



Paynes Prairie Chapter  
Florida Native Plant Society  
September 2011

Fall Native Plant Sale  
October 7, members only  
4:30-6:30 PM  
October 8, general public  
8:30 - 12:30 PM  
Morningside Nature  
Center  
3540 E University Ave.  
Gainesville , FL 32641

**Monthly Chapter  
Meeting and Field Trip  
Information**

**Chapter Meeting,  
September 20, 2011**

**Craig Huegel  
Natives for Wildlife  
See page 2**

**Field Trip  
September 24, 2011  
Longleaf Flatwood  
Reserve  
See page 5**

**The Importance of Keeping Our Green Capital**

**Joni Ellis, VP Paynes Prairie Chapter**

Recent economic desperation has set the world off its axis, I am sure. It has caused some political leaders to think of some of the most absurd ideas since we thought the world was flat. Due to a lack of scientific understanding, especially biology, many people do not understand the importance of land as a biological service. There is a trend across the country, from national to municipality, to propose selling “dormant” public lands to garner the cash for short-term financial solutions. An investor would never sell the capital that provides income. But that is what some political leaders want to do. The selling of public lands set aside for conservation in perpetuity is NOT the answer.

Conservation lands are like the capital, and we depend on the earnings; filtration of our water and air, storage of flood waters, and habitat for resident and migratory wildlife. Not to mention the spiritual and health-restoring aspects of walking in a natural area. Selling the capital removes the potential for earnings, and there will be no income to sustain us. We all suffer the consequences of these decisions.

Locally a private citizen has expressed a desire to purchase a section of a city greenway adjacent to his property. The city has been restoring the greenway, removing exotic plants and making improvements for public access since its purchase in 1993. Hopefully, city commissioners will deny this request and show their understanding of the value of public green space. In the heart of town, this little oasis provides refuge for city residents and wildlife alike.

Personally, I think having urban green space is essential. Urban green space allows children a chance to get away from “screens” and learn from interacting with nature in a real life laboratory—right in town. Such nearby green spaces allow us all a quiet place for reflection, encountering the

surprises only a natural area can provide. Being conveniently located among neighborhoods makes this greenway accessible place to get away from the busy life our society seems to require these days. I think of it as an after school educational program, independent study of sorts. Watching a damselfly lay eggs on the water, or the behavior of a woodpecker excavating a cavity in a snag. These are essential experiences that move us emotionally so that we can connect with nature, care about it, and act for its preservation.

I joined the Native Plant Society because I know that native plants are essential to the survival of Florida’s ecosystems that support the wildlife I love; even when they eat my heritage turkeys. My husband and I have committed 75 percent of our 20 acres to wildlife habitat and the remaining 25 percent to grow and raise our own food. We understand that compromises have to be made in this situation. Sometimes you give up your best bird and sometimes the coyote has to relocate its favorite den. We all give and take. But in the end we must have a balance where we can all survive with a quality life. Decisions must be based on population dynamics and what is best for whole living system, not own individual desires.

Each of us must come to terms with what we are willing to give up in hard times. How we can cut back, where we can do without. “Live simply so others may simply live” comes to mind as our ever increasing population stresses the world we inhabit. I do my best to live by this and still I know I live better than many in the world. If there is only one thing you can do, then do this: let your leaders know that you value our natural capital and do not want it sold off. It is the only future we have.

## Landscaping for Wildlife Habitat

This Month's chapter meeting speaker is Craig Huegel. Craig's message is a valuable one and he will be speaking at our September meeting to share ideas for landscaping your yard..

Although his is a conclusion **many** of us have reached, it is still important to share the message. This "Conclusion" is being reprinted from Craig Huegel's book "Native Plant Landscaping for Florida Wildlife." Submitted by Claudia Larsen.

"Far, far too many landscapes are simply spaces to put a house. We dress up the spaces to show off our homes and to advertise that we are good citizens. We pour in huge amounts of energy and money and receive very little in return. The dollars we spend to water and fertilize conventional lawns ultimately end up as yard waste, then we spend even more for someone to cart it off. Our yards are not a source of joy or a place to explore, but a tiring carousel of never-ending work for no good purpose.

Thankfully, more and more of us are seeking ways to reconnect with the natural world. We have a deep-seated fascination with it and a desire to have it accessible.

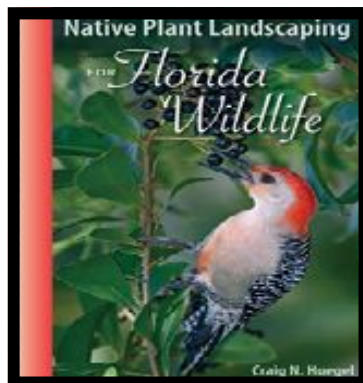
I believe we are at a remarkable and exciting tipping point that calls for revolutionary change in our approach to landscaping. As we sit in the comfort of our air-conditioned homes, admiring the world of nature on television and looking out the window to gauge whether we need to turn on the watering system or break out the mower, wildlife in Florida and elsewhere continue to decline at alarming rates.

Though we care about this problem, we have looked to others to fix it. We have not made it personal. It has not been our responsibility—but the problem is us and ours to fix. Homeowners in Florida are land managers of some of the most significant

swaths of potential wildlife habitat in the nation. Habitat loss resulting from clearing of natural lands is within our scope of influence. It is something we can affect. While some wildlife will never adapt to developed landscapes, far too many species have declined needlessly. Though we have set aside millions of acres of Florida's wild lands for wildlife, it has not been enough to restore the habitat we unnecessarily lost through an unenlightening approach to urban landscaping—and it will never be enough to repair the connectivity we have lost by carving the state into developed and undeveloped fragments.

We plant our yards. That is not the problem. The problem is that we have not planted them for any ecological purpose. It is my fervent hope that we will lose this lethargy, seize this moment in time, and accept the responsibility to repair the damage—one yard at a time. We can make our landscapes better wildlife habitat and, by doing so, stave off some of the impacts of urban development. At the same time we will make the areas where we live and work better habitats for ourselves, too. Instead of loading the family into the car for a trip to a local nature park, we might grab our binoculars and cameras for a safari in our own yard. There is no reason this can't happen and no reason it shouldn't. My friends Christina Evans and Stan Czapliski have documented more songbirds in their home landscape than the local Audubon Society has in any of our nearby parks—and they're just beginning.

At times we appear conditioned to accept the status quo and powerless to effect change. The tasks ahead are monumental, and it is easy to see why so many want to wish it away with inaction. Despite the ecological challenges, we can make significant differences by taking one small step forward and reconnecting our yards to nature. In doing so, we may discover ourselves as surely as we discover the wildlife that will eventually appear. **Happy gardening and best wishes."**



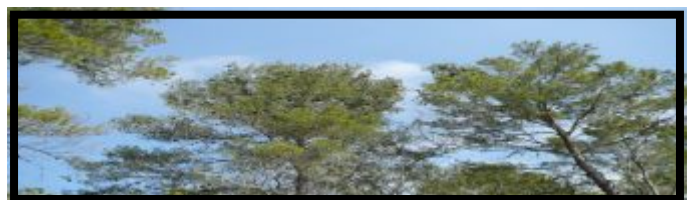
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## Visiting a Wildlife Habitat

Choctawhatchee Sand Pine  
by Paula Russo

Choctawhatchee sand pine occurs only in northwest Florida, extreme southeastern Alabama, and a couple of spots in extreme south Georgia. It is able to grow in excessively well-drained, open, hot, deep sandy habitats. Unlike other sand pines' cones, which are dependent on fire exposure to open, the Choctawhatchee cones open when mature and the seeds are spread by wind. Wild turkey, bobwhite quail, fox squirrel, gray squirrel, and mourning dove are some of the animals that rely on these seeds for food.

One great place to see these pines is at **Camp Helen State Park** in Panama City Beach. Here there is an easily accessed paved trail with shaded benches. It winds along Lake Powell and out into a Choctawhatchee sand pine forest eventually turning into a natural deep sandy path that will fill your shoes in no time at all.



## From My Herbal Notebook

Discovering the Edible and Medicinal Plants of Florida

Wild Florida Tea  
By E. K. Sommer

Look around this time of year for the lovely stalks of Bee Balm (*Monarda punctata*) that attract the intense attention of their insect namesake. Stretching high over the summer weeds, this aromatic perennial has dusty purple bracts that are often mistaken for the flowers. The yellowish tubular, two lipped flowers are dotted with purple and actually form in tufted whorls around the stem. You can find *M. punctata*, often called “horsemint,” in disturbed fields, near woodland edges, and along roadsides. You may be most familiar with a cousin of *M. punctata*, *M. fistulosa*, or wild bergamot, which is not native to Florida, but may be found growing in gardens to attract butterflies.



Colonial settlers used bee balm as a substitute for tea. During World War I, when commercial thyme fields were destroyed in Europe, *Monarda* was cultivated in the United States as source of thymol, which had numerous medicinal uses including as a vermifuge, digestive aid, carminative, and antiseptic. Natural thymol was also used to flavor soft drinks, but synthetic thymol has long since replaced natural sources.



Native American people, including the Creek, Chickasaw, and Osage, recognized the plant’s strong antiseptic action and used poultices for skin infections and minor wounds. A tea made from the plant was also used to treat mouth and throat infections caused by dental caries and gingivitis as well as many other ailments including pain relief and fevers.

The most common use today is in response to bronchial conditions and mild colds and flu symptoms. The minty leaves are also used to add “zip” to conventional tea or in cooking to flavor soups, salads, vegetables, or meat. Choose the young leaves as they will be

more tender and flavorful. Some people simply enjoy the aromatic flavor of the tea. And as with many native edible plants, you can make jelly, wine, or herbal vinegar.

And remember to positively identify a plant before harvesting for food or drink. If you are unfamiliar with the plant or unsure of identification, bring a sample of your plant to the plant identification sessions that are scheduled before each monthly meeting of the Paynes Prairie FNPS chapter.

### To Learn More

- Angier, B. 1974, 2008. Field Guide to Edible Wild Plants. Revisions by David K. Foster. Mechanicsburg, PA: Stackpole Books.
- Austin, D. 2004. Florida Ethnobotany. Boca Raton, FL: CRC Press.
- Foster, S. and Duke, J. 1990. Eastern/Central Medicinal Plants. New York: Houghton-Mifflin.
- Morton, J. F. 1974. Folk Remedies of the Low Country.

### Notes of Interest

From State FNPS Board of Directors Meeting 5/19/11

By our Chapter Representative  
Sandi Saurers

- Added new Chapters—Callicarpa and University of Florida
- Fund-raising trip to Nicaragua—Sold Out 18 people signed up. 4 are on waiting list. If 4 more want to go, another trip will be planned.
- Would like to see more traffic and merchandise for our online store.
- Education Committee is developing a Native Plant Owner’s Manual, that will be very detailed with information on each plant. This will then be available to Chapters to sell or hand out at meetings and events.
- State membership listed at 2,900 but actual members are probably more because a lot of memberships are in the family category.
- **AND PAYNES PRAIRIE CHAPTER WON CHAPTER AWARD FOR EXCELLENCE!**

## Fall 2011 Calendar of Events

Please check the Paynes Prairie chapter page at [www.FNPS.org](http://www.FNPS.org) for most current information and directions to field trips. All 2011 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

<b>September 20</b>	<b>Meeting: Craig Huegel Natives for Wildlife</b>
<b>September 24</b>	<b>Field Trip: Longleaf Flatwood</b>
<b>October 18</b>	<b>Meeting: Barton Wilder Master Naturalist Program</b>
<b>October 22</b>	<b>Field Trip: TBD</b>
<b>November 15</b>	<b>Meeting: Jaret Daniels Pollinators &amp; Their Relationship To Native Plants</b>
<b>November 19</b>	<b>Field Trip: Watermelon Pond</b>

### Get Ready for the Fall Native Plant Sale

The Fall Native Plant Sale at Morningside Nature Center is scheduled for October 7<sup>th</sup> and 8<sup>th</sup>. This fundraising event for Friends of Nature Parks (FoNP) is also co-sponsored by the City of Gainesville's Nature Operations Division. Friday night is exclusively for FNPS and FoNP members and provides the first opportunity to choose your favorite plants. Check-in begins at 4:30 and the sale ends at 6:30. On Saturday the sale is open to the public and runs from 8:30 am until 12:30 pm. We expect to see a few new plant vendors this Fall.

We will once again be serenaded by Leo Nico while we shop on Saturday, and coffee and pastries will be available for purchase from Terra Nova Catering. A guided nature walk around Morningside will begin at 11:30 and will provide a chance to view our many native wildflowers in their natural habitat. FNPS members will once again be dispensing plant advice and providing personalized customer service for those in need of some landscaping help. An added perk to shopping at the FNPS plant sale is park-a-plant, which offers hands-free plant purchasing and one-stop loading.

Remember, only cash and checks are accepted. Anyone interested in volunteering at the check-in table Friday night or our booth on Saturday, may contact Lisa Jelks at [jelkslg@ufl.edu](mailto:jelkslg@ufl.edu) or call 373-3028.

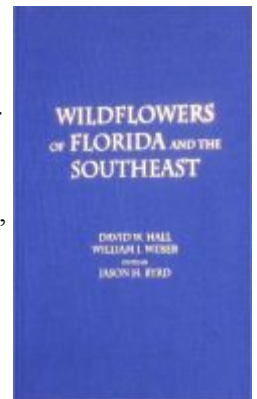


## WILDFLOWERS OF FLORIDA AND THE SOUTH-EAST

David W. Hall, Ph.D. & William J. Weber, D.V.M.

Edited by  
Jason H. Byrd, Ph.D.

This regional wildflower book is 819 pages, and features full color photographs throughout. The plants are arranged by color, and each plant species featured contains at least one photograph of the plant and a concise description of the season of flowering, geographic range, leaf shape and type. Scientific names are listed along with the most frequently used common names known to the authors. A short discussion following each plant describes the uses and/or associated problems, such as weediness. Some species of wildflowers can have more than one flower color. Unusually, this treatment sometimes shows more than the one color, each in its respective section. The text was written by Dr. David Hall and is the culmination of a life effort by Dr. William Weber, a well known wildlife photographer.



Dr. Weber, later in life, as he was pursuing his avocation of wildlife photography was attracted to the many wildflowers around him. As he learned to photograph the flowers and plants, he found that the identification of these plants was more difficult than that of the wildlife. He formed a collaboration with Dr. Hall who, for several years, ran the Plant Identification and Information Services at the University of Florida. The culmination of this thirty year effort is this regional wildflower treatment. Other than the few endemics (those species that only occur in Florida) most of these plants spread beyond the Florida borders. Many of the featured plants occur through the Gulf and Eastern Coastal Plains, particularly from North Carolina west into eastern Texas. Also, many species occurring in the southern peninsula of Florida extend their ranges into the Caribbean.

The flowers of numerous species in this treatment are showy or even spectacular. Conversely, many of the species have tiny flowers that will evade the notice of anyone not specifically looking for them. Most plants in this treatment are widespread, but some are quite rare. Plants listed as threatened or endangered by either Florida or both Florida and the U.S. government can not be harvested, moved, or propagation materials taken without a permit. There is no restriction on photography or the simple enjoyment of seeing the flowers.

Flowering can vary greatly, even within a season. We are lucky in that the gentle climate of most of peninsula Florida allows us to find some wildflowers in bloom in all seasons.

Ordering information:

Make checks payable to: D.W. Hall

Mail payment to:

Wildflower Book

8135 Meadowlark Court

Melrose, FL 32666

Price: \$40.00

Shipping and Handling: \$8.00 USPS Media mail.

Or, \$18.95 USPS Priority Mail

Credit Card Payments can be made via [www.amazon.com](http://www.amazon.com) by searching for the ISBN/EAN number: 978-0-615-39502-9

## Longleaf Flatwood Reserve Field Trip

**Saturday, September 24 8:30—11:30**

**Trip Leader Robert Freese 386-972-4489**

**Meet at Parking area West side of County**

**Road 325, located two miles South of State**

**Route 20 between Gainesville and Hawthorne**

### See Map Page 6

Longleaf Flatwoods Reserve is a 1,388 acre property jointly owned by the St Johns Water Management District and Alachua County.

It is a diverse area of intact natural communities within the Lochloosa Wildlife Conservation Area. The uplands are comprised mainly of wet and mesic flatwoods and sandhill, portions of which were significantly affected by prior southern pine beetle salvage harvests, and these areas are in various stages of restoration. Several small wetlands drain to the southwest into a larger basin swamp. This swamp drains to the River Styx, which in turn drains to Orange Lake. The District and Alachua County purchased the property to aid protection of the Orange Creek and Ocklawaha River basins and to further the goals of the Alachua Forever program.

The natural community diversity at Longleaf Flatwoods Reserve provides habitat for a wide variety of plant and animal species. The site supports gopher tortoise, white-tailed deer, turkey, bobcat and a diverse bird population.

## Paynes Prairie Chapter of the Florida Native Plant Society

See our Web page at: [www.fnps.org](http://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.

## 2011 OFFICERS & DIRECTORS

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Vacant

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Paul Hoffhein, [pbhoffhein@yahoo.com](mailto:pbhoffhein@yahoo.com)



**Plant ID Workshop for May 2011  
By Paul Cohen**

<b>Species</b>	<b>Common Name</b>	<b>Family</b>	<b>Status</b>
<i>Osmunda cinnamomea</i> L.	Cinnamon Fern	<i>Osmundaceae</i>	Native
<i>Apios americana</i>	Groundnut	<i>Fabaceae</i>	Native
<i>Campsis radicans</i>	Trumpet Creeper	<i>Biginoniaceae</i>	Native
<i>Symphotrichum elliotii</i>	Elliott's Aster	<i>Asteraceae</i>	Native
<i>Mimosa strigillosa</i>	Powder Puff	<i>Fabaceae</i>	Native
<i>Rumex verticillatus</i>	Swamp Dock	<i>Polygonaceae</i>	Native
<i>Diospyros virginiana</i>	Common Persimmon	<i>Ebenaceae</i>	Native
<i>Woodwardia aereolata</i>	Netted Chain Fern	<i>Blechnaceae</i>	Native
<i>Polypogon monspeliensis</i>	Rabbitsfootgrass	<i>Poaceae</i>	Native



I wish to extend a special thanks to all participants. The workshop is educational and is not intended as a plant ID service. Nomenclature adapted from "Atlas of Florida Vascular Plants" (<http://www.florida.plantatlas.usf.edu/>).



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**Have You Blogged Lately?**  
 Remember to visit the new Florida Native Plant Society blog at <http://fnpsblog.blogspot.com/>

**Urgent: Send Us Your Email!**

We need your support in completing the switch from sending a printed newsletter to sending it by e-mail. Your direct benefits include: allowing more resources for activities and education, and the ability to view the newsletter photos in full color instead of black and white. And for the chapter, we save dollars we can use to promote the use of native plants. Please show your support by signing up to receive the newsletter by e-mail. Just send an e-mail to Goldie Schwartz at afn49@mindspring.com with "Put me on the e-mail list" in the subject line. That's all it takes! Thanks!

Florida Native Plant Society  
Paynes Prairie Chapter  
Post Office Box 12908  
Gainesville, FL 32604

**Next Meeting**

**Tuesday, September 20th**

**7:00 p.m.**

*(Plant ID Workshop at 6:15)*

*United Church of Gainesville*

*1624 NW 5th Ave.*

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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Submit unformatted word documents  
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files. Send all article submissions to:  
rhexia@gmail.com  
**Submission deadline  
date for the October  
2011 newsletter is  
September 25, 2011**

**Florida Native Plant Society Membership Form**

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Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ County: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Business Name: \_\_\_\_\_

Total: \_\_\_\_ Check Enclosed: \_\_\_\_ Please charge my credit card \_\_\_\_

(VISA/MasterCard only) Card type and #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Name on Credit Card: \_\_\_\_\_

**Check Pertinent Category:**

- |                       |       |
|-----------------------|-------|
| ◇ Individual          | \$35  |
| ◇ Family/Household    | \$50  |
| ◇ Contributing        | \$75  |
| ◇ Not-For-Profit Org. | \$50  |
| ◇ Business/Corporate  | \$125 |
| ◇ Supporting          | \$100 |
| ◇ Donor               | \$250 |
| ◇ Library             | \$15  |
| ◇ Student (full-time) | \$15  |

**Please mail completed form to: Florida Native Plant Society, P.O. Box 278, Melbourne, FL 32802-0278**

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free within the state. Registration does not imply endorsement, approval, or recommendations by the state.