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The LOUISIANA NATIVE PLANT SOCIETY

DEADLINE FOR WINTER '85 NEWSLETTER

The deadline for submitting articles, chapter information, plant requests, etc. for the Winter 1985 Newsletter is December 28, 1985. Please mail your correspondence in as early as possible, at least several days prior to the deadline so it will arrive in time to:

David Heikamp
717 Giuffrias
Metairie, Louisiana 70001

HAVE YOU PAID YOUR DUES YET ?

If you haven't paid your dues yet, you'll be two years behind in a matter of months! Send your \$5 in before you forget to:

Elinor Herd
239 Pomeroy
Shreveport, Louisiana 71115

SEED EXCHANGE REMINDER

Remember, our seed exchange can use all the extra seeds you can get your hands on. The next article offers some timely reminders on seed collection that we would all do well to keep in mind. Don't forget we have a new address for our seed exchange:

Mr. John Larkin
Route 4, Box 189 B
Mockingbird Hill Road
Franklinton, Louisiana 70438

CONFERENCE ON LANDSCAPING WITH NATIVE PLANTS

by Keith Villere

(Ed. Note: the following article was submitted for our use by LNPS member John Mayronne who attended the Conference)

Western Carolina University in Cullowhee, North Carolina, played host to the Second Annual Conference on Landscaping with Native Plants. This year's conference included 340 participants representing 22 states who met for the purpose of increasing their interest in and knowledge of the use of native southeastern plant species in beautification projects, especially large-scale ones such as highway right of ways and public parks.

The conference ran from Thursday, July 25 to Saturday, July 27 and included presentations from Harry Phillips of the North Carolina Botanical Garden, Fred Galle of Callaway Gardens, Darrel Morrison, Dean of the School of Environmental Design, University of Georgia, and David Northington of the National Wildflower Research Center. Topics ranged from Fred Galle's presentation on "Using Native Plants in the Development of Callaway Gardens" and "Landscaping with Native Rhododendrons" to Kathryn Kennedy's "Beyond Beautification: Dollars and Sense of Going Native". Darrel Morrison gave a very informative presentation entitled "Where Art and Nature Meet: Design Principles for Native Landscapes", which included extensive discussion on managed burning of wildflower seed areas.

A considerable amount of time in the program was unstructured. This time was utilized for informal talks with other participants and included a variety of "poster sessions" and panel discussions on topics ranging from propagating natives, educating the public, garden clubs, and the Natural Landscape Movement, Markering Native Plants, and successfully blending traditional and native plant materials.

John Mayronne of Natives Landscape Corporation represented Louisiana's efforts regarding the use of native plants. John took part in a poster session that illustrated several successful design projects utilizing native plants with an emphasis placed upon identification and education, seasonal interest of native plants, the sense of place that natives lend a region and the advantages of proper planning and design.

The conference was most helpful in bringing together various interest groups such as nurserymen, landscape architects, garden club representatives, plant retailers, members of wildflower preservation groups, and members of various botanical societies. Although much of the emphasis was placed on wildflower preservation and propagation, much discussion was related to native, woody ornamentals.

Following is a list of guidelines regarding wildflower conservation compiled by the Plant Conservation Program, World Wildlife Fund. Please note that these guidelines also hold true for woody ornamentals as well:

1. Let all your acts reflect your respect for wild plants as integral parts of natural ecosystems. Remember every time you pick a flower or disturb a patch of wildflowers, this affects the natural world around us and that the cumulative action of many people may be particularly harmful.
2. Collect living plants or plant parts, including herbs, shrubs, and trees, from the wild only as part of salvage operations that are sponsored by a government or conservation group.
3. If you collect seeds from the wild, collect a few seeds from each of many plants and only from common species that are locally abundant. Collect only the seeds or fruits without harming the rest of the plant. Leave

- sufficient seed for the plant population to replenish itself.
4. Buy only home or nursery propagated plants. Ask the seller about the origin of the plants. If the seller is unable to tell the plant's origin, don't purchase it.
 5. Buy only from organizations or individuals that propagate their own plant or purchase from those who propagate them. Use lists of nurseries provided by native plant or wildflower societies as a guide, such as the guidelines offered by the New England Wildflower Society.
 6. Before buying wildflower species for use in your home landscape, learn about their cultural requirements, and be sure you can provide a suitable habitat.
 7. If you pick wildflowers for flower arrangements or bouquets, use only common species that are abundant at the site. Leave enough flowers to allow the plant population to replenish itself.
 8. Generally, buy plants or seed mixtures only of wildflowers that are native or naturalized to the area in which you live. Avoid invasive species or those that are likely to escape cultivation.
 9. Buy wildflower seeds only from companies that collect responsibly. Use lists of distributors provided by native plant or wildflower societies as a guide.
 10. If you use living plants in educational exhibits or wildflower nature trails, use only home or nursery propagated plants or plants that have been salvaged as in point 2 above.
 11. When you photograph wildflowers or inspect them closely, take care not to disturb the surrounding vegetation. Trampling can damage nearby seedlings or roots.
 12. If you learn that an area is scheduled for development, contact your local native plant or wildflower society so they may consider a salvage operation.
 13. If you discover a new site for a plant species that you know to be rare, report it to your local native plant or wildflower society or to the state's botanist.
 14. If you are involved in classroom activities using plants from wild habitats, take care to use only common plants. Whenever possible, take the class members into the field rather than bringing collected plants into the classroom. Instill respect for wild plants into your students.

The conference was sponsored by the Tennessee Valley Authority, Western Carolina University and the North Carolina Museum of Natural History. Please become familiar with native plants, their characteristics, habitat and use in the landscape. All are encouraged to attend next year's conference. It is a very rewarding and enlightening experience.

PROJECT WILDFLOWER NEEDS SPEAKERS

Project wildflower is in need of volunteers to serve on a Speaker's Bureau. By the time this newsletter reaches you, their October 12th meeting will have already been held. However, the organizers of Project Wildflower request that even if you can't make the meeting, but are still interested, or know of anyone who is interested, you submit the names of anyone interested. What they are looking for are people in all areas of the state to give talks to interested groups (garden clubs, state parks, etc.) promoting the cause of roadside wildflowers here in Louisiana.

If you are interested in helping out please send you name, address, phone

number, whether or not you have any slides of wildflowers to use in a talk, and the times you would be available to:

Project Wildflower
Lafayette Natural History Museum
637 Girard Park Drive
Lafayette, Louisiana 70503-2896

ACADIANA CHAPTER NEWS

The Acadiana Native Plant Society reports the following: on August 25th, the Daily Advertiser ran an article featuring the Acadiana Native Plant Society and plants native to the area. Several people who read the article contacted the Society, interested in becoming members.

Celia Bollich is working on a brochure for the ANPS to be used for publicity and to be mailed to prospective new members. Copies will be sent to all members to distribute as needed.

Their fall meeting will be held October 17 at 7:00 PM at the Lafayette Natural History Museum (see address in previous article). Much needs to be discussed, and anyone interested is invited to attend. Call Diane at 261-8348 if you can attend.

The Lafayette Natural History Museum needs volunteers to present wildflower programs to Lafayette Parish schools this fall. Programs will be prepared and volunteers will be trained. They hope to have wildflowers planted at schools that participate. If interested, contact the LNHM (again, see previous article for address).

Also, the LNHM and the Louisiana Nature and Science Center has a wildflower brochure available featuring 29 color photos of Louisiana wildflowers with a little background on each. The cover is a beautiful slide of Iris nelsonii.

KARLENE DEFATTA FEATURED

The July 21st issue of The Shreveport Times' "Sunday Magazine" featured founding Louisiana Native Plant Society member Karlene DeFatta and her beautiful wildflower haven located just outside Shreveport in Keithville, La. Karlene has been wildflowering for 35 years now, and of Louisiana and the LNPS Karlene says: "It's a sin and a shame...that Louisiana does not protect its native plant life as Texas does. I'm proud to be a Louisianian, but I'm ashamed of our highways. We spray, we cut down, we destroy."

The article continues, "That will all change one day if Karlene DeFatta and other members of the Louisiana Native Plant Society have anything to say in the matter. This can-do attitude is behind the very existence of the organization." Keep up the good work, Karlene!

RED MAMOU AND THE CARENCRO TREE

by Neil Bertinot

I think it was last year that I bought a copy of the book HERBAL and FOLK MEDICINE of LOUISIANA and ADJOINING STATES by Samuel J. Touchstone. I enjoyed reading this book very much and was reminded of two native plants that were

used quite regularly by my maternal grandparents and, I am sure, by many other residents of this area at that time. One of these plants was Coral Bean (Erythrina herbacea), which in south Louisiana is commonly called Mamou, or Red Mamou. This plant has two uses that I am familiar with. The root was used to make a tea, the effect of which was supposedly that of a strong expectorant. This tea was administered, hot, to a person suffering from congestion of the lungs and/or bronchial tubes. The patient was then usually covered with a blanket or other warm covering.

My grandmother was quite emphatic in stating that mamou tea saved the life of one of her uncles. The story goes that the doctor in attendance told the family that the young man was dying from pneumonia and there was nothing that could be done to save him. In desperation, the mother of the young man asked permission to treat him using mamou tea. The doctor didn't think that the tea would help, but said that he didn't see any harm as the young man was dying anyhow. The tea was administered in doses, several times a day, and my grandmother's uncle recovered.

When I was a small boy, not yet in school, I spent many a week at my grandmother's home near Sunset and if I happened to come down with a chest cold, or the flu, I drank my share of mamou tea. I can't vouch for the effectiveness of this herbal medicine, but it was much preferable to me than my mother's favorite remedy - castor oil!

Up until 15 or 20 years ago there was a cough syrup made from mamou that was marketed locally. Once I was told by the maker that this cough remedy was made from the mamou seed, and then later I was told that it was made from the root.

The other use of mamou that I am familiar with was the use of the crushed seed as an anticoagulant when making red boudin, or, as some people called it, blood pudding. After the pig was stuck, the blood needed was usually caught in a pan lined with corn shucks and crushed mamou seeds.

The Spicebush, Lindera benzoin, known locally by oldtimers as the Carencro Tree, was also used to make a tea. This tea was made from the twigs rather than the leaves. According to my mother, this tea was used as a digestive aid. It was especially used after eating pork. My mother often referred to the tea made from the Carencro Tree as Buzzard Tea.

I would be interested in hearing from anyone who has additional information on Mamou and the Carencro Tree. In particular, I am interested in trying to find out what herb was used to flavor mamou tea. The tea my grandmother made was very palatable, and yet tea made from the mamou root with nothing added smells like a wet dog. I don't know if it tastes like a wet dog, because I don't know what a wet dog tastes like, but it doesn't taste good.

I would also hope that no one supposes I recommend any of the folk remedies mentioned above. Many of our herbal plants contain active principles which can be very dangerous if used improperly. My feeling is that while herbal medicine as practiced in this area in the past is very interesting, and a part of our heritage and history, it is best left in the past. If you are sick, see your doctor!

SEED EXCHANGE LIST FOR 1985/1986

INSTRUCTIONS: Below is a list of available seeds for winter 1985/spring 1986. Price is 25 cents per packet. Number of seeds per packet varies with scarcity of seed. Some are in short supply. Please note with your order what you want done in case a particular species is sold out: refund, substitute, or donate to the society. Orders will be filled as they are received. Send your requests to:

Mr. John Larkin
Rt. 4, Box 189 B
Mockingbird Hill Rd.
Franklinton, Louisiana 70438

NOTE: Mr. Larkin writes: Some of the newer seeds added to our list (numbers 65 thru 75) are expected to be available by spring 1986. I am especially high on little Verbena rigida, which blooms for months on end, and also Helianthus angustifolia. This Sunflower is blooming in my neck of the woods by the millions and is terrifically showy! Also, Agalinus fasciculata, Pink Foxglove, is making quite a splash in some of the fields around here, some 50 miles north of New Orleans. Last but not least, Solidago altissima and Solidago odora are very colorful in October.

Also, I'd like to thank everyone who sent in seeds to help make our seeds exchange a success. Some are in very short supply, so keep saving and sending in your surplus seeds!!!

1. Rudbeckia hirta, Black-eyed Susan (strain w/ red splotches)
2. Penstemon digitalis
3. Arisaema triphyllum, Jack-in-the-Pulpit
4. Rudbeckia hirta
5. Queen Anne's Lace
6. Baptisia australis, Blue False Indigo
7. Rudbeckia sp. Purple Cone Flower
8. Centrosema virginianum, Butterfly Pea
9. Campsis radicans, Gold Trumpet Vine
10. Rudbeckia maxima
11. Clematis texensis, Texas Red Clematis
12. White-flowered Yarrow
13. Coreopsis grandiflora
14. Liatris sp.
15. Gaillardia sp., Indian Blanket
16. Hibiscus sp., bright pink flowers
17. Penstemon tubiflora
18. Penstemon sp., from Arkansas, tiny white flowers
19. Blue Waterleaf
20. Acacia sp., Huisache
21. Hibiscus sp., large pink-flowered mallow
22. Clematis pitcherii
23. Penstemon sp., pinkish flowers, Keithville, La. area
24. Clematis glaucophylla, red flowers, collected in eastern Miss.
25. Deleted
26. Wisteria macrostachya, wild Wisteria
27. Styrax americana, Snowbell
28. Sesbania vesicaria, Bag-Pod
29. H. argophyllus, Silverleaf Sunflower

30. *Coreopsis tinctoria*, Golden Wave
31. *Rudbeckia hirta*, Brown-eyed Susan
32. *Chrysanthemum leucanthemum*, Ox-eye Daisy
33. *Rudbeckia columnaris*, Mexican Hat
34. *H. annuus*, Annual Sunflower
35. *Cassia occidentalis*, Coffee Senna
36. *Dioclea multiflora*, Wild Bean
37. *Apios americana*, Hog Pea
38. Deleted
39. *E. americana*, Strawberry Bush
40. *Matelea decipens*, Vining Milkweed
41. *Matelea zenocarpa*, Honeyvine Milkweed
42. *O. biennis*, Evening Primrose
43. *H. tuberosus*, Jerusalem Artichoke
44. *Bidens aristosa*, Sticktight Sunflower
45. *O. lararckiana*, Evening Primrose
46. *Dioscorea villosa*, Wild Yam
47. *Passiflora incarnata*, Purple Passion Flower
48. *Cocculus carolina*, Carolina Moonseed
49. *Crotolaria sagittalis*, Rattle Box
50. *Desmanthus illinoensis*, Prairie Mimosa
51. *Wisteria* sp., Wild Wisteria
52. *Centrosema virginianum*, Butterfly Pea
53. *Baptisia* sp., Wild Indigo
54. *Sesbania punicea*, Brazilian Rattle Box
55. *Coreopsis tinctoria*, *Coreopsis* (some solid red)
56. *H. argophyllus*, Silverleaf Sunflower
57. *O. biennis*, Evening Primrose
58. *Bignonia capreolata*, Crossvine
59. *Cardiospermum halicacabum*, Balloon Vine
60. *H. virginiana*, Witch Hazel
61. *Rhexia alifanus*, Meadow Beauty
62. *Lobelia cardinalis*, Cardinal Flower
63. *Eupatorium coelestinum*, Wild Ageratum
64. *Cercis canadensis*, Redbud Tree
65. *Callirhoe papaver*, Poppy Mallow (limited)
66. *Hibiscus coccinea*, Scarlet Mallow
67. *Verbena rigida*, Wild Verbena
68. *Louisiana iris* (mixed, from named cultivars)
69. *Helianthus angustifolius*, Narrow-leaved Sunflower, Sept. into Nov.
70. *Helianthus divaricatus*, Wild Sunflower
71. *Agalinus fasciculata*, Pink Foxglove
72. *Helenium amarum*, Bitterweed, collected along US 190
73. *Solidago altissima*, Goldenrod
74. *Solidago odora*, Goldenrod
75. *Cercis canadensis*, Redbud Tree