damp from the morning dew. By the time I'd had my fill I noticed a big flat rock warmed by the sun and rested there while I savored the joyful feeling of fresh, wild strawberries in my tummy.

The other location I only heard about many years ago. It seems that some of those who regularly go to Ashland for the Shakespeare festival learned of the wild strawberry fields gracing the slopes of the hills just outside of town. I'm told it fast became tradition to rise from bed early and race to the hills to join the devotees of this tiny wild fruit, fill one's pail with enough berries to enjoy a small bowl full covered with cream for breakfast. Now mind, I have not seen this myself and it was a long time past when someone shared this secret with me. But it may still be true.



Fragaria vesca (Wood's Strawberry, Woodland Strawberry, Alpine or Tall Wild Strawberry)

Photo by JoAnn Onstott

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Wild Strawberries, continued

It seems to me that it would be quite a delectable feat to plant a personal plot of these strawberries to enjoy all by myself since I live alone. Of course, a bigger plot for sharing with the family or friends could be created as well. Or each person could plant their own in various areas of the garden and then compare the end result, sharing growing tips and best times to pick, etc.

Planting native strawberries as groundcovers would double the benefit by populating otherwise bare spaces in the yard so that weeds could not find a foothold: a two-fold bounty from such small plants!

There are three kinds of strawberries native to the northwest:

Fragaria chiloensis (Coastal Strawberry)

Fragaria vesca (Woodland Strawberry)

Fragaria virginiana (Wild Strawberry)

Each one has unique properties and between them all, there are few areas in the Pacific northwest where at least one of them does not grow naturally. And with a little extra coaxing until fully established, they can be adapted to grow just about anywhere.



VIRGINIA STRAWBERRY
Fragaria virginiana Duchesne
ROSE FAMILY



The two old botanical prints show two very different styles of painting. In the center is an oil done by Jean Simeon Chardin in 1761



Fragaria chiloensis

Fragaria vesca

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Wild Strawberries, continued



Thick carpet of leaves (above) and
bloom closeup (below)

Photos by JoAnn Onstott



Coastal or Beach Strawberry (*Fragaria chiloensis*) This trailing perennial develops reddish stolons that form new plants as they spread along the ground. The leaves are generally evergreen, often turning red in the winter; they grow in basal clusters on petioles to 10cm (4in) long. Each leaf consists of three dark green, leathery leaflets to 4cm (1.5in) long with serrated margins. The flowering stems are leafless and grow to 10cm (4in) long, producing five to 15 flowers. The flowers are about 3cm (1.5in) across with five showy, white petals, blooming from midspring to early summer. The tasty strawberries are about 1.5cm (.5in) across.

Cultivation. Full sun to light shade, and well-drained soil. Excellent as a groundcover between paving stones or near a garden path, or tucked into the crevices of a stone wall, and makes an attractive sand-binder for gardens near the beach. Can be aggressive.

Native Habitat and Range. On seaside bluffs and sand dunes near the coast and island shores from Alaska south to California, Hawaii and the coast of South America.

Notes. This species is the source of shown cultivars and a parent to some hybrid strawberries. *Fragaria* c. ssp. *pacifica* is the taxon native to northwestern beaches. *Fragaria* x *anamassa* is a naturally occurring hybrid between *F. chiloensis* and *F. vesca*.

From the Encyclopedia of Northwest Native Plants for Gardens and Landscapes by Kathleen Robson, Alice Richter, Marianne Filbert, published by Timber Press, 2008.

Washington State University's article presented by WSU Extension, Gardening in Western Washington calls this plant a "water-wise ground cover."

As a landscape ground cover, beach strawberry is both attractive and functional. The foliage provides year-round greenery, and older leaves take on a reddish hue during the fall and winter. The profuse runner capacity of beach strawberry enables it to cover an area quickly and thoroughly, thereby preventing weed establishment. This runner ability, combined with a fibrous root system, makes it useful in hillside stabilization and erosion control. It is an alternative to turf on steep embankments that are dangerous to mow.

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Wild Strawberries, continued



Leaves filling a gallon pot (above) and
close shot of a fresh flower (below)

Photos by JoAnn Onstott



Fragaria vesca (Wood's Strawberry, Woodland Strawberry, Alpine or Tall Wild Strawberry) Once called *Fragaria bracteata*, this native strawberry is now properly named *F. vesca*.

In his book, *Wild Flowers of the Pacific Coast*, Leslie L. Haskin writes of this plant:

That child is to be pitied who grows to manhood never having known the happiness of picking wild strawberries. What pleasant memories the very thought brings forth--long sunny noontime hours in the grassy fields searching out the sweet, luscious fruit--then, at the sound of the calling bell, to rush pell-mell into the little school house, and sing from the old Franklin Square Song Book:

*"The strawberries grow in the morning, Mill May;
And the bobolink sings in the tree;
On the knolls the red clover is growing, Mill May;
Then come to the meadow with me.
Yes, come, the ripe clusters among the thick grass,
We'll pick in the mowing Mill May;
And the long afternoon together we'll pass,
Where the clover is growing, Mill May."*

This species bears its fruit on long slender scape, often taller than the foliage. The thin leaves are regularly and deeply veined, and coarsely toothed.

Wikipedia, the internet encyclopedia, notes that this plant's primary propagation is by the runners, "viable seeds are also found in soil seed banks and seem to germinate when the soil is disturbed." As to the preferred habitat, this is a tough plant and requires some sun to form fruit. In the northern areas it tolerates more sun but in the lower ranges it can grow only in shady areas. Moisture conditions are flexible except very wet or dry conditions.

Wikipedia also says: "Evidence from archaeological excavations suggests that *fragaria vesca* has been consumed by humans since the Stone Age."

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Wild Strawberries, continued

Fragaria virginiana var. platypetala (Wild Strawberry or Mountain Strawberry)

Mat. Leaves thin, noticeably blue-green, without hairs on upper surface, divided into 3 leaflets on short stalks, each toothed from middle to tip, central tooth shorter than its neighbors. Leaf veins not prominent, as in *F. vesca*. Flowers often 1 per stem, which does not exceed height of leaves; petals almost round, white or slightly pink. Fruit succulent, palatable. Grows in openings in woods, streambanks, meadows, from near coastline to subalpine zone.



Photo by Jennifer Forman Orth

Rarity: Common

Flowering Time: Late Spring

Life Cycle: Perennial

Height: 1—5 inches

Habitat: Meadow, West-Side Forest, East-Side Forest

Found In: Olympic NP, Mt. Rainier NP, N Cascades NP, Crater Lake NP, Wallowas, Steens, Siskiyou, West Gorge, East Gorge

Native: Yes

From Wildflowers of the Pacific Northwest by Mark Turner and Phyllis Gustafson

Returning to our friend, the *Encyclopedia of Northwest Native Plants for Gardens and Landscapes* by Kathleen Robson, Alice Richter and Marianne Filbert; Timber Press 2008:

Cultivation. Full sun to part shade or dappled light, and moist, well-drained soil. This strawberry has attractive, bluish foliage, especially in sunnier sites. It makes a fine groundcover for the edge of the woodland garden, among paving stones, or in perennial borders. Plant it in the sandy or gravelly parts of the wildflower meadow.

Native habitat and range. In open woods, near streambanks and rocky or sandy meadows at low to fairly high elevations from Alaska south on both sides of the Cascades to California and east across most of North America.

Notes. *Fravaria* v. ssp. *platypetalata* is widespread throughout our area and much of the west; *F. v.* ssp. *glauca* ranges west to Washington and Idaho from the Rocky Mountains and Great Plains.

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Wild Strawberries, continued

Use of these three northwest natives as groundcovers is widespread. Here in the Willamette Valley, they can be found along city streets in the 'parking strip,' in parks, in the approach areas of freeways, and of course in privately owned gardens. Little care is required once they are established and they spread rapidly if their basic needs are met.

On the next few pages are recipes using wild strawberries. It is said that within each of us there is a bit of a chef waiting to shine. As for me, I'll take my berries fresh from the vine or if I'm feeling a bit decadent, covered with a little cream. Leaving these fruits untouched after picking whilst an elaborate dish is prepared is nye impossible. Besides, when nature presents such perfection it seems a lot like gilding the lily.



Beach Strawberry (*Fragaria chiloensis*) spreads readily but is not overpowering--i.e. peepholes among the leaves open to receive rain and sunshine but are too small for weeds to gather. Photo by JoAnn Onstott



Feasting on fragaria

Mini Wild Strawberry Tarts - Barquettes De Fraises Des Bois

Makes 8 -10 Tarts, By: French Tart, May 22, 2007

Spring in SW France is a gastronomic feast.....all our local markets are overflowing with luscious new vegetables and fruits. My favourites are the little "wild woodland" fraises des bois strawberries, which I am growing in my own garden this year. I thought I would share this pretty way of serving these deliciously sweet strawberries with you - I call them a flavour explosion of strawberry essence! If you cannot get fraises des bois, use seasonal and small strawberries instead. You can buy barquette tins quite easily in France, but if you can't find them locally, this recipe will work equally well with ordinary round tart tins. Alternatively you could make one big tart. (Barquette tins are shaped like small gondola boats!)

Ingredients

Pastry

8 7/8 ounces plain flour
1 7/8 ounces caster sugar
6 1/4 ounces butter, chilled and cut into small pieces
1 large egg, beaten

Directions

1. First make your pastry. Place flour and sugar in food processor and whizz for thirty seconds. Turn processor back on and add chilled butter and finally the egg. If pastry needs a little more liquid add a spot of water until dough rolls cleanly round the bowl. Wrap your pastry in Clingfilm and chill for half an hour whilst you prepare the tartlet tins and strawberries.
2. Taste one of your strawberries to judge their sweetness. If they are sweet and luscious, they will only need hulling, rinsing and final dressing with sugar syrup. If a little tart, rinse, lay them on a plate and sprinkle with caster sugar.
3. Pre-heat the oven to 200C/400F/Gas 6.
4. Butter barquette or round tart tins, take the pastry out of the fridge and roll it out. Line each tin and prick the bottoms well. Bake in the oven for about fifteen to twenty minutes, but keep an eye on them, they may need pricking again. Leave to cool.
5. Make a simple sugar syrup by boiling two tablespoons of caster sugar with the water for two minutes or so. Allow to cool. Mix the icing sugar & vanilla essence with the crème fraiche and chill.
6. When ready to serve, spread them with crème fraiche mixture; sit the strawberries on top and brush with the glaze.

From www.recipezaar.com



Filling

35 1/3 ounces wild strawberries
7 1/16 ounces creme fraiche
4 1/2 teaspoons icing sugar
1/2 teaspoon vanilla essence
2 tablespoons caster sugar
1 cup water (1 wineglass)

Feasting on fragaria, continued

Making Strawberry Leather

An old-time way to preserve wild strawberries is by making Strawberry Leather. This method was used in Europe and by the Indians. The colonists soon were preserving berries this way, too.

The berries were dried into thin cakes the size of pancakes. Then they were eaten that way or made into sauces, pies, and puddings.

Mash the hulled wild strawberries. Then shape into thin cakes. (Sometimes these mashed berries are spread out in thin strips instead of cakes.) Place cakes on platters. (The Indians often used leaves.) Dry in the sun, using screens to keep insects away.

Or you can dry the leather in a 200 degree F. oven. Store in covered containers after the cakes or strips are dried.

A slightly different recipe for Wild Strawberry Leather:

In a pan, simmer 2 pounds hulled strawberries with 1 cup sugar over low heat. Stir and mash fruit as it cooks and gets as thick as possible.



Then spread the mixture on a flat dish and place in the sun, a food dryer, or low 200 degree oven. When dried, sprinkle with powdered sugar and cut into squares. Store in covered container to keep out moisture.

By Mary Emma Allen

Old Fashioned Living, <http://www.seedsofknowledge.com/wildstrawberries.html>

This is such a good way to preserve extra berries if, by chance, you should have some handy. Excellent in a lunch box, it beats candy for healthy eating by a country mile. Sometimes even the most moderne of us can use a tip from yesteryear.



Look at this beautiful native strawberry groundcover from Back to Native Blogspot, <http://btnportfolio.blogspot.com/>

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Feasting on fragaria, continued

Wild Strawberries and Cream

Ingredients

- 3 pints wild strawberries, cleaned and halved
- 1 1/2 cups sugar
- 1 orange, juiced
- 2 cups water
- 2 tablespoons Grand Marnier
- 2 cups half and half
- 1 vanilla bean, split in half and pulp removed
- 4 egg yolks

Instructions

For the Wild Strawberry Sorbet:

In a saucepan, over medium heat, combine 2 pints of the strawberries, 1 cup sugar, orange juice and water. Bring the mixture to a boil. Cook for 4 minutes. Remove from the heat and cool. In a blender, puree the mixture until smooth. Strain through a fine mesh sieve. Stir in the Grand Marnier. Chill the mixture completely. Pour the strawberry mixture into an ice cream machine and follow the manufacturer's directions for the churning time.

For the Cream Anglaise:

In another saucepan, over medium heat, combine the half-half, remaining 1/2 cup sugar and vanilla bean and pulp. Bring the mixture to a simmer, and cook for 2 minutes. Add 1/4 cup of the hot cream mixture to the egg yolks. Whisk well. Add the yolk mixture to the hot cream mixture. Whisk well. Continue to cook for 4 minutes. Remove from the heat and cool completely.

To serve, spoon the cream Anglaise in the center of each serving bowl. Place a couple scoops of the Sorbet in the center of the sauce. Garnish with the remaining pint of strawberries.

Yield: 6 to 8 servings

From Emeril Live <http://www.emerils.com/recipe/1031/Wild-Strawberries-and-Cream>



Drawing by
Marci Degm

Fragaria chiloensis
Coastal Strawberry

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Feasting on fragaria, continued

Note: I have included this recipe because it is simply too amazing to leave out. I especially adore the level of difficulty these chefs assign to a dish containing some ingredients which I have no idea of identifying. Enjoy.



Pineapple Ravigoles with Wild Strawberries, Vanilla Syrup, Sorbet and Crispy Pineapple

Total time: more than 2 hours. Preheat oven to 80° C. (160° F.)

Preparation time: 15 minutes + 2 hours maceration time

Cooking time: A few minutes + 3 hours for oven-drying

Difficulty: Average

Chef's Note:

To get very thin pineapple slices, it is recommended that you slice them with a meat-slicer. You can keep the dried pineapple slices for several days in an airtight container. The drying process can also be used with other fruits (apples, oranges, etc.)

Ingredients for 6 servings

2 ripe Pineapples

9 oz. wild strawberries (Strawberry)

3 oz. strawberry coulis

1 lb. sugar

1 tbsp. potato starch

1 Bourbon Vanilla bean

2 cups berry sorbet of your choice

1 sprig of mint

Method

Preparing the crispy pineapple (the day before)

- Peel one pineapple; cut very thin round slices cross-wise from the fruit.
- Make a syrup with 150 g sugar and 500 g water. Cool and set aside.
- Place 20 slices of the pineapple in the syrup to macerate for 3 hours.
- Spread them out on baking sheets and dry in an 80° C oven for 3 hours.
- Peel the other pineapple, cut into very thin round slices (you will need 6 per person).



Jacques et Laurent Pourcel



Grand Chef Relais & Châteaux
Le Jardin des Sens - France



Still Life with Wild Strawberries
in a Chinese Bowl"
by Adrian Coorte

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Feasting on fragaria, continued

Pineapple Ravigoles with Wild Strawberries, Vanilla Syrup, Sorbet and Crispy Pineapple

Preparing the Crispy Pineapple (the day before), continued

- Make a syrup with 300 g sugar and 500 g water. Cool and set aside.
- Place the 36 slices of pineapple into the syrup and let macerate for 2 hours.
- Take 500 ml of the pineapple macerating liquid, add the split vanilla bean, bring to a boil and thicken lightly with the potato starch. Refrigerate.

Finishing and presentation

- Mix the wild strawberries with the strawberry coulis. Place a spoonful of the strawberries on each slice of pineapple, cover with another slice of pineapple and seal them as you would raviolis.
- Serve 3 per person accompanied by a scoop of sorbet in which you have propped three of the crispy dried pineapple slices.
- Spoon the vanilla sauce over top and decorate with a mint leaf.



Sommelier

- A Muscat from Frontignan Château des Aresquiers



An original recipe from Jacques and Laurent Pourcel and Olivier Chateau, of the Jardin des Sens in Montpellier

If anyone reading this actually prepares this dish, please take a photograph so we can share with our readers. It certainly will not be me but maybe my budding chef grandson, Justin, will try it.

I do hope you investigate the world of wild strawberries. As with all other native fruits, we encourage you to plant enough to share with the birds who will come taste the berries and the bear and deer who will visit for the leaves. I'm waiting for mine to fruit and as soon as they do I know a little boy who will be amazed when I take him for a walk in my garden. He had such a good time with the huckleberries last year, he is fast learning that gardening can be pure delight.



Honey Bees and Native Plants

Relationships between honey bees and native plants--who knew?

We got an email this past week from a gardener asking about particular native plants and how they affect honey bees:

"Here is some info: www.beeguild.org/CA_Beekeeping_V2.pdf

*Quote: "California buckeye, *Aesculus californica* (Spach) Nutt., deserves a special note of caution because of its toxic nature to bees and its wide distribution and abundance. The tree is found throughout the foothills of cismontane (see Glossary) California from Siskiyou and Shasta counties to Kern County and northern Los Angeles County below 4,000 feet. It blooms in May and June and is very attractive to honey bees, but when buckeye pollen becomes predominant in the diet of larval bees, malformed nonfunctional adults result.*

What are your thoughts on this? I don't know whether I should plant these or not."

I contacted the Oregon State Beekeepers Association (www.orsba.org/htdocs/home.php) to learn more on this question. I don't know how other states handle information specific to certain areas of commerce, but Oregon has special boards and commissions set up for groups like beekeepers who need a great level of detail on different sides of their interests. Here is what they had to say about bees and plants.

Paralysis - *Aesculus californica* (California buckeye) is probably the best known of the poisonous plants in the United States. Field bees exhibit symptoms similar to those of chronic bee paralysis; i.e., the bees are black and shiny from loss of hair and they tremble. Also, either the eggs do not hatch or the larvae die soon after hatching.





Milkweed Pollinia - The pollen of milkweed (*Asclepias* species) is produced in coherent pollen grains called pollinia are attached in pairs by a slender filament. When removed from a flower, the pollinia resemble a wishbone with pollen masses hanging from the ends. Honey bees become ensnared in the thin pollinia and free themselves by pulling the pollinia from the flower. Honey bees often become seriously encumbered and unable to effectively fly or crawl because the structures remain attached to their body parts.



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Honey Bees and Native Plants, continued

Comparative symptoms in honey bees poisoned by toxic chemicals and selected plants

Source of poison	Stages most affected	Effect on adult	
 Toxic Chemicals	Adult	Field bees die in or near hive. Nurse bees may also die. Queens usually not affected.	
 California buckeye (<u>Aesculus californica</u>)	Young brood	Emerging young workers often deformed, pale, Some hairless and tremble. Queens lay eggs at reduced rate, cease, or become drone layers.	
 Yellow jessamine (<u>Gelsemium sempervirens</u>)	Larva, pupa, and young adult	Young workers affected and soon die. Old adults appear normal.	
 Loco plants (<u>Astragalus</u> spp.)	Adult and pupa	Field bees die. Some become black and tremble. Queen may die.	
		Many field bees die	



Source: Modified from Burnside and Vansell (1936).

Honey Bee favorite: Red-Flowering Currant (*Ribes sanguineum*)
Photo by JoAnn Onstott

Honey Bee favorite: Serviceberry (*Amelanchier alnifolia*)
Photo by JoAnn Onstott

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Honey Bees and Native Plants, continued

Honey bees make and do things that are helpful to humans. They are very interesting insects. Honey bees provide us with honey, royal jelly, beeswax, and propolis. They are very cooperative insects and have good colony structure. They are the prime pollinators of the planet.

Royal jelly is high in protein and is rich in vitamins B, C and D. Royal jelly is used in many things such as in dietary supplements, additives in lotions, cosmetics and creams. It is in demand as a human health food because it is known to improve human health.

Some major uses of beeswax are cosmetics and candle making. Some minor uses are lotions, cold creams, ointments, salves, lipsticks, rouges, pill coatings, waterproofing, coatings for electrical apparatus, floor and furniture polishes, leather polishes, arts and crafts items, adhesives, crayons, inks, basketball molding, grafting wax, ski wax and ironing wax.



Rhododendron photo by JoAnn Onstott

Propolis was used for medical purposes by doctors in Via Sacra. Roman doctors favored it more than wax.

Propolis is also an effective dressing for wounds and was used during the Boer War (Oct. 11, 1899-May 31, 1902). Propolis is also used for a variety of things. It was used in veterinary practice in Russia. It is used as ointments for healing animal cuts and wounds. Doctors have experimented with an alcohol tincture for hearing defects. If propolis is mixed with mineral spirits, it can be used as a natural varnish. Famous violinists used propolis in their violin varnish.

Farmers actually rented colonies of bees to pollinate their crops. Even though other insects pollinate crops too, honey bees are one of the few that are synchronized and managed with the development of crops. If honey bees didn't pollinate, crops wouldn't be able to grow. Without the pollination from the honey bees there would be one third less crops in the world than there is now.



Blue Blossom photo by JoAnn Onstott

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Honey Bees and Native Plants, continued

A few interesting facts emerged during the research on bees and plants that I thought you might find intriguing.

Just today in Union Square in New York City, thousands of bees came to visit a shop at 107 East 14th Street. One person watching this unusual event from a safe distance away said "When I got here there was already like a thousand bees in there---then they came out-----there were like -----in a pack." Some folks surmised there was a hive inside the walls. It took hours to get help after calling 911 and 311 and the mayor's office. Finally NYPD's bee specialist got there and deal with the busy bees.

This is not as crazy as it sounds, and it is nowhere near as unusual as one might think. It happened to a friend two years ago and it happened again just this spring.

Bees swarming on the purple chair
Photo by JoAnn Onstott



Why do bees swarm?

When bees swarm it means they are actually dividing an existing colony in two thus creating a new hive. As a natural occurrence in the wild this swarming propagates the species. It is always a planned event and is usually caused by overcrowding, and sometimes by starvation or other internal hive problems.

OK, I have to take a break for a minute. I got this information from Sustainable Gardening (www.sustainable-gardening-tips.com/Honey-Bee-Swarm.html) and it seemed to be very simple facts about why bees swarm. But that line about swarming being "always a planned event" just raises so many questions for me:

1. Who decides it is time to swarm.
2. Is it a group decision?
3. Who is allowed to participate?
4. How to they vote--raise a wing? Buzz really loud? Draw a line in the honey?
5. What if everybody doesn't agree?
6. And the biggest question--how do we know this is true? Was there an undercover agent infiltrating the hive that brought back the news? Or was it a renegade bee who snuck out of the hive and blabbed?

I'm sorry, I am sure the Sustainable Gardening person meant this in all seriousness but it struck me as hilarious.

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Honey Bees and Native Plants, continued

Research discovers oldest bee

by Staff Writers
Corvallis OR (SPX) Oct 30, 2006

George Poinar, a professor of zoology at OSU and expert on the study of amber, has identified the world's oldest known bee. Poinar's ancient male bee, *Melittosphex burmensis*, is not a honeybee and not related to any modern bee family.

Held in this fossil, in ventral view, trapped in amber with four kinds of flowers. "So we can imagine this little bee flitting around these tiny flowers millions of years ago," Poinar said.

I knew right away what it was, because I had seen bees in younger amber before," said George Poinar, a zoology professor at Oregon State University.

The bee is about 40 million years older than previously found bees. The discovery of the ancient bee may help explain the rapid expansion and diversity of flowering plants during that time.



Milkweed: Not for Bees
Photo by Jennifer Rehm

*How doth the little busy bee
Improve each shining hour,
And gather honey all the day
From every opening flower!*

By: Isaac Watts, "Against Idleness and Mischief"

Discover all kinds of facts about the insect world at the Insecta Inspecta website: www.insecta-inspecta.com/.

"The world is covered in bugs, so shouldn't you know a little bit about them? Insects, they're everywhere. They inhabit all the continents, roam your backyard, and are even in the spaces between the walls of your home. We have been investigating the little critters. Join our Insecta Inspecta team and enter the amazing world of insects!"

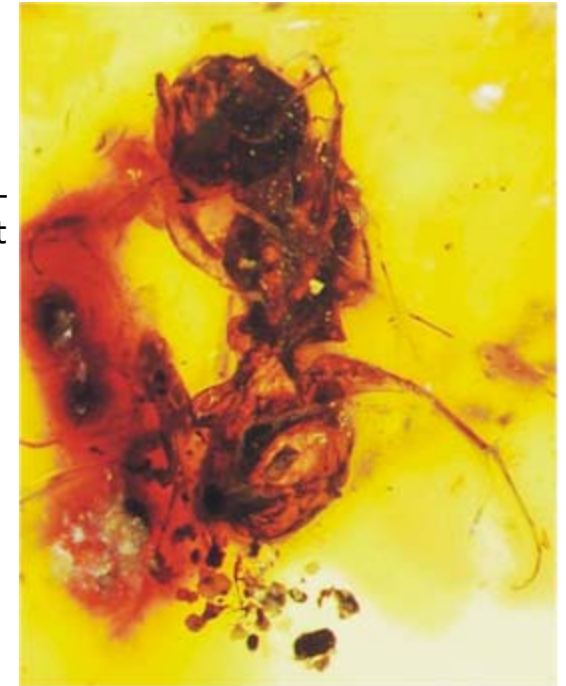


Photo from National Geographic



This & That

A few notes from Jennifer

Such a busy time it's been the past few weeks. At the nursery we're working on updating our online catalog with all the new species of trees, shrubs and perennials. Sometimes when you're concentrating on a big project you just need to take a break to clear your head.

In those times I like to flop down on the daybed and stare at the ceiling. The dogs are partial to this form of relaxation also. They both jump up and powder me with hugs (and kisses if I'm not careful). If I stay there long enough the two cats join the melee. After a few moments of mutual appreciation everyone snuggles up next to me and we all stare at the ceiling in unison. Too funny. I do it to rest my eyes and I suppose the 4-leggers do it just because I do.

I think all the plants in my garden are showing their best except the big maple. I've got some concerns about that one. Last year it did not make one single leaf but it wasn't dead. It was pliable and green under the bark. Now this year I'm seeing some leaves sprouting. Do trees take a year off? I never heard of such a thing but this could be a first. I surely hope it is true. That's a nice tree, never trimmed and it has a lovely shape. We'll see what happens.

I had my 3-day weekend planned all out. At first I was going to paint and tile the bathroom. But my helper was busy, so I thought I'd put up the new gazebo out back. But it turned out I am on call this weekend so didn't want to get called away half through. Instead I went over to my mom's with laptop to just hang out with her. Fell asleep in no time and she woke me up in time for an appointment I'd made. That was Saturday. Sunday I slept in until noon and toddled off to mom's again for family dinner, a tradition we observe once a month. Now I'm writing the journal because I am very late with it. Hmmm. I always heard that God laughs at people who make plans. He must be having a big chuckle at this one. Oh well, whatever makes the Big Guy happy.



How did this ordinary looking mom have such colorful off-spring? Each lamb is white with black spots. Well, I never!

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

American Bonsai Society

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

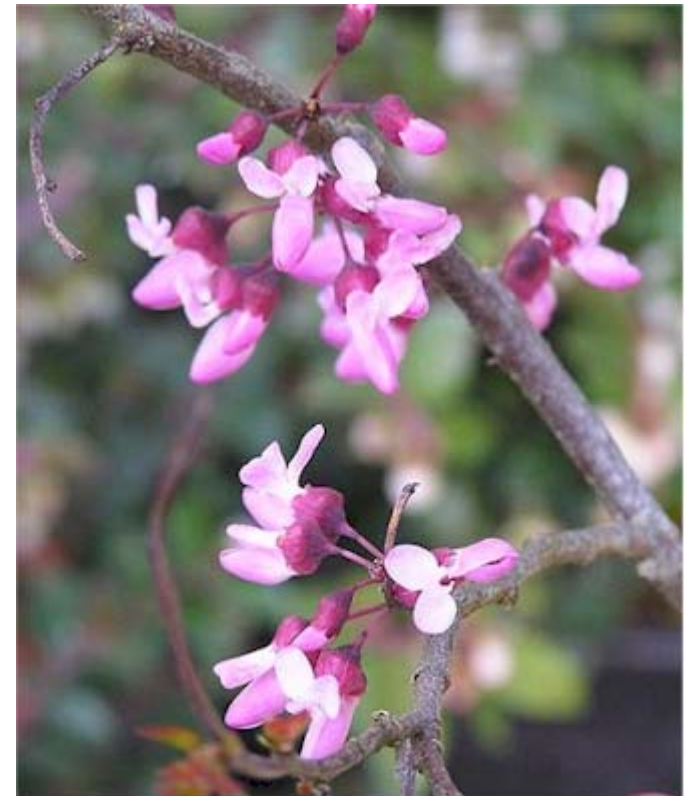
Cornell University online grafting course

<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.



Western Redbud
(Cercis Occidentalis)
Photo by Jennifer Rehm

⇒ **More** ⇒

Useful Plant Databases on the Web, Continued

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.



Tall Oregon Grape
(*Mahonia aquifolium*)
Photo by JoAnn Onstott

⇒ More ⇒

Useful Plant Databases on the Web, Continued

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.

Wildflower Trails of the San Francisco Bay Area

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

Excellent photography and trail guides.

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.



Self Heal
(*Prunella vulgaris* var. *lanceolata*)
Photo by JoAnn Onstott



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**Star-Flowered
Solomon's Seal**
(*Maianthemum stellatum*)

Dainty groundcover

Photo by JoAnn Onstott

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American Cranberry (*Viburnum opulus* var. *americanum*)

Lacy white flowers in May, vibrant red foliage in autumn, small red berries rich in vitamin C. Good wildlife plant.



Photo by JoAnn Onstott

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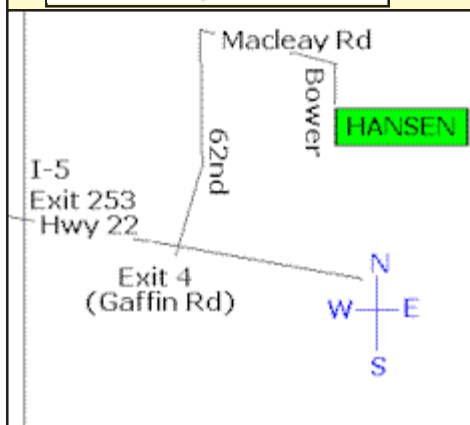
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E-mail: nwplants@gmail.com

Website: www.nwplants.com



To drive to my Nursery
From I-5, take Exit 253 (Hwy 22). Drive east on Hwy 22 approx. 3 miles to Exit 4 (Gaffin Rd). Follow this exit to the 2nd stop sign. Turn right onto Macleay Rd. Drive 1/2 mile to Bower Ct. Go right on Bower to end—turn left into Nursery.

**SEE WEB SITE FOR
DAYS & HOURS OPEN**

