

White Pine Chapter Idaho Native Plant Society

Fall 2010 Newsletter



Bitterroot
Photo by Pat Fuerst

Thorn Creek Native Seed Farm Tour

By Helen Yost and Pat Fuerst

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We welcome
submissions from
members and friends.
Please email articles and
photos to the Editor at
MicheleJolie@gmail.com

Deadline for Spring Issue:
March 1, 2011

Amid scattered spring showers on June 17, Jacie Jensen led 14 chapter members on a tour of her family's native seed farm. The seed farm is part of a large third-generation farm owned and managed by Jacie and her husband, Wayne. We visited the seed production plots and fields and walked ancient Palouse prairie atop Paradise Ridge near Genesee.

The Jensens started the native seed farm in 2004 because of their concern for restoring and conserving the remaining prairie remnants. Jacie described how her family collects and propagates grass and wildflower seeds of 25 common Palouse species from on-site sources and then harvests resulting seeds to either sell, plant in pots, or sow into single-species fields.



Paintbrush on Paradise Ridge
Photo by Pat Fuerst

Because we recognize both the rarity and beauty of small and isolated remnants of highly diverse native Palouse prairie, we were glad to learn from the Jensens' experience and knowledge, share our collective concern for the regional landscape, and foster the conservation and expansion of arid, short-grass prairie patches through rural and urban cultivation of native plants.



Thorn Creek Seed Farm Tour
photo by Pat Fuerst



Robinson Park
Photo by David Hall

“It is difficult to get an accurate age for the ancient cedars; they cannot be cored for a ring count as many types of trees can because they are hollow at the base”



Ancient cedar
Photo by David Hall

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A Day of Herbs, Cedars, and Towers

By David Hall

A couple dozen people gathered on August 28, 2010 to learn from Linda Kingsbury, herbalist, about identifying wild edible and medicinal plants growing at Latah County’s Robinson Park a few miles East of Moscow, and how those species can be used. Dr. Kingsbury pointed out about 22 species, from dandelions to teasels, amaranth to yarrow. Some are good as salad greens, some can be used as an adrenal tonic, for tooth-ache relief, or mouthwash, or survival food.

The second part of our trip had about the same number of people, with some leaving and others joining. We carpooled out to the Moscow Mountain Cedar Grove, which has western red cedars and many other woodland species growing at an elevation of 2500’. It is difficult to get an accurate age for

the ancient cedars; they cannot be cored for a ring count as many types of trees can because they are hollow at the base when they are old. Estimates put some of them at well more than 1000 years old! Botanist Juanita Lichthardt led this group down the trail and identified many of the plants we saw along the way, such as wintergreen, wild ginger, and red and white baneberries. Several others joined in on the identification.

After looking around and refueling ourselves amongst the cedars, most of the group drove the short distance to East Moscow Mountain, where there used to be a lookout tower – and the location for a proposed new 125-foot tall satellite communications tower (or towers). Mark Solomon explained who is working with Idaho Department of Lands to

allow such a tower on this Idaho State school trust land, and why it is not a good idea. The lookout area is heavily used for recreation, and provides great views toward Troy, Moscow, Lewiston, and far beyond—Mark identified many of the visible mountains and ranges. An Idaho politician was married at the lookout site (and it got mentioned in a televised speech by a national leader) – I’ll leave it to the reader to learn who wed there and who spoke of it.



Proposed tower site
Photo by David Hall

An Herbalist's Experience with Yarrow

By Linda Kingsbury Ph.D.

You can find perennial Yarrow sticking its white flower heads above grass, alfalfa and other weeds along roadsides and fields during the summer. Yarrow's alternate feathery leaves combined with its pungent scent helps you to identify it. I harvest yarrow in July when the clusters of tiny white flowers are in full bloom. For tea, tinctures, and salves I snip the flower tops into a woven basket and allow them to dry for several days until the flowers easily crumble when pinched. Storing the flowers in glass jars preserves their medicinal potency.

Medicinal Use

I first wild-crafted Yarrow growing on the hillsides when I was a young mother living at Mt. Baldy in Southern California. The tea can often keep a cold or flu away if taken at the first sign of symptoms and is also beneficial for urinary tract and reproductive health. I like my yarrow tea with a touch of honey to balance yarrow's strong bitter taste. After more than thirty years of allowing yarrow to bring its healing gifts into my life, when I need it, I will have a craving for that flavor.

During the summer you can make a sun tea by putting ¼ cup of flowers in a quart jar and then filling it to the top with water. Find a sunny place for it to sit in for a few hours until the water changes a light golden color. When I

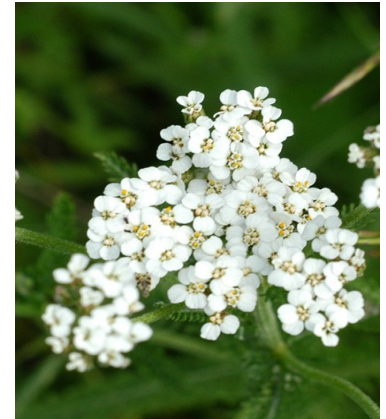
do not have time to make a tea, I add a few drops of yarrow liquid herbal extract tincture to water.

Yarrow can be blended with Oregano, Hyssop, and Rosehips for a Cold and Flu tea. I created this blend last year as a natural response for the H1N1 flu scare.

Yarrow helps your body sweat so it is useful to break a fever and provides a healing action for your lungs and liver. To make a tea, steep about one tablespoon of flower tops in hot water for about ten minutes. If you suffer from sinus congestion or migraine headaches you may want to try this easy herbal steam that helps to clear congestion. Simply place a small handful of yarrow flowers into a bowl and pour boiling water over the flower tops. Create a tent with a towel over your head and the bowl, and inhale the steam.

First Aid

Also known as nature's Band-Aid or nose bleed plant, yarrow has been used topically for hundreds of years due to its hemostatic properties. In 1998, I worked as a Women's Wellness Educator with Niimiipoo Health of the Nez Perce Tribe in Idaho. As part of a Horticulture Therapy project, we created an herb garden with four theme beds including local and easy to grow herbs for first aid, stress relief, seasonings, and food. To keep the animals out of the garden, we put up a six-foot tall fence around



Yarrow,
Achillea millefolium.
Photo by Linda Kingsbury, PhD

“Yarrow can be blended with Oregano, Hyssop, and Rosehips for a Cold and Flu tea.”



“Last summer I began making a natural insecticide with yarrow after learning about it from a local nursery owner.”

An Herbalist’s Experience with Yarrow *(continued from page 3)*

the garden area. While setting up the fence, I scratched my forearm on the fencing wire. It was beginning to bleed and as I looked down, I noticed Yarrow leaves growing in the recently mowed grass. I picked some of the leaves, activated the juices by piercing the plant with my fingernails, then rubbed it on my arm. Shortly thereafter, the bleeding stopped.

that keeps the aphids off my roses and hops plants.

To make your own natural insecticide, gather the yarrow, and then snip it up with scissors and place the plant bits into a bucket. Fill the bucket to the top with water. Let it sit and ferment for a couple of days before straining off the liquid into spray bottles. Spray the liquid onto the plants with aphids and watch the aphids leave.

A Natural Insecticide

Last summer I began making a natural insecticide with yarrow after learning about this use from a local nursery owner. I gather yarrow flowers, leaves, and stems from a nearby field to make a liquid spray

For tips on gathering yarrow and on how to make the natural insecticide, visit Dr. Linda Kingsbury’s website at www.IdahoHerbs.com or her blog at <http://drlinda-edibleweeds.blogspot.com/>



Herbalist Dr. Linda Kingsbury is an author, educator and consultant in the fields of herbal medicine and holistic health. She has a consulting practice in Moscow Idaho and works with clients long distance over the telephone as well. She brings more than 25 years experience formulating herbal products and creates organic herbal teas, tinctures, flower essences, and skin salves for her company Idaho Herbs as well as creating custom herbal products for clients. www.IdahoHerbs.com 208-596-4353.

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Upcoming Chapter Events

Annual Meeting and Potluck

Date: Saturday, November 13, 2010

Time: 12:30 p.m.

Location: The home of Reid and Nancy Miller at 1358 Four Mile Rd., Viola, Idaho

At this meeting, we will not only enjoy each other's company and good food, but we will also hold the annual election of officers and discuss possible field trips and speakers for the coming year. More detailed information will be sent soon via email, but please save this date on your calendar!

Directions: From Moscow, drive north on Highway 95 approximately 11 miles to the second Viola exit, Four Mile Road. Turn right (east) and drive 3.1 miles. The mailbox is on the right, but the driveway is on the left. If you reach the top of the hill, you have gone too far. Please be cautious turning into the driveway as there is limited vision of oncoming cars. We encourage carpooling to minimize the number of cars.

Lochsa Interior Rainforests Field Trip

On Saturday, October 16, University of Montana Professor Emeritus of Forest Ecology Paul Alaback will guide discussions and short walks in the Lochsa Research Natural Area and surrounding forests near Lowell, Idaho. An expert in temperate rainforest ecosystems, Dr. Alaback has investigated the plant diversity, ecological relationships and processes, and global distribution of these forests from Alaska to Argentina. Paul has taught many field-oriented courses emphasizing forest and wilderness ecology and biodiversity and currently promotes public natural history education and the nationwide citizen monitoring program, Project Budburst.

This field trip will explore the dynamics of Pacific coastal disjunct species that occur in a narrow swath of globally rare inland temperate coniferous rainforests in Idaho and British Columbia. Lush, isolated, old-growth forests in low-elevation Clearwater valleys provided an ice age refugium for wet-climate dependent species and now support some of the largest numbers and greatest concentrations of regionally endemic plants in northwestern North America. But their small geographic range leaves them vulnerable to major localized disturbances and climate change, which may outpace native plant species migrations.

Please bring your friends and family and plenty of outdoor apparel, snacks, and water for a day full of adventure and education among these unique plant communities. Meet with other participants at 7 a.m. in the south parking lot of Eastside Marketplace in Moscow, to carpool to the closed Apgar campground by 10 a.m. and return by early evening. This excursion is co-sponsored by the White Pine Chapter of the Idaho Native Plant Society, Great Old Broads for Wilderness Palouse Broadband, Friends of the Clearwater, and Palouse Group of the Sierra Club. For more information and an event flyer, visit www.whitepineinps.org or contact Helen Yost at helen_yost@hotmail.com.



Big Burn Meadow near Fish Creek, Montana

Photo by Michele Leavitt

From the Treasurer

By Nancy Sprague

The INPS White Pine Chapter has 80 current memberships as of October 1, 2010. The types of memberships include: 26 individuals, 24 seniors, 17 households, 7 sustaining, 4 students, and 2 patrons. Currently we have members from Moscow, Troy, Viola, Deary, Genesee, Grangeville, Kendrick, Lenore, Lewiston, Saint Maries, Cul de Sac, Ahsahka, Pullman, Palouse, Spokane, Walla Walla, Albion, and Asotin, as well as Oregon and California.

We were delighted to welcome the following new members in 2010:

Gail Bolin, Stephan Flint, Pat Fuerst, Jim Fulton, Nancy Hepler McElroy, Nancy Morfin, Christine Nauman, Beverly and Steve Poole, Ralph Roseberg, Linda Schell, Helen Stroebel, and Allen Tedrow.

Our chapter collected \$1421 in dues in 2010, of which \$1065.75 was sent to the State office and \$355.25 was retained by our chapter. The income we received from the beautiful INPS calendars was extremely helpful this year.



Ancient Cedars near Fish Creek, Montana

Photo by Michele Leavitt

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Linking Up

The INPS White Pine Chapter Website is updated frequently, providing online access to activities, notices, online resources, plant lists, and more.

www.whitepineinps.org

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Idaho Native Plant Society:
www.idahonativeplants.org.

Palouse Prairie Foundation:
www.palouseprairie.org

Palouse Audubon Society:
www.palouseaudubon.org

Palouse-Clearwater Environmental Institute:
www.pcei.org

Friends of the Clearwater:
www.friendsoftheclearwater.org

University of Idaho Arboretum:
www.uiweb.uidaho.edu/arboretum/

University of Idaho Stillinger Herbarium:
www.uidaho.edu/herbarium

City of Moscow Wisescape Award:
www.moscow.id.us/pw/WaterConservation/Wisescape.asp



Kamiak Butte
Photo by Michele Leavitt



Epilobium angustifolium,
Lake Benewah
Photo by Michele Leavitt

Please send your suggestions (by email, phone or regular mail) for meetings, workshops or field trips.

If you would be interested in presenting or leading an activity, please let us know that too.

Upcoming events for other INPS Chapter activities are listed on the Idaho Native Plant Society website www.idahonativeplants.org.

Members — Our Most Valued Human Resource!

A membership form appears on the last page of this newsletter. Please select the category applicable to your level of support, complete the form, and return it to the **White Pine Chapter of the Idaho Native Plant Society P.O. Box 8481 Moscow, ID 83843** in order to be included in our mailing and email lists. Please include a check made payable to INPS White Pine Chapter. Thank you!

Email notifications: If you wish to receive periodic email notifications and last minute program or trip information, please send your email address to Nancy Miller at nmiller@moscow.com for addition to the list. These email notifications can save us considerable postage or time spent making phone calls. A second email list is used for discussion of items of chapter interest, forwarded messages from other chapters, as well as meeting notices and special announcements. This list is hosted on UI's list serve. Contact Nancy Miller if you wish to be on this second mailing list – or if you wish to move from one list to the other.

The INPS White Pine Chapter Website is updated frequently, providing online access to activities, notices, online resources, plant lists, and more. The URL is www.whitepineinps.org. Please send your suggestions for inclusions or changes to Nancy Miller (nmiller@moscow.com).

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Join the White Pine Chapter — or give a gift membership.

Please join and support the Idaho Native Plant Society White Pine Chapter. This will entitle you to membership in the State INPS organization, a non-profit organization in the state of Idaho, as well.

As a member of INPS White Pine chapter you will be able to:

- ◆ attend regular chapter meetings with speakers from many areas of study;
- ◆ participate in field trips to see wildflowers and diverse habitats;
- ◆ receive the chapter INPS newsletter;
- ◆ visit private and public gardens where native plants are grown;
- ◆ attend workshops related to native plants;
- ◆ participate in native plant habitat restoration projects;
- ◆ advocate for the protection of threatened plants and habitats; and
- ◆ receive the State INPS quarterly publication *Sage Notes*.

To become a member of the White Pine Chapter of INPS, please print this page, then fill in the form and mail it with payment (payable to INPS White Pine Chapter) to:

The White Pine Chapter
Idaho Native Plant Society
 P.O. Box 8481
 Moscow, ID 83843

Name	<input style="width: 100%;" type="text"/>
Street/P.O. Box	<input style="width: 100%;" type="text"/>
City, State, ZIP	<input style="width: 100%;" type="text"/>
E-mail Address	<input style="width: 100%;" type="text"/>
Telephone Number	<input style="width: 100%;" type="text"/>

Please check your membership level below. Dues may be paid in advance for up to three years.

Household: \$ 22.00 Individual: \$ 17.00 Senior Citizen: \$ 10.00 Student: \$ 10.00

Sustaining \$ 35.00+ Patron: \$100.00+

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To: