



Native Plant News

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It is that time of year again when a little surprise awaits those heading down the trail into deciduous forests, for *Hamamelis virginiana* (witch hazel) is coming into bloom. It is one of the few plants that flower this late in the year, and will continue blooming as late as December or January. You may have to search the branches to find the tiny, spider-like yellow flowers. Later in the season, when all the leaves have fallen, they shine like beacons in the forest sunlight.



Native Americans used the tree for a variety of medicinal purposes, including the Cherokee, who made infusions to treat periodic pain, to heal cuts and abrasions, and to make a wash for sore eyes. Chippewa also used infusions of the inner bark as a healing skin lotion, to soothe sore eyes, and as an emetic in cases of poisoning. Menominee healers used the seeds in ceremonies to foresee the likelihood of recovery for the ill. Other tribes had similar use—so many that Europeans arriving here learned of its qualities and quickly added it to their medicine chests.

The commercialization of *Hamamelis virginiana* began with Thomas Newton Dickinson of Essex, a Baptist minister “who made his fortune in the unholy manufacture of Civil War uniforms. Dickinson began brewing and distributing the witch hazel extract in Essex CT during the 1870s, beginning the association of a family name with a particular product - almost to the exclusion of other names - which was to last a century and beyond.”¹

It is still favored as an astringent, appearing in a variety of personal care products. It is a steam distillate of freshly harvested twigs with alcohol added up to about 14% of the total product as a preservative. The plant contains tannins, which

can cause stomach upset and in large doses taken by mouth can damage the kidneys. Witch hazel has FDA approval as a non-prescription astringent for external use.

The common name has little to do with witches, being derived from the Old English *wice* (and Middle English *wyche*) and akin to the Old English *wican* meaning to bend or give way, referring to its pliant branches and not to wizened old women on broomsticks. Hazel is from Old English *hæsel* (and akin to Old High German *hasel*, Old Irish *coll*, and Old Norse *hasl*), relating to small trees in the genus *Corylus*. The leaves of *H. virginiana*



President's letter

Tom Harville

I'm sure that most of you have heard me talk about how we need to be doing "stuff." So I thought it was appropriate to give you an example.

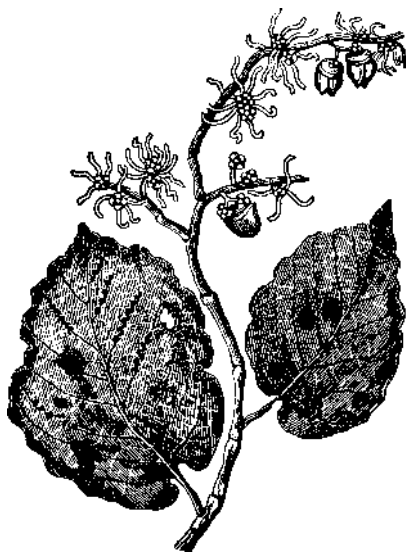
Through the combined efforts of Margaret Partridge and Stefan Bloodworth, et. al., the NCNPS has a native plant display at the NC State Fair for the last two years. Last year it was a crash project to get the garden planted but this year there was a significant, no, magnificent change. There are goldenrods blooming, the swamp sunflower is awesome, the snakeroot is brilliant white and the large flowered aster gives us the hint of blue (yes I know we don't have asters in North American now). Combined with all the other "green" plants, the garden presents a very beautiful place for the harried fairgoers to slow down and enjoy. We have had volunteers on site to talk with visitors about the plants and the Society. These volunteers get a parking pass to the garden parking area which is at most 100' away from our display and a pass to get into the fair. I need to point out that this effort is not just for local members, any member can volunteer for a three hour block. Not a bad deal for standing around talking about the plants we love! And think about the number of people that we get to increase their awareness of our native flora!

So go on! Get out and talk about our NC natives. It doesn't have to be at the Fair, it can be anywhere. Each chapter has banners and can get handout material so you can set up a booth or display nearly anywhere. Yes it takes time but it's time well spent. Have some fun, get out there!



The NCNPS Native Plant Garden at the NC State Fair Grounds. This is a project that was taken on by the Margaret Reid Chapter, though all members are invited to help.

Hamamelis virginiana . . . continued from page one



From *The People's Common Sense Medical Adviser in Plain English: or, Medicine Simplified*. R. V. Pierce, MD, 1917. see Gutenbergbooks.com

have the appearance and color of elm leaves, thus the common name *witch hazel*, rather than the European *wyche elm*. Because the wood is flexible, it has been used for water dousing—in which a skilled user walks the ground with a forked branch held out straight about waist high. When the branch dips sharply toward the ground, the spot is marked and a

well is dug. It was considered a reliable method for finding water, and is still used even in the Piedmont of North Carolina.

The botanic name, *hamamelis*, is from Hippocrates, who fashioned the name from two Greek words meaning *fruit* and *together*, referring to the habit of the plant to bloom at the same time that the fruits from the previous year are maturing and dispersing. The seeds are held in a globular capsule that pops open suddenly when mature, ejecting the seeds with enough force that they have been known to travel 20 feet or so, sometimes zinging unsuspecting passersby.

Hamamelis virginiana is a native tree growing to as much as thirty feet tall, though usually in the 15' to 20' range. It grows as far north as zone 4 as an understory tree in cool, moist forests with slightly acidic soil. The simple, alternate leaves are obovate to elliptical with an uneven base and coarsely toothed margin, from three to six inches long. Bronze colored in spring and bright green in summer, they turn a brilliant yellow in fall.

The yellow flowers have four narrow, crinkly petals with a sweet, spicy fragrance that can be detected from a distance when in full bloom. Many books will tell you that they bloom after the leaves fall, which is true. However, they begin blooming while the leaves are still on the

tree, so watch them carefully to enjoy the full blooming season.

You can propagate the trees from seed, which require 120 – 180 days of cold scarification. If you have seeds that matured on the tree, they will need 60 days of warm scarification. Germination times can be long—as much as 18 months—and the seedlings will need to be overwintered in a greenhouse for the first year. Time to flowering is usually six years. Witch hazel suckers, and these can be transplanted successfully. Layering works as well, but may take a year. If you try cuttings, you will need a mist system to keep them alive. The best way to get witch hazel is to purchase a plant from a reputable nursery.

Katherine Schlosser

¹Novapak Corp., *Oldest brand of witch hazel seen clearly through PET*. <http://www.pvcc.com/News/Articles/T-0636WitchHazel.asp> (Accessed 10-14-2007).

NCNPS News

Welcome to our newest chapter in Asheville. Mitch Russell is the organizing force for the chapter, so extend a hearty welcome when you met him, and the Asheville members. You can reach Mitch at

mitch@ncwildflower.org

The Dolly Sods photos in Tom Harville's article (page seven of the last newsletter) were generously submitted by NCNPS member Bobby Ward of Raleigh.

Shop at Food Lion? Willing to do so once in a while? If so, please sign up for their community contributions program. Food Lion has 1,200 supermarkets in eleven Southeast and Mid-Atlantic states. If you shop at Food Lion and register your Food Lion MVP card in their Lion Shop and Share program, you can designate NCNPS to receive a portion of your shopping bill to go to NCNPS each time you shop at Food Lion. Note that you do NOT add anything more to your shopping bill to do this; Food Lion just takes a small part of what you just paid them for your shopping order and gives it to your designated charity.



It's easy, it's free. Sign up now, even if you are not a regular shopper.



Calendar Alert

May 9-11, 2008 Toe River Field Trip (near Newland, NC)

Just for NCNPS members: Join the NCNPS web group to exchange photos for ID, places to walk/hike, and just generally to create an on-line community of native plant enthusiasts. Go to:

www.groups.yahoo.com/group/NCNPS

Beginning with the next issue of the newsletter, we will feature sources for native plants and seeds. The NCNPS website (www.ncwildflower.org) has a list of those nurseries that comply with our strict position regarding the sale of nonnative invasive plants—they don't sell them. Each of these nurseries will be featured over the course of the next year or so. If you know of other nurseries that might qualify for a listing on our site, let a board member know and we will contact the nursery.

Native Plant News

Contribute! Deadline for next issue: November 15, 2007

Contact the editor:

Katherine Schlosser

kathyschlosser@triad.rr.com

Chapter News

Charlotte

The Charlotte Chapter has had a number of activities, the latest being a talk on “Using Native Plants in the Landscape” by Mary Stauble. Mary gave good, concrete advice on sensible landscaping, using native plants along with non-invasive exotics, and ways to be good stewards of our soil and water resources. With the terrible drought, this is great information to have. Some other recent programs were a presentation on the Wildlife Habitat Stewardship program and a “What’s that Plant?” where people brought in a plant or a picture of plant that they wanted identified.

In September our chapter hosted a visit by the Hendersonville/Brevard Botanical Club to see the Piedmont Prairies. On one day we visited Latta Plantation Park to see a restored prairie, Shuffletown prairie to see a prairie remnant, and a tour of the Wildflower Glen, a biologically diverse property, protected by the Catawba Lands Conservancy. On the next day we went to Redlair Farm, another property protected by the Catawba Lands Conservancy and saw a remnant prairie there that has been expanded. We enjoyed botanizing at all the places and getting to know each other.

We will have a booth at the Herb Festival at Latta Plantation on October 27 where we will have information on native plants to share with the public.

Jean Woods, a chapter member, was asked to give training for the Mecklenburg Master Gardener’s class. The class went well with lots of questions and interest in using native plants and getting rid of invasive plants. It is heartening to see the growing interest in natives by our gardening organizations.

The NC Native Plant Society and the South Carolina Native Plant Society joined with the Museum of York County to put on a one day workshop on Piedmont Prairies for people maintaining or expanding prairie sites. Dr. Larry Barden of UNCC and Dr. John Schmidt of Winthrop gave the morning lectures and in the afternoon we visited McDowell Park restoration site and Redlair Farms.

We meet at 2:30 PM, the second Sunday of each month at the Greenhouse at UNCC and have a great line up of programs for the fall. We are always open to new members.

Triad

November 3: Ridges Mountain in the Uwharries. Roger Robbins (biologist) will lead the walk.

December 5: Nature Art Exhibit and Plant Exchange. Location TBA

January 2: Starting From Seed and Winter Sowing. Trena McNabb and Shelley Rutkin.

January 5: Salem Lake Trail walk, Winston-Salem

February 3: Lake Townsend Trail, Greensboro

February 6: A Meadowlark Sanctuary for the Triad

March 1: Bear Slide Rock, Rockingham County

March 5: Healing Plants: Native American Plant Lore. Lisa Gould

April 2: Following Geological Clues to Find Native Plants with David McCloy

April 5: South Mountain State Park and Wee Du Nursery

(All plans are subject to change. Call 336-855-8022 or email kathy-schlosser@triad.rr.com to confirm and for location)



Margaret Reid

The Margaret Reid Chapter (Triangle area) has been busy with the NC State Fair garden—see photos elsewhere in this newsletter. Contact Margaret Partridge for updates on activities:

margaret@ncwildflower.org

NCNPS Fall Botanizing Trip to Bird Island and the Green Swamp

Our Saturday morning walk was on Bird Island, the last island before you reach South Carolina http://en.wikipedia.org/wiki/Bird_Island,_North_Carolina. Its 1286 acres are protected by the North Carolina Coastal Land Trust. We drove to the south end of Sunset Beach and hoofed it down the beach to the island area. I say area because the inlet has filled in now and you can walk all the way without wading.

We were fortunate to have Kristen Rosenfeld to lead us into the area.



Kristen did her master's work on the flora of the island and was able to get permission for us to go behind the dunes. She gave us the "rules" and a rundown on the plants we should expect to see and there. Just behind where we were standing was the rare Seabeach Amaranth *Amaranthus pumilus* Rafinesque, tucked up on one of the dunes.



The dunes seem so foreboding for plant life but it's there, hanging on in support of the dune against the relentless attacks by wind and sea.

Sea oats (*Uniola paniculata*), Salt meadow hay (*Spartina patens*), Seaside elder (*Iva imbricata*), and possibly American beachgrass (*Ammophila breviguilata*)

More Botanizing on Bird Island

When you get close you can appreciate the beauty of the dune plants



As we walked past the first line of dunes we got into a marvelous field of beach plants, e.g. Carolina sea lavender *Limonium carolinianum*, black needle rush *Juncus roemerianus* and many others. It was October but it was very hot in the sun and if you got back into the bush areas that blocked the breeze, you suffered. So we stayed out in the open and hoped the cloud cover would stay.



Green Swamp

Sunday morning we were off to the Green Swamp <http://www.nature.org/wherewework/northamerica/states/northcarolina/preserves/art5606.html>. Now I have been asked why would you go to there in the fall? The answer is that it just as beautiful as in the spring!



We made our way off the road, across the boardwalk and into an open stand of pines. There we were greeted by vista of *Pleea tenuifolia*. As you can imagine in the early morning, the spider webs were more visible than later on. We got to see plenty of *Sarracenia*, including an interesting hybrid, *Sarracenia* $\times$ *catesbaei* = *S. flava* $\times$ *S. purpurea*.



Back out of the pines and across the road the area was more open but oh what treasures were waiting for you in the tall grass



More Green Swamp



We even managed to find Melissa before we left.

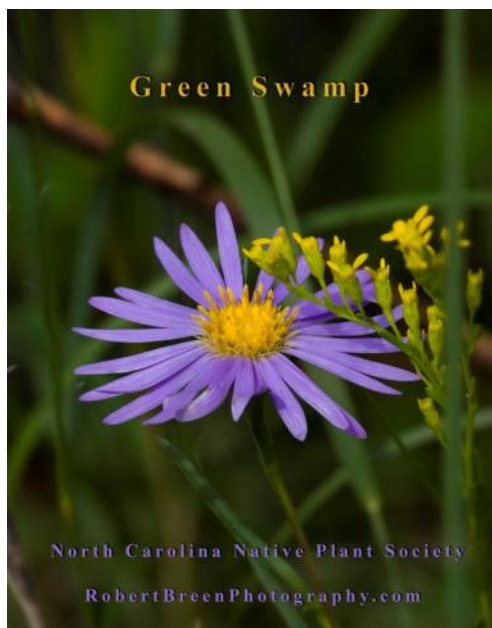
Then it was off to Boiling Spring to find the elusive *Drosera* and *Dionaea*. Elusive? I don't think so! There were so many Sundews that you could hardly step and the red in the Flytraps—Wow!

The final stop of the day was off the beaten path where we found *Spiranthes* just starting to bloom, *Lobelia puberula* and *Epidendrum helleborine*



I hope you can just imagine that I have skimmed the plants that we saw but I'm sure you get the idea that we had a marvelous time out in nature. See you next trip!

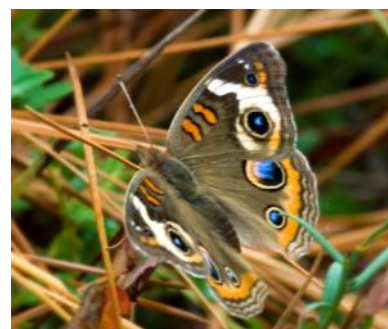
More Bird Island / Green Swamp Trip



The rare and endangered seabeach amaranth, *Amaranthus pumilus*, on Bird Island



Fellow traveler in the Green



Common buckeye, Green Swamp



Salt marsh pink, *Sabatia stellaris*, on Bird Island



Gulf Fritillary in Bird Island

Bartram's Daisy, Sabatia kennedyana: A note of history worth recording

Sabatia kennedyana is locally known as Bartram's daisy in the Lake Waccamaw and Brunswick County area of North Carolina. This southern population is considered a disjunct population from the one in Cape Cod that occurs in the fresh marshes and near the coast in Rhode Island, Massachusetts, and Nova Scotia. Horticulturalist Frank Galloway of Galloway Farms and Galloway Botanical Gardens in Bolivia NC shares his family history of the plant which was introduced to the area as a gift from Bartram to a family ancestor on one of Bartram's trips to the Lake Waccamaw region. The Galloways settled in the area in the early 1700s. Bartram's daisy was shared among Galloway family friends and now has naturalized in the southeast corner of North Carolina.

From the Center for Plant Conservation comes the following description:

Sabatia kennedyana is a perennial, herbaceous plant bearing gorgeous, pink, daisy-like flowers on tall stems. It forms colonies along the shores of coastal plain ponds from Nova Scotia south to South Carolina. The population densities and reproduction of this species are tightly tied to fluctuating water levels in these ponds, and as such, are affected by water quality and quantity in these ponds. Populations of *Sabatia kennedyana* are at risk throughout its range, as humans increasingly encroach on these ponds, pollute their shores, and withdraw water.

Research and Management Summary:

A number of individuals and institutions have studied this species. Management activities are also underway to help protect and preserve *Sabatia kennedyana*.

Plant Description:

Sabatia kennedyana can form rhizomatous colonies, with vertical, few-branched stems reaching 65 cm (25 inches) in height. Its 2 to 5 cm-long leaves are narrow and arrayed oppositely along the stem. The flowers, which appear from July to mid-September, are showy and large (to 5 cm in diameter), with 9 to 11 pink petals surrounding a yellow center bordered with red. The capsules are cylindrical and measure 7 to 11 mm in length.

Sabatia kennedyana exhibits a patchy distribution, occurring only in Nova Scotia, Massachusetts, Rhode Island, Virginia, North Carolina, and South Carolina. It is reportedly historic in Connecticut (but remains unranked in that state).

Nine sites in Nova Scotia are known, encompassing approximately 3500 plants (COSEWIC 2001). Approximately 112 occurrences in 5 counties are verified in Massachusetts as of 1985 (MANHESP 1985), with 37 additional historic occurrences. The species is reported from 4 counties in Rhode Island, 1 county in South Carolina, and 1 county in North Carolina (USDA 2001). The global population is problematic to estimate, because plant numbers fluctuate widely depending upon pond water levels, but may range to approximately 10,000.



Photo from USDA Plants Database

Exploring a Piedmont Cliff Community

Kathy Schlosser



In the Piedmont of North Carolina are scattered acidic cliff plant communities, often defined by moss covered boulders and an open tree canopy. According to Schafale and Weakley (1990), acidic cliffs are “very steep to vertical slopes [greater than 60 degrees] on acidic rock or saprolite...[slopes] steep, rocky, or dry enough to prevent formation of a closed tree canopy.”

Rock cliff communities can be acidic, circumneutral, or calcareous (alkaline). Acidic rock cliff communities are the least diverse of the group, and have the fewest specialized plant species. The bedrock yields little or no calcium and is acidic in reaction. They support species of dry, low nutrient plants from the surrounding forests, such as Virginia creeper (*Parthenocissus quinquefolia*), and common polypody (*Polypodium virginianum*),



Members of the Triad Chapter have been watching such a site, visiting at different times of the year. This particular cliff is a narrow ravine with granite boulders on the northeast facing wall reaching about twenty feet in height. The steep wall supports a community of *Actea racemosa*, *Heuchera americana*, *Adiantum pedatum*, *Dennstaedtia punctilobula*, and *Polystichum acrostichoides*. *Hydrangea arborescens* grows in abundance. The bottom two to three feet of the cliff is moist and supports a large colony of mosses and liverworts.



The opposite, southwest facing bank has deep, rich soil and a plant community that includes *Euonymus americana*, *Smilax* spp., *Aplectrum hymenale*, *Botrychium virginianum*, *Chimaphila maculata*, *Geranium maculatum*, *Goodyera pubescens*, *Hepatica americana*, *Sanguinaria canadensis*, and *Uvularia perfoliata*.

Primarily a beech-maple-hickory forest, there are also tulip poplar, paw-paw, and spicebush. This site was first inventoried ten years ago by the Natural Heritage Program. Since that time, the canopy has closed a bit, and this fall the area is very dry. Ordinarily, there is a small stream at the foot of the cliff that keeps the liverworts happy—on our most recent visit, they were gasping for water.

Recent studies of cliff sites have revealed that some trees growing on cliffs are surprisingly ancient, some hundreds of years old. Intact natural communities, even those in the midst of developed urban areas, can still be found and are fascinating sites to study. We need only take a little time to look for them.

A complete plant list is available. If interested, contact the editor.



Platanthera grandiflora (purple fringed orchid) grows in all but one county in New Hampshire—home of Robert Frost. Could this be the late blooming plant he describes as marking the end of summer and the beginning of fall? The poem was first published as “The Quest of the Orchis” in 1901, and after minor textual revisions he eventually published it as “The Quest of the Purple Fringed” in 1942.

Quest of the Orchis

I felt the chill of the meadow underfoot,
But the sun o’erhead;
And snatches of verse and song of scenes like this
I sung or said.

I skirted the margin alders for miles and miles
In a sweeping line;
The day was the day by every flower that blooms
But I saw no sign.

Yet further I went before the scythes should come,
For the grass was high;
Till I saw the path where the slender fox had come
And gone panting by.

Then at last and following that I found—
In the very hour
When the color flushed to the petals, it must have been—
The far-sought flower.

There stood the purple spires, with no breath of air
Or headlong bee
To disturb their perfect poise the livelong day
‘Neath the alder tree.

I only knelt and, putting the boughs aside,
Looked, or at most
Counted them all to the buds in the copse’s depth,
Pale as ghost.

Then I arose and silent wandered home,
And I for one
Said that the fall might come and whirl of leaves,
For summer was done.

Robert Frost, 1901

Herding Aphids: How 'Farmer' Ants Keep Control Of Their Food

Many of us have heard our esteemed leader, Tom, say "it's like herding cats" when trying to get groups of us all moving in the same direction. Seems ants have an answer to his problem. This Science Daily report is dedicated to Tom:

Science Daily — Chemicals on ants' feet tranquilise and subdue colonies of aphids, keeping them close-by as a ready source of food, says new research. The study throws new light on the complex relationship between ants and the colonies of aphids whose sugary secretions the ants eat.

Scientists had previously established that certain types of aphids live in colonies where they are used as a food source by a neighbouring colony of ants. The ants have been known to bite the wings off the aphids in order to stop them from getting away and depriving the ants of one of their staple foods: the sugar-rich sticky honeydew which is excreted by aphids when they eat plants. Chemicals produced in the glands of ants can also sabotage the growth of aphid wings. The new study shows, for the first time, that ants' chemical footprints - which are already known to be used by ants to mark out their territory - also play a key role in manipulating the aphid colony, and keeping it nearby.



The research, which was carried out by a team from Imperial College London, Royal Holloway University of London, and the University of Reading and published October 10, used a digital camera and specially modified software to measure the walking speed of aphids when they were placed on filter paper that had previously been walked over by ants. The data showed that the aphids' movement was much slower when they were on paper that had been walked on by ants, than on plain paper.

Furthermore, when placed on a dead leaf, where the aphid's instinct is to walk off in search of healthy leaves for food, the scientists found that the presence of ants significantly slowed the aphids' dispersal from the leaf. Lead author of the article published October 10, Tom Oliver from Imperial's Department of Life Sciences, explains how ants could use this manipulation in a real-life scenario:

"We believe that ants could use the tranquillising chemicals in their footprints to maintain a populous 'farm' of aphids close their colony, to provide honeydew on tap. Ants have even been known to occasionally eat some of the aphids themselves, so subduing them in this way is obviously a great way to keep renewable honeydew and prey easily available."

However, Tom points out that the relationship between the ants and the aphids might not be that straightforward: "There are some definite advantages for aphids being 'farmed' like this by ants for their honeydew. Ants have been documented attacking and fighting off ladybirds and other predators that have tried to eat their aphids. It's possible that the aphids are using this chemical footprint as a way of staying within the protection of the ants."

Professor Vincent Jansen of Royal Holloway's School of Biological Sciences, concludes: "Although both parties benefit from the interaction, this research shows is that all is not well in the world of aphids and ants. The aphids are manipulated to their disadvantage: for aphids the ants are a dangerous liaison."

Note: This story has been adapted from material provided by Imperial College London

<http://www.sciencedaily.com/releases/2007/10/071009212548.htm>



If any of you are missing wings, check with Tom!



Save Energy and Money this Fall with Free Workshops

Did you know that the typical American family spends nearly \$2,000 a year on energy expenses? And that much of this energy is wasted through leaky windows, drafty doors and inefficient lighting?

You can learn how to significantly cut your energy bills through simple no-and low-cost measures, putting money back into your pockets where it belongs, by attending one of the free local workshops “Reducing Energy Expenses at Your Home and Business.”

The workshops, sponsored by North Carolina Cooperative Extension and the State Energy Office of the N.C. Department of Administration, will be divided into two sectors to better serve local consumers.

The morning workshops will offer a commercially-focused program for local businesses and nonprofit agencies, while the evening workshops will be geared toward residential consumers. Both will be held at local county extension offices throughout the state.

The workshops are part of a month-long, statewide series in October to assist North Carolina consumers with saving on their energy costs and consumption. The workshops coincide with the U.S. Department of Energy and the State of

North Carolina’s recognition of October as Energy Awareness Month.

October has been recognized by these entities as Energy Awareness Month for several years in acknowledgement of the critical role energy plays in the state’s economic prosperity, quality of life and environmental stewardship.

Registration for the workshops is required. Contact the Cooperative Extension offices in the link below for more information or to register.

<http://www.ces.ncsu.edu/index.php?page=countycenters>

Grace Lawrence, Agent
Wake County Center
North Carolina State University
4001-E Carya Drive
Raleigh, NC 27610
grace_lawrence@ncsu.edu
919-250-1106
www.ces.ncsu.edu/wake
www.bae.ncsu.edu/stormwater

Information submitted by Misty Franklin.

Red Listed Magnolia



The Red List of the Magnoliaceae, published jointly by Botanic Gardens Conservation International (BGCI) and Fauna & Flora International (FFI), through the Global Trees Campaign (GTC), identifies 131 wild magnolias as being in danger of extinction, from a global total of 245 species.

The significance of this potentially catastrophic loss

lies not only in the threat to the genetic diversity of the family, but also because they are a highly sensitive indicator of the well-being of the forests in which they are found. Magnolias are among the most ancient groups of flowering plants and have long been

cultivated by mankind. Some specimens growing in the precincts of Chinese temples are estimated to be up to 800 years old. Still popular as ornamental plants in gardens around the world (although fewer than 15 species are common in cultivation), in the wild magnolias are a source of timber, food and medicines for local communities.

The Red List is a free download—and interesting reading.

http://www.bgci.org/conservation/magnolia_red_list/

NCNPS Photo Album



Native Plant Garden at the NC State Fair—installed and cared for by the Margaret Reid Chapter



McDowell Prairie. Jean Woods and the Charlotte Chapter organized a Prairie Restoration Workshop with the SCNPS and York Museum.

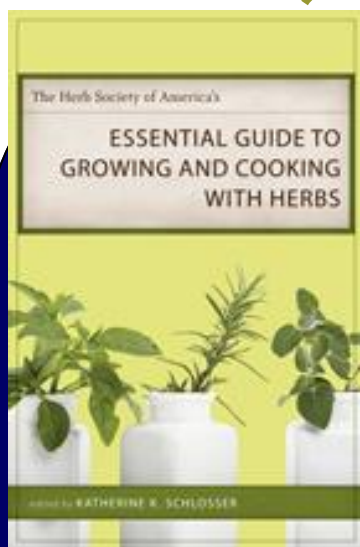


John Schmidt, a presenter at the Prairie Restoration Workshop in the Charlotte area discusses plant selection with participants.



Members of Triad Chapter discover what survives when power lines are sprayed.

Off the Shelf...books worth a read



The Herb Society of America's Essential Guide to Growing and Cooking With Herbs

Katherine K. Schlosser, Louisiana State University Press, 2007

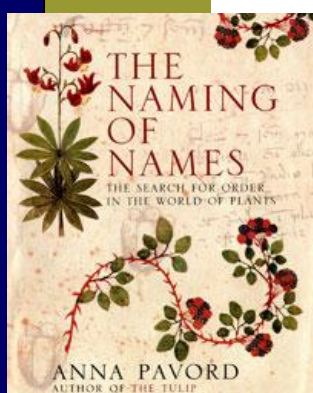
Fresh herbs are a healthy and delicious way to spice up any meal. This indispensable guide takes the guesswork out of using herbs in the garden and in the kitchen by providing detailed information for cultivating a wide variety of herbs along with easy-to-follow recipes that will surely impress even the most discerning palate.

Ranging from *Alliums* to *Zingiber*, the volume's first section provides horticultural information for each of the sixty-three herbs found in the National Herb Garden's Culinary Garden. Each entry also includes a short history of the herb, gardening basics, and suggestions for using it in your kitchen. An informative introduction to this section compares several different definitions of the word *herb*, explains the advantages of fresh over dried herbs, describes the proper storage and use of spices, and suggests the best timing and methods for harvesting herbs.

In the second part of the book, HSA members offer classic and creative recipes for more than two hundred dishes incorporating a variety of herbs. Among the mouth-watering recipes featured are Lemon Basil Tea Bread, Chicken Linguine with Fennel and Tarragon, Five-Herb Pasta Salad, and Rosemary Fizz.

The concluding section of the book offers a fascinating personal tour of the two and one-half acre National Herb Garden, which lies in the heart of Washington, D. C., at the center of the United States National Arboretum, and of its intimate themed areas, including the Knot Garden, the Antique and Heritage Rose Garden, the Dye Garden, the Colonial Garden, the Native American Garden, the Beverage Garden, the Medicinal Garden, and many others. Complete plant lists accompany the description of each garden.

Green thumbs and gourmets alike will find inspiration in these pages to look at herbs in new ways. More than a gardening book, more than a cookbook, *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs* will prove to be an indispensable companion for all herb lovers.



The Naming of Names: The Search for Order in the World of Plants

Anna Pavord, Bloomsbury Publishing 2005

As is well known, a comprehensive system of naming, of ordering and classifying, embraces every known plant in the world. In *The Naming of Names* Anna Pavord takes us on a thrilling adventure into botanical history — from the Guyanan jungle to Renaissance Europe, Ancient Greece and sixteenth-century London — to show how nature was rationalized in a way that could be understood in countries and languages throughout the world. For the first time, Anna Pavord shows how the business of naming plant names, which had begun with the Greek philosopher Theophrastus in the third century BC, occupied the best minds in Europe for at least three hundred years until, in 1773, the process came to an end with a Swedish book about sex ...

The whole vibrant array of plant life is contained within these pages: flamboyant, irresistible superstars like fritillaries, anemones, lilies, crocus, iris and tulips; everything from the agave and the banana to the paony and the yucca.

Persimmon Pudding

1 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
3/4 cup sugar
1 cup persimmon pulp (see below)
2 eggs, beaten
1 cup milk
1/2 teaspoon grated lemon rind
1/2 teaspoon cinnamon
1/4 teaspoon freshly grated nutmeg
2 tablespoons butter or margarine, softened



To make persimmon pulp: Choose soft ripe fruit with a transparent skin. Peel and strain the pulp or mash, removing the seeds.

Sift together flour, salt, baking soda, cinnamon, nutmeg and sugar. Add persimmon pulp to the flour mixture along with beaten eggs, milk, lemon rind and butter. Mix well. Turn batter into a well-greased and floured 8x8x2-inch square baking dish. Bake at 350° for 45 to 55 minutes, or until pudding is done. Serve warm with freshly whipped cream.

Diospyros virginiana. A native tree growing to about 50 feet at maturity, found from southern Connecticut to southern Florida. It blooms in March or April, with fruit ripening from September to November. The hard, fine-textured wood is used for golf heads and by crafters. It is also commonly called possumwood, probably because opossum will beat you to the fruit given half a chance.



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