

# THE PLANT PRESS

Staying Current with the North Chapter of the  
Indiana Native Plant and Wildflower Society



Indiana Native Plant  
& Wildflower Society

**Cooking Wild—January Chapter Meeting** Submitted by Cookie Ferguson  
The next meeting of the INPAWS North Chapter will be held on the third Sunday in January, Jan. 19, 2014. The meeting will be held in the auditorium of the Indiana Dunes State Park Nature Center at 1:00 pm Central time. There is a gate fee of \$5 unless you have an annual pass. Plan to carpool to save gas and fees. Our speaker will be Dave Hamilla who is a professional geologist/botanist with 25 years experience. His topic will be *Cooking Wild*. We will learn to identify some of our local edibles and even some of our invasive weeds that are nutritious and delicious. Dave was also formerly the head chef of a bistro-style restaurant. He will share some recipes and local edibles so that you may begin to enjoy these too.

What: Wild edibles talk: Cooking Wild  
Where: DSP 1600 North 25 E. Chesterton, 46304  
When: Sunday Jan. 19th 2014 1pm CT—2 pm ET  
Who: INPAWS NC, and guests  
How: planes, trains, automobiles or bipedal mode



Top left: Elderberries can be foraged for jelly and pies; Top Right: the edible stem from a Solomon's seal plant; Bottom Left: Horsetail is used as an herbal remedy; Bottom Right: Unripe black walnuts go into a liqueur. Elderberry photo by Greg Monzel, Walnut, Solomons Seal, and horetail Summer Cooper. Wild rice, stinging nettle, and cattails are reprinted by creative commons license.

<http://www.ediblecommunities.com/indy/summer-2012/from-the-good-earth.htm>

## Executive Director for Save The Dunes, Nicole Barker, Interviewed On Lakeshore Focus

On Friday, November 8, Lakeshore Public Media will air an episode of Lakeshore Focus featuring our Executive Director, Nicole Barker. It will be at 6:30pm Central Time. Keith Kirkpatrick, the host of Lakeshore Focus, talked with her about the history of Save the Dunes and our areas of current focus. He also asked intriguing questions about regional environmentalism, challenges posed by the myriad land uses and interests in our region...and what makes us tick. <http://tinyurl.com/klzul42> We greatly value public broadcasting and encourage regional residents to not only support Save the Dunes, but also the great work Lakeshore Public Media is doing in our region. For more about Lakeshore Public Media, <http://lakeshorepublicmedia.org/>

## Calendar of Events

December No INPAWS NC activity  
January 19 Chapter meeting Porter County IN

December 2013-January 2014

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## Have You Ever Heard of J.D. Marshall?

**J.D Marshall Nature Preserve Dedicated** By Indiana Department of Natural Resources October 2, 2013

The J.D. Marshall, a ship that sank in Lake Michigan early last century, was dedicated at Indiana Dunes State Park today as the Department of Natural Resources' first nature preserve of its kind.

The new nature preserve in Porter County comprises 100 acres in the lake, 600 yards offshore from the park. The 154-foot long, steam-powered sand barge built in 1891 sank in a storm on June 11, 1911. Four crew members died and seven survived.

The shipwreck's status as a nature preserve is geared toward promoting public understanding and appreciation of the J.D. Marshall and Indiana shipwrecks in general. The status also offers new protections to the site on top of existing protections offered under Indiana's archaeological laws.

Fishing is permitted in the preserve by canoe, kayak or any boat with a draft less than 8 feet. Anchoring in the preserve is prohibited. Mooring buoys will be provided for dive and fishing boats to tie off. Preserve boundaries will be identified by seasonally placed buoys. NOAA nautical charts will be updated to show the preserve.

J.D. Marshall information and artifacts are available at the Indiana Dunes State Park Nature Center. The park also offers regular educational programs on shipwrecks in Lake Michigan.

Archaeologists have documented the whereabouts of 14 shipwreck sites in Indiana's portion of Lake Michigan. Many more ships sank in Indiana's 241 square miles, but most underwater wreckage has been swallowed by sand or flattened by waves and ice.

Answers to frequently asked questions about the nature preserve are at [dnr.in.gov/dnr/parklake/files/sp-JDM\\_FAQ.PDF](http://dnr.in.gov/dnr/parklake/files/sp-JDM_FAQ.PDF)

Indiana Dunes State Park ([stateparks.IN.gov/2980.htm](http://stateparks.IN.gov/2980.htm)) is at 1600 North 25 E. Chesterton, 46304.

##

The correct weblink for the FAQ is [http://www.in.gov/dnr/parklake/files/sp-IDM\\_FAQ.PDF](http://www.in.gov/dnr/parklake/files/sp-IDM_FAQ.PDF)

**Before the J.D. Marshall Dedication Ceremony** Submitted by Tacy Fletcher [tacyflet@iun.edu](mailto:tacyflet@iun.edu)

"We're going to have the first underwater nature preserve in Indiana..." said Amber Ross a naturalist at the Dunes State Park on the day of the dedication, "that's a great historical marker for us." Doug Stukey the Assistant Property Manager said simply that the weather that day was a perfect "Chamber of Commerce Day" because the air temperature was about 75 or 76° and the blue of the backdrop sky to the stone Pavillion was azure. Kyra Kaufmann was the contractor who managed most of the details of readying the shipwreck for nature preserve status, stood out in red the day of the dedication. "Lake Michigan Coastal Program started planning one part which was archaeological sensing for potential shipwrecks in the area, creating public outreach materials, management plans, a nomination for national register for other shipwrecks."

I asked her about the use of buoys to alert water-treaders as to the location of the underwater wreck. "It's very common here in Michigan to use buoys for boats so they don't hook onto the historic shipwreck. There's two kinds: one for the anchoring of boats to and a marker buoys similar to the swimming buoys." "There's a permanent block installed at the bottom and then seasonally the chain and buoys are put in in summer and taken out each fall."

I asked, "Will we ever have to be concerned with the shelf ice mangling the cement block?" Kyra replied relying on knowledge of similar installations, "Sometimes the blocks do get moved from the current and things. There are ways to move them back. There was one in Wisconsin where the block had tipped over and some volunteer scuba divers righted it." Kyra, Mike Molnar, and Doug relaxed enough to tease me about my interest in native plants by quipping: "There's really no native plants down there at the site..." Kyra giggled. Mike chimed in "Lots of invasives..."

**Not Maudlin—But oh so Moving!** Submitted by Tacy Fletcher [tacyflet@iun.edu](mailto:tacyflet@iun.edu)

I Feel as if I've met the Captain and crew because of Brad's interpretive talk discussing the wreck of The Marshall. I've been privileged to see Brad Bumgardner give his program two years in a row at the DNR interpretive training held for future nature interpreters in 2011 & 12 at Brown County State Park in May. I caught the end of it again on the Dedication Day even though the best part had been commandeered by Dan Bortner to be put into the larger dedication ceremony itself. I'm sure that there could be no bigger compliment to Bumgardner than that his DNR superiors wanted to incorporate the bell-ringing ceremony for the drowned crewmen into a bigger public event. I hope that Bumgardner will not change a thing when he is invited to perform the J.D. Marshall program once again at the Michigan City Green Drinks this month. Green Drinks hosts various environmental topics/speakers. Michigan City Green Drinks is held at Shoreline Brewery on the 3rd Thursday of each month at 6 pm with announcements starting at 7 pm, and speaker starting around 7:15 ALL TIMES LISTED ARE CENTRAL. Shoreline is located at 208 Wabash St. Michigan City IN 46360. <https://www.facebook.com/nwigreendrinks>

## Schweinitz's Sunflower: Endangered Species Revisited

Submitted By Bill Hilton Jr. [education@hiltonpond.org](mailto:education@hiltonpond.org)



<http://www.hiltonpond.org/ThisWeek131011.html>

Back in 2002, Dr. Dick Houk--retired professor from Winthrop University who was one of our field botany mentors--gave Hilton Pond Center more than two dozen seemingly nondescript brown-colored tubers that, in reality, were more precious than any gemstone. These were roots of Schweinitz's Sunflower, *Helianthus schweinitzii*, a plant so rare it has long been on the federal list of endangered species. This tall sunflower was probably far more common when a vast Piedmont Prairie covered most of what is now the Charlotte metropolitan region. Dr. Houk had rescued a batch of sunflower roots from a road-widening project that

All text, maps, charts & photos © Hilton Pond Center

threatened to plow them under, so in May of that year we diligently planted the tubers in a small meadow at the Center. The planting was to be part of Dr. Houk's efforts to establish satellite colonies and broaden educational efforts about Schweinitz's Sunflower. Alas, White-tailed Deer apparently entered the meadow within days, dug at the loose soil, ate the sunflower roots we had just planted,



and essentially wiped out the potential new population. We were devastated, of course, but found one last root the deer overlooked. Bittersweet, we quickly covered it with wire mesh weighed down by heavy rocks in the hope it would survive. Some vegetative growth did occur that first summer and we waited with bated breath until the following spring to see if the Center's sole remaining rootstock of the rare sunflower would sprout. In 2003 a short, non-flowering stem did arise and die back at season's end, but the next year a single stalk erupted,

reached the towering height of seven feet; it produced more than 15 flower heads--testimony to this rare plant's genetic fortitude. These blossoms attracted nectar-loving pollinators such as beetles, wasps, and small bees, so we anticipated the plant might actually be passing its genes forward in the form of seeds. Later that fall, however, we examined the dried flowers and found no evidence of seed set. When Spring and Summer 2005 came to Hilton Pond and we found no sign of our Schweinitz's Sunflower, we assumed some herbivore had finally gotten to it, but lo and behold when 2006 rolled around we discovered the old tuber had given rise to TWO flower stalks--both of which bore numerous blossoms into early October. In the years since our persistent sunflower has flowered some years and been browsed to the ground in others, but this year were were stunned in early October when this specimen plant yielded its most robust growth ever: A dozen stout stalks on which flowers just starting to open were so plentiful they made the stems lean almost to the ground. Because we were due to be out of town the first weekend in October we made mental note to take photos of the phenomenal sunflower bloom when we returned to Hilton Pond Center. As we tried to follow through this week you can imagine our surprise when --after toting tripod, camera, and several lenses to the meadow--we discovered almost none of the flowers remained in their typical showy yellow form. Schweinitz's Sunflower is a one-inch-diameter composite flower with sterile ray flowers (often mistakenly called "petals") and much smaller disk flowers at the center of the inflorescence, but we could find very few bright yellow ray flowers. We located withered brown ray flowers on some blooms that must have flowered earlier than the rest. Few of these were present, however, and we finally figured out what had happened by taking a close look at the few yellow ray flowers that did remain. As shown in the image above, most ray flowers apparently had been eaten completely or in part by petal-chewing creatures--likely caterpillars, beetles, or grasshoppers. Although we were unable to find any

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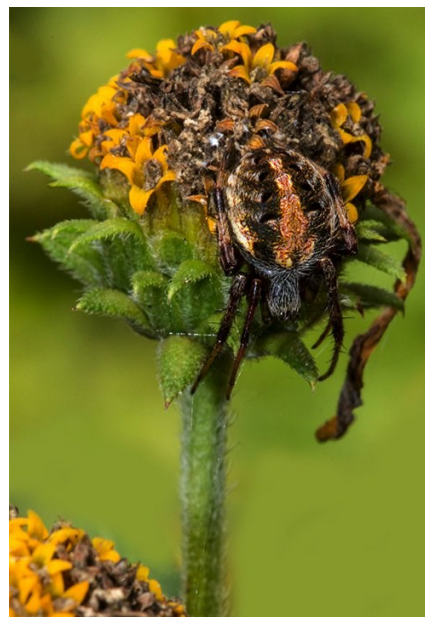
invertebrate folivores we can think of no other explanation for the sudden and nearly complete loss of so many yellow ray flowers--especially when most that remained showed telltale signs of herbivory. On the topmost yellow ray flower in the photo above are two fuzzy white things; these are mealybugs that, as sap suckers, would not have left chewing evidence on the sunflower's ray flowers.



In even closer macroscopic view you find that the sunflower disk is indeed made of several dozen tiny ray flowers--each an eighth-inch tubular structure complete with yellow petals, stamens, and a curlicue pistil whose sticky, somewhat hairy surface receives that all-important pollen. As noted, we've never been able to find any viable seeds in the dried flower heads of our sunflowers but will look again this year. Perhaps having just one Schweinitz's Sunflower plant doesn't allow for cross-fertilization, or perhaps those occasional pollinators that visit haven't done a good enough job in return for the nectar reward they receive. As we admired our Schweinitz's Sunflower inflorescence this week we never did find any folivores that would have dined on ray flowers; however, clinging to the blooms we DID find a few healthy Arabesque Orbweavers, *Neoscona arabesca*. Without showy yellow ray flowers to attract pollinators the flower heads were no longer optimum perches where a spider might wait for lunch to arrive, but maybe by this time of year that doesn't matter. The spiders looked very well-fed and it could be they had eaten many of the elusive plant eaters that had themselves fattened up on ray flowers. We can't know for sure, but



we can guarantee we'll keep looking. That's one of the fascinating things about nature at Hilton Pond Center and elsewhere: "Everything's connected to everything else," and no matter how hard we try we'll never be able to figure out all the connections. Reprinted from this webpage with Bill Hilton Jr.'s permission.



## Preserving Berries in Northeastern Native America

Submitted by Jessica Diemer-Eaton

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The Native American People employed a cooking technology that suited their lifestyles well. Part of this know-how was the ability to preserve berries. This was usually accomplished by dehydration. Berries said to have been dried included blackberries, raspberries, cranberries, blueberries, and strawberries, although it is noted by the Iroquois that drying strawberries was a little more difficult than the others. Some berries were probably strung and suspended from the rafters of the home to dry, cranberries being a prime candidate, but the usual method was to lay the berries out on reed mats, birch bark, or in wide baskets in direct sunlight where they could quickly dehydrate. While this could take place on the ground, the inherent danger of ground bugs, village dogs, and sweet tooth toddlers probably made doing such difficult. Grill style drying racks and raised platforms were a much more secure place for this job. Village fires that generated smoke around the drying areas probably also helped to discourage thieving birds. But fires could offer the drying process more than just traces of smoke in the atmosphere; smoke was used as a tool of preservation. The grill racks that dried meats and vegetables were converted to handle small berries quite easily. The Ojibwa, for example, are noted to spread field grass over the smoking frame to a thickness of about three inches. This created a foundation to cradle the small berries, while allowing the low heat and smoke from a small fire below to penetrate through the grass and reach the berries above. Once whole berries were fully dried, they could be kept whole or easily broken down into a meal. Or, berries could be broken down before they were dehydrated. The Ojibwa were known to mash the fresh berries, seeds and all, and cook the jelly over the fire to concentrate it. The resulting semisolid was formed into patties and laid out in the sun to finish the drying process. After the drying process was finished, and the hard berry cakes were stored away for later use. Such patties were broken down and added to breads, puddings, rice dishes, and even beverages for flavoring.



Although the Ojibwa were said to have made berry cakes without sugar, some have speculated of the possibility of New England Native communities adding maple sugar to the cooking berries, essentially creating a preserve. They claim there is no evidence to support this theory, but at the same time, there is no evidence that such a method didn't exist. After all, maple sugar was utilized by many Native communities, and the technique of concentrating jelly had already been demonstrated by Native cooks. Some have thought the possibility of preserves in Native food culture far fetched, but their opinion may be more based on keeping Native Americans in a "primitive" model (really a devaluing social trap); after all, how far fetched can it be when 1) the Native Peoples procured and enjoyed maple sugar, 2) the Native Peoples sometimes chose to cook their berries for preservation, and 3) the Native Peoples had need to preserve berries. The writer believes the ability has been demonstrated and the need has been established, but it may be purely the taste of maple sugar which they wanted to save alone and unadulterated, and their confirmed preservation techniques that may have given the Native Peoples no reason to change their berry preservation to include preserves. Essentially their technology wasn't broke, and therefore needed no fixing. It would be more correct to question "why would they want to" than question their ability to.

But this before the case is closed, we have been assuming that there is no direct observation of Native Peoples making preserves, as one source on the New England Native Americans insist. But they are wrong. In the 18th century, John Heckewelder observes of the Delaware: "They make an excellent preserve from the cranberry and crab-apple, to which, after it has been well stewed, they add a proper quantity of sugar or molasses [these terms have also been applied to maple sugar and syrup]." What's interesting is that this testament appears between descriptions of their methods of cooking squash and making both dry cornmeal bread and green corn breads, all of which are clearly Native treatments of their food. John Heckewelder was a missionary who lived among many Native communities, and usually had a pretty keen eye for categorizing Native customs of Native origins. If he considered this an introduced preservation technique, he would have most likely noted that or kept it out of a section of his writings devoted to describing what seem to be cooking techniques he attributes to the Delaware. The Moravian missionaries were known to introduce quite a lot of customs, but these were not included in the section describing Native cooking, such as making sauerkraut. This description adds evidence of to what may have been some Native communities making preserves to one degree or the other.

### Sources:

- "History, Manners, and Customs of the Indian Nations Who Once Inhabited Pennsylvania and the Neighbouring States" by John Heckewelder.
- "Indian New England Before the Mayflower" by Howard S. Russell.
- "Native People of Southern New England 1500-1650" by Kathleen J. Bragdon
- "Parker on the Iroquois" by Arthur C. Parker.

<http://voices.yahoo.com/preserving-berries-northeastern-native-america-11286230.html?cat=37> Here is where the article originally appeared. It is reprinted here with the author's permission. To read more about Jessica and here biography and work, please follow this link. [http://contributor.yahoo.com/user/112139/jessica\\_diemer-eaton.html](http://contributor.yahoo.com/user/112139/jessica_diemer-eaton.html)

## Name that Plant:

Found at West Beach along the Long Lake hiking trail at the Indiana Dunes National Lakeshore in Lake County by a bicycling club pictured below. This would be found in dune and swale topography in a highly disturbed area. My friend Dennis Newcom who volunteers at the Dorothy Buell Visitors Center submitted this to me not knowing that I was able to use it in an identification segment I've always wanted to have in *The Plant Press*. His email is [newcom12915@comcast.net](mailto:newcom12915@comcast.net) if anyone would like to tell him your answer, and be sure to CC me [tacyflet@iun.edu](mailto:tacyflet@iun.edu) too so I know how popular this little quiz turned out to be.



**Michael Huft of INPAWS NC** came in first with an answer at 9:30 pm on the same night this edition was released to the North Chapter: "The plant looks like *Boechera canadensis* (formerly *Arabis canadensis*). That depends on the siliques being flattened. If they are terete (i.e., cylindrical in cross section) then the plant is *B. laevis* (formerly *A. laevis*). From the photo, they look flattened, though." **Scott Namestnik** offered the second place timing answer of; "This appears to be *Arabis canadensis*, which isn't a common plant in the Chicago region – I've only seen it once or twice."

## “It’s Been Fun—While it Lasted,” and “It’s Better to Burn Out Than to Fade Away” And Other Silly Colloquial Phrases Submitted by [Tacy Fletcher tacyflet@iun.edu](mailto:tacyflet@iun.edu)

I’ve been trying to think of a way to share the praise for The Plant Press since one of my proofreaders inquired about what kind of feedback we were getting from our volunteer work of putting this quality newsletter together. So here are some of our readers’ kind words:

“Not sure if I am suppose to email you but, yes, I enjoy reading your Plant Press. Happy Holidays” Coco Venturin Natural Areas Manager Lake County Parks Recreation .

“Thanks for sending me this newsletter! Stuart and I have long been a fan of Edwin Way Teale’s Dune Boy... I really liked your article about him and am looking forward to reading the other articles in it. Thanks!” Jessica Orr Purdue Cal Grad Student.

“Great newsletters, thanks!” Alyssa Nyberg TNC.

“Wonderful newsletter! Thanks for sending!” Wendy Smith Great Lakes Research and Education Center .

“Is your newsletter available online? I wanted to share it and a link would be easier to share on social media. Thanks go to you and your colleagues for consistently producing such an interesting read.” Mary Ann Brouillette, Franklin Soil and Water Conservation District. “Great read. Thanks for sending this!” Walt Breitingner, President Valparaiso Chain of Lakes Watershed Group, Inc.

“Another great issue!” Peg Mohar INPAWS NC.

“Great stuff, Tacy, Pat and I got to find time to attend some of these events.” Mark & Pat Scales Porter County Wildlife.

“... I don't think I got back to you on how nice the newsletter looked. I mean it always looks great...I was particularly interested in the page four on our hike and just delighted you chose to use a photo of the Streeters.” Fred Wooley Naturalist Pokagon.

“...you sure send out an attractive and informative newsletter” Jim Peterson INPAWS East Central.

“I’m enjoying your newsletter.” Theresa King SWINPAWS.

“Of course I remember our correspondence and indeed I see your INPAWS newsletter and enjoy receiving and reading it. Perhaps I’ll see you at the INPAWS annual conference?” Roger Hedge DNR.

“You all are terrific!! Love this publication.” Cheryl Shearer INPAWS.

“Nice newsletter! Is there a link to it online? I'd like to share it with members of our Friends Group, but those still on dial-up get testy if I send large pdfs.” Barbara Tibbet Interpretive Naturalist Turkey Run & Shades State Parks.

The INPAWS NC will need a new volunteer to step in as Publicity Chair and/or Newsletter Editor soon. I do not know if the President will split the two positions into two since they are very time intensive on their own or together. Please make all inquiries to President Steve Sass about the details of what he is looking for in the volunteer board position. I believe this will be my last edition of The Plant Press, so the next one will no doubt have a slightly different look and voice of authorship. Please give the new editor your emotional support. This kind of newsletter would not have been possible if not for the kind things that folks have shared, and the heartwarming experiences at our hikes, and meetings. With regards — the flowery

writer, and editor—Tacy Fletcher Scott Namestnik, the North Chapter’s re-elected Treasurer said “I saw your resignation of the publicity chair position in The Plant Press and wanted to thank you for all you’ve done for our chapter. Your passion for our chapter is much appreciated.”

**Indiana Native Plant and Wildflower Society (INPAWS)**

**Cayt Fletch**  
<http://www.inpaws.org/wp-content/uploads/The-Plant-Press-October-2013.pdf>

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Terri Talarek King likes this.

**Cayt Fletch** let me know if you like what you read  
 Yesterday at 9:19am · Like

**Melinda Mayer-Fletcher** I just read this....very informative. I love that a lot of native plant names as well as pictures were included. That gives us the chance to look them up for lists of what we may want to include in our own habitats plus, I like all the different activities and/or organizations mentioned so we can look into those as well and get more involved.  
 20 hours ago via mobile · Like

Write a comment...

## The Life of Ludwug the Seed

Submitted by Alexandra Ratliff who can be reached through [anyberg@TNC.ORG](mailto:anyberg@TNC.ORG)

My name is Ludwug the Seed and I live inside a seed box home. It is small and dark, but I am safe from the gusty outdoors. Today, I can see autumn prairie peeking through my skylight window and wonder what lies beyond these walls. What's in store for me?

I hear human voices and the clipping of scissors, and suddenly my box home is tossed back and forth. The prairie has vanished, and I shiver as I hear a monstrous roar of a truck engine. I am bounced up and down for a long time as I am transported to a far off place. Finally, the bouncing stops. I can see an unfamiliar fluorescence, and there is stillness to the air in the building.

Then in a few hasty movements, I am sent through a black tunnel of a seed processing machine, squashed, and propelled through the air into a large dark seed collection box. I hear the same human voices discussing the pounds of *Ludwigia* they need. Finally, I am placed in a bag and stored a cool, dry room with tons of other seeds awaiting the next stage of their journey.

After a few months, I am moved from the safety of the drying room and hear the same monstrous roar of an engine as before. All at once, I see the prairie that I remember peeking through my skylight window and am thrust into the wind. I land among brown and green hues of soil and vegetation that are new to me. Ever so slowly, I feel something come alive in me, as though I want to take root and grow up toward the spring prairie light. I can tell this is truly going to be an adventure!

In the months to come, this seed, called *Ludwigia alternifolia* commonly known as Seedbox, becomes a blossoming yellow flower in medium to wet soils. It is a native perennial that blooms in June through August. Seedbox grows two to four feet tall, has reddish stems, and alternating dark green leaves. The yellow flower is short lived. Seedbox is just one of the hundreds of flower and grass species that enjoy the same wild adventure as they are picked from the Kankakee Sands Nursery and are sown in restorations. Next time you are out in the prairie, see if you can find future *Ludwigia* in their little boxes, awaiting the start of their journey!



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Alexandra Ratliff is a recent graduate of Chatham University with a B.S. in Environmental Science. She is a Restoration Management Assistant at Kankakee Sands. Alexandra has always marveled at the beauty and resiliency of plants. The Nature Conservancy's Kankakee Sands of Indiana and Illinois is 10,000 acres of prairie and savanna habitat in Northwest Indiana and Northeast Illinois, open every day of the year for public enjoyment. For more information visit [www.nature.org/KankakeeSands](http://www.nature.org/KankakeeSands) or call the office at 219-285-2184.