

Volume 9, Issue 11-2012

November 2012

# Northwest Native Plant Journal

A Monthly Web Magazine

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Editor: Jennifer Rehm  
Webmaster for The Wild Garden: Hansen's  
Northwest Native Plant Database  
[www.nwplants.com](http://www.nwplants.com)  
e-Mail: [chillipepper6@comcast.net](mailto:chillipepper6@comcast.net)  
[www.chillirose.com](http://www.chillirose.com)

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# About this Journal

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

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

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

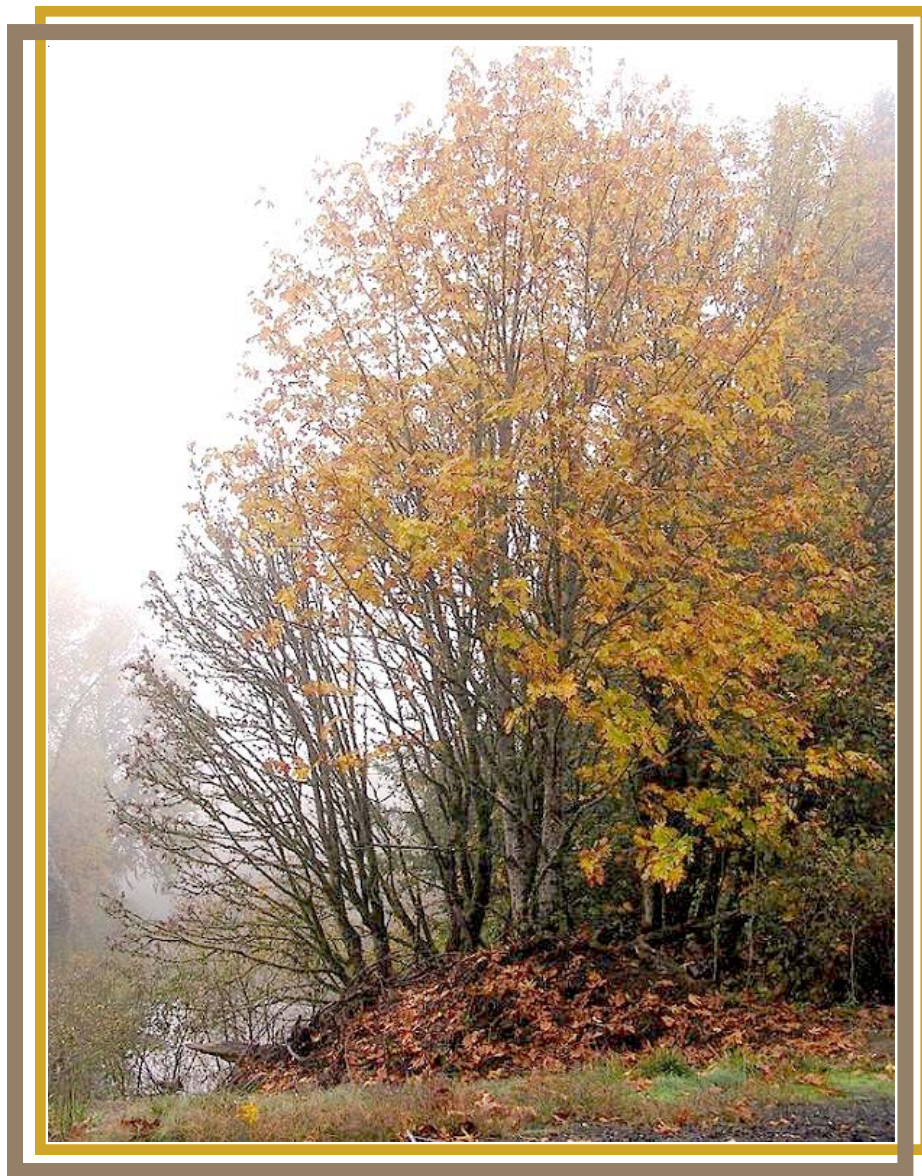
**B** — To help you create your own Native Plant Gardens, large or small, for home or work.

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

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

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

*Autumn trees beside the Luckiamute River just north of Adair Village, Oregon*





# On the Cover: Autumn Leaves

Paper Birch (*Betula papyrifera*)  
and Pacific Dogwood (*Cornus nuttallii*)



Wet leaves collected in the garden and sort of arranged on an old black t-shirt to show their amazing colors.

It is interesting to see the nuances of red and yellow, gold and green as they come naturally to these native trees.

When winter approaches, deciduous trees have no need for the leaves that helped to feed them through spring and summer.

They withdraw the chlorophyll that made the leaves green, leaving remnants of glucose in the red leaves and other food waste in the brown leaves, and mixtures that evince in wonderful colors for fall.







# November in the native garden

## Pearly bits of wisdom and just plain common sense

- 1** – Daylight savings time is ending soon and we can all go back to natural clocks. If yours don't change themselves, you'll be twisting and turning the little knobs to reset them.
- 2** – Plant now for next year's garden. Bare roots or containers or balled and burlapped, plant them all. Any bulbs not yet in the ground should meet the dirt as soon as possible.
- 3** – Rake or blow or vacuum the leaves when you've tired of admiring them. I like to use them for mulch but if you're of a more tidy bent, compost them and use the resulting dirt come spring.
- 4** – Got spiders outside? Congratulations! Leave them alone! Spiders are one of the world's best pest eradicators. According to Ramona Frances, University of California Master Gardener, "Every year, billions of spiders do away with a large number of disease-carrying and crop-destroying insects. If every spider ate just one a day for a year, those insects, piled in one spot, would weigh as much as 50 million people." But if you've got spiders inside, squish them or throw them out if you're squeemish. They've got no business being inside in my opinion.
- 5** – Gather rosehips for winter decorations. Also seed pods and mossy twigs look gorgeous with some colorful leaves for a centerpiece or vase full of autumn.

*"Opalescent Autumn" by Richard Earl Thompson*



# Mystery plant puzzle



I shot this picture some years ago and still don't know what it is. It was alongside a gravel road up towards Soap Creek outside of Lewisburg, Oregon.  
Can you name it?

Test your native plant knowledge--identify this plant. The reward is simple but very satisfying: You will be included in our list of Official Plant Detectives.

Send me an email ([chillipepper6@comcast.net](mailto:chillipepper6@comcast.net)) with the correct botanical name of this plant.

**Good luck!**

**P.S. Do you have a plant you'd like to identify? Email it to us and we'll show it here on our Mystery Plant Puzzle page.**

## Official Plant Detectives

Jerry Murray  
Sabrina Kis  
Carol Hiler  
Mike Burns  
Nancy Whitehead  
Pat Opdyke  
Luke Kishpaugh  
Dave Whitehead  
Claudia @ the  
gardener's choice



**Last month's Mystery solved!** Thanks to Mike Burns and to Claudia at The Gardener's Choice:

"The Mystery plant is a native *Salix* spp, perhaps *S. sitchensis*. The red growths on the leafs are galls, caused by an insect which lives inside the gall. The species of insect can often be obtained by the species of willow it is inhabiting and the shape and colour of the gall."





# Wildlife Corner

## Out back with the animals



Pine Grosbeak (*Pinicola enucleator*) Photo credit:  
Wikipedia Users 7242695Oscott And Papa Lima Whiskey

Everybody is now accounted for--squirrels and birds--hooray! Also nasty orange cat again spotted fishing in the pond and the sleek black cat decided to take a nap below the big birdbath feeder. What nerve! But, you know, it's just nature. Survival of the fittest and all that. Don't want to sound too *laissez faire* here, make no mistake: I chase these wandering felines away every time I spot them. It doesn't really keep them away but at least I get some extra exercise. Pretty sure the black cat is preggers so maybe she's pre-natal caring for the young.

Found a thistle sock the other day at a backyard bird store. It's just a white mesh bag full of thistle seeds. We haven't seen anybody sampling it yet, maybe they come when we're not looking. Also hung up the seed bell the great-grandkids gave us, no known customers there either.

We ran out of dried corn cobs so we stuck an apple up on that feeder. It's raising some interest. Oranges, bananas, pears, grapes, these are all good and seem to be appreciated. Each time a new piece of fruit is placed, it is examined and tasted and then the conversations begin. Such chirping and flitting about, we love to see the wild things so excited.

Peanut butter is much discussed lately since the discovery of salmonella has been found in some brands. Birds can carry this disease and it seems to me if they were given infected peanut butter they could get sick or spread it to other critters and/or people. Pay attention to this issue of infected food--240 different products are now included and 35 people in 19 states have become ill from eating affected peanut butter so far. Be careful!



# Admirable Naturescapes

## Autumn leaves are awe-striking now

Oregon Fall Foliage's Fantastic Fall Hikes section (<http://oregonfallfoliage.wordpress.com>) is updated weekly and recommends these favorites:

**Smith Rock near Redmond**--day pass required, purchasable at trail head. hike along the Crooked River at the base of Smith Rock. Follow the River Trail, and keep your eye out for rock climbers dangling high above you on one of the several thousand climbs in the park. For a more adventuresome addition, Follow the signs to Misery Ridge Trail. The 2/3 of a mile dirt path traverses to the top of Smith, rewarding you with a breathtaking view of the deep river canyons and Central Oregon.

**Proxy Falls**, Highway 242 between milepost 64 & 65, day pass required, purchasable at trail head and the Eugene, Cascades & Coast Adventure Center. Family friendly 1.25 mile loop hike volcanic through lava fields and dense forest to reach the 226 feet waterfall.

**Koosah & Sahalie Falls**, Highway 126 between milepost 5 & 6

No fee. Look for the brightest color in the lava fields between Sisters and Hoodoo.. Koosah and Sahalie Falls are a half mile drive apart or an easy  $\frac{3}{4}$  of a mile walk on a woodsy trail. The two breathtaking waterfalls were created 3,000 years ago when thick lava flows converged on the McKenzie River. Looking for a longer option? Explore the old-growth forest on the 3-mile loop that connects the two falls and follows the glacier-fed rivers. Sahalie Falls viewpoint is wheelchair accessible.

Be an Oregon Leaf  
Reporter--see the  
website (address  
above)





# Admirable Naturescapes, continued



The Statesman-Journal, Salem's local newspaper, recently featured an article by Zach Urness titled Fall Fireworks listing four destinations "that provide enough autumn color to remedy the fast-approaching winter blues."

**FISHING AND FALL COLORS:** Parish Lake. Detroit Ranger Station folks recommend this lake basin lights up during October and provides hiking and fishing. From North Santiam Highway 22, Parish Lake Road 2266 is on the right past Marion Forks through groves of mountain ash and vine maple bright with reds and yellows among the predominantly pine forest. The trail is a half mile with the lake's money shot of colors around the shoreline. Rainbow and brook trout await.

**SPAWNING SALMON AND EASY STROLLING:** Klickitat River Trail is 31 miles total, but just four miles from the town of Lyle, Washington to Fisher Hill Bridge will afford oak trees and grassland that aren't seen in the Willamette Valley. The salmon spawning is something every nature lover should see at least once. The drive is amazing--beginning Lyle, go northwest on Highway 142, then southwest on Glenwood-Goldendale road, southwest on Lakeside Road and finally south on Highway 141 back to the main route of Highway 14. The entire route is about 80 miles.

**LUSH AND COLORFUL:** Cascade Locks to Dry Creek Falls. This one stars maple trees doing their best to steal the show. The trail begins below the Bridge of the Gods and follows the Pacific Crest Trail for just over two miles. It will steal your breath away.

Get out there and enjoy the free show. Commune with nature. Take along a thermos of spiced cider and some cookies.

**California Black Oak, Kellogg Oak (*Quercus kelloggii*)**



# Fruit for winter

## Natural nuts!

Berries, cherries and other fruits are wonderful fare for summer and fall, but for winter nothing compares with nuts.

There are five nutty trees native to the Pacific northwest. That is, there are five trees that bear edible nuts and are native to the northwestern United States. They are:

- California Hazelnut (*Corylus cornuta* var. *californica*)
- Chinquapin (*Chrysolepis chrysophylla*)
- Oregon White Oak (*Quercus garryana*)
- California Black Oak (*Quercus kelloggii*)
- Hind's Black Walnut (*Juglans hindsii*)

### California Hazelnut or Filbert (*Corylus cornuta* var. *californica*)

Northwest native nuts are culinary treats and have centuries of happy bellies behind them. Nowadays, sadly, we can find only one of them in grocery stores.

A cuisinal favorite, the hazelnut is a truly delightful small tree for the garden as well as the table. Orchards of varieties of this native are found all over Oregon's Willamette Valley and throughout its normal range. Serious problems occurred with the eastern filbert blight, but by banding together with Oregon State University's Extension Service, the industry is again functioning at peak. OSU's website ([www.extension.oregonstate.edu/](http://www.extension.oregonstate.edu/)) gives these facts:

"Oregon hazelnuts are one of Oregon's top agricultural commodities and a crop that OSU Extension specialists and OSU College of Agricultural Science plant breeders have supported for many years via a series of research and outreach education programs. Oregon grows 99 percent of the U.S. hazelnut crop. In 2009 the state's production climbed to 47,000 tons of hazelnuts, 47 percent larger than the previous year. The value of the crop was \$74.7 million, increasing 44 percent from 2008."

Center photo credit: Vicki Nunn



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# Fruit for winter, continued

## Chinquapin (*Chrysolepis chrysophylla*)

Not to be confused with Chinkapin (*Castanea pumila*), a native tree of the eastern United States, our native northwest Chinquapin (*Chrysolepis chrysophylla*) is a large, handsome tree with a massive trunk.

It's spring show offers large white blossoms with a strong musty odor.

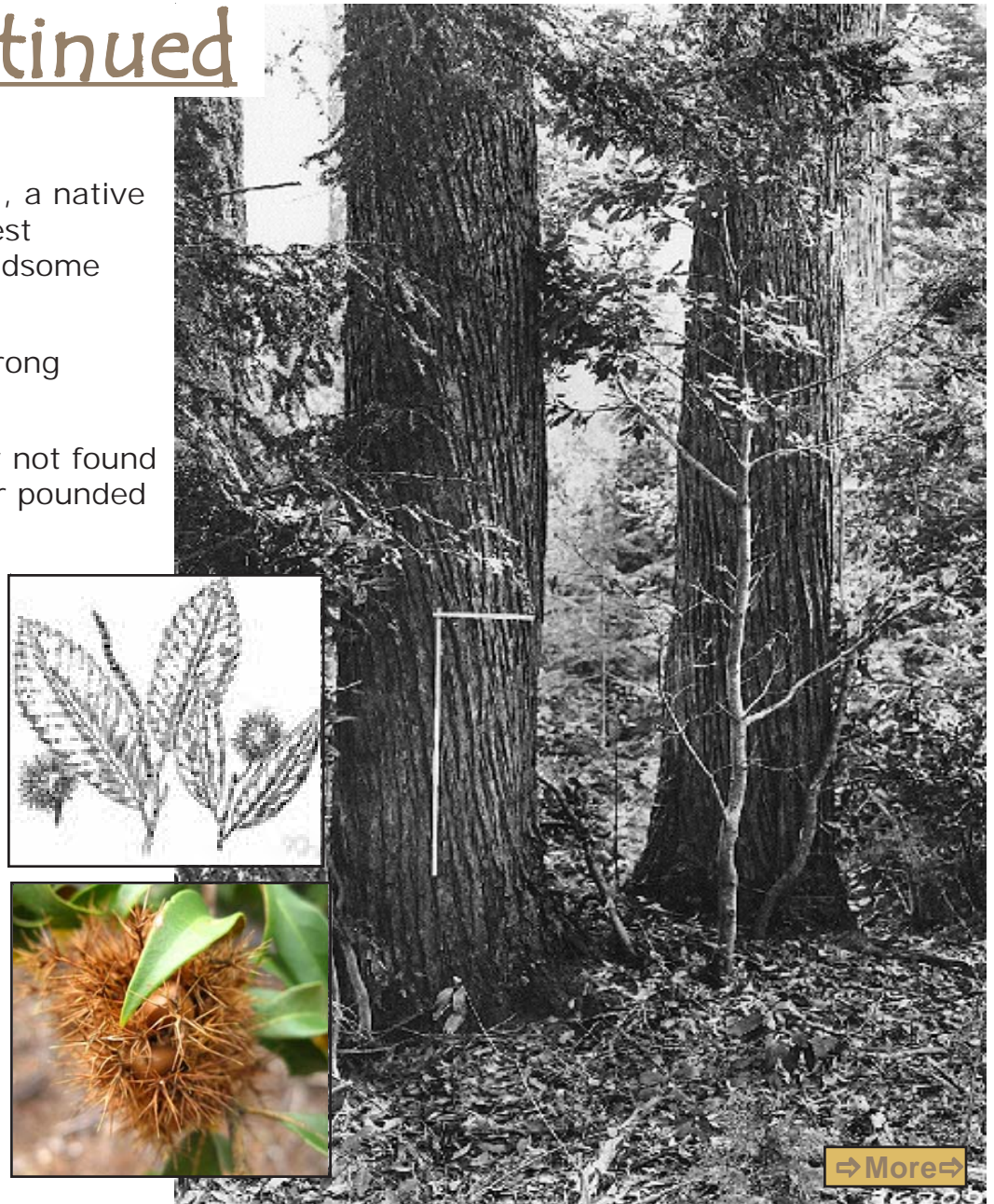
The nuts which follow are very sweet, though usually not found in large quantities. They can be eaten raw, roasted or pounded into meal. Dried, the nuts may be ground into powder for thickening soups, mixing with cereals and added to bread recipes. They can be stored in the shell for winter enjoyment.

The delicate, sweet flavor of this nut seems a natural addition to puddings, sweet breads and trail mix.

The beauty of the tree is cause enough to include it in a large garden. The wildlife habitat functions of food and shelter are of great value.

Though the nuts are most often used for decoration and crafting, we must not overlook the dietary uses that come naturally from this great evergreen tree.

Beautiful photo of mature tree is credited to: USDA-NRCS PLANTS Database. Color photo of the nut burr credit goes to Themodorcypress.



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# Fruit for winter, continued

## Oregon White Oak (*Quercus garryana*)

Amy Crowell writing for Edible Austin penned:

*"Acorns fall like wayward hail onto rooftops and clutter gutters. They attract a thousand chattering squirrels and sprout, slapdash, all over lawns. Though the spawn of mighty oak trees—the darling of Texas landscapes—acorns have the reputation for being a less desirable yard mate. Yet, while Ralph Waldo Emerson said, "The creation of a thousand forests is in one acorn," did he know that the creation of a bag of flour is in a thousand acorns?"*

Gather your acorns where you may, but treat properly before eating. They contain tannic acid which must be leached out. Some oak species have a lot, some not so much, but they all have some. Methods for preparing acorns for food were developed by native peoples many centuries ago. Two most common ways are to bury them in mud for many days, dig up and dry in the sun or to put them inside a basket with heavy rocks to weight down and put in swift stream for several days.

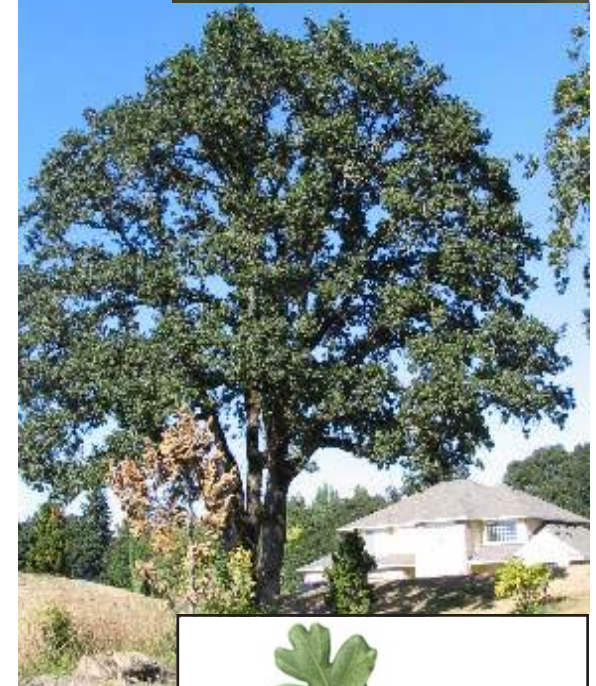
These two treatments will, of course, still work but utilizing modern tools could be easier. This is the way one acorn fan recommends:

Acorns from different varieties of oaks have unique tastes. When harvesting, keep those from each tree separate. Taste each batch after processing to find those with the most pleasing flavor.

Gather acorns daily, as quickly as possible after they fall, or local wildlife will beat you to the harvest. Those that are left on the ground will soon become buggy or mold in the wetter September/October weather. Collect as many as needed—those that are still green will ripen quickly.

Clean each day's harvest, remove the caps and check for bug holes, mold or softness. Put the discards out for wildlife—they are not as discriminating as humans.

Acorn photo  
credit: Walter  
Siegmund



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# Fruit for winter, continued

Next, dry the acorns by spreading on a flat surface (a screen, drying tray, even a board) and then either:

1. dry indoors in a darkened room (takes 2-4 weeks)
2. dry indoors in a sunny window (takes about a week)
3. dry outside in the sun (takes 2-5 days), but bring inside each night or they will disappear.
4. dry in a warm oven (around 175 degrees) for 20-30 minutes, prop the door slightly so the moisture can escape

When acorns have ripened and dried, check again for cracks, insect holes and firmness. Spread on a baking sheet and dry in a warm oven for 15 minutes or so with the door cracked to kill any insect larva that may have slipped in.

Allow to dry for another week and inspect again. Do this



twice, waiting a week each time.

Acorns that have passed these inspections and drying times are ready use immediately or store in a cool, dry place. It is a good idea to use several containers for storage in case one goes bad. They will remain edible up to six months. They can be shelled and frozen to keep for longer periods.

Once dried and shelled, the nuts are ready for the de-tannin procedures. I won't go into detail on this, there are many websites detailing ways both old and new. Study up and just do it. Some of us are more sensitive to tannic acid than others and some acorns have a higher percentage of this element. Please don't take chances. Leach your acorns before eating. See web addresses at the end of this article.

**Paiute woman, Tabuce Maggie Howard, cleaning acorns**



# Fruit for winter, continued

When your acorns are ready to eat, try **Amy's Acorn Cookies**, courtesy of Amy Crowell (Makes 2 dozen cookies):

## Ingredients

- ½ c. butter
- ½ c. brown sugar
- 1 egg
- 1 ½ t. vanilla
- 1 c. acorn flour (also available at most Korean food markets.)
- ½ c. unbleached flour
- 1 t. baking powder
- ⅓ c. oats (optional)
- ⅓ c. raisins (optional)

Cream butter and sugar. Mix in egg and vanilla. In a separate bowl, mix dry ingredients together. Combine dry ingredients with wet. Roll dough into 1-inch ball and place on greased cookie sheet. Flatten dough balls using the back of a fork to make a crosshatch pattern. Bake at 350° for 10–12 minutes.

## Glazed Acorn Treats

- Boiled dry whole acorn kernels
- 2 cups sugar
- ½ tsp. salt
- ⅛ tsp. cream of tartar
- 1 cup water

Mix and dissolve the sugar, salt, and cream of tartar in 1 cup of water.

Bring above mixture to a boil in a small pot. Continue to boil until the mixture first begins to show signs of browning. Then immediately put the small pot into a larger pot of boiling water to keep the mixture in a liquid state. (Or use a double boiler.) Use a pair of tweezers to dip individual whole acorn kernels (previously shelled, boiled and dried), one at a time into the mixture and then put each acorn onto a sheet of wax paper to dry and harden. Serve as a candied covered nut.

Set out a bowl of these for  
your holiday gatherings!



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# Fruit for winter, continued

## California Black Oak (*Quercus kelloggii*)

Wikipedia ([http://en.wikipedia.org/wiki/Quercus\\_kelloggii](http://en.wikipedia.org/wiki/Quercus_kelloggii)) says of this Oak:

"Cavities in the trees provide den or nest sites for owls, various woodpeckers, tree squirrels, and American black bears. Trees provide valuable shade for livestock and wildlife during the hot summer months. California black oak forest types are heavily used for spring, summer, and fall cover by black bear.

It is browsed by mule deer and livestock. Acorns are heavily utilized by livestock, mule deer, feral pigs, rodents, mountain quail, Steller's jay, and woodpeckers. Acorns constitute an average of 50% of the fall and winter diets of western gray squirrel and black-tailed deer during good mast years. Fawn survival rates increase or decrease with the size of the acorn crop."

From Redhawk's Lodge, [www.siouxme.com/acorn.html](http://www.siouxme.com/acorn.html):

### Acorn Stew

1 lb stewing beef  
1/2 C finely ground acorn meal (tannin removed):  
Salt and pepper to taste

Place beef in heavy pan and add water to cover. Cover with lid and simmer until very tender. Remove from liquid and cut meat into very fine pieces. Return meat to the liquid. Stir in the acorn meal. Add salt and pepper as desired. Heat until thickened and serve.

"Several other ethnic food enthusiasts like to substitute acorn meal for corn meal when making muffins — usually using 1/2 corn meal and 1/2 acorn. Some have substituted 1/2 of the flour in a biscuit recipe with 1/2 acorn meal. Experiment carefully, remembering that a good portion of the work performed by flour has to do with the gluten in the flour. Sorry, acorn has no gluten, so you'll have to keep this in mind."

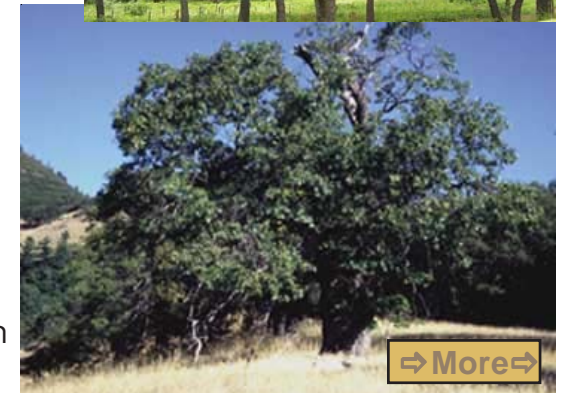
*Q. kelloggii* seedling  
after the Cedar Fire in  
Cuyamaca Rancho  
State Park. Photo by  
Linnea Spears



Young trees photo  
credit: Splarka



Below, mature tree  
photo credit: Hike395



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# Fruit for winter, continued

From North American Indian Recipes, "Acorn Recipes & Facts," [www.thepeoplespaths.net/NAIFood/acorns.htm](http://www.thepeoplespaths.net/NAIFood/acorns.htm):

"Many of the MiWuks prefer Black Oak because it takes less leaching to get rid of the tannin. Many of us don't like the California live oak because "its too much work for the amount of meal you get compared to the amount of leaching you have to do," "it's got no character," "too wormy," or "it's too easy to get — nothing that plentiful can be very good." My favorite is the Black Oak ... with a little Tan Oak added for character."



M. Kat Anderson @ USDA-  
NRCS PLANTS Database

## Acorn Griddle Cakes

2/3 C finely ground leached acorn meal  
1/3 C unbleached flour  
1 tsp. baking powder  
1/3 tsp. salt

1 Tbl honey  
1 egg, beaten  
3/4 C milk  
3 Tbl melted butter

Combine dry ingredients. Mix together egg and milk, then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter onto hot, greased griddle. Bake, turning each cake when it is browned on underside and puffed and slightly set on top. Makes 12 to 15.

From Book of Yum, Gluten-free vegetarian recipes, [www.bookofyum.com/blog/](http://www.bookofyum.com/blog/), **Acorn Muffins**

1/2 cup acorn starch flour  
1/2 cup brown rice flour  
1 cup white GF flour blend (such as Bette Hagman's gourmet blend)  
2 tsp baking powder  
3/4 tsp baking soda  
1 tsp salt

2 large eggs  
1/4 cup honey  
1/4 cup applesauce  
1/4 cup butter, melted  
1 cup buttermilk

Prepare a muffin tin by spraying with nonstick cooking oil. Preheat oven to 375. Whisk dry ingredients in a large bowl. Then combine wet ingredients in a small bowl. Whisk until combined. Then make a well in the center of your mixed dry ingredients and pour in your wet ingredients, mixing until smooth. Bake for 20-30 minutes or until muffins are brown and cooked through.

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# Fruit for winter, continued

## Hind's Black Walnut (*Juglans hindsii*)

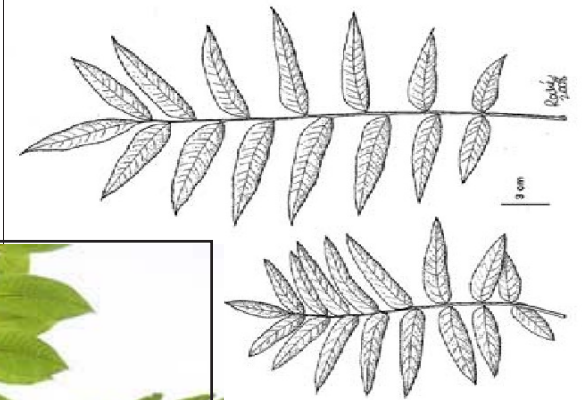
*Juglans hindsii*, Hinds' Black Walnut, also called the Northern California Walnut or, in the lumber and woodworking trades, Claro Walnut, is a large tree from 30 to 60 feet tall. It is mainly found in northern California to southern Oregon. It is the only walnut native to the Pacific northwest. In some botanical circles, this tree is described as a subspecies of the Southern California Black Walnut (*Juglans californica*).

The nuts are small and edible with a thick smooth brown shell. They are sweetly flavored.

Gathering as many nuts as are sufficient for your needs is actually the easiest part of preparing these black walnuts for the table. The husk which holds the nuts is thick, fleshy, has a strong aroma and contains a high concentration of dark inky substance. Removing the nut shells from this husk is very messy and will turn whatever it touches black. Wear gloves! As an aside, it can be used to dye fabric, raw wood or basket materials a rich black color.

Get the nuts as soon as they fall. They require drying either before or after the shells are removed from the husk. After is quicker but in-husk can begin the drying process. The husks are sometimes easier to take off if they have dried a bit first. However, they will often glue themselves to the shell making that step nigh near impossible.

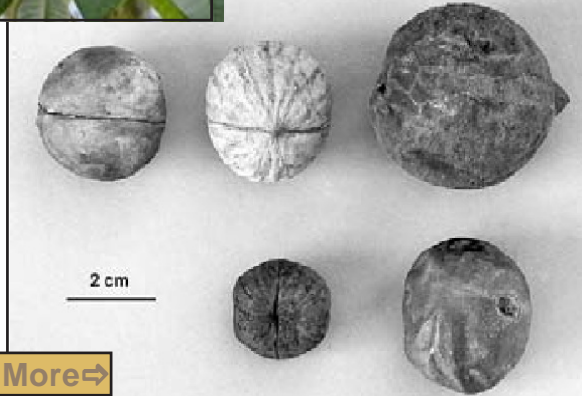
I heard about someone who made a shelling frame by nailing a 2x4 on each side of a 2x6. They put the nuts in the resulting slot, lined it up with a car tire and then drove over the trough a few times. It separated the nut shells from the husks. Hmmm. Try at your own risk I think.



Above top, Hind's Black Walnut and below, the California Black Walnut

At left, photo credit: [picasaweb.google.com/art.allaboutnature.vogel](https://www.picasaweb.google.com/art.allaboutnature.vogel)

Below top, Hinds Black Walnuts and bottom, California Black Walnut



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# Fruit for winter, continued



Frank Callahan standing next to a Hinds walnut (*Juglans hindsii*) along Meyers Creek, Jackson County. Photo by Bob Korfhage, June 2008. See credits at the end of this article.

A childhood friend who lived on a farm with lots of walnut trees would gather them up and spread them over the wooden floor of the attic where it was always warm. I still remember going up there and stomping on the shells to see if they were dry enough.

After drying comes the shelling. Black walnuts have way tougher shells than the English ones. To open them requires a hammer or vise or some sort of heavy duty tool.

The usual growth habit of Hind's is a single trunk with branches formed beginning 11 to 40 feet. The crown is often wider than the overall height.

Leaves are about 8 to 13 inches long and grow on central stems with 15 to 19 leaflets per stem. The nuts are edible and similar to those of other walnut trees. The bark is grayish brown with shallow furrows and scaly, flat-topped ridges. One trait of Hind's that differentiates it from the Southern California walnut: *j. hindsii* has hair-like tufts along the vein angles.

Considered endangered, there are few stands of this tree growing in riparian woodlands. Sometimes the stands are purely Hind's, but at other times the trees blend into forestry groups with oaks and cottonwoods.

Hind's is used extensively as rootstock to graft English Walnuts or other orchard trees. An unexpected benefit of grafting is that the wood in the rootstock is dark and above the graft is lighter colored English Walnut. Crafty woodworkers use this intriguing trait to give their creations a unique, one-of-a-kind focus point. The natural beauty of Hind's includes the rich brown color with incredible patterns in the grain which are prized for furniture, gun stocks, and carvings.

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# Fruit for winter, continued

This tree is highly prized by master luthiers, particularly for creating guitars. This beautiful tonewood is used for the back and sides, drop tops and veneers. The rich color variations and curled patterns are only second to the tone. As one musician noted on Guitar Bench website ([www.guitarbench.com/2009/07/08/claro-walnut-tonewood-database/](http://www.guitarbench.com/2009/07/08/claro-walnut-tonewood-database/)):



*"I have a lovely acoustic with flamed claro walnut back and sides with a German spruce top. The sustain is phenomenal and the harmonics mesh together like a dream. There is something very natural and balanced about this combination. And it looks delightful!"*

Stephen Kinnaird, revered maker of some of the world's finest guitars, is a big fan [of this wood] and says:

*"Claro walnut is one of our favorites. First of all, there is the undeniable beauty of the material. Few North American species can trump Claro visually. Some of the wilder maples have more to offer in the swimsuit competition, but not everyone likes a blonde guitar. Claro's rich chocolate color helps—for those who listen with their eyes.*

*"Second, the workability is a dream. This stuff should be offered to every apprentice when they attempt their first side-bending. It bends itself.*

*"Third, the sound. Unfortunately, Claro has gotten the meaningless reputation for sounding 'woody'. Every species sounds like wood, and that's precisely why we like guitars! (Ok, some species sound woodier than others, but that's a different discussion.) Let me say this: Claro walnut sounds spicy. I think it sounds like it smells, and it smells great."*

*"I would classify this wood as warm and earthy with the overtone depth of rosewood and clarity comparable to mahogany guitars. It also tends to impart less colour to the bass and treble."*

See his work at [www.stephenkinnaird.com/index.html](http://www.stephenkinnaird.com/index.html)

Claro Walnut Tonewood from Guitar Bench

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# Fruit for winter, continued

## Thanks to the following:

Recipes for the Mighty Acorn: A Forager Experiments By Hank Shaw, [www.theatlantic.com/health/archive/2010/12/recipes-for-the-mighty-acorn-a-forager-experiments/67228/](http://www.theatlantic.com/health/archive/2010/12/recipes-for-the-mighty-acorn-a-forager-experiments/67228/)

Edible Austin: Celebrating Central Texas food culture, season by season, Eat Wild Winter Nuts by Amy Crowell, [www.edibleaustin.com/content/editorial/editorial/516?task=view](http://www.edibleaustin.com/content/editorial/editorial/516?task=view)

Grandpappy's Basic Acorn Recipes: Acorn Information, Identification, Processing, and Recipes by Robert Wayne Atkins, P.E., [www.grandpappy.info/racorns.htm](http://www.grandpappy.info/racorns.htm)



North American Indian Recipes, "Acorn Recipes & Facts," [www.thepeoplespaths.net/NAIFood/acorns.htm](http://www.thepeoplespaths.net/NAIFood/acorns.htm)

Guitar Bench website  
([www.guitarbench.com/2009/07/08/claro-walnut-tonewood-database/](http://www.guitarbench.com/2009/07/08/claro-walnut-tonewood-database/))

Hinds Walnut (*Juglans hindsii*) in Oregon by Frank Callahan, P.O. Box 5531, Central Point, Oregon 97502, 42 Kalmiopsis Volume 15, 2008, [www.npsoregon.org/kalmiopsis/kalmiopsis15/callahan.pdf](http://www.npsoregon.org/kalmiopsis/kalmiopsis15/callahan.pdf)

See the NW Native Plant Journal for February 2012, Volume 9, Issue 2 at <http://www.nwplants.com/information/emag/vol9-2.pdf>

Garry Oak (*Quercus garryana*)



From some natural nuts:

*I think everybody's nuts.*

Johnny Depp

*I've seen a look in dogs' eyes, a quickly vanishing look of amazed contempt, and I am convinced that basically dogs think humans are nuts.*

John Steinbeck

*God often gives nuts to toothless people.*

Matt Groening

*I'm nuts and I know it. But so long as I make 'em laugh, they ain't going to lock me up.*

Red Skelton

*God gives the nuts, but he does not crack them..*

Franz Kafka

*Avoid fruits and nuts. You are what you eat.*

Jim Davis

*I think being a little nuts is helpful.*

Carter Burwell

*I'm crazy, I'm nuts. Just the way my brain works. I'm not normal. I think differently.*

Justin Bieber

Oh dear!



# Maple studies

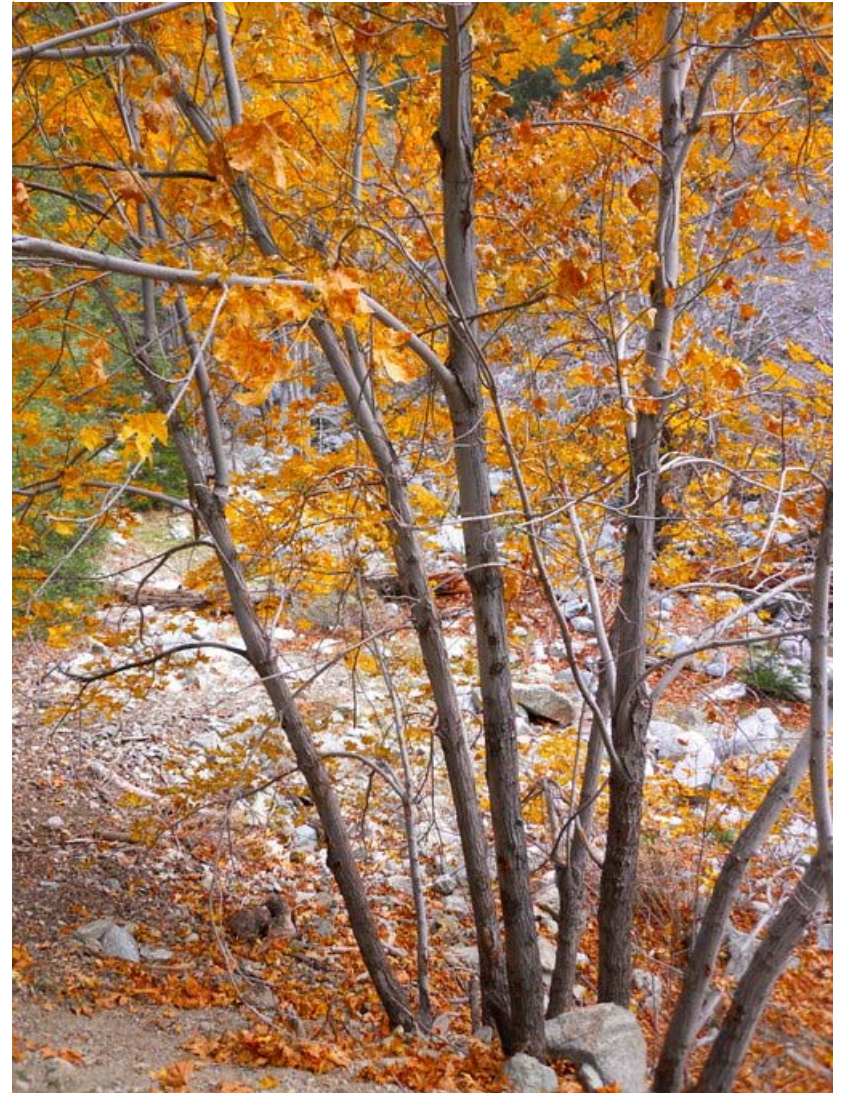
## Appreciating Acers

Maple trees are in the Acer family. There were over 120 native species of maples at a recent count. Here in the Pacific northwest, we've got some doozies but the largest number of maple species is native to China.

The Botanic Gardens Conservation International, "The world's greatest force for plant conservation," put forth a publication titled The Red List of Maples by Douglas Gibbs and Yousheng Chen. The introduction makes plain the globality of this fine family of trees:

*"With a centre of diversity in China, maples range across the northern hemisphere from North America to Japan including much of Europe, the very north of Africa, the Middle East, Central Asia, Himalayas and East Asia. Although it is primarily a temperate group, a few maples grow into the tropics with Acer laurinum being the only maple whose range actually extends into the southern hemisphere."*

*"With a natural distribution across the globe, maples occur in many habitats from the high altitudes of the Himalayas, to the rainforests of South East Asia, to rocky cliffs in the Mediterranean and the edge of swamps in North America. This wide range of habitats and broad geographical distribution has resulted in a diverse group from large majestic trees to small shrubs. Leaf shape and size also varies greatly and ranges from simple 3-lobed leaves to more complex shapes with more than a dozen lobes, or compound leaves with 5-7 leaflets; with some maples being deciduous whilst others are evergreen. Although many maples are known for their autumnal leaf colour, some have distinctive and attractive bark and others also have attractive flowers."*



Big Leaf Maple (*Acer macrophyllum*)  
Photo credit: Daniel Passarini

[⇒ More ⇒](#)



# Maple studies, continued



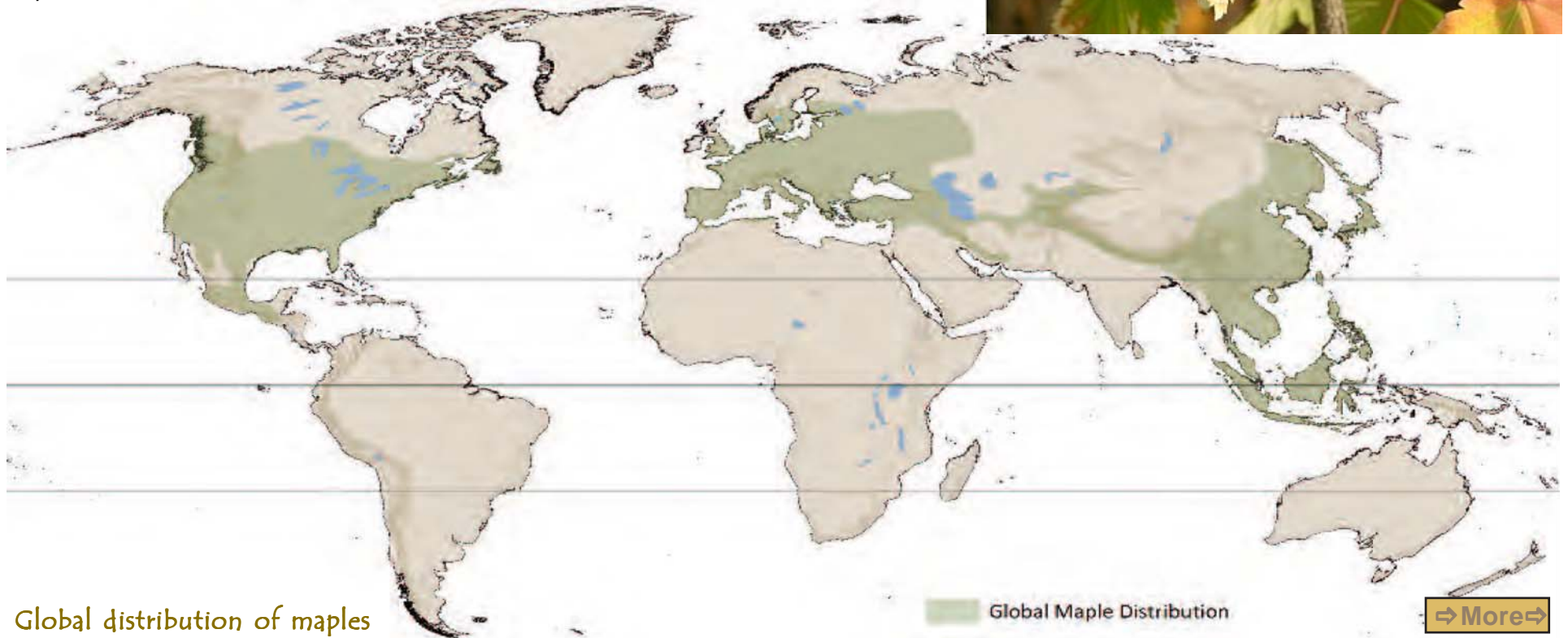
*Acer macrophyllum* (Big-Leaf maple)

[⇒ More ⇒](#)



# Maple studies, continued

*"This diversity of maples, combined with their ease of growth, has long made them extremely popular and highly valued by gardeners around the world. The natural diversity has been further enhanced by the work of horticulturists over the centuries in the production of hundreds of different cultivars particularly within a group of maples referred to as Japanese maples. Acer palmatum forms the richest source of Japanese maple cultivars; other maples have also been used to develop cultivars. Japanese maples are not only famous for the autumn colour, but also for their ability to grow in containers and in particular for use as Bonsai trees."*



Global distribution of maples

# Maple studies, continued



Small maple in a pasture

[⇒ More ⇒](#)



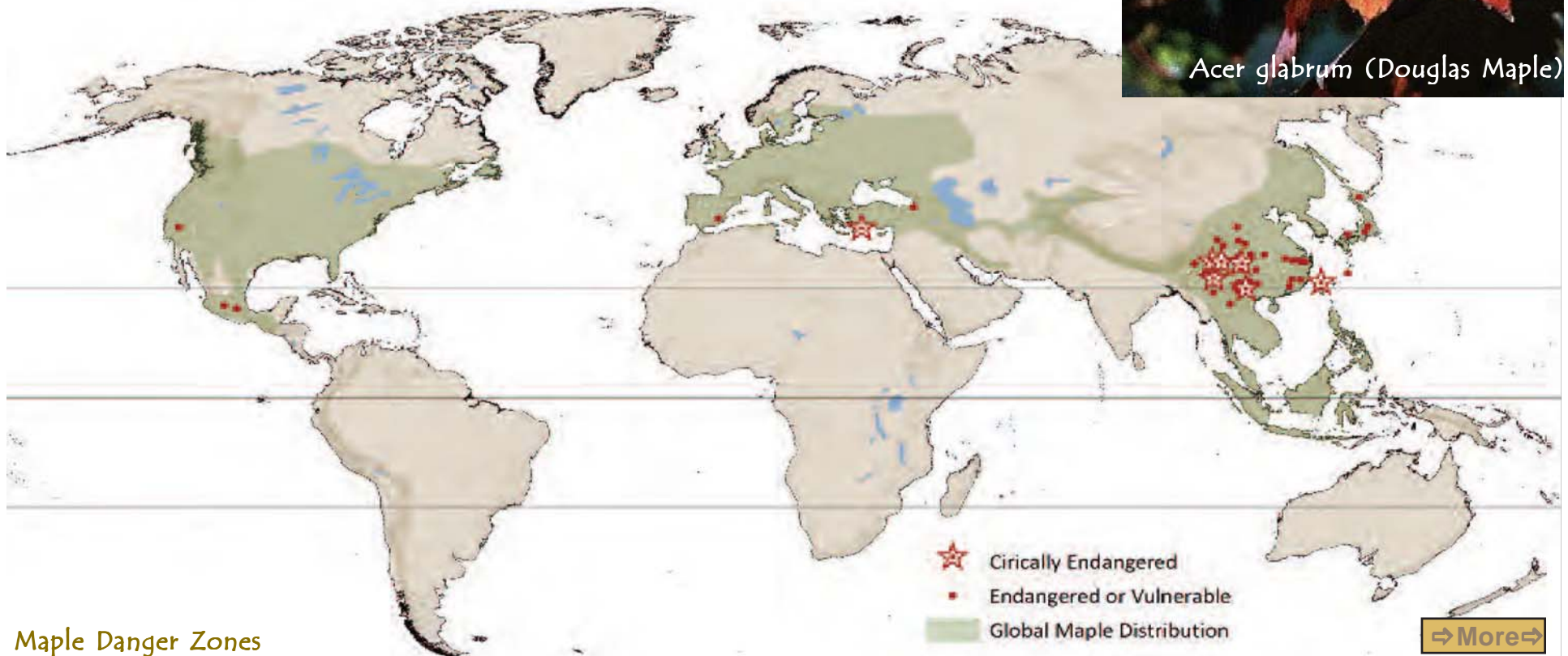
# Maple studies, continued

*"There is no more spectacular sight in the autumn months than the flaming colours of the maple tree; leaves glowing in uniquely vivid shades of saffron, auburn and raspberry. Loved by gardeners for their ease of cultivation – and by many of us for the taste of maple syrup on pancakes – these unique trees are increasingly under threat in the wild.*

*"A recent study led by BGCI has shown that nearly a third of all maple species are under threat of extinction in their native habitats. Of the 191 maple species assessed, 54 are considered at risk today, and a further 29 species are likely to become threatened in the near future."*



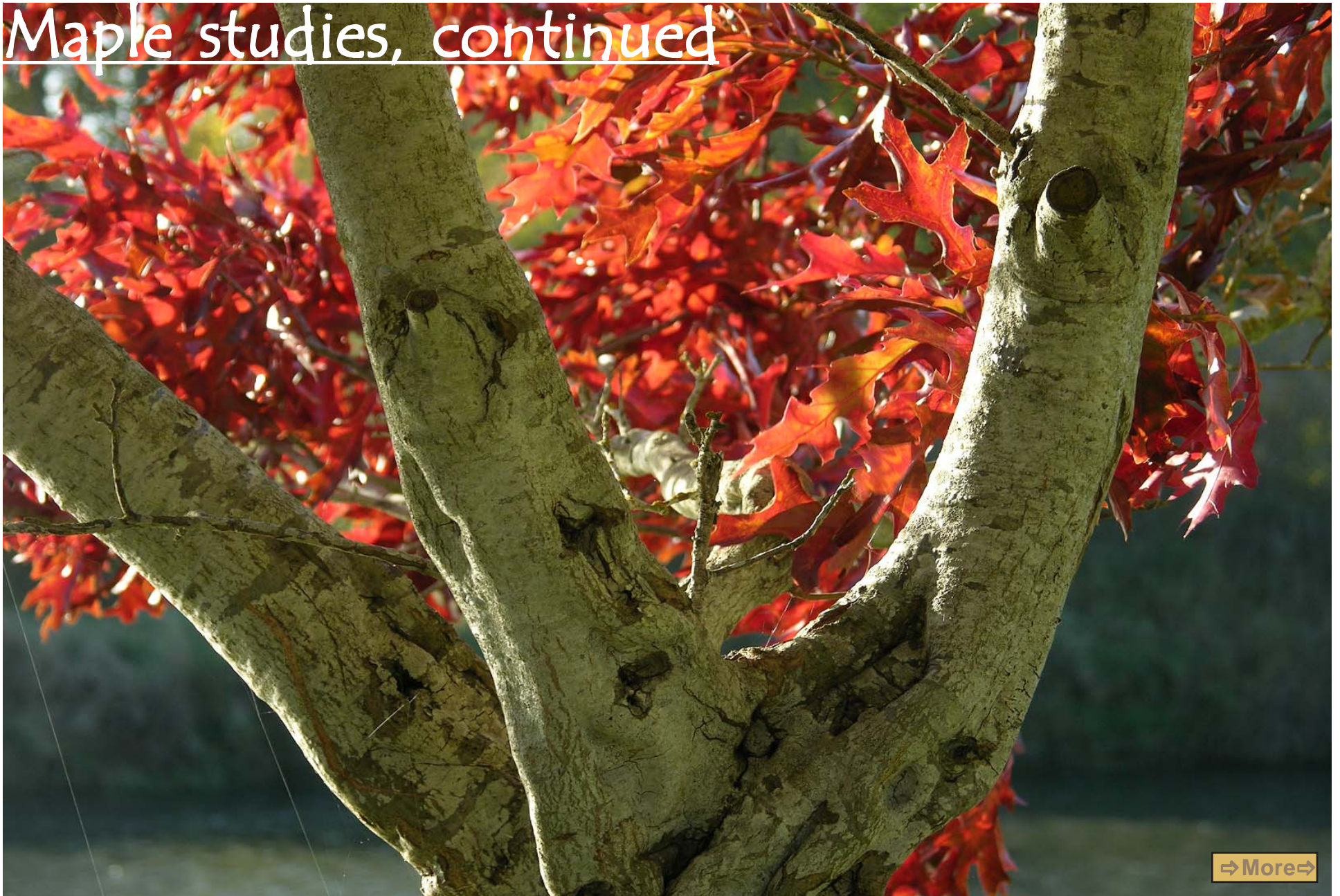
*Acer glabrum* (Douglas Maple)



## Maple Danger Zones



# Maple studies, continued



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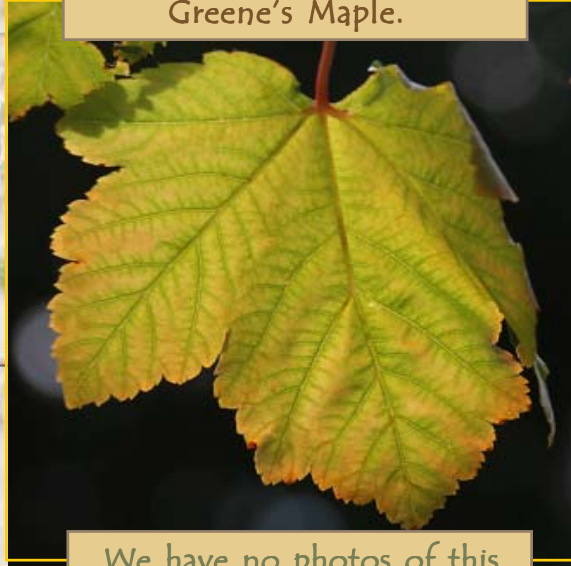


# Maple studies, continued

*"Acer glabrum var. greenei Keller (1942) Acer glabrum var. greenei is considered endemic to the southern Sierra Nevada in California, especially in Tulare County, occurring on moist to fairly dry rocky mountain slopes and in canyons. It is listed as Critically Imperiled (T1T2) by NatureServe and is under threat from wildfires and intrinsic factors such as poor regeneration."*



According to the BGCI's maple red list, the only native maple in jeopardy of losing its footing in its original native habitat is this one, common name Greene's Maple.



We have no photos of this specific tree. The specimen above was labeled *Acer glabrum*. The flower at right is *Acer macrophyllum* (Big Leaf Maple).



[⇒ More ⇒](#)



# Maple studies, continued



Rose hips and maple

[⇒ More ⇒](#)



# Maple studies, continued

The following maples native to the Pacific northwest were evaluated as of least concern:

*Acer circinatum* Pursh (1814)

*Acer glabrum* var. *diffusum* (Greene)

*Acer glabrum* var. *douglasii* (Hook.)

*Acer glabrum* var. *glabrum*

*Acer glabrum* var. *neomexicanum*

*Acer glabrum* var. *torreyi* (Greene)

*Acer grandidentatum* Nutt. (1938)

*Acer macrophyllum* Pursh (1814)

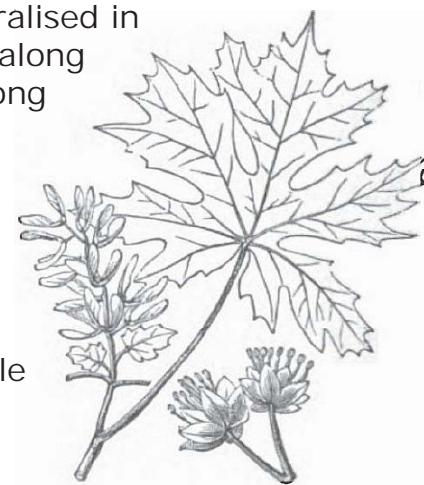
*Acer negundo* subsp. *californicum*

*Acer negundo* subsp. *interius* (Britton)

*Acer negundo* subsp. *negundo* L. (1753) Canada, Guatemala, Mexico, United States of America.

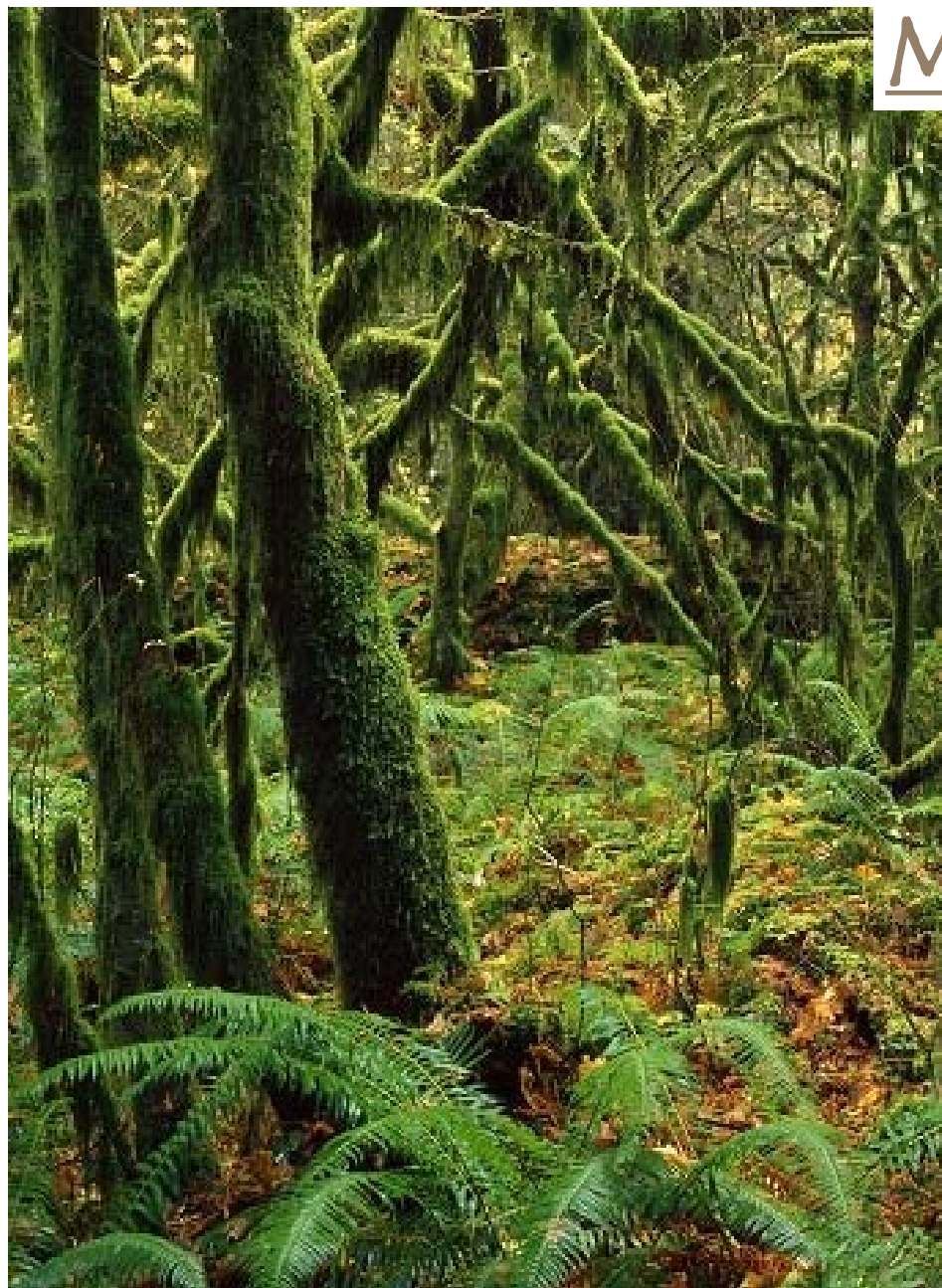
*Acer negundo* has become naturalised in China and invasive in Australia along watercourses, in wet forests, along roadsides and in disturbed sites with moist soil. In its native range, Manitoba Maple or Box Elder is utilised for both its timber and also as a source of maple syrup.

*Acer rubrum* L. (1753) Red Maple (*Acer rubrum*) is widely utilised for its timber.



**Moss Covered Maple Trees at Mount Rainier National Park Washington**

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# Maple studies, continued



Maple with rose hips in autumn

[⇒ More ⇒](#)



# Maple studies, continued



*Acer macrophyllum* (Big-Leaf maple)

[⇒ More ⇒](#)



# Maple studies, continued



Maple morning

⇒ More ⇒



# Maple studies, continued



*Acer grandidentatum* (Big-Tooth maple)  
Photo credit: Scott Catron



# What is a Red List?

## A different concept

The danger of disappearance of a species, or conservation status if you will, whether flora or fauna, can be calculated by two theories:

1. The end of an entity in its native origin (Red List), or
2. The end of an entity in the world.

To be red-listed, the indigenous species or subspecies (taxa) has been evaluated and is considered to be extirpated, endangered, or threatened in the wild in their native locale. There are absolute criteria which must be met for this inclusion, and there are levels of danger assigned to each species or subspecies. This criteria is relevant to all species and all regions of the world.

The conservation status conveys whether or not the species is extant, meaning members are still alive, and the likelihood of the species for extinction in the foreseeable future. How many individuals remain, the overall increase or decrease in these numbers over a period of time, area of geographic distribution, average of successful breeding, and known threats must all be considered and quantified.

After evaluation, the species is assigned to one of nine groups:

Extinct (EX) – No known individuals remaining.

Extinct in the Wild (EW) – Known only to survive in captivity, or as a naturalized population outside its historic range.

Critically Endangered (CR) – Extremely high risk of extinction in the wild.

Endangered (EN) – High risk of extinction in the wild.

Vulnerable (VU) – High risk of endangerment in the wild.

Near Threatened (NT) – Likely to become endangered in the near future.



*Mirabilis macfarlanei*  
(MacFarlane's Four-O-Clock)

Photo credit: Tom Kaye

The primary custodian for this plant in the CPC National Collection of Endangered Plants is Rae Selling Berry Seed Bank & Plant Conservation Program

[⇒ More ⇒](#)



# What is a Red List?, continued



*Dendrobates azureus* (Blue Poison Dart Frog or Okopipi)  
Photo credit: Wildfeuer

Least Concern (LC) – Lowest risk. Does not qualify for a more at risk category. Widespread and abundant taxa are included in this category.

Data Deficient (DD) – Not enough data to make an assessment of its risk of extinction.

Not Evaluated (NE) – Has not yet been evaluated against the criteria.

Species are considered “threatened” if the level is one of three categories: Critically Endangered, Endangered, and Vulnerable.

A species can have a Red List classification as “vulnerable” and at the same time be quite abundant in captivity. An example given is the *Dendrobates azureus* (blue poison dart frog or okopipi which is the Tirio Indian name) of South America. See this froggie’s story at [http://en.wikipedia.org/wiki/Dendrobates\\_azureus](http://en.wikipedia.org/wiki/Dendrobates_azureus).

The Okopipi currently shares a classification with a great many flora and fauna around the world. That is, they are rare in their native habitat but plentiful in captivity.

This is quite a dilemma. When there are only a handful of individuals left in an animal species, is it ok to catch them and store them in a manufactured environment even with the most meticulous care? You’d have to have enough of them so if they should start reproducing they’d not thin out the genes and ruin the species. Or should you build a cage around them in the wild, confining them to what’s left of their native environment for them to live in? Either way the species would become changed to fit their situation.

The same is true of plants, though not as dramatically, which in itself is a danger if the adaptation happens slowly enough it is not remarkable and the original species is again lost.

[⇒ More ⇒](#)

# What is a Red List?, continued



Working together, several organizations around the world determine appropriate placement in their red list databases, with the common goal of conveying the urgency of conservation issues to the public and policy makers, as well as helping the international community to try to reduce species extinction. Some of these organizations:

- Botanic Gardens Conservation International (BGCI)
- Fauna & Flora International (FFI)
- Global Strategy for Plant Conservation (GSPC)
- Global Trees Campaign
- International Union for Conservation of Nature (IUCN)
- Species Survival Commission (SSC)

This simple explanation/description of red listing is by no means complete. It is only an introduction to the concept. Study for yourselves--the only true way of conquering any subject.

You can help! BGCI has, at the time of this writing, a plea for assistance in a current comprehensive survey of conifers. The survey closes October 31, 2012. However, there will be opportunities for input on other studies as time goes by.

See [www.arbnet.org](http://www.arbnet.org) for more information.

FWS staff with two red wolf pups bred in captivity. The red wolf is an endangered species that is currently found in the wild only as experimental populations in Tennessee and North Carolina. These carefully managed wild populations contain approximately 60 animals. The remaining red wolves are located in 31 captive-breeding facilities in the United States. The captive population presently numbers approximately 180 animals.

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# What is a Red List?, continued



Botanic Gardens Conservation International (BGCI), The world's greatest force for plant conservation, [www.bgci.org/usa/](http://www.bgci.org/usa/)

Fauna & Flora International (FFI), A tiger saved, yet lost to the wild, [www.fauna-flora.org/](http://www.fauna-flora.org/)



Global Strategy for Plant Conservation (GSPC), Convention on Biological Diversity, [www.cbd.int/gspc/](http://www.cbd.int/gspc/)

Global Trees Campaign, Working to save the world's threatened tree species, [www.globaltrees.org/](http://www.globaltrees.org/)



International Union for Conservation of Nature (IUCN), Learn what happened at the IUCN World Conservation Congress, [www.iucn.org/](http://www.iucn.org/)

Species Survival Commission (SSC), A science-based network of more than 7,500 volunteer experts from almost every country of the world, all working together towards achieving the vision of, "A world that values and conserves present levels of biodiversity." [www.iucn.org/about/work/programmes/species/who\\_we\\_are/about\\_the\\_species\\_survival\\_commission\\_/](http://www.iucn.org/about/work/programmes/species/who_we_are/about_the_species_survival_commission_/)



# This & That

## Notes from Jennifer

Taking photographs in spring is sweet. The flowers are so beautiful, the air is fresh, the newness of sprouting branches is palpable.

But it's in autumn mornings that the real romance with my camera comes to the fore. The contrast between foggy mist and bright leaf color, the structure of the trees glimpsed through the thinning leaves making the bark visible on close inspection--nature's filmy veil which shrouds the perfection of her work--these moments are what make my photographer's heart sing.

Now that the rain has resumed here in the northwest, rainbows are back. Check it out for yourself: when the sun pops through the rainclouds there will be a rainbow. Happens every time. We know the scientific chemistry that makes a rainbow. Michigan State University's Science Theatre website tells the story like this:

*"Ordinary white light, like that from the sun, is made up of many different colors all of which have a different wavelength. Normally, when we see light from the sun, it appears colorless. However, Isaac Newton discovered in 1666 that when he passed regular sunlight through a prism (basically, a triangular piece of glass), the prism would split the light up into a band of colors."*



"Poplar Driveway"

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# This & That, continued

*"The band of colors is called the spectrum which appears in the order of red, orange, yellow, green, blue, indigo, and violet."*

*"When it rains, the air is filled with raindrops. These raindrops act like a prism. If sunlight passes through the raindrops at the proper angle it is split into its spectrum, which is made up of the colors of the rainbow."*

I love the rain because I know what it is doing for us. It's job is to give moisture to the plants, the animals, the earth we all share. I find great joy in walking through the garden when the rain is on my face. Right this minute, the sun is bright on the still-wet leaves and branches that received this morning's shower. We are very blessed to live in a nice warm house. Mom is preparing a cup of tea, Maggie Mae is lying on the floor right square in the middle of a sunbeam, sound asleep. Her ear twitches at the smallest sound but she has clamped her eyes shut and will not rouse. Stubborn little doggie.



If you're up for an experiment, read the rainbow explanation the students wrote in the Ask Science Theatre internet space ([www.pa.msu.edu/sciencet/ask\\_st/072992.html](http://www.pa.msu.edu/sciencet/ask_st/072992.html)). They suggest making a rainbow right in your own home. Undoubtedly a fun thing to share with kids.

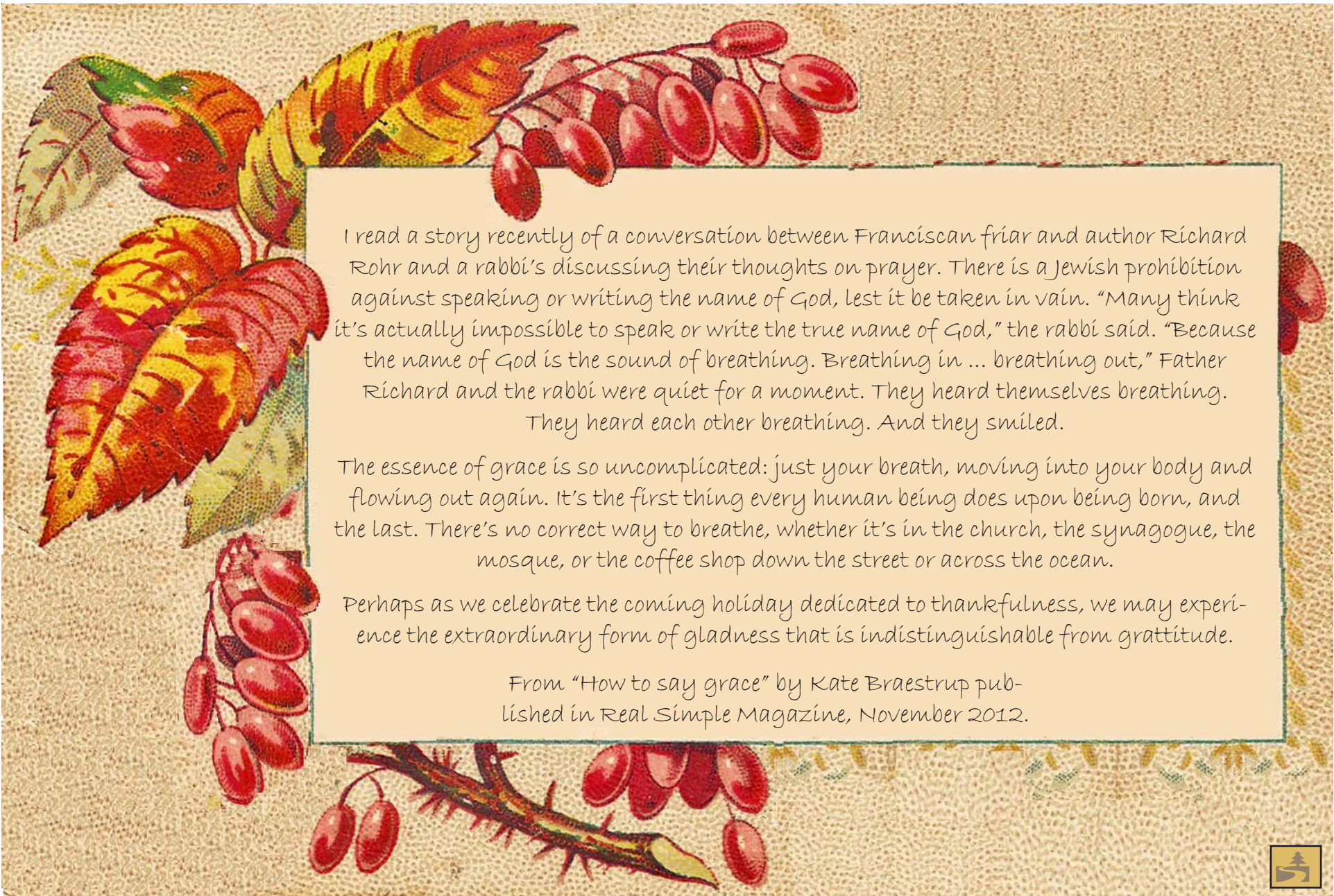
For myself, I'm satisfied with finding the rainbows that liven up the autumn sky all by themselves.

Until next time, good luck and good gardening!

*Jennifer*

*"Foggy Silhouettes"*



The background of the page is a textured, light beige color. On the left side, there are several large, detailed leaves in shades of yellow, orange, and red, suggesting autumn. To the right of the leaves, there are clusters of small, round, red berries or fruits hanging from thin stems. The text is contained within a light beige rectangular box with a thin green border, positioned in the center-right of the page.

I read a story recently of a conversation between Franciscan friar and author Richard Rohr and a rabbi's discussing their thoughts on prayer. There is a Jewish prohibition against speaking or writing the name of God, lest it be taken in vain. "Many think it's actually impossible to speak or write the true name of God," the rabbi said. "Because the name of God is the sound of breathing. Breathing in ... breathing out," Father Richard and the rabbi were quiet for a moment. They heard themselves breathing. They heard each other breathing. And they smiled.

The essence of grace is so uncomplicated: just your breath, moving into your body and flowing out again. It's the first thing every human being does upon being born, and the last. There's no correct way to breathe, whether it's in the church, the synagogue, the mosque, or the coffee shop down the street or across the ocean.

Perhaps as we celebrate the coming holiday dedicated to thankfulness, we may experience the extraordinary form of gladness that is indistinguishable from gratitude.

From "How to say grace" by Kate Braestrup published in Real Simple Magazine, November 2012.

