

THE FRINGED GENTIAN™

Garlic Mustard: An Edible Invasive

By Cheryl Batson

Garlic mustard is a very tenacious and abundant terrestrial invasive plant in the Twin Cities area parks and forests of Minnesota.

It was brought over from Europe by settlers as a food crop which then escaped into our forests in the United States. Wildlife does not like to eat it. The roots taste like a mild horseradish.

Garlic mustard season can start as early as March or April beginning with the rosettes. You can harvest any leaf, flower, seed pod or root and serve it raw or cooked. Think of this herb as you would spinach as far as cooking or eating raw. You can use the herb as

a substitute for garlic or as an additional green in any salad where greens are welcome. The younger the leaf, seed, or flower the better it will taste. Older, larger leaves can taste bitter. If you harvest from one spot in the spring, you can return for new rosettes from July until frost. [Recipe link]

Garlic mustard is very easy to identify in its mature phase. Look for heart shaped leaves and white petals in clusters of four. In the rosette stage, you will want to make sure you are not pulling common blue violet (or any violet for that matter) instead. It will not poison you, but this is a beautiful native flower that sustains wildlife not to mention being pleasing to the eye.

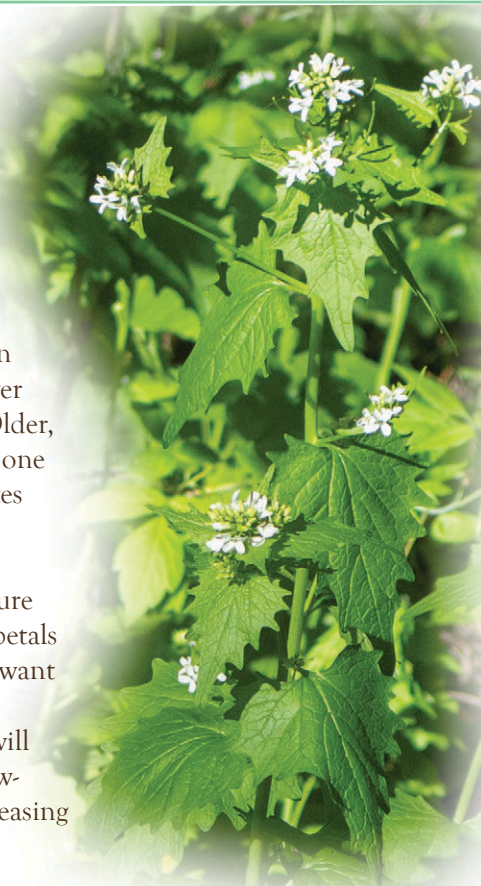
As a side note, plants in the mustard family can absorb heavy metals into their system so you will want to be careful not to harvest plants for eating near train tracks and roadsides or any other areas heavy metals may have been used. If you come across wilted or deformed plants, this is a sign it has probably been treated with herbicide. You will want to avoid that area also. Please obtain permission from the owner of the land before harvesting. You will want to be especially careful if you are harvesting the seeds as you do not want to spread this plant inadvertently. I suggest keeping it in a tightly weaved enclosed mesh bag (like burlap) or an envelope. If you are collecting in plastic, you will want to remove it right away when you return home to prevent wilting. ❖



Above: Basal rosette of garlic mustard.
Below: Rosette of the common blue violet.



Cheryl Batson is a Minnesota Master Naturalist, writer and previous member of an invasive species Rapid Response Team.
Plant photos - G. D. Bebeau



Garlic mustard seed pods



Garlic Mustard Pesto



Ingredients:

11 cups lightly packed garlic mustard leaves and tips, loosely chopped
1/4 cup pine nuts
1 garlic clove
1/3 cup grated parmesan cheese
1 cup extra virgin olive oil
1/2 teaspoon salt
1/2 teaspoon sugar
2 squeezes lemon juice.

Directions:

1) In a blender, grind the garlic, pine nuts and parmesan.
2) Add the garlic mustard.
3) While blending, pour in a steady stream of the olive oil for 1 minute, or until smooth.
4) Add salt, sugar, lemon juice and pulse until mixed.

Pesto photo - Slow Living Kitchen

President's Greeting

By Jennifer Olson

Dear Friends:
We celebrated our volunteers, October 30 at Lake of the Isles Lutheran Church with 60 people in attendance. We honored our retiring Board Members: Sally and Steve Pundt, Lauren Husting and Kathy Connelly. We enjoyed good food and conversations plus a fun raffle.

Although the Garden is closed during the winter, birding is year-round. On Sunday, December 18, 2022, an Audubon Winter Bird Count, nationally referred to as the Audubon Christmas Bird Count, happened at Wirth Park, part of the Minneapolis Western Circle. My group of 4 headed north of Highway 55 along Bassett Creek. We saw 78 birds of 17 species. My highlights were a kingfisher near Plymouth Bridge and a perched Great Horned Owl, 5 feet off the ground, 15 feet from us. Not too far from the owl, we spotted the owl's left-wing imprint, made when it flew into the snow for a kill. We returned to the Pavilion and enjoyed a potluck lunch. It was truly a community event!

The first Audubon Christmas Bird Count held in Wirth Park was in 1952. Mr. J.S. Futcher, one of our Friends' members participated and was responsible for filing the report to Audubon National: 30 participants, 495 birds and 22 species including a golden-crowned kinglet and a titmouse. Mr. Futcher's comments on our 2022 Winter Bird Count were "we would of never seen wild turkey, a house finch or a Canada goose; and no bald eagles."



Great Horned Owl posing for a photo during the bird count. Photo - Jennifer Olson



Owl wing imprint in the snow - A hunting scene? Photo Jennifer Olson

Eloise noticed the birds too and wrote on April 12, 1916: "saw numbers of flickers, yellow bellied sapsuckers, ruby-crowned kinglets, phoebe, red-winged blackbirds, song sparrows, myrtle warblers, chickadees, brown creepers. Caught a glimpse of the imported pheasant and the kingfishers."

In the October 1969 Gentian it was written that "the title of the Garden had changed to the *Eloise Butler Wild Flower and Bird Sanctuary*. It was met with great enthusiasm." In 1986, Minneapolis Park & Recreation Board changed the name to *Eloise Butler Wildflower Garden and Bird Sanctuary*.

Late fall and winter are also busy times for the perimeter around the Garden. Together, Garden Curator, Susan Wilkins and FIPAG (Friends Invasive Plant Action Group) co-chair, Jim Proctor have been leaders to reduce the buckthorn and garlic mustard outside the perimeter of the Garden. Legacy stewards and FIPAG volunteers have worked hard to eliminate these plants resulting in more native plants thriving.

In November FIPAG volunteers planted cuttings from elderberry bushes growing elsewhere in Wirth Park. Jim is discovering "winter weeding" where one can easily pull small buckthorn after the leaves have dropped. At the end of January, he did "snow sowing," by sprinkling wildflower seed mixes on the snow. The sun will melt the top of the snow, the seeds will migrate towards the ground, and hopefully in spring will germinate. The Garden is awesome, but the perimeter is amazing too. Check out the Maple Bowl.

The Garden opens in April and will begin its 117th season with migrating warblers and early ephemeral blooms welcoming us. Birding is a Garden tradition too; the Early Birders will return on Saturdays in April. All are welcome.

See you in the Garden, Jennifer ❖

Garden Curator's Update

by Susan Wilkins

Celebrating and Counting Birds in Winter!

On a sunny and cold December Sunday, 65 community members ventured outside to participate in the first official Audubon Winter (Christmas) Bird Count in the Minneapolis West Circle in 60 years!

Audubon designates 15-mile diameter circle-shaped for counts throughout the US, some of which have been actively counted for decades. This annual, nation-wide bird count is the longest standing community-science bird project in the country. <https://www.audubon.org/conservation/science/christmas-bird-count>.



In the Minneapolis West circle, 4,369 birds were counted on Sunday, December 18 representing 38 bird species! There were two additional species counted during count week. The Minneapolis West circle includes a diverse array of urban habitats for birds. Even a cold day in December did not disappoint in terms of the diversity of species seen and the number of birds counted.

Re-igniting interest in this project and reviving the Minneapolis West circle area for the count is all thanks to the vision and dedication of the Urban Bird Collective (UBC). UBC's leadership team for this effort, Monica Bryand and Jane Shallow, worked together with the Loppet Foundation and Garden Curator Susan Wilkins to plan and organize this very successful event. Almost 30 of the participants this year are community members and bird watchers who are involved with UBC. UBC helps create safe and welcoming spaces for birdwatchers of all levels and is focused on BIPOC and LGBTQIA+ communities. Read more here: <https://urbanbirdcollective.org/>

A heart-felt thank you to Monica Bryand (UBC) for her vision and leadership to revive the bird count for this area and to bring a focus of inclusivity to the count for the BIPOC and LBQITIA+ birding community.

A special thanks to Ari Kim and Jane Shallow (UBC) who shared their expertise and developed the section maps for the count, an essential tool for an effective and efficient counting effort and a significant task.

Three additional community organizations were involved in this first count including the Cedar Lake Park Association, the Friends of

Roberts Bird Sanctuary, and the Friends of the Wild Flower Garden. Several dedicated and knowledgeable volunteers from these organizations and from the community organized small groups to bird in park and natural areas in Minneapolis and mapped out areas ahead of time in coordination with the circle count leader, Garden Curator Susan Wilkins. Other community members assisted with providing refreshments for participants. A special thank you to Stephen Greenfield, Constance Pepin, Mark Schmidt, Keith Prussing, Jennifer Olson, Bruce Jarvis, Chris Swanson, Rod Miller, and Kurt Fisher for their efforts.

Garden staff Tammy Mercer, Jodi Gustafson and Kimberly Ishkov shared their expertise and assisted the organizing team with facilitation of the count on the day of the event. Thank you and thanks to the Loppet Foundation for supporting this event in tandem with the Minneapolis Park & Recreation Board.

It was a great day for the birds, for community-science, and for participants.

Thank you again to everyone involved in this community-centric effort to support community science and nature. Stay tuned for more information about the next Winter Bird Count in December 2023. ❖

Top of page: Another of the rarer birds seen was the Cooper's Hawk. File photo - Andy Reago & Chrissy McClarren CC-BY-SA 2.0.

Total individual birds	4,369
Number of species	38
Canada Goose	702
Trumpeter Swan	2
Mallard	548
Common Goldeneye	619
Common Merganser	1
Ring-necked Pheasant	
Wild Turkey	60
Rock Pigeon	17
Mourning Dove	6
Ring-billed Gull	
Sharp-shinned Hawk	1
Cooper's Hawk	1
Bald Eagle	20
Red-tailed Hawk	5
Great Horned Owl	2
Barred Owl	
Belted Kingfisher	2
Red-bellied Woodpecker	38
Downy Woodpecker	100
Hairy Woodpecker	45
Northern Flicker	4
Pileated Woodpecker	4
Northern Shrike	4
Blue Jay	16
American Crow	499
Black-capped Chickadee	377
Red-breasted Nuthatch	
White-breasted Nuthatch	91
Brown Creeper	7
American Robin	209
European Starling	302
Cedar Waxwing	46
House Sparrow	217
House Finch	54
Purple Finch	
Common Redpoll	
Pine Siskin	
American Goldfinch	103
American Tree Sparrow	5
Dark-eyed Junco	130
White-throated Sparrow	1
Song Sparrow	1
Red-winged Blackbird	
Common Grackle	
Northern Cardinal	119
Eastern Bluebird	9
Merlin	2



One of the rarer birds seen during the bird count is the Northern Shrike. The little guy on the twig was hard to capture closeup so here's a file photo showing the plumage. Photos: inset - Chris Swanson; file photo - Paul Hurdado CC-BY-SA 2.0.

Rare, Endangered, Deceiving, and Special

The Wildflower Garden's Special Spring Delights by Gary Bebeau



Twinleaf, *Jeffersonia diphylla*

The Eloise Butler Wildflower Garden and Bird Sanctuary provides protection for rare spring wildflowers and other wildflowers that delight and sometimes deceive the eye.

The **Twinleaf** (*Jeffersonia diphylla*, named for Thomas Jefferson) is delightful for the striking white flower above a leaf with paired leaflets. Don't miss the unique seed capsule that forms after flowering, into the shape of an upright capsule with a lid on top that pops open when the seeds are mature. In Minnesota Twinleaf is found only in secluded valleys in the SE corner of the state. The plants on the path to the Garden Shelter have likely been growing in the same area since they were first planted many decades ago.

Two other rarities, both endangered in the wild, are Goldenseal and the Dwarf Troutlily. Each Goldenseal (*Hydrastis canadensis*) stem produces only a single flower in the spring which matures into a cluster of red berries resembling raspberries. The foliage is a striking dark green.



Twinleaf seed capsule



Goldenseal, *Hydrastis canadensis*

The Minnesota Dwarf Troutlily (*Erythronium propullans*) is easily mistaken for the White Troutlily, *E. albidum*, when not in flower. Look for a much smaller flower and leaf and 5 tepals (sepal and petal combined) not the 6 of the White or of the Yellow Trout Lily. In Minnesota the White is restricted to just a few counties in the State while the Dwarf's only wild habitat in the world is in secluded ravines of 3 southern Minnesota counties.



Minnesota Dwarf Troutlily, *Erythronium propullans*



White Troutlily, *Erythronium albidum*

I am often asked when one can derive the most benefit or pleasure from a visit to the wild garden. Every week, from April through October, presents new attractions. Eloise Butler

A deceiving group of spring flowers are the anemones of the buttercup family. Many buttercups do not have flower petals. In this case the sepal, which is usually the outer covering of the flower bud and forming the calyx of a flower, turns color and tricks the viewer into thinking it is a petal forming the corolla of the flower. To further confuse, the flowers seem to look alike.

The False Rue Anemone, one of the earliest spring white flowers in the Garden has flower stems rising from the axils of deeply lobed leaves while the Rue Anemone, white to pink, has flower stems rising from a whorl of not-so-deeply lobed leaf-like bracts that form at the top of the stem. The Wood Anemone also has deeply lobed bracts forming a whorl around the base of the flower stalk but look carefully, there are no true leaves on the flower stem - it rises between the whorl from the root.



Wood Anemone, *Anemone quinquefolia*



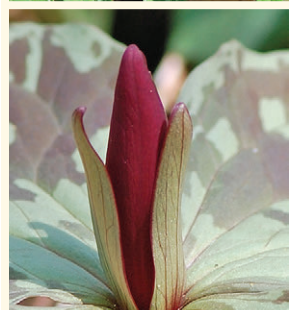
Rue Anemone, *Thalictrum thalictroides*



False Rue Anemone, *Enemion biternatum*



Sweet Betsy, *Trillium cuneatum*



Toadshade - to 1.5" high
Sweet Betsy - to 3" high

A close inspection is necessary to identify this next pair of deceivers - two trilliums - Toadshade (*Trillium sessile*) and Sweet Betsy (*Trillium cuneatum*).

Both have large bracts mottled with dark green or brown and upright purple flower petals. Size is the difference. Toadshade's flower petals are about 1.5 inches high with narrowed bases. The bracts are to 3 inches long with a tapered base. Sweet Betsy has flower petals to 3 inches high with wedge bases and the bracts are to 6 inches long with a wedge base. There are also more detailed differences in the petals, stamens and odor.



Toadshade, *Trillium sessile*

Consult the Friends website for more detailed information on each of these wildflowers. The plants reviewed here do not bloom at the same time and annual weather changes affect spring bloom time from year to year. ❖

Photos in this article are by Gary Bebeau, a Friends board member.

This Spring, Visit the Wilder Bird Sanctuary

by Constance Pepin

As most birdwatchers in our region know, several miles south of the Eloise Butler Wildflower Garden & Bird Sanctuary in Wirth Park is the other bird sanctuary in Minneapolis, the Thomas Sadler Roberts Bird Sanctuary in Lyndale Park.

This undeveloped natural area is also named to honor an important historical figure and provides critical habitat within the Chain of Lakes Important Bird Area. Roberts is located just north of Lake Harriet, between Lyndale Gardens and the bandshell. The main entrance to the sanctuary is through a rustic visitors shelter adjacent to the Peace Garden parking lot.

Like all of Minneapolis, both bird sanctuaries are on the sacred homeland of Dakota Peoples, who were residents and stewards of this land for millennia before the arrival of white settlers. The Dakota land near the southeast shore of Bde Maka Ska that became Lakewood Cemetery included the site of Heyata Otunwe (Cloud Man Village), an agricultural community formed in 1829 and abandoned 10 years later after a conflict between the Ojibwe and Dakota nations.



Great Horned Owl. Photo - Nadia Hoffman

In 1890, Lakewood Cemetery donated 35 acres of land to the Park Board that became Lyndale Park, including 31 acres along the cemetery's current southern border that the Park Board formally established as a bird sanctuary in 1936. Members of the Minneapolis Audubon Society (MAS) have led guided walks in this bird sanctuary for over 100 years. At MAS' request the sanctuary was renamed in 1947 to honor Dr. Thomas Sadler Roberts, considered the father of Minnesota Ornithology.

Dr. Roberts was born in 1858 and moved with his family to Minneapolis as a boy. He explored the oak woods, tamarack swamps and prairies that surrounded the town, and roamed the lakeshores of Harriet and then Calhoun. A collection of Minnesota birds that he started as a teenager eventually became the foundation of Minnesota's ornithological specimens.

Male Scarlet Tanager. Photo - Ryan O'Connor.

In 1915, Roberts ended his successful medical practice and became "associate curator" of the Natural History Museum at the University of Minnesota, which later became the Bell Museum. Eventually, Roberts fulfilled his lifelong dream and wrote *The Birds of Minnesota*, a landmark book that remains an unparalleled compilation of data on the state's birds. *A Love Affair with Birds*, a biography of Roberts by Minnesota author Sue Leaf, was published in 2014.

Twice as large in acreage as the Garden, most of Roberts Bird Sanctuary is designated wetland. The main trail is Bossen Lane, an unpaved narrow road that extends from the Peace Garden to the Lake Harriet bandshell, following the route of an old bridle path. Other trails go through two Sugar Maple forests cleared of buckthorn by dedicated volunteers.

People can visit Roberts Bird Sanctuary year round. The best times for birding are during spring and fall migration, when many species of birds stop in the Sanctuary during their epic journeys to and from their breeding grounds. During spring migration, expert birders offer guided walks on Tuesday and Saturday mornings. In May of 2022, the eBird list of one of many birders who frequent Roberts included 63 species in the Sanctuary and nearby Lake Harriet, including 22 species of warblers—possibly the most ever documented on these walks! ♦

Constance Pepin is a long-time volunteer at Eloise Butler Wildflower Garden and co-founder and Board member of Friends of Roberts Bird Sanctuary, which works to protect, preserve, and enhance the Sanctuary as a thriving, undeveloped habitat and sanctuary for birds and other wildlife.



Photo - Nadia Hoffman

Notes for Our Supporters



Last October the Friends Invasive Plant Action Group (FIPAG) completed its 16th year of removing invasives from around the Garden. The buckthorn crew celebrates the completion of last year's work in this photo by Bob Ambler.

Thank you to these new annual supporters.

Basic: Brenda Daly, Elaine Eschenbacher, Susan Makela, Paul Mielke, Pam Harris

Sponsor: Barbara Broker, Peggy korsmo-Kennon, George Lawton, Terry Ann Pearson

LIFE - new or step-up J. S. Futcher, Genevieve Johnson, Donna Schimunek

Other Support Donations Received

Elizabeth Anderson, Janet I. and Dean Anderson, Anonymous. Mary Kay Arthur, Candyce Bartol, Barbara Broker, Amie Jo Digatono, Maria Eggemeyer, Elaine Eschenbacher, Meg Forney, Linda Fritschel & Jim Kiehne, Pam Harris, Barbara Hendrickson, Marjorie Huebner & Jeff Nygaard, Bruce & Alison Jarvis, Sandi Knolls, Peggy Korsmo-Kennon, Elizabeth Kreibich, Anthony La Plante, Melissa Listman, Janet Mayer, James McBride Jr., Carla & John McCellan, Heather McQueen, Michael Menzel, & Kathryn Iverson, Jeremy Nichols & Evelyn Turner, Jennifer Olson, Win & Binky Rockwell, Kathryn Sedo & Scott Beers, Elizabeth & Stephen Shaffer DAF, Sandra Tekman, Susan Warde.

24,000 Garden Connections in 2022

More than 3,000 visitors attended free Garden Naturalist programs

- Garden Storytime: 1,206
- Early Birders: 532
- Evening Programs: 600

Informal Naturalist's Pop-up program engaged 2,000 visitors

12,000 visitor interactions with naturalists in the Shelter

Welcome Kiosk docent Volunteers greeted and assisted 6,850 visitors in the last 2 months of the season

68 volunteers within the Friends Invasive Plant Action Group and Legacy Stewards invested 325 hours to remove buckthorn, non-native bittersweet, shrub honeysuckle and garlic mustard

3 corporate groups and 45 individuals donated 113.5 hours to trail mulching and field time

Support form

Pay on website or mail with a check payable to:
Friends of the Wild Flower Garden, P O Box 3793, Mpls MN 55403

Required

Name

Address

E-mail

Support the Friends Annually:

- ☐ Basic \$25 ☐ Sponsor \$100 ☐ Benefactor \$250
☐ Lifetime \$1,000 OR ☐ Other _____ (\$25 or more)

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IHO Bruce Jarvis from John Barber

Looking back 70 years



The Garden office, in deep snow 70 years ago on March 12th 1953, sitting midway between the gate and the wetland, on the plateau where it was build 38 years previously. It served for another 17 years until the Friends funded and contracted for a new shelter and named it in honor of Martha E. Crone, the Garden's second Curator. Photo by Martha Crone.

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www.friendsofthewildflowergarden.org

www.friendsofeloisebutler.org



Harbinger of spring - the Pasque Flower. Photo G D Bebeau

The Eloise Butler Wildflower Garden and Bird Sanctuary comprises cultivated but naturalistic woodland, wetland and prairie environments. It is owned and operated by the Minneapolis Park & Recreation Board, located within the city of Minneapolis in Theodore Wirth Park on traditional Dakota homelands and, established in 1907, is the oldest public wildflower garden in the United States.

Visit our website
For more information



FRIENDS OFFICERS

PRESIDENT - Jennifer Olson

TREASURER - Gary Bebeau

SECRETARY - Candyce Bartol

OTHER FRIENDS DIRECTORS

Jim Proctor - Invasive Plant Action Group Co-chair

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VOLUNTEER SUPPORT STAFF

Christi Bystedt - Annual Support Coordinator

Kari Christianson - Invasive Plant Group Co-chair

Melissa Hansen - Shelter Volunteer Coordinator

Lauren Husting - Media Communications

The Garden is open April 15 to October 15,
weekends only Oct. 15 - 31. Closed Mondays.
Hours: Tuesday - Sunday 7:30 AM to 6 PM;
Thursdays - 7:30 AM to 8 PM.