

PUBLICATION OF
FRIENDS OF THE
WILD FLOWER GARDEN, INC.

THE FRINGED GENTIAN™

FALL 2001

President's Report-- **Thanks for those Golden Years**

Next year marks the 50th anniversary of our organization. Friends of the Wild Flower Garden was incorporated on June 9, 1952, as a nonprofit corporation. The primary purpose of the Friends, as stated in our by-laws, is to:

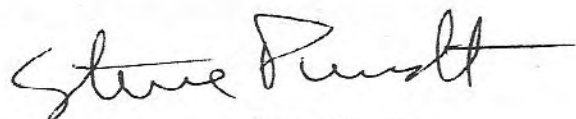
Educate by enhancing visitors' appreciation and understanding of Minnesota's native plants and their natural environments, to safeguard the integrity of the Wild Flower Garden, and to aid in support of the Wild Flower Garden with both financial and in-kind assistance.

That assistance, both financial and in the form of volunteering, has been substantial over the last 50 years. Many thousands of dollars have been spent on projects in the Garden, with the money coming from estate bequests, gifts and membership dues. Thanks to the generosity of many donors over these last 50 years, the Friends board has been able to pay for projects, large and small, to enhance the Garden. Thanks to the thousands of hours of volunteer time over these last 50 years, the Friends have been able to coordinate volunteers to assist the naturalists in the Martha Crone Shelter and in the Garden to enhance visitors' appreciation and understanding of Minnesota's native plants. Thanks to the faithful commitment of time and interest by hundreds of members who have been willing to serve as officers and directors over these last 50 years, the Garden has retained its unique essential qualities of an absence of formal landscaping and an opportunity for quiet contemplation of indigenous plants in a natural environment.

We are planning a celebration of our 50 continuous years as a legal organization, established to support the Eloise Butler Wildflower Garden. We would like to obtain information about the persons who gathered in 1952 to found this organization. Please contact us (see next page) if you have any information about the founders of the Friends:

Clinton M. Odell
Donald C. Dayton
Dorothy Binder
Russell H. Bennett
Leonard F. Ramberg
Martha E. Crone

Again, thank you very much for your contributions of time and money. As we near our 50th birthday, we look forward to your continued support of Eloise Butler Wildflower Garden.



Steve Pundt

Do you have a story about the Garden during its first 50 years?

If you have interesting, historical, sentimental or amusing memories about the Garden during its first 50 years, we would like to hear about them. As stated in the President's letter, we are especially interested in recollections by or about our founders.

But we'd also like to hear your own stories, whether it was your involvement as an early volunteer, a long-time member of the Friends, or as a young person who enjoyed visits to the Garden. Perhaps you also have early photos taken in the Garden.

Whatever your story, please let us know. You may want to write the story yourself, or you may want our help in doing so. Your story may be as short as a paragraph or might be developed into a full-length feature. Drop us a line. Send your correspondence to:

Attn: Garden Stories
Pam Weiner, Anniversary Committee
248 Xerxes Ave. N.
Minneapolis, MN 55405

Or, phone Pam at (612) 377-3573.

We will respond to your message as soon as possible. And our thanks. We'll appreciate your participation!

— The Board of Friends of the Wild Flower Garden

OFFICERS:

Steve Pundt, President Gary Bebeau, Treasurer
Lyle Johnson, Vice President Juanita Lussenhop, Secretary

DIRECTORS:

J. Stephen Benson Ann Godfrey Sally Pundt
Harriet Betzold Marguerite Harbison Shirley Schultz
Joy Davis Lisa Locken Jack Schultz
Launa Ellison Gloria Miller Pam Weiner

The Eloise Butler Wildflower Garden & Bird Sanctuary is a wild garden and sanctuary for wild native flora and fauna. Friends of the Wild Flower Garden, Inc., is a nonprofit organization of private citizens whose purpose is to educate by enhancing visitors' appreciation and understanding of Minnesota's native plants and their natural environments. It aims to enhance and safeguard the interests of the Garden.

The Fringed Gentian is published on a quarterly basis for members and supporters of Friends of the Wild Flower Garden. Editor is Lisa Locken, 1227 Edlin Place, Minneapolis, MN 55416



Growing out of the algae-covered pond at the north end of the bog, arrowhead (*Sagittaria latifolia*) has distinctive leaves that are shaped like arrowheads.

Notes from the Gardener—

The Bog Survives

by Cary George

The small bog in the center of the Woodland Garden, while less than 2 acres, gives visitors a glimpse of a unique plant community. Many similar bogs occurred throughout the Bryn Mawr and nearby Golden Valley neighborhoods, but none survived development. All were either drained and filled for housing or dredged to create the myriad of pastoral ponds so prevalent in Golden Valley. Because it is the sole survivor (along with the Quaking Bog across Wirth Parkway), and a habitat virtually impossible to recreate, special care is given to assure its survival.

The trail through the center of the bog was added in the 1950s in order to give visitors a better view. The stream bed was dug at the same time to assure water movement during exceptionally rainy years. Saratoga Springs was the original name of Wirth Park and, as the name suggests, there was a time when the area's water table was much higher and springs and seeps were everywhere. Still, as the area continues to become drier, and our bog gradually



Arrowhead in bloom (*Sagittaria latifolia*)

loses its acidity because of natural processes and the use of supplemental city water, much of the original community remains.

Wetland plants are generally classified in three categories: submerged (e.g. milfoils, pond weeds, wild celery), floating (e.g. water lilies, duckweed) and emergent (cattails, bulrushes, purple loosestrife).

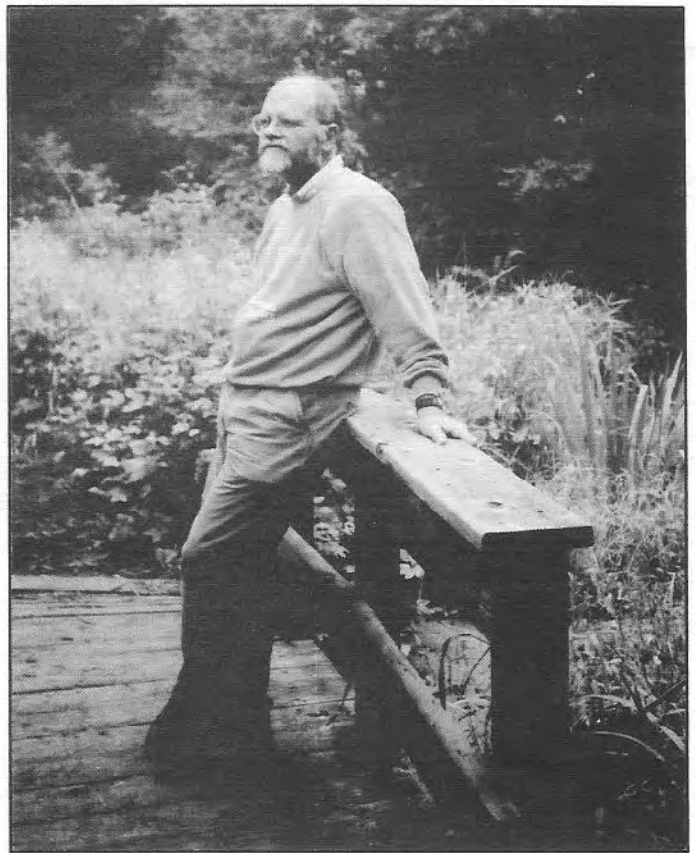
Another broader group of plants prefers moist conditions, though not necessarily acidic or bog habitats. This group includes jewelweed, forget-me-nots, turtlehead, queen-of-the-meadow and cow parsnip to name just a few.

Three plants that get a lot of attention and inquiries from visitors are jewelweed (*Impatiens carpensis and pallida*), broad-leaved arrowhead (*Sagittaria latifolia*) and red turtlehead (*Chelone lyoni*).

Jewelweed, both the pale and the spotted, are two of the relatively few wildflowers that are true annuals. Because of this their abundance varies from year to year—and they are found only in moist areas of the Garden during drier years. Touch-me-not is the common name given to jewelweed because when ripe, the seed pods explode with just the gentlest “touch.” Also the crushed leaves make an excellent poultice for soothing poison ivy rashes.

Broad-leaved arrowhead is a true aquatic plant and it would be a mistake to try to grow it in a home garden. Out species (*Sagittaria latifolia*) is one of 15 arrowheads found in the region. It is a striking plant with a three-petal white flower. Tending to colonize when conditions are right, its effect—standing erect—above the water, is quite dramatic.

Red turtlehead flowers in late summer. Located at the intersection of the bog trails, it draws a lot of attention from both visitors and bees. Our red



Gardener Cary George views wetland wildflowers from the wooden bridge in the bog.

turtlehead (*Chelone lyoni*) is often identified incorrectly as the native red turtlehead (*Chelone obliqua*). The turtlehead in the bog is actually pink turtlehead—a garden escape that is native to southern states. Nevertheless, we will keep it both for the pure pleasure of its floriferousness and the desirability of keeping one of Eloise Butler’s naturalized plantings.



Pink turtlehead (Chelone leoni)



Jewelweed (Impatiens carpensis)



You can hear a bird's song simply by pressing one of the ten buttons beside the picture of the bird whose sound you want to hear.

Former Minnesotan Develops a Product for "Bird Listeners"

by Lisa Locken, Editor

"I'm so busy looking on the ground for wildflowers that I often miss seeing the birds," is a common complaint among wildflower lovers. What they may not stop to realize is that if they don't see the birds they still can hear them and learn to identify them by sound. While it may seem surprising, bird experts claim that only 25 percent of bird identification is made through sight, while the remaining 75 percent is primarily through sound.

If you are among those who have difficulty identifying birds, you are not alone. That was the plight of Terry Allen who was motivated to invent a product that makes bird identification fun rather than frustrating.

A former resident of Excelsior, Minnesota, who now lives in Salem, South Carolina, Allen's invention grew out of his failed attempts to identify birds. "I would see a bird at a feeder out the window," he said in a phone interview, "and then I'd rush to get a bird guide to look it up. By the time I

came back, the bird was gone. This led me to consider putting decals on the window."

But it was when he contemplated bird sounds that his invention began to take shape. "That's when I started thinking about those greeting cards that sing."

Finally, after considering the popularity of baseball cards, Allen's invention evolved into the current product – the Identiflyer with SongCards. A battery-operated device, it can be held in the hands and can play up to ten bird songs on any of ten of the species that appear on credit card size SongCards that slide into a slot on the Identiflyer.

Well-known Experts Contributed Details

In the process of developing the product, Allen sought the contributions of leading authorities including ornithologist Milan Bull who is Director of the Connecticut Audubon Society. For the bird songs, he used the skills of well-known nature recordists such as Lang Elliott, a wildlife photographer and writer who has also recorded bird songs for the "Stokes Field Guide to Bird Songs." For color illustrations, Allen turned to internationally recognized wildlife artists Barry Van Dusen and Michael DiGiorgia whose paintings and articles have been featured in *Bird Watcher's Digest* magazine.

Currently there are over 100 bird recordings available on the collectable SongCards. These include many birds that come to the Eloise Butler Wildflower Garden. There are cards for Yard Birds of the East and West, Birds of the South, Birds of the Night, of the Forest, of the Forest Edge, of Field and Meadows, of Rivers and Lakes, of Marsh and Wetlands and of the ScaShore, as well as a card for Fabulous Frogs. There also is a "CallingCard" which provides a way to bring birds to you.

Allen says that his inventions are now available at a large number of bird and nature stores, as well as through various catalogs and nature centers. "You can find them at many places in Minnesota, including the University of Minnesota Landscape Arboretum," he said. "You also can order through my web site which lists where they are available in each state."

If you want to sample the sounds of Allen's Bird-Songs, just check out his web site and follow the instructions on your screen.

So, if you hope to become an expert "bird listener" in time for next spring's migration, you might start learning to identify bird songs over the winter.

The web site for Terry Allen's invention is: www.identiflyer.com

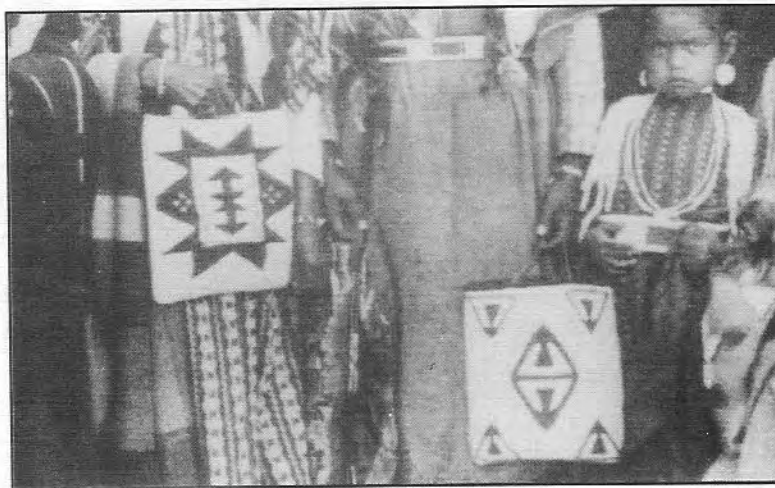
Two Mysteries Resolved

by Gary Bebeau

When you walk up the path to the prairie garden from the front gate in the fall, you will see the hillside covered with the brilliant yellow foliage of Indian hemp (*Apocynum cannabinum*). It is one of those native plants with a lot of folklore about its medicinal values. Many times modern science can only scoff at the ideas once in vogue concerning perceived medicinal importance. Why these plants were long thought to relieve and cure ailments has been a mystery. Not so any longer in the case of Indian hemp.

When white settlers first arrived, they learned of this plant from the natives who boiled roots for a laxative tea (Blackfoot), dried the sap for a chewing gum (Kiowa) and other sundry uses, from making sewing thread to a hair-loss treatment. White settlers became familiar with the plant and used it as a treatment for disorders such as dropsy. But why also did early physicians find favor with the plant and employ it in general practice? Further, why did it get listed in the US Pharmacopoeia from 1813 to 1916, and thereafter the National Formulary until 1960 regarded it as a cardiac stimulant? As late as 1981 the plant was still used in Appalachia as a tonic for migraine headaches, colds, pleurisy and constipation. Yet, what caused early users to believe that it was toxic in large doses?

Modern science has resolved those questions. Chemical analysis reveals that the toxicity comes from the constituents *cymarin* and *apocannoside*. Both are cardiac glycosides and in controlled doses have been shown to have antitumor activity on human cancers. Other constituents of the plant have



Native American women with "friendship bags"

specific effects on the heart. At the same time, large doses can be a problem. *Cymarin* is also toxic to grazing animals, but they find it distasteful and avoid it. Here then we have a plant with chemical makeup that actually does have both good and bad effects.

Now to the second mystery. Indian hemp is a member of the dogbane family, a family well known even to the old Greeks. It was the Greek writer Dioscorides who provided the genus name – *apokynon*. The species name, *cannabinum*, means "of cannabis" or "of hemp" referring to the woody outer fiber. It is well established that native Americans used the woody fibers for everything from baskets to fishing lines to sewing thread, but until recently another use was well hidden.

Joice Overton is an expert on Ne-Me-Poo corn-husk bags (sometimes known as friendship bags). Every Indian woman, young or old, had one or several. Some early surviving examples that are quite expensive at auction, have provenance dating back to the 1830s. But knowing the history of the Ne-Me-Poo and where they lived and the fact that they were not farmers and had no early access to corn, where did the name "corn husk" bag come from? While later examples were truly woven with corn husks, and later still with yarn, what were the earlier ones made of?

Overton finally met an old Ne-Me-Poo woman who solved the mystery. She said that before the use of yarn and corn husks, the material used was readily available to both the plains and western Indians – Indian hemp!

Gary Bebeau is a shelter volunteer and serves as Treasurer of Friends of the Wild Flower Garden.

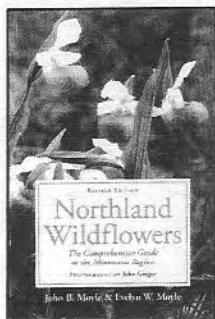


Indian hemp (*Apocynum cannabinum*) growing at the Garden (shown above) is not to be confused with marijuana (*Cannabis sativa*).

Book Corner

Northland Wildflowers, the Comprehensive Guide to the Minnesota Region, Revised Edition University of Minnesota Press

by John B. Moyle and Evelyn W. Moyle
New Photography by John Gregor

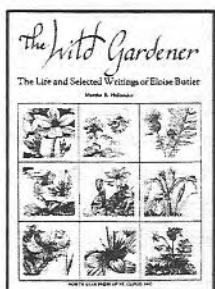


An updated classic wildflower guide of the North, this attractive and informative book presents more than 300 species of commonly found wildflowers, the majority of which can be found in Eloise Butler Wildflower Garden at some time during the season. (Both Eloise Butler and the Garden are referred to in the book.)

For more than two decades the first edition of this book has been a standard guide to wildflowers of the Upper Midwest and Canada. The new edition has six major sections divided by the color of bloom, making it easy for gardeners, hikers and roadside travelers to identify the plants they see. Each entry includes a photo and description of the species, its habitat and its season of bloom.

Whether or not you own a copy of the first edition of *Northland Wildflowers*, you will find that this revision makes an excellent wildflower reference.

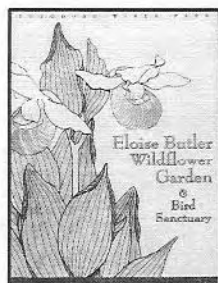
The Wild Gardener – The Life and Selected Writings of Eloise Butler



For a copy of this classic work by Martha Hellander, send your name and address with a check payable to Friends of the Wild Flower Garden for \$19.95 (\$17.95 for Friends' members) per book, (which includes tax and postage), to: Barb Duos, 5401 Sailor Lane, Brooklyn Center, MN 55429

Eloise Butler Wildflower Garden & Bird Sanctuary Guidebook

Produced in 2001, the new color-printed guidebook for the Garden can be used as a reference for self-guided tours,



but also makes an attractive addition to any permanent book collection. Illustrated by Mark Muller, a Midwestern botanical illustrator, the book has 137 illustrations. For a mailed copy, please send \$4 plus \$1 shipping and handling (\$5 total) payable to the Minneapolis Park and Recreation board, to MPRB, EBWG Guidebook, 3800 Bryant Ave. S., Minneapolis, MN 55409-1029

Thank You, Volunteers

by Shirley Schultz and Harriet Betzold,
Volunteer Coordinators

The annual Volunteer Appreciation Luncheon sponsored by the Friends, will be held in October for individuals who have volunteered at the Martha Crone Shelter during the 2001 season. Our hearty thank you to all who participated this year:

Alfred Anderegg	Lyle Johnson
Gary Bebeau	Judy Jones
Glen Belt	Gary Joselyn
Harriet Betzold	Cynthia Kroening
Nancy Bjerke	Gwyn Lang
George Bridgman	Connie LaVoie
Betty Bryan	Juanita Lussenhop
Douglas Cain	Sharon Mahto
Liz Darner	Gloria Miller
Joy Davis	Leslie Modrack
Susan Dean	Constance Pepin
Lorraine Delehanty	Jim Proctor
Marie Demler	Sally Pundt
Mary Ellen Doherty	Karen Sorel
Launa Ellison	Diana Thottungal
Linda Fritschel	Barbara Vize
Ann Godfrey	Phoebe Waugh
Ann Hall	Carol Weber
Marguerite Harbison	Pam Weiner
Betty Hauge	Faith Woodman
Mary Huschen	

Photo Contest a Success

The 2001 Eloise Butler Photo Contest attracted over 100 entries representing people, plants and scenes in the Garden during the 2001 season. Twelve winners were selected.

Contest photos were on display at the shelter in the final week of the garden season. They will be displayed again in April, 2002. "So, remember to stop in and see the best of the best next spring," says MaryLynn Pulscher, Environmental Education Director for the Minneapolis Park Board.



Constance Pepin

Meet the Volunteers

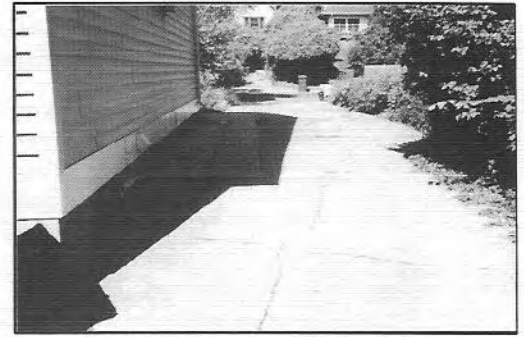
As a free-lance writer and training consultant, Constance Pepin has had the opportunity to schedule volunteer time for the past two seasons at Eloise Butler Wildflower Garden. Her motivation to volunteer is based upon a long-time love of the Garden and wildflowers, as well as from a deepened sense of what is important to her in her own life. "When I read the book, *Noah's Garden*, by Sara Stein, it totally changed my perspective about what I could do," she says.

"That book helped me pull together bits and pieces of a growing awareness of how I wanted to shape my own corner of the world. She gave me the information about how to use my energies to restore that small piece of land. So the book came at the right time for me."

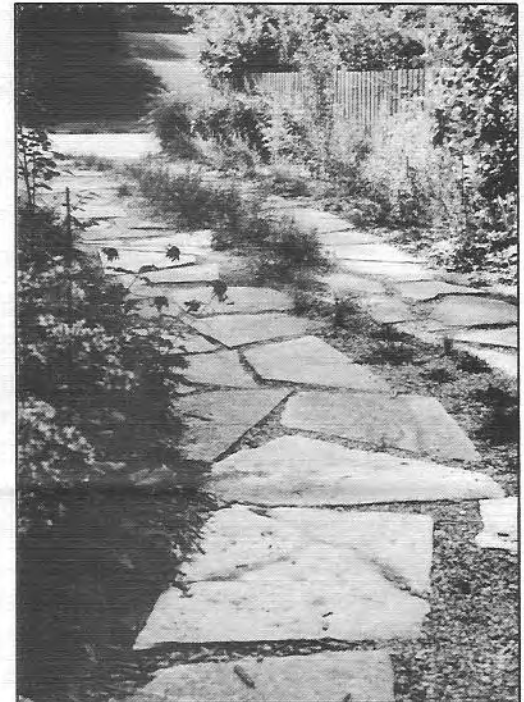
Another influence on Constance was taking a naturalist-led tour of the prairie garden. "One of the naturalists provided all of the names of the plants we saw, and I went out that same day and I purchased several of those plants and put them into my yard."

Since then, Constance has continued to add to her wildflower garden, gradually removing those plants that didn't attract butterflies and birds. Her most ambitious project to date has been the removal of an entire concrete driveway that extended from near the property line right up to the house. Replaced with flagstone interspersed with low-growing wild plants, the new, more-environmental drive allows rainwater to be absorbed into the yard instead of contributing to runoff in the lakes area of Minneapolis. "It is very satisfying to feel that I am being a steward of my own yard," she says.

Besides volunteering at the shelter, Constance has shown her support of the Garden through her membership in Friends of the Wild Flower Garden, as well as through gift memberships -- including a lifetime membership she gave to her daughter.



Before - Constance's drive was "wall-to-wall" concrete.



After - Constance's graceful new drive allows for tall wildflowers on both sides while small wild plants can grow in between the widely-spaced flagstones.

Special Gifts and Memorials

by Marguerite Harbison, Memorial Chair

For Carolyn Brunelle (mother), donated by Chris Brunelle
For Louis W. Claeson, Sr., donated by friends, Joan and John Haldeman
For Jack Schulte, donated by friends, Max and Marie Demler

Matching gifts were as follows:

From Otis Godfrey, with a match from American Express Foundation
From Virginia Matters, with a match from U.S. Bancorp

Donation checks should be payable to Friends of the Wild Flower Garden, Inc., and may be directed to Marguerite Harbison, 6038 Golden Valley Road, Golden Valley, MN 55422

Membership Report

by Joy Davis, Membership Chair

Welcome, new members:

- Simba Blood, Minneapolis, MN
- Philip Cheung, Roseville, MN
- Kay and Larry Leclerc, Fargo, ND
- Kathryn Ann Mack, Minnetonka, MN
- Charles Sweningsen, Edina, MN

(Application is on outer page.)