

Remnant Prairie Strip Lost

At the January meeting of the LNPS, Charles Allen reported that the Frye Strip of remnant prairie had been completely plowed under. Some efforts to rescue the plantings had been made. The strip was part of the old railroad bed that had reverted to the landowner. He reported that the four-laning of US 165 south of Alexandria will destroy some remnant stretches. Between Kinder and I-49, acreage will be reduced from around two hundred acres to fifty. The Cajun Prairie Restoration Society is attempting to purchase outright the restored prairie land in Eunice. The Society already owns five acres.

Annual Meeting Report

The Louisiana Native Plant Society met for the annual meeting, January 29th, at Camp Grant Walker near Pollock, Louisiana. There were about 100 persons in attendance. Members enjoyed the programs and presentations. The business meeting was held after lunch.

President Marion Drummond requested permission from the group to hold next year's meeting one week earlier in order to attract some speakers from the horticulture industry that were otherwise occupied on the traditional meeting weekend. The group agreed to hold the meeting on January 19 & 20, 2001, at Camp Grant Walker.

John Larkin reported that the Folsom Native Plant Society was meeting nine times a year and publishing a newsletter for each meeting. Richard Johnson reported that the Northwest Chapter was doing well, holding monthly meetings, events and field trips. Peter Loos reported that the Native Plant Society of Texas would meet the third weekend in October and the subject would be specialized habitats. They now have their own web site.

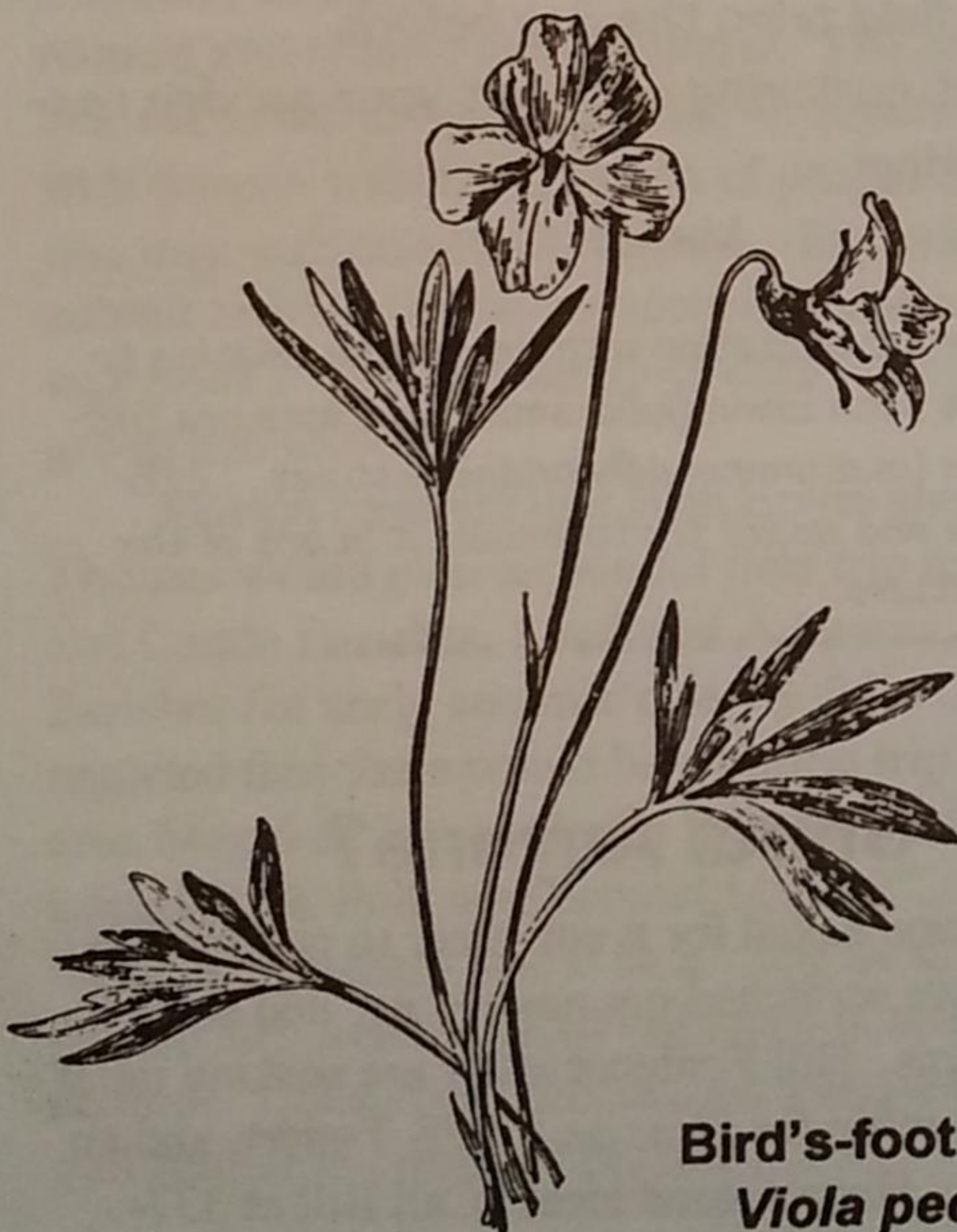
Marion asked if someone would take on the T-shirt project, and Jim Foret, Jr. volunteered and was appointed. The members asked if they could have a membership list. Beth agreed to publish one soon.

Earlier in the day, Jaclyn Duncan of the USFS reported on issues within the Kisatchie National Forest. The proposed extended use of the Vernon District by Ft. Polk was in the hands of the USFWS because of perceived threats to Red Cockaded Woodpecker habitat. Other issues threatening NF lands include use of dirt bikes, proposed gravel pits, and road use.

The current office holders were re-elected to another term. They are Marion Drummond, President, Dr. R. Dale Thomas, Vice-president, Jessie Johnson, Treasurer, and Beth Erwin, Secretary. Marion thanked Jim Foret for the fine job he had done as president. She thanked Ella Price, Margaret Ann Osborn, and Ken Wilson for their work on the board. Al Troy & Tracey Banowetz of Baton Rouge were elected to the board, as was Marilyn Christian of Shreveport with terms to expire in 2003.

Secretary Beth Erwin asked if the group would like to have the newsletter sent to the parish librarians, giving them the option to

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Bird's-foot violet
Viola pedata

inside...

Events, field trips, & issues
Carl Amason on *Phlox pilosa*
R. Dale Thomas on Dandelions
Recipes using natives

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Prose from the president's pen...Marion Drummond

I have several commitments from speakers for next year on subjects including the status of conservation in Louisiana, special places to visit in the state, how to protect trees and shrubs during construction, native American plants used for ropes and fiber, Margie Jenkins on her favorite native plants, and we WILL have a speaker on mycorrhiza at the next meeting. To top it off, Charles Allen will feed us from the wild. In January!

The LNPS Summer/Fall Field Trip: Dr. Dale Thomas and Beth Erwin are in charge of the weekend field trip in late summer or fall in the northwestern part of the state. That will be one not to miss. There will be lots of plants to see. More on the dates and other specifics soon.

If you ever have the opportunity to visit the Charles Allen Nature Trail on Dr. Harry Winter's property, don't pass it up. Over a relatively short distance there are a variety of habitats with an amazing number of naturally occurring native

plants. There are no plans to add any additional material to the site, simply maintain the existing plants. The state champion *Symplocos tinctoria* (Horse Sugar) is a stunner. With the excellent labeling provided, it is a good opportunity to learn to identify more of our friendly natives.

For those of you who have never attended the Cullowhee Native Plant Conference held at Western Carolina University every July, consider doing so this year. But be forewarned: it fills up within a week to ten days to its capacity of 450 registrants. I send my reservation in the day it comes in the mail. This is a good opportunity for more networking and sharing of plant information with like-minded plantaholics. Not to mention the amazing/astounding/outrageous Friday night entertainment. Curious? Call Sue Deitz, the Conference Coordinator at 1-800-928-4968 and ask to have your name added to the mailing list. This year's conference is scheduled for July 20 - 22, with optional field trips the day before. May abundant nurturing rain visit your garden regularly this Spring!

Marion

*If you know of an organization with an activity relating to native plants, let Beth Erwin (kalorama@kalorama.org 318-874-7777) or me (m.drummond@worldnet.att.net 225-274-9674) know and we will try to include it in one of the quarterly newsletters.

T- Shirts Anyone?

When Marion asked for a volunteer to get this job done, I must have scratched my nose or ear and she mistook that for a yes. Bill Fontenot and I are seeking input from the membership for ideas an LNPS T-shirt, and an interested artist. Have a good idea? Call Bill at 337-291-8448 or Jim at 337-369-2337 weekdays.

Thanks, Jim Foret

Are Your Dues Due?

Check your mailing label. If the number above your name is highlighted, your dues are due with this issue. Please send your dues to the treasurer, Jessie Johnson, 216 CAROLINE DORMON ROAD, SALINE, LA. 71070. **Remember to send us your change of address.** The newsletter is sent bulk mail and will not be forwarded to you by the postal service.

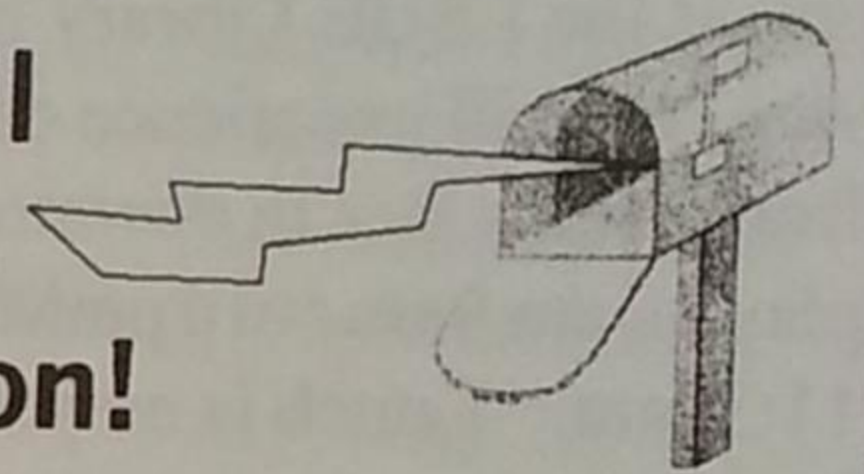
DO NOT SEND DUES TO THE NEWSLETTER ADDRESS!!!

Student or Sr. Citizen	\$5
Individual	\$10
Family	\$15
Organization	\$25
Sustaining	\$50
Corporate	\$100

READ THIS!!!

The LNPS members attending the winter meeting expressed a desire for a membership directory. The issue of how much information to publish about each member has come up. Those members who have submitted their correct email addresses to Beth were polled as to whether they wanted their email addresses published. Most gave permission. **IF YOU DO NOT WANT YOUR MAILING ADDRESS PUBLISHED IN THE DIRECTORY, PLEASE RESPOND** to Beth Erwin, PO BOX 126, Collinston, LA 71229, 318-874-7777, kalorama@kalorama.org. **IF YOU DO WANT YOUR PHONE # LISTED**, you must also contact Beth. LNPS officers and board members, nature centers, gardens, nurseries, etc. addresses and phone numbers will be included.

LNPS Email Newsgroup Coming Soon!



Got email? If you've got email service and would like to be part of the new LNPS email newsgroup, sign up now! The email newsgroup will allow participating members to stay up to date on the latest LNPS events and share information with other members.

If you would like to be a part of the LNPS newsgroup, simply send a message containing your own email address to Tracey Banowetz at banowetz@bellsouth.net, no later than April 1. After that date, I will send an email containing all of the addresses of those participating in the newsgroup.

Using the email group will be very simple. All you will have to do is save the initial email you receive from me. When you want to send a message to the entire group, simply pull up the saved message, click on the "reply to all" button, change the subject line, type your message, and send. (Of course if you prefer, you can add each individual to your own address book and set up your own group.)

This type of email group has been used successfully by the Baton Rouge Master Gardeners for over a year now. It will not take the place of the newsletter since not all members have email, but for those who do, it will be an easy way to communicate with your LNPS friends.

(Continued from page 1)

request and receive the newsletter. The group approved. She asked the group if they felt we should purchase a web domain with the intention of producing a web page, and they enthusiastically agreed. She asked the group to submit articles for the newsletter, and to send their email addresses if they wanted up-to-date information on the group and issues.

Marion reported that Beth Erwin and Dr. R. Dale Thomas would plan an annual field trip to North Bossier, and Caddo Parishes, Southeast Arkansas, and Sabine Parishes for early summer or early fall. Charles Allen reported that there would be a prairie trip in the Eunice area May 6 & 7 as well as a Bogs & Birds trip to the Leesville/Ft. Polk area around May 20th. Marc Pastorek reported that there would be a "Bog Slog" sponsored by Hilltop Arboretum the 29th of April in southeastern Mississippi. Celia Jones encouraged attendance at the Jonquil Jubilee in Gibsland March 4 & 5.

The Louisiana Native Plant Society News is published four times per year. It is the official publication of the Louisiana Native Plant Society. The editor welcomes articles, notices of upcoming events, and book reviews of interest to native plant folks, as well as illustrations, poems, and prose. Deadlines for submissions are June 1st, September 1st, December 1st, and March 1st. Send any address changes to LNPS News, P.O. Box 126, Collinston, La., 71229.—Terry Erwin, editor.

Spring Prairie Tour

COMING UP!

May 5-7. The Cajun Prairie Habitat Preservation Society will host a Spring Tour of prairies. **Friday, May 5,** at noon, Charles Allen will present his edible and useful plant talk at the LSUE Library in Eunice. On Saturday, May 6, 9am, we will experience culture at the live radio broadcast from Fred's Bar in downtown Mamou. A live Cajun band plays from 9am 'til 1pmM. We will leave Fred's around 11:30am. Lunch is on your own. You may skip Fred's and join us at 1pm for a presentation by Marc Pastorek "Landscaping with Cajun Prairie Plants," at the Jean Lafitte National Park Center at the corner of 3rd St. and Park Ave. At 2pm, we will assemble at the Eunice Restored Site, located at the corner of Martin Luther King and East Magnolia in northeast Eunice. We will also take a look at the new Restoration sites; the one begun in 1999 and the one just started in 2000. At about 4-4:30pm, we will travel north on La. 13 to the Duralde restored prairie. Take La. 13 north out of Eunice and after crossing a bridge, go about 1.5 miles and turn left onto La. 374. Follow La. 374 west and it will take a sharp right then a sharp left. After straightening out from the sharp left, go about 1/2 mile and turn left at the first double intersection. You will be turning left onto a gravel road that is Parish Road 6-29S. Parish Road 6-29S is about 2 miles from La. 13. Follow Parish Road 6-29S and it will take a sharp right and then will start a sharp left but you will not turn at the left but drive straight onto the Duralde

NPSOT Fall Symposium
October 19-22. The Native Plant Society of Texas has extended an invitation to LNPS members to attend their annual meeting. It will be held at Hubbard Hall at Texas Woman's University. It includes field trips, workshops, presentation of papers, boods and plants for sale. The focus for this years's symposium will be the Cross Timbers and the Grand Prairie of North Central Texas. It will be the 10th meeting to study and learn about the geology, cultural history, and plants in a particular region of Texas. They have achieved their long-term goal to hold annual symposiums in each of the ten vegetation regions of Texas. More information will be in upcoming newsletters.

Prairie. The Duralde Prairie is an experimental area with different ages of prairie and examples of different restoration techniques. We will break for the day after a short meeting of the Cajun Prairie Habitat Preservation Society in the back of the pickup trucks at the Duralde Site.

Sunday, May 7, 9am. Assemble at the Burger King on US 190 on the western edge of Eunice. We will caravan to a remnant strip of Cajun Prairie. Directions will be given at that time. Make you reservatons early. Motels in Eunice include: Best Western 318-457-2800; Howards Inn 318-457-2066; La Parisienne 318-457-4274; Potier's Prairie Cajun Inn 318-457-0440; Seale Guesthouse 318-457-3753; and Stone Country Lodge 318-457-5211. Campgrounds in the Eunice area include Allen's Lakeview Park 318-546-0502 (not related to Charles) and Cajun Campground 318-457-5753. For more information on the tours, contact Charles Allen 318-342-1814 or 318-651-8691 or email BIALLEN@ULM.EDU or Malcolm Vidrine, 318-457-7311, Ext 245, or 318-457-4497.

ULM Spring PLANT SALE

**March 24, 25, & 31
and
April 1, 8, 14, & 15.**

8-5 Fridays and Saturdays.

The sale will be held at the greenhouses on Bon Aire Drive, north of Ewing Coliseum on the University of Louisiana-Monroe Campus.

Plants offered are mostly natives. Prices are extremely reasonable. All proceeds go to support the ULM Herbarium.

Felsenthal Tour

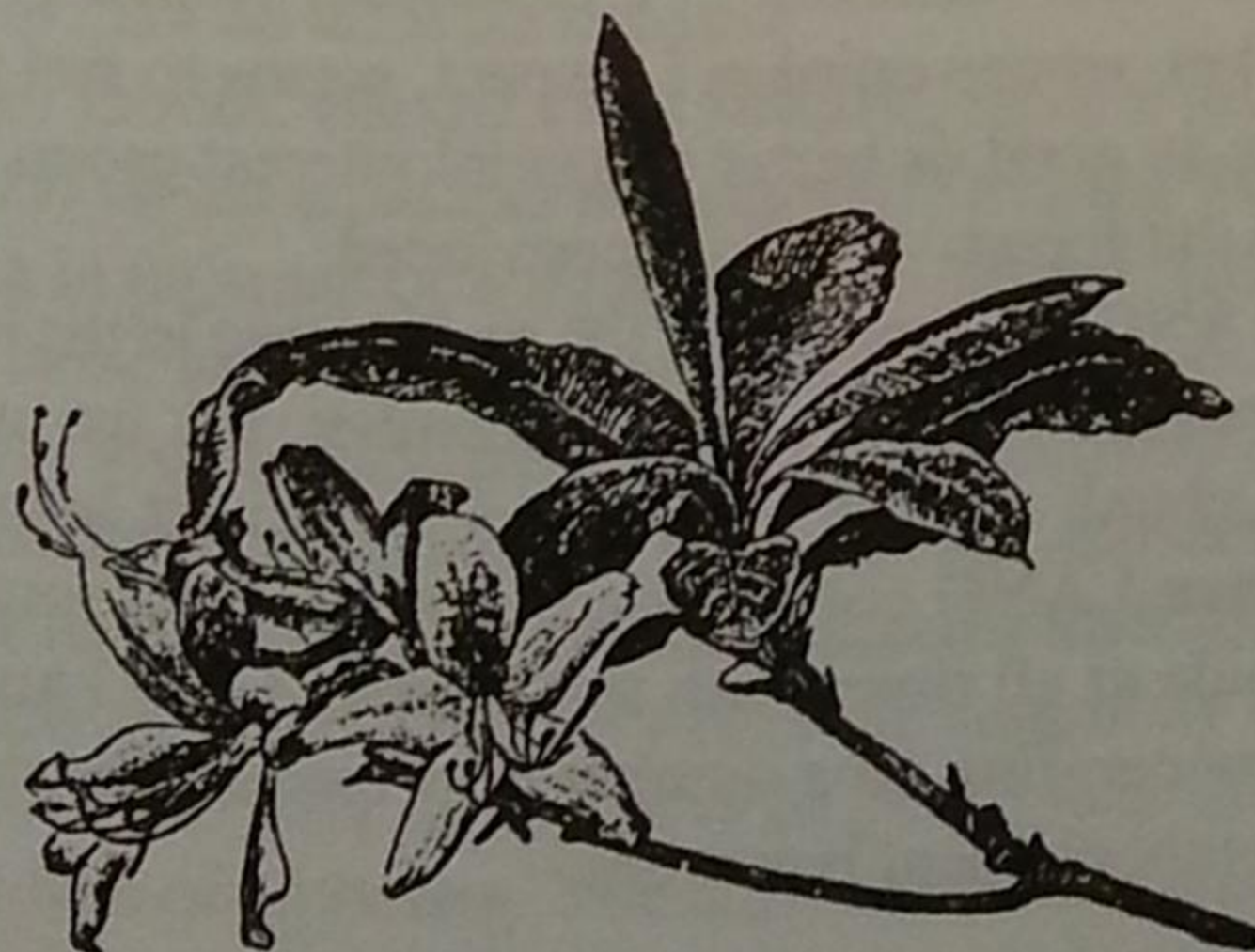
May 12 & 13. The annual Felsenthal National Wildlife Refuge Tour. Visitors will see Red-cockaded Woodpeckers, and an abundance of other woodland, water and shore birds with the early flush of blooming wildflowers and fruiting mayhaw trees. RCW's are a sure thing, as they will be feeding their young in the nests.

The Saturday trip is a repeat of the Friday trip. Bring your own lunch and drinks. Lunch break will be in the town of Felsenthal where there are picnic tables and rest rooms. Those coming from the east will meet at the refuge headquarters west of Crossett, AR on US 82. The Crossett group will leave at 9 am. Those coming from the west will meet at Best Western King's Inn in El Dorado on US 82. The El Dorado group will leave at 8 am. Both groups will meet in the refuge. Lodging and lunches are available in Crossett and El Dorado.

For more information contact Ruth McDonald at the Felsenthal National Wildlife Refuge, PO Box 1157, Crossett, AR, 71635, 870-364-3168, during regular business hours or email her at ruth_mcdonald@fws.gov. You may also contact Carl R. Amason, PO Box 164, Calion, AR, 71724, 870-748-2362, after the sun goes down.

Garden Tours 2000

Hilltop Arboretum will sponsor 3 garden tours in the Baton Rouge area this year, plus one "bonus tour." The dates are listed on the calendar on the back of this newsletter. For information on times, locations, and tickets, call 225-767-6916, or email hilltop@lsu.edu. Visit the web site at hilltop.lsu.edu/hilltop.



The annual tour is May 20-21, 2000 in the Leesville-Ft Polk area. Meet at Little Cypress Recreation Area at 9am on Saturday, May 20. Tours will include pitcher plant bogs, upland areas, and other ecosystems. Orchids, pitcher plants, and other interesting plants should be seen. We should see several different kinds of birds and animals including the red-cockaded woodpecker and butterflies. Bring your lunch and drinks. The bogs are wet, so dress accordingly. A 2nd

tour will begin at the Little Cypress Recreation Area at 1:30pm on Saturday, May 20. A third tour will also begin at the Little Cypress Recreation Area at 9am on Sunday, May 21. (This tour will depend on the group

BOGS
 BAYGALLS
 BUTTERFLIES
 BIVALVES
 BIRDS

but probably be the Ft Polk prairies). The roots, shoots, and fruits cuisine sampler will be prepared beginning at around 4:30pm, Saturday, May 20, at the Little Cypress Recreation Area.

If you are traveling from the east along La. 10, turn right onto Forest Service Road 400 which is about 9 miles west of Cravens. If traveling from the west, turn left onto Forest Service Road 400 off of La. 10 approximately 4 miles east of Ft. Polk or 9 miles east of Pickering and US 171. Pickering is roughly 6 miles south of Leesville on US 171. After turning onto FS Road 400, go about 1/2 mile and

turn left onto the first road which is FS Road 471. Little Cypress Recreation Area will be on the left about 1 mile from the intersection of FS Roads 400 and 471.

For more information, contact Dr. Charles Allen, 318-342-1814, or 318-651-8691. Email: biallen@ulm.edu.

There are several motels in Leesville and very primitive camping in the National Forest. Note: NO CAMPING is allowed on Ft. Polk nor at the Little Cypress Area. There may (have to check on availability) be room for 10-12 people at the Ft. Polk Bunkhouse on a first come first serve basis. Call Charles to reserve a bunk.

ROOOTS
SHOOOTS
FRUITS

The Army in the Woods

A report on current usage of Kisatchie National Forest by the US Armed Forces....by Jim Foret

The majority of lands comprising the KNF were acquired during the 1930's and early 1940's under the authority of the Weeks Law. It is worth noting that Caroline Dormon was responsible, through her vision and intense lobbying efforts for land in Louisiana being set aside for this purpose. During W.W.II, about forty-five percent of the forest was made available to the military for training purposes.

There are three areas currently used by the military. The US Army base at Fort Polk is an active installation and home to the Joint Readiness Center. The Army owns about 100,000 acres and uses about 100,000 acres of KNF for training purposes under an existing Special Use Permit. Under current agreement, 40,000 acres are an Intensive Use Area adjacent to the Main Post. These are national forest lands where the Army use is primary and KNF management activities occur at a reduced level. Another 45,000 acres is designated Limited Use Area. KNF conducts normal management activities and allows the Army limited recurrent activities through a supplemental special use permit. Another 13,000 acres is called Special Limited Use Area. Special Army activities are permitted but generally with greater restrictions because of fragile soils and extreme topography.

The US Air Force Reserve out of Barksdale AFB in Bossier City use 3,200 acres of the ranger district for gunnery and bombing practice. Permitted use is for air to ground activities. The impact area is 672 acres and the buffer is a 2,500 acre safety fan. The USAF plan to increase the safety fan area has been on hold, but the process is expected to start-up again this year.

The Louisiana National Guard(LANG) is permitted to use 27,000 acres of KNF for training at several sites. In summary, the military now uses with varying degrees

of intensity about 128,500 acres of KNF, or about twenty-one percent of our national forest in Louisiana.

In 1988, the Secretary of Defense and the Secretary of Agriculture signed a master agreement concerning the use of forest service lands by the military. They also established policies and procedures for authorized military activities and also for any supplemental agreements and special use authorizations required by the USFS.

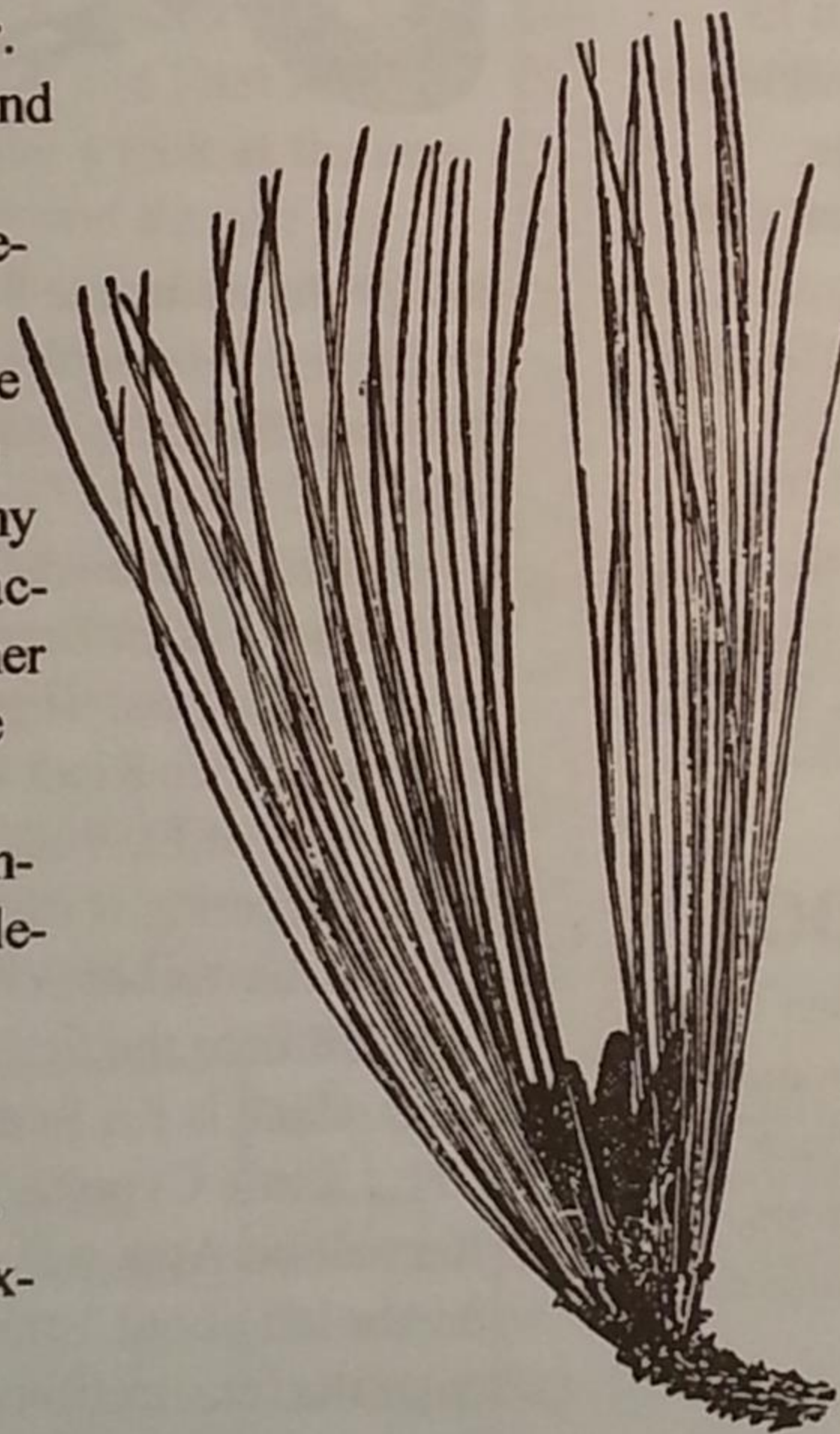
Currently an evaluation of a proposal to increase the amount and intensity of training by the Army at Fort

Polk is in the final stage. In a recent conversation with Forest Supervisor Lynn C. Neff, he told me that USFS is in a six month "Formal Counciling Period" with the US Fish and Wildlife Service. This is tied to red-cockaded woodpecker as an endangered species. The USFS Biological Evaluation said that proposed new agreements with the Army "may affect" RCW. This raised the red flag. Formal Council started with a 135 day target date for completion. Now another 135 days has been added and the Army has asked for thirty additional days. It should all be over soon.

I feel that the compromises in the works will further adversely affect the integrity of that poor, beat-up remnant of a biological system.

Charles Allen, whose opinion I respect, seems to feel that the Army is as good or better a special interest group, as any, to use the forest. I am not convinced.

The LANG has not asked for an increase in the use of KNF lands. They did, as you remember, ask for ownership of a chunk of KNF per Senator J. Bennett Johnston, a former LANG commander. Boy, ya gotta watch your backside at all times with this bunch. LANG and KNF are cooperating on a number of projects, like protection of archeological resources.



Some notes on *Phlox pilosa*.....by Carl Amason

One of the most common wildflowers in the Southeast, in one of its subspecies or color forms, is *Phlox pilosa*. It is found along wastelands, disturbed areas, and even in cultivated areas, where it grows in rather rank abandonment. It grows on sunny roadsides where the soil is an acid sandy type in full sun. In Louisiana, such plants are found almost state wide except on the coastal plains of the Gulf of Mexico. Perhaps the reason why it doesn't grow well there is poor drainage.

When the subspecies are considered, that is best left up to the experts. For roadside botanists (amateur) and just plain common gardeners, this is one of the easiest plants to grow and give pleasing results. It is stoloniferous, making sprouts above ground from underground roots. It is a late spring to early summer bloomer in many different color tones, growing from about six inches tall to two feet tall. As such, it is one of the easiest plants to identify at the species level. The stems are upright, bearing opposite leaves, which can be long and narrow to obovate or oval in shape. The entire plant, except for the roots and flowers are downy or hairy, thus the species name from the botanical term, pilose. The term pilose should not be difficult because many fabrics, flannel to be specific, have a pile or are fuzzy. What child has not enjoyed sleeping warm and snug in pajamas or a nightgown of flannel with a pile—the basic word structure is from the same root. The leaves are medium green and sometimes have a reddish color if they are grown in full sun. The distinct pile or fuzz to the leaves and stems makes the identification a simple process. There is where the simplicity ends. The flowers can vary from size in height, flower dimensions and time of blooming. The clusters of individual flowers

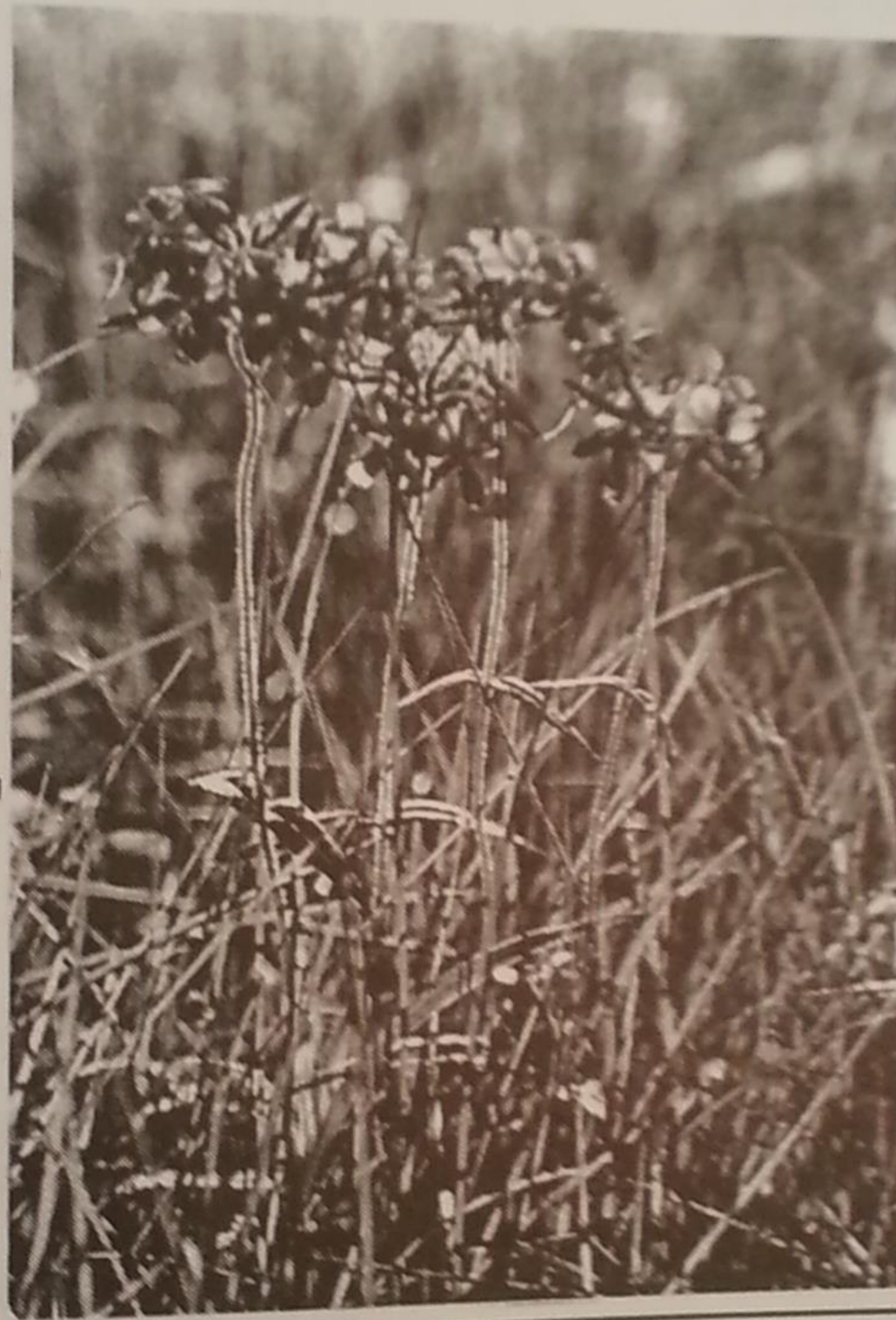
consists of a tube that expands into a five-lobed salverform flower that persists for several days in a cluster that is pleasing to just about all forms of life. Upon close inspection, almost every plant colony has a very slight color arrangement to the entire corolla. Some are pure white, or white with a pink eye. There may be several

shades of pink to lavender to almost light purple. They are always fragrant. For all practical purposes this plant blooms only once a year and it is a delight.

Each of the erect stems in a clump bears a terminal cluster of flowers and as such, with many stems in bloom, it makes a showing. In fact, it could be said that they make a generous statement in bloom. It is an excellent butterfly nectar plant and many butterflies readily sip nectar from this phlox as well as any kind of phlox.

Phlox is a prime candidate for roadside plantings, as they are one of the most common wildflowers growing with abandonment. It is easily grown from transplants and from seeds. Once it is established, it prospers and persists in spite of weed and grass competition. The plants can receive some benefit from mowing in the summer after the blooming season is over. It does

not adapt to constant mowing. This is one of the very first plants that a gardener can grow and enjoy. The requirements are minimal and it does well in any well-drained soil. Perhaps this wildflower has one of the most unique problems of cultivation and that is it is too invasive for a mixed planting and the roots will send up many flowering stems. This is a wildflower to enjoy. *Carl Amason is a superior plantsman who lives and gardens near Calion, Arkansas.*



Prairie Phlox, *Phlox pilosa*
photo by Rector Hopgood

Are Dandelions Beneficial?.....by Dale Thomas

Dandelions are common members of the lettuce tribe of the sunflower family and are successful inhabitants of lawns, pastures, and roadsides. The morphology of a dandelion makes it a plant that is perfectly shaped to survive grazing by animals or mowing by lawn mowers. It has a large tap root and does not have an above ground stem except for the flower stalk. The typical mowing of it leaves the bud and root behind. Its windblown fruit (achenes--a one-seeded fruit) float around like parachutes spreading the plant widely.

The common dandelion, *Taraxacum officinale*, is a member of a genus with 8-12 species in North America, 60 species in the Northern Hemisphere, and two in the Southern Hemisphere. *T. officinale* is native to Greece and is now widespread throughout Europe and North America. *Taraxacum* is derived from an Arabic word and *officinale* means that it was found in stores where herbs or medicines were sold. Linnaeus called it *Leontodon*, which means lion's tooth, as does its most common English name (Dandelion). This genus of plants probably originated in the Himalayas. A Russian species is cultivated for rubber.

Dandelion has a long history of use for food. Its leaves are edible raw in salads when they are young. Its unopened flower buds can be used as capers or in stir fry and salad. The older leaves can be cooked, drained twice and eaten as a spinach-like

potherb or can be chilled and then used as a cold salad. Most recipes resemble those for poke salad and usually involve the use of crispy fried bacon, bacon grease, and boiled eggs. In places where basements are available, dandelions can be dug and brought inside and kept in the dark where they produce fresh non-green leaves that are very tender and not bitter. It has been recommended that one plant dandelions in pots with rollers so that they can be rolled inside into dark areas to blanch the leaves. Healthy outside plants can be blanched by covering them with an opaque pot or bucket.

The roots can be peeled and boiled and are especially good in the winter time. The roots are also dried and ground and used as a coffee substitute or to adulterate coffee in the manner that roasted chicory roots are used. The open flowers can be dipped in batter and fried and make excellent fritters that are good served with syrup, jellies and even with vinegar. Its flowers have been widely used to make dandelion wine.

Dandelion, especially its roots, has a long history of use in herbal medicine. Chinese physicians have prescribed dandelion for colds, bronchitis, pneumonia, hepatitis, boils, ulcers, obesity, dental problems, itching, and internal in-



Dandelion, *Taraxicum officinale*

juries. Indian Ayurvedic physicians have used it to treat breast cancer. The 10th century Arab physicians were first to use dandelions to increase urine production. The Doctrine of Signatures (idea that God created a sign in his plant creations to show what human or animal woe that that particular plant would cure) led to its being used to treat jaundice because of its yellow flowers and as a diuretic because of its milky sap. Dandelion root used to be a part of Lydia E. Pinkham's formula and was a part of the U.S. Pharmacopoeia from 1831 till 1926. Castleman (*The Healing Herbs*) gives the use of dandelion root for premenstrual syndrome, weight loss, high blood pressure, congestive heart failure, cancer prevention, yeast infection, and digestive aid. The FDA lists dandelion as a safe herb. It contains over three times more vitamin A than carrots and is high in potassium. Leung (*Chinese Herbal Remedies*) reports that fresh leaves can be used for sores, snake bites, and insect bites. He also recommends ground, dried dandelion root to be used as a tea for the treatment of ulcers.

The Oxford *Dictionary of Plant-Lore* (Vickery), says that the British youngsters were afraid to pick dandelion leaves because if they did, they would undoubtedly wet the bed. This concept, no doubt, was based on its diuretic powers but it was widespread enough to give it the Dutch name of pisse-bed and the French name of pissenlit. Its more mundane English names included wet-the-bed and pee-in-the-bed.

Fear of bedwetting did not keep English youngsters from picking seed heads and playing the name of "he loves me, he loves me not" based on short blows of the seeds. They considered the floating seeds to be fairies and if one caught a seed in flight he could make a wish and open his hand and free the fairy and it would grant his wish. They also thought they could tell time by which way the wind blew the seeds from the head. As a youngster in East Tennessee, we considered it good luck if we could blow all the seeds from a head in one breath. Vickery also reported the playing of a game of short blows of breath with this year, next year, or sometimes never to see when one would get married. He also reports the use of both dandelion leaf tea and root tea as a cure for almost anything. The fresh milky sap was used to remove warts.

Dandelions have been used as a food supplement to help "sickly" young turkeys and rabbits to recover by

various European growers. It has been reported to be sought out by sheep and especially lambs. One report gives the plant the credit for curing a whole group of sick lambs. I have personally observed a herd of deer eating only dandelion leaves although they were in a field of six-inch tall young wheat plants in Cades Cove in the Smokies.

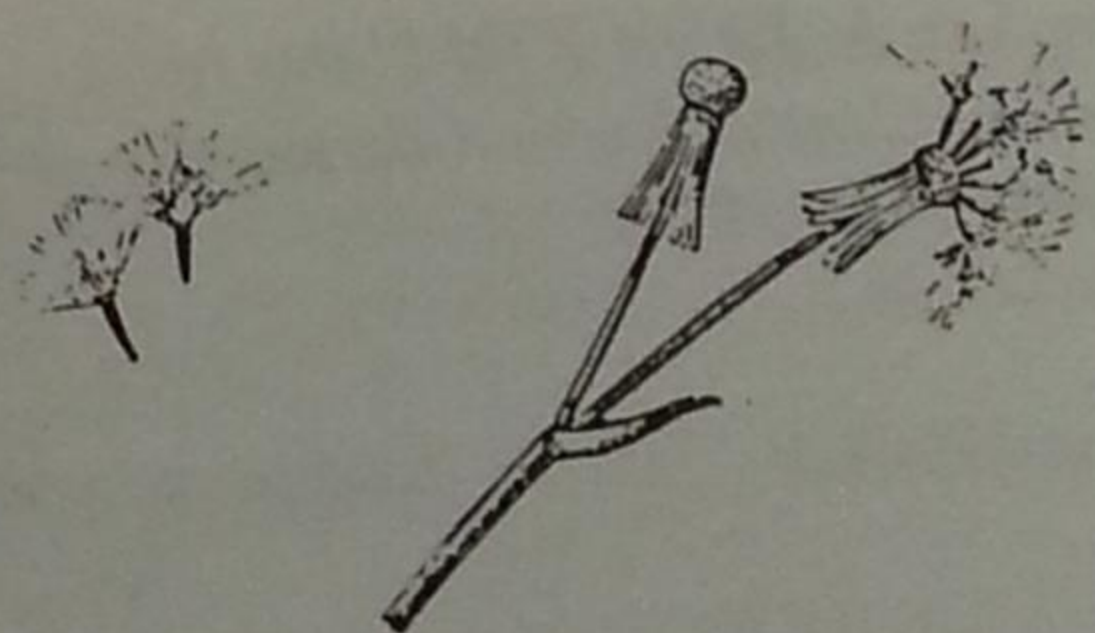
Dandelions are cultivated in various parts of the world for food as well as for medicine. The Midwestern settlers brought in dandelion to help feed the European bees that they used to pollinate their orchards and crops. Bees prefer dandelion to a lot of fruit trees and so the flowers have to be mown to allow the bees to pollinate the trees. The flowers furnish food for the bees before and after the flowering times of the trees. I have never seen a better display of wildflowers than whole hillside fields covered with dandelion flowers, especially along the AlCan highway in Canada and Alaska.

If dandelion were to be common somewhere except in our monoculture lawns, it would have a wider acceptance as a beautiful wildflower. If you must remove dandelions from your lawn, it is best to use an asparagus fork or knife rather than spot herbicides. It would be a much better idea to eat it in early spring and leave it be. When did St. Augustine, Bermuda, Zoysia, Centipede, Carpet grass or any other monoculture lawn look as good as one with a profusion of flowers of dandelions, bluets, spring beauty, and speedwells? Throughout the ages, dandelions have been more friends than foes. Dr. R. Dale Thomas is curator of the ULM Herbarium and professor of biology. He is vice-president of the LNPS.

Castleman, Michael, Sheldon Saul Hendler, *The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines*, Bantam Doubleday Dell Publishing Group. June 1995.

Leung, Albert Y., *Chinese Herbal Remedies*, New York Universe Books. 1984.

Vickery, Roy, *A Dictionary of Plant-Lore*, Oxford University Press, Inc. March 1997.



Further Gleanings....by Marie Standifer

Ed. note: Marie Standifer sent the following information as a follow-up to her excellent presentation at the winter LNPS meeting on foods used by early native Americans.

In reference to a question about honey locust pods used as sweetener is the following:

Maple syrup was used as a sweetener in the northern part of the South by Cherokees, and others. In the deep South, tribes used the jelly around the seeds in honey locust pods. Two ethnographic references said the pods were ground to a powder and used to sweeten corn dishes and drinks. Another reference says that only the sweet pulpy material around the seeds was used. I tend to doubt that they ground up whole pods; I think that would have been rather bitter. Peterson's *Edible Wild Plants*, gives only the pulp as being sweet. It also cautions about not confusing honey locust with Kentucky coffee tree, whose pulp and seeds are poisonous. So - know your native plants!

On the subject of leavenings, I thought I remembered a reference to the use of the ashes of hickory nut shells, but cannot locate it, so I must have been mistaken. Two booklets that contain some neat recipes are *Corn Recipes from the Indians*, by Frances Gwaltney, Cherokee Publications, PO Box 256, Cherokee, NC, 28719, ISBN 0-935741-15-1, about \$2.50, and *Indian Recipes*, published by United Tribes Technical College, Office of Public Information, 3315 University Dr., Bismarck, ND, 58504. Cost is \$5.95. Marie Standifer is a paleobotanist with LSU-Baton Rouge.

Peterson, Lee A., *Edible Wild Plants of Eastern and Central North America*, Houghton Mifflin. 1977.

Native Americans did not use wheat flour, milk, eggs, soda, or baking powder until they were introduced by Europeans. Recipes which contain these ingredients are adaptations made by our settlers or by Indians after the Contact Period.

Bean Ash Cakes(Indian Soda)

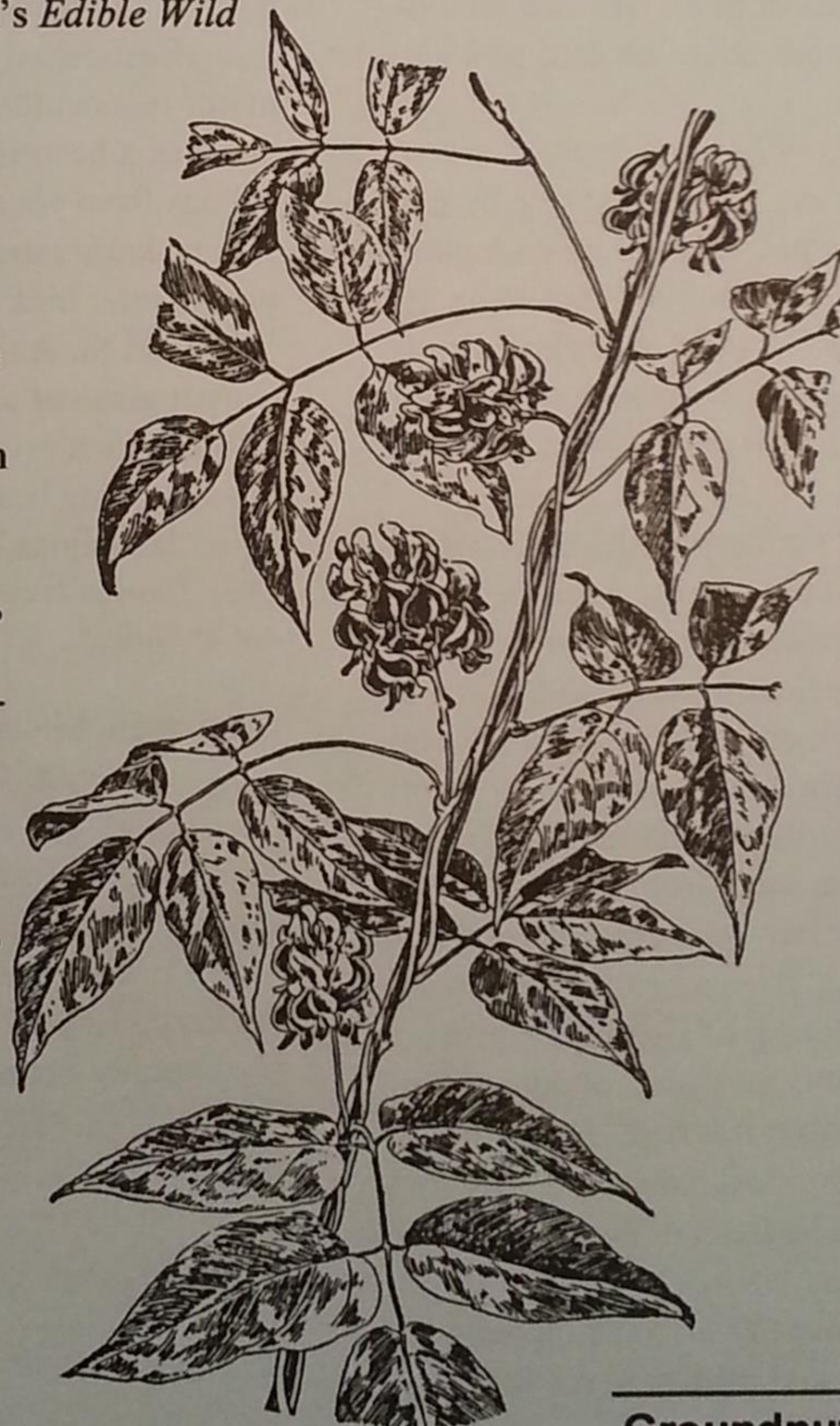
Put bean hulls in a big pot. Burn until they become ashes. Mix with water, make into small cakes about 3" in circumference, and dry in the sun. They are then ready for use. 1950, Mr. & Mrs. William Short (Chickasaw). From *Corn Recipes from the Indians*.

Apios Flour

Boil apios tubers in salted water* for 20-30 minutes until they are soft and split open. Skins may be removed if desired. Drain. Mash or process in a food grinder, blender, or processor until mixture is relatively fine. Store in jar in refrigerator or freeze until needed.

Marie Standifer

*May also be steamed in a microwave.



Groundnut, *Apios americana*

Apios-Persimmon Cornbread

1 cup persimmon pulp (2-3 large persimmons), pulped in a food processor with seeds & hulls removed.

1 stick butter or oleo, OR ½ cup veg. oil

¾ cup honey or maple syrup

2 well beaten eggs

1 tsp. baking soda

1 tsp. baking powder

1 tsp. salt

2 cups corn meal OR 1 cup corn meal + 1 cup apios flour. If apios flour is used, add ½ cup water to wet ingredients.

½ cup chopped pecans

Cream butter and syrup or honey. Add well-beaten eggs.

Mix together: soda, baking powder, salt, and corn meal (or corn/apios mixture). Add to creamed mixture. Add water if using apios flour. Add persimmon pulp and nuts. Beat well. Batter will be loose.

Pour batter into well-greased bread pans. Makes one large (9x13) or 2 medium (4½ x 7½) or 4 mini (2x4) pans. For taste demonstrations, pour thin layers into twice the amount of pans and cut into squares.

Bake 45 minutes at 325° for large and medium pans, 35 minutes for mini, about 40-45 for 9x13.

For THIN LAYERED, BAKE ONLY 20-25 MINUTES. *Marie Standifer*



The Louisiana Native Plant Society was founded in 1983 as a state-wide, non-profit organization. Its purposes are:

☞ to preserve and study native plants and their habitats.

☞ to educate people on the value of native plants and the need to preserve and protect rare and endangered species.

☞ to promote the propagation and use of native plants in the landscape

☞ to educate people on the relationship between our native flora and wildlife.

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Dates to Remember

- March 24-25, 31 & April 1, 7-8, 14-15.** ULM Spring PLANT SALE. 8-5 Fridays and Saturdays. p.5
- March 26.** Hilltop Arboretum Spring Garden Tour I. See p. 5
- April 29.** Hilltop Arboretum "Bog Slog."
- May 6-7.** Cajun Prairie tour. See p. 4.
- May 7.** Hilltop Arboretum Spring Garden Tour II. See p. 5
- May 12-13.** Felsental National Wildlife Refuge RCW/Wildflower Tour. See p. 5
- May 19, 2000.** Arkansas Flora Conference. Fayetteville, AR. Discussing possibilities for Arkansas floristic work including possible publications. Contact Phillip Hyatt, phyatt/r8_kisatchie@fs.fed.us (h)318-473-7262;(w)-7117;(fax) or Dr. Johnnie Gentry, gentry@comp.uark.edu or 501-575-7925.
- May 20-21, 2000.** Bogs & Birds. See p. 6.
- June 1, 2000.** Deadline for submissions to Summer 2000 LNPS News.
- June 3.** Hilltop Arboretum "Bonus Tour." See p. 5
- September 1, 2000.** Deadline for submissions to Fall 2000 LNPS News.
- September 23, 2000.** Winn Wildflower Walk. Details in subsequent newsletters.
- October 19-22.** Native Plant Society of Texas fall symposium, Denton, TX. See p. 4
- October 22.** Hilltop Arboretum Fall Garden Tour. See p. 5

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R. Dale Thomas on Dandelions
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