

Alice

By Brian Quinn

I have to tell you that this month's effort for the Rhexia was not what I had hoped to be discussing with you all, and has been difficult, at best, to write. Ms. Alice Tyler, one of our most active and special members died earlier this month. Her passing not only leaves a huge void for our chapter, but also for our entire community.

Once in a great while you meet someone who wholeheartedly embodies habitat-driven, environmental stewardship and spends much of their life passionately volunteering



for their values. Alice was one of these individuals who volunteered and played key roles in the local Audubon society, Sierra Club, Friends of Nature Parks, and the Native Plant Society. I told the crowd at our last monthly meeting that I would almost always approach Alice before making executive decisions, because she would not strongly state her opinions at our meetings, and I knew that her sage advice was critical to making the right choices. Sometimes a quiet voice in the wilderness is heard – you just have to learn to listen for it.

So many memories of Alice have flooded forth since her death. I heard so many wonderful stories of how she had such a positive influence on those who joined in with her on the countless volunteer projects that she undertook during her life here. Yet, the stories I heard and witnessed about her work with plants, birds, and many other critters have been foremost in my mind. She once spent 2 hours trimming every bit of dead material in three Eastern gamagrass patches in her effort to beautify Carl's Memorial Garden, just prior to its dedication. Those plants were stunning after their custom haircut by someone who cared enough to make it special, and we got to call her Alice Scissorhands for the rest of the morning. I have to make a confession that I loved watching her open bluebird boxes, because she would get an expression like a small child opening a Christmas present. It would either be the lump of coal (wasps, snake, ants, etc.) or she would encounter or the special gift of a viable nest with eggs or hatchlings.

Continued on page 2

Monthly Meeting & Field Trip Info

Meeting: November 17, "Awareness and the Green Undifferentiated Mass: Putting Our Mouth Where Our Money Is", Linda Tyson, see page 4.

Field Trip: November 21, San Felasco State Park, see page 4.

Rhexia Article Submissions

Please! Submit unformatted word documents only. Submit pictures as separate jpg, tiff, or pdf files. Send all article submissions to:
rhexia@gmail.com

Deadline date for January 2010 newsletter submissions is December 19th.

Alice Tyler, continued

In my own little world, I believe for just one heartbeat, one microsecond in time that all of the progeny of the plants and birds that she helped in her lifetime stopped for a moment and paid tribute to their caretaker as she passed from this mortal coil. I think that Alice would have enjoyed that honor more than any that her human friends could conjure. Miss Alice, we loved you dearly and now miss you deeply. You made our lives better by quietly teaching us the value of giving your heart and your time to the tenets about which you felt strongly. In essence, you made us better people. Goodbye Alice – may your plants always be in bloom, your bird boxes full of young ones, and may the wind be at your back.

A memorial service will be held for Ms. Alice Tyler on Sunday November 15 from 2-6 pm at Kanapaha Botanical Gardens. There will be speakers outlining stories of Alice,



pictures, and refreshments. We will be working together with the Sierra Club and Alachua Audubon to host this event for a wonderful lady. Please bring your memories, stories and pictures of Alice to share with others. ☪

A Native Thanksgiving Feast

By Claudia Larsen

At our house we pretty much have the same menu year after year at Thanksgiving – tradition rules and new offerings of strange salads or dietary desserts are scoffed at in lieu of our favorite carbohydrates, pies and gravy that smothers everything. But its fun to think about earlier Floridians and American pioneers and their options for Fall food and I'm offering a few recipes to any of you who wish to grace your table with locally harvested native plant fare. Here's a complete meal for you!

Recipes:

Pine Soup:

A handful of pine needles, or 1/4 cup fresh chopped needles steeped in boiling water for 10 to 15 minutes provide 100% of the vitamin C. Pine soup tastes like the pine forest smells, or add a squeeze of lemon and a little honey to liven it up a bit.

Pawpaw Custard Pie:

1 c. milk, 1c cream, 3 eggs, 3/4c sugar, 1c pureed pawpaw pulp. Mix ingredients and beat together. Pour in pishell and bake 15 minutes at 450F reduce to 325F and cook additional 40 minutes until firm.

Sunflower Coffee:

Sunflower coffee can be made with the flower seeds of various *Helianthus* species. Dry seedheads indoors, break apart and crack open with rolling pin, place in water to separate seeds from hulls which float. Roast seeds in a 300F oven. Then steep in boiling water to make coffee.

Pine Needle Tea:

Think of it as a herbal tea. A handful of pine needles, or 1/4 cup fresh chopped needles steeped in boiling water for 10 to 15 minutes provide 100% of the U.S.R.D.A. of vitamin C. Pine soup (or tea) tastes like the pine forest smells, or add a squeeze of lemon and a little honey to liven it up a bit. (Pine needles contain 5x the vitamin C found in lemons)

Resources:

1. Deuerling, R and Lantz, P., Florida's Incredible Wild Edibles
2. Phillips, J. Wild Edibles of Missouri
3. www.pawpaw.kysu.edu/pawpaw/recipes.htm





A Native Thanksgiving Feast

By Claudia Larsen

Appetizers

Beechnuts (*Fagus grandiflora*)

Black walnuts (*Juglans nigra*)

Mulberries (*Morus rubra*)

Blackberries (*Rubus hispidus*)

Soups & Salads

Assorted leafy greens

Wild onion soup

Pine Soup

MAM COURSE

Turkey, ham and fish spiced with peppergrass (*Lepidium virginicum*) and wild onions (*Allium spp*)

Spud-stitutes: Instead of potatoes you can boil, sautee or roast or mash root tubers of the following native plants: Arrowhead or Duck potato (*Sagittaria sp*), Groundnut (*Apios americana*), and Stinging nettles (*Cnidioscolus stimulosus*). (If tubers are fibrous you can strain them through a food mill before serving).

Vege-like: Gather unopened buds of white Water Lily (*Nymphaea odorata*) on 3-inch stems.

(Cook 2-3 minutes in boiling water and serve with butter).

Boiled greenbriar shoots (*Smilax sp*) served in butter.

Baked vetch pods (*Vicia sp*)

Boiled fern fiddleheads

Yummy Desserts

Mulberry pie (*Morus rubra*)

Huckleberry pie (*Vaccinium sp*)

Dried Persimmons (*Diospyros virginiana*)

Pawpaw Custard Pie

Bread and rolls made with flour from roots of Solomons seal (*Polygonatum sp*), Coontie (*Zamia sp*) and oak acorns (*Quercus sp*)

Drinks: Greenbriar punch (*Smilax rotundifolia*),

Wild mint leaf tea (*Monarda punctata*)

2009 Calendar of Events

Please check the Paynes Prairie chapter page at www.FNPS.org for most current information and directions to field trips. All 2009 meetings will be held at the United Church of Gainesville, 1624 NW 5th Ave, Gainesville, 7:00-8:30pm. The plant ID workshop prior to the meeting begins at 6:15.

- November 3** Fall Chapter Planning Meeting
November 17 "Awareness and the Green Undifferentiated Mass: Putting Our Mouth Where Our Money Is" Linda Tyson, Professor, Santa Fe College
November 21 San Felasco State Park (tentative)
December No Meeting or Rhexia, **see you in 2010!**



**Happy Holidays
and
Happy New Year!**

Spring chapter program meetings will be January-May, 2010. Mark your calendars for the third Tuesday and third Saturday each month to attend our upcoming spring programs and field trips!

November 21, 2009 Field Trip Information: San Felasco State Park

This month's field trip will meet at the north end of San Felasco State Park in Progress Park, just outside Alachua on U.S. 441. Mike Meisenburg will be leading it and he is an excellent birder so bring binoculars. Expect to see the most southern stand of white oak, basswood, and Florida maple. We will meet in the parking area at 8:30. There is a small fee to pay when you park. **Directions:** Take I-75 to U.S. 441 (Exit 399 - Old Exit 78). Drive south 2.8 miles (through the city of Alachua) and turn right onto Progress Blvd. Drive 0.7 miles to the park entrance. Continue past the end of the pavement and onto the grade road. If you are coming from Gainesville or points south, Progress Blvd. is between the Gainesville and Alachua city limits, and you will take a left off of U.S. 4441 instead of a right. For more information, please contact Mike at 352-495-1791.

November 17, 2009 Chapter Meeting

Speaker Information: Linda Tyson

How can we increase the view of the value of native plants among civilians? (Those not already in the Native Plant Salvation Army?) How can we get them to act on that information? Where should we focus our efforts? How can we know if we're getting somewhere? Have you heard all this before? Please come with your own ideas about things that have worked and things that haven't and some new creative thoughts about what has yet to be tried....I have a few to share as well....How can this work?

About Linda Tyson:

- 5th generation Floridian (I've been here so long I can remember when there was no good reason to go to Orlando)
- Graduated from Manatee Jr. College, New College (Environmental Studies and Pyroecology), L.S.U. (Botany and Marine Science) and a Ph.D. candidate in Environmental Engineering at UF
- Academic research includes Control burning at Myakka River State Park, Ecology of Brazilian Pepper in Saline Communities of Everglades National Park, and Predicting exotic plant invasions of Everglades National Park
- Scientist/program coordinator at Mote Marine Laboratory, National Park Service, Florida State Park Service, Florida Institute of Oceanography
- Teaching college students for the best part of 25 years
- Past active member of the Florida Exotic Pest Plant Council, National Exotic Pest Plant Council, Florida Academy of Sciences

Fall Native Plant Sale Report

By Lisa Jelks

The Fall Native Plant Sale at Morningside Nature Center was another big success for our chapter and Friends of Nature Parks. Morningside was ablaze with its fall wildflowers, and although the crowds were thinner than last year there was still a steady stream of customers and plant lovers. Our members were kept busy answering questions and providing one-on-one plant purchasing advice. We have become known as the place to go to identify plants and give landscaping guidance. And everyone appreciates the efforts we go to to ensure our vendors are selling plants native to our area. This Fall we had two new vendors, one of which was selling pitcher plants and other wetland plants. A very special thank you to all our volunteers: Joe Durando, Susan Griswold, Howard Jelks, Laura NeSmith, Brian Quinn, Bill Russell, Goldie Schwartz, Erick Smith, Jennifer Staiger, and Ellen Thoms.

Upcoming Events of Interest

NWTF Regional Program Operation Oak 2009-10

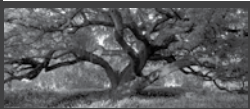
The National Wild Turkey Federation's Operation Oak program is dedicated to restoring and creating oak habitat throughout the southeast. Last year alone, this program provided over 14,000 oak trees for planting on private lands throughout Florida. The NWTF has once again shown its commitment to this program in Florida and will have 14,100 trees available to private landowners, including white oak, live oak, swamp chestnut oak, and cherry bark oak. All trees will be shipped to pre-determined, centralized locations within the panhandle and peninsular, FL for pick up in February 2010. A minimum request of 100 trees will be required per species, and landowners interested in participating in this FREE program must be or become a member of the National Wild Turkey Federation. The NWTF will send a letter to all interested landowners along with an application for completion, and completed applications must be received no later than December 1, 2009 to be considered for the program. If you are interested in participating in this program for 2009-10, please contact Mr. Brian M. Zielinski, NWTF Regional Biologist, @ 386-804-6691 or via email: bzielinski@nwtf.net to receive the Operation Oak program materials. Thank You !



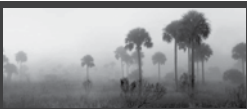
Reminder!!! Carl's Garden maintenance on will happen on Saturday December 5th at 8:30am.

Looking for a 'Green' Holiday Gift?

The Tree Note Cards have been produced as a fundraising effort by the Florida Urban Forestry Council, a non-profit, educational and advocacy organization in cooperation with the Florida Division of Forestry. Note Card sets contain 12 cards with four each of three panoramic photographs donated by artist Steve Vaughn. Purchase and use of these unique and beautiful cards supports the Council's efforts and commitment to plant and save Florida's urban forests for future generations.



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Paynes Prairie Chapter of the Florida Native Plant Society

See our Web page at: www.fnps.org



The purpose of the Florida Native Plant Society is the preservation, conservation, and restoration of the native plants and native plant communities of Florida.

The Rhexia is published monthly
September - November and January - May.

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October's Meeting Plant ID Workshop

By Paul Cohen

<i>Cinnamomum camphora</i>	Camphor Tree	Lauraceae	Non-native
<i>Vaccinium arboreum</i>	Sparkleberry, Farkleberry	Ericaceae	Native
<i>Chamaesyce hirta</i>	Pillpod Sandmat	Euphorbiaceae	Native
<i>Diospyros virginiana</i>	Persimmon	Ebenaceae	Native
<i>Solidago canadensis</i>	Canada Goldenrod	Asteraceae	Native
<i>Solanum americanum</i>	American Black Nightshade	Solanaceae	Native
<i>Koeleruteria elegans</i>	Flamegold	Sapindaceae	Non-native
<i>Eryngium aquaticum</i>	Rattlesnakemaster	Apiaceae	Native
<i>Clematis catesbyana</i>	Satincurls	Ranunculaceae	Native

The plant ID workshop is intended for education and is not a plant ID service. Patti Anderson and Richard Weaver of the Department of Plant Industry confirmed identification of *Chamaesyce hirta* and *Solidago canadensis*. Nomenclature derived from Wunderlin, R. P., and B. F. Hansen. 2008. Atlas of Florida Vascular Plants (<http://florida.plantatlas.usf.edu>). On behalf of FNPS I thank all those who participated. 🌀

October Chapter Report

By Claudia Larsen

Our speaker for October, Tim Keyser, shared his story of retrofitting his house in Interlachen with Solar power. Although this program was a bit of a stretch from the native plant theme, I have never seen our group so full of questions and comments – I think we all wish we could get off the grid and have reliable clean power. Tim reassured us that improvements are being made every year and also the number of solar contractors in this area is increasing, so perhaps costs will be reduced and incentives increased. He was also very complimentary to FNPS and stated that he has seen many changes in environmental decision making and projects in Florida over 20 years as a direct result of this group's efforts across the state.



On the Saturday field trip to Interlachen Tim showed us the 1000 Trees Project which he spear-headed. In the historic part of town he has converted a wide 2-mile long median from over-mown grass to a strip of densely planted native trees and shrubs that were donated by various nurseries and organizations.

His beautiful 45 acre property borders Lake Ina and contains both hardwood bay hammock and pine flatwoods with palmetto understory. He showed his solar equipment to those who had missed his talk. Then we easily walked a wide firebreak looking at different plants before enjoying a home-made vegan brunch – you never know what you're going to miss if you don't come to field trips! 🌀

Native Plant & Service Directory is Online

For the first time ever, AFNN is publishing its annual Native Plant & Service Directory online as well as in print. Online publishing provides us with many benefits, including wider distribution of our information, reduced use of paper, reduced printing & postage costs, and hot links for advertisers and reference materials. Please try out the 2009-2010 directory online at: <http://www.magazinevolume.com/6236CD>. There is a Florida map which helps locate nurseries. Although many nurseries are commercial sales only, the guide is still a valuable asset with its list of plants that are available from nurseries around the state. Bookmark the link and pass it on to others in your email and post on your blogs, websites, facebook pages and tweets! Help us get native plant availability and usage info out to an even wider audience! 🌀



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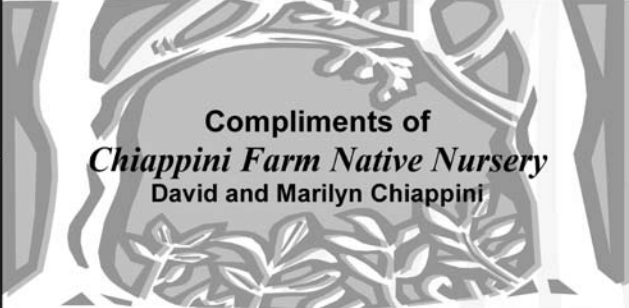
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FNPS Members! Here is a way to fund raise for the Florida Native Plant Society: If you or someone you know is a state employee, the Florida State Employees' Charitable Campaign (FSECC) will be contacting you to request that you sign up. So that you know, there is an option to choose the Florida Native Plant Society as your charitable organization choice.

Would you like to see the Rhexia in color?
 There are two ways: you can receive the Rhexia digitally, or you can view the current issue at: <http://www.fnps.org/pages/chapters/chapterpg.php>. To receive the digital version of the Rhexia, please contact Goldie Schwartz, who manages the member's list for our FNPS chapter, at: afn49@mindspring.com.

Advertisements are now being accepted for the Rhexia newsletter! If you would like to support the Paynes Prairie chapter please send a business card size ad to Erick Smith at urbanforester@gmail.com. The ads cost \$100 and run from October 2008 to September 2009.

2010 is the 30th Anniversary of FNPS! FNPS Executive Director, Karina Veaudry is compiling historical data that she will put in a powerpoint presentation for the 2010 conference and then copy to all chapters. Please send any historical chapter information or significant projects to her. Karina is also looking for pictures of chapter events. She needs all information sent to executivedirector@fnps.org or call (321) 388-4781 by January 15, 2010 (the earlier the better though).

Florida Native Plant Society
Paynes Prairie Chapter
Post Office Box 110670
Gainesville, FL 32611

Next Meeting
Tuesday, November 17th
7:00 p.m.
(Plant ID Workshop at 6:15)
United Church of Gainesville
1624 NW 5th Ave.
Gainesville, FL

FNPS Paynes Prairie Chapter Meetings
are held the 3rd Tuesday of the month
September - November and January - May
7:00 p.m., The United Church of Gainesville
1624 NW 5th Ave., Gainesville
Plant ID workshops precede each meeting
and start at 6:15 p.m.

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