

LNPS Photographers Featured



Precarious Crossing. One of the more exciting moments on the LNPS fall field trip September 9, was crossing James (or Jeems) Bayou on a bridge made entirely of oil field pipe. It helped if you had big feet. *Photo by Charles Ancona*

Photographers on field trips are a given. LNPS field trips offer excellent opportunities for great photos of common and rare plants, scenery, and the occasional critter. Two of our most avid photographers are being featured this fall.

LNPS member Ken Wilson's beautiful Louisiana wildflower photography graces the cover of the September/October issue of the *Louisiana Conservationist*. Additional photos can be found inside, as well as an article on fall wildflowers written by Dr. Charles Allen and Andrew Vaughan. Most LNPS members will note that the Catesby Lily pictured in the magazine bears

the caption, camphorweed." The *Louisiana Conservationist* is published by the Louisiana Department of Wildlife and Fisheries.

Charles Ancona, LNPS board member from New Iberia, started photographing wildflowers about three years ago. His photos are often featured in the "Photography Showcase" pages of the *Louisiana Conservationist*. From September 28 through October 30, his photos will be displayed in a special showing entitled "Up Close: Wildlife and Outdoor Photography by Charles Ancona" in the Main Library in New Iberia. There will be a opening reception on September 28 from 6:00 PM to 8:00 PM at the library, 445 East Main Street, in New Iberia. LNPS members are invited to attend. Charles has some truly stunning photos taken in the marshes along the Gulf Coast, as well as beautiful close-ups of wildflowers.

Prose from the president's pen...Marion Drummond

I really missed being with the group on the annual Field Trip but already had a Hilltop activity scheduled when I was given the dates and was unable to change my program. With Dr. Thomas and Beth in charge I know it was well arranged and packed full of great things to see. I am anxious to get reports.

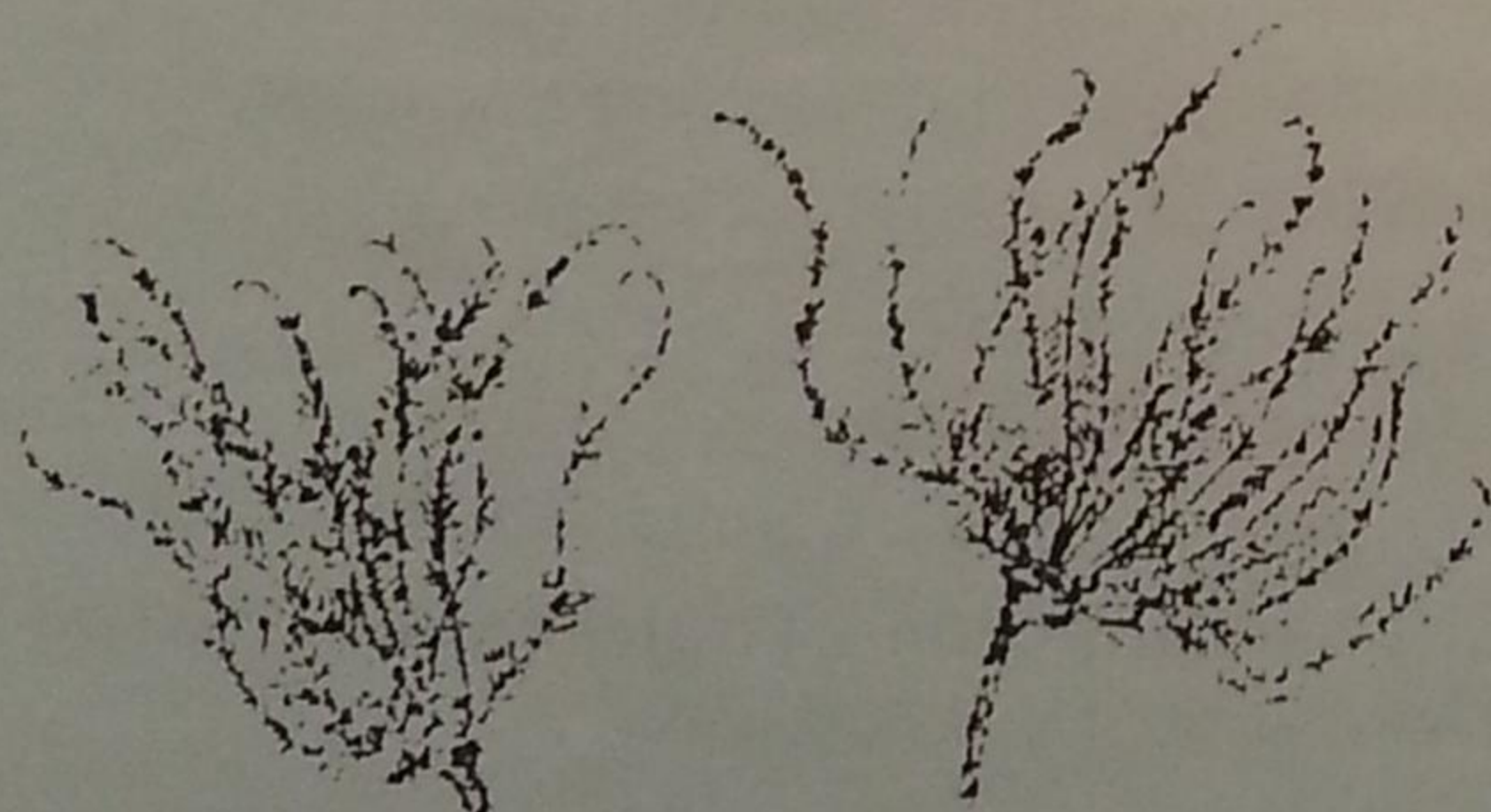
I hope you are all enjoying what must be record numbers of butterflies lighting up the gardens now. I don't ever remember seeing such numbers before. But, alas, there have been very few fireflies in the past couple of years. There have not been enough consistently swampy areas for them to breed.

Termites are a concern for all of us in the South. I understand there is a new growth regulator available that will disrupt the molting process. Developed by Dow Agrosiences, information on this reportedly environmentally benign product is available at 1-800-352-6772.

Mark your calendars for the 19th annual Hilltop Plantfest! to be held on the grounds of the Arboretum in Baton Rouge on October 7th and 8th. I think this year we will have the greatest selection of southeast native plants ever and am particularly pleased to have found *Viburnum rufidulum* (Rusty Blackhaw); the beautiful *Viburnum acerifolium* (Maple-Leaf Viburnum); *Pieris phillyrefolia* (Swamp Pieris); a compact form of *Viburnum obovatum* 'Densa' (Walter's Dwarf Little-Leaf Viburnum) that grows only about 4' tall and is definitely NOT a meatball; and a pure white form of *Clematis crispa* (Leather Flower). With the native plants displayed by habitat, it makes for easy selecting. These are just a few of the tons of plants, both native and exotic (NO *Sapium sebiferum*!) that will be available. For more information call 1-225-767-6916.

Don't Forget that Saturday, October 28th, starting at 9 AM, is the Tom Sawyer Clean-up Day at Briarwood. It is a wonderful day of fun and fellowship in one of Louisiana's finest Nature Preserves. Jessie and Richard Johnson have lovingly maintained the site in the true spirit of its creator, Caroline Dormon, and after the brutal summer months there are numerous tasks we can accomplish in the morning before breaking for lunch and a walk of the grounds.

Marion



Clematis spp. seedpods

*If you know of an organization with an activity relating to native plants, let Beth Erwin (kalorama@kalorama.org 318-874-7777) or me (m.drummond@worldnet.att.net 225-274-9674) know and we will try to include it in one of the quarterly newsletters.

Cullowhee Conference Report

by Marion Drummond

The **Landscaping With Native Plants Conference** was particularly good this year. I am always looking for programs that give answers to problems and this year the Conference addressed several areas with practical solutions. One program, initiated a couple of years ago, is the "Projects of Promise." It is a presentation of three projects, large and small, that have solved one or more problems in the landscape using native plants and/or sensitive bio-engineering techniques.

A before-and-after slide presentation showed one firm's bioengineering technique to prevent and even reverse erosion along streambanks, ravines, and small canyons. This is timely as our changing weather pattern now has intense drought punctuated (too) intermittently with heavy deluges, creating dangerous erosion conditions.

"Native Alternatives to Invasive Exotics" was a great offering of native substitutes for exotics that are threatening to crowd out stands of our regional plants. The added advantage of providing habitat and food for butterflies, birds and other wildlife made this a doubly appealing presentation.

The invasion of exotic plants has become a worldwide concern is obvious as it is a subject frequently appearing in mainstream publications and is the focus of local, regional and international programs. At the Conference, two men who have formed a business partnership in Tennessee for the express purpose of the control of invasive plants offered strategies for the residential and small landowner, and the control methodologies and funding mechanisms available.

These are the types of programs that appeal to me and bring me back to the Conference yearly. I

encourage all who might be interested in attending in the future to contact Sue Deitz at 828-227-7397 and ask that your name be added to the mailing list for next July's Conference. Or write to the Division of Continuing Education and Summer School, 138 University Outreach Center, WCU, Cullowhee, NC 28723. A word of warning; the Conference only accommodates 425 people and there is usually a waiting list of over 200. It fills up in 10 days (giving it cult status!) so many of us send in reservations by overnight air. It would be nice to see some other Lousianians there.

Golf Courses

In the last issue of *LNPS News*, plans for state funded construction of public golf courses in state parks was reported. The state has since abandoned that idea, presumably due to shortage of funds. Instead, the tourism folks will promote a "golf trail" using courses already under construction or already in operation across the state.

Friends we will miss:

Mrs. Retha Murry, widow of Robert Murry, passed away in February 2000.

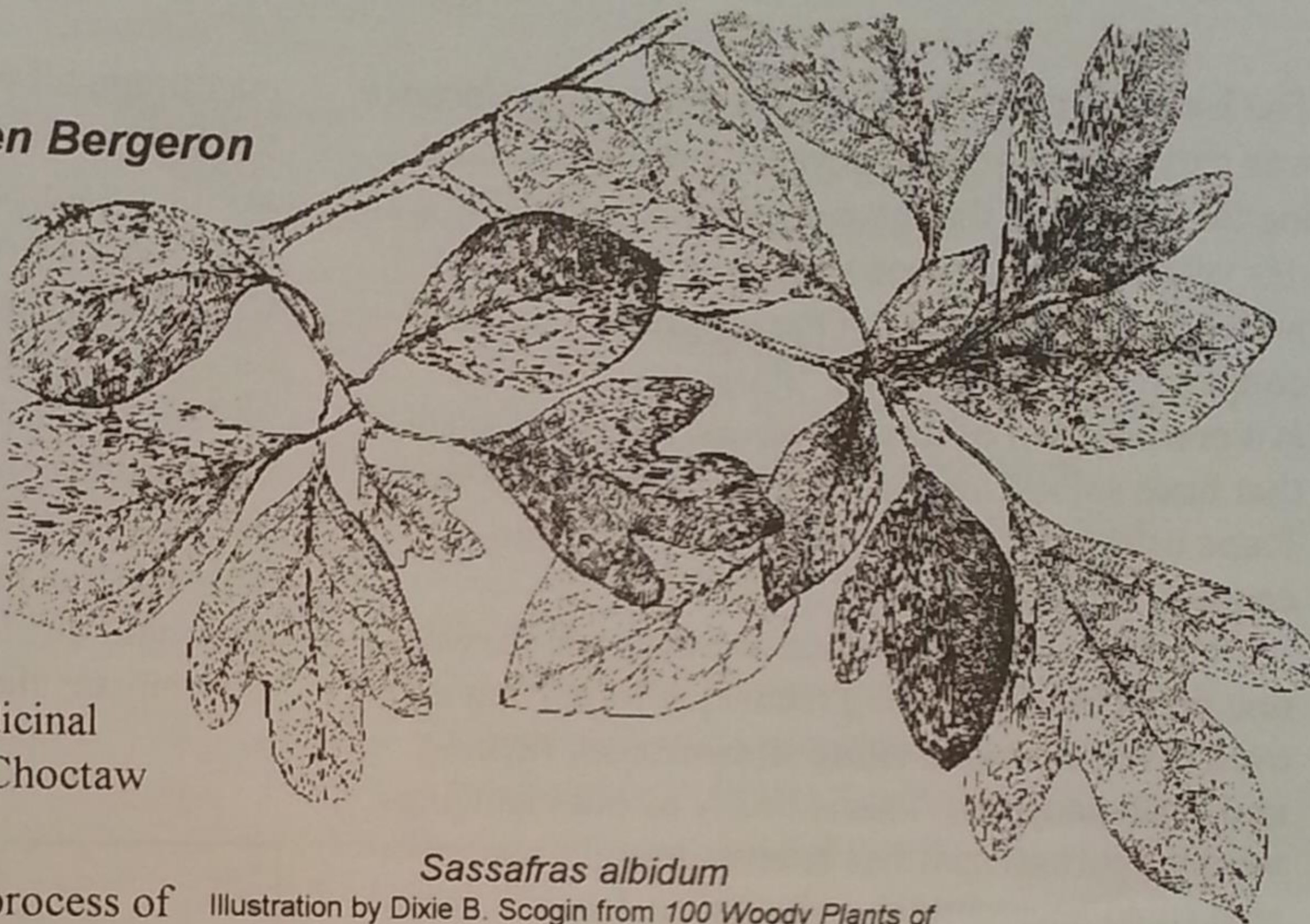
Dessie Mae Worley, of Shreveport, passed away July 20, 2000.

Charlie Harrington, of Natchitoches, passed away August 1, 2000.

Editor's note: Marie Standifer submitted the following article to LNPS News. It was published in *The Pen and Trowel*, Vol. IV, No. 1, November 1991. USL Anthropological & Archaeological Society,

Making Filé *by Kathleen Bergeron*

The purpose of this article is to demonstrate the process of making filé as done by Southeastern Tribes for centuries. Filé is made from native sassafras trees, *Sassafras albidum* [and is] used as a seasoning for soups and stew. Some Native Americans use the roots and bark to make a tea, as well as using it for medicinal purposes. *Kombo Ashis* (filé), is the Choctaw name for sassafras.



Sassafras albidum

Illustration by Dixie B. Scogin from *100 Woody Plants of North Louisiana*, by R. Dale Thomas & Dixie B. Scogin

Upon beginning research on the process of making filé, it was soon discovered there are two methods used in the process. The first method is to use a sack to hold the leaves and pound it with a stick. the second method is to use a mortar and pestle to pound the sassafras leaves into filé.

The first method was explained by personal communication which was passed down from previous generations. the second method was found in a book entitled, *The Choctaws of Bayou Lacomb*. This method seems to produce the best results.

The steps for making filé are as follows:

1. Locate a sassafras tree in a wooded area.
2. Return to the area at the end of summer, preferably late August or early September.
3. Harvest the leaves when they begin to turn a reddish brown color.
4. Place the leaves on a flat surface in plenty of sunlight to dry for about ten to fourteen days.
5. Check the leaves after the allotted days, and if they crumble easily in your hand, they are ready to pound into powder.
6. Get out the mortar and pestle. Fill the mortar with crushed leaves and pound with the pestle until it becomes a fine powder.
7. A basket or sifter can be used to sift out the leaf stems.
8. A teaspoon full of freshly made filé should be used per Dutch oven of gumbo or stew.

The above method of making filé is still widely used by many Louisiana Indians and non-Indians. Also, many other cultures in Louisiana have claimed filé as part of their culture. Filé is truly an American food with its recipes being passed down from one generation to the next.

Columbia Excursion II

You are invited to the walk along Charles Allen Nature Trails, camp on the Ouachita River, enjoy a bird presentation, and other activities. We will begin on Friday night, October 27, 2000, at the Nature Trails. The trails are located along the Ouachita River south of Columbia. Columbia is located along US 165 about 30 miles south of Monroe and about 50 miles north of Alexandria. Dr. Harry Winters with the help of Scott Meredith, Dr. Charles Allen, Dawn Newman, and Kent Fagans have developed a trail system with labeled trees.

Directions: Turn east onto Church Street off of US 165 near downtown Columbia. Follow Church Street until it dead ends into Boatner St., just past the elementary school. Turn right on Boatner St.; go one block and turn left onto Fisher Road. Follow Fisher Road out of town. The road will turn to gravel, but keep going. About $1\frac{2}{10}$ miles after the gravel begins, you will see a large wooden gate to the Nature Preserve on the left. Primitive camping is available on the spot.

Friday October 27:

3 PM. Set up camp, tours of the trails, etc.

6 PM or thereabout. Potluck meal. Susan will prepare a pot of gumbo to go with whatever you bring. For those desiring their own meals, there are fast food and locally owned restaurants in Columbia.

Saturday October 28:

7:30 AM. Bird walk led by Joyce Bennett who has birded this site often and has an impressive list of species. She will also let you know about Sunday morning.

9:30 AM. Tour of the nature trails. Enjoy the varied terrain from a bottomland hardwood forest to the Ouachita River bluffs. Along the trails you will find labeled trees, vines, and shrubs. Test your knowledge of dendrology. We hope to find Indian pipes but should see lots of leaves on the ground while searching. View the beginnings of two succession wheels. We will also look at algae under the microscope and talk about tree identification.

11:30 AM. Lunch is on your own. Several eating places are available in Columbia and you are welcome to picnic on site. Charles Allen will have some teas and possibly wild edibles for sampling.

1:00 PM. Depart from campsite for Watson Brake. Dr. Joe Saunders, the Regional Archaeologist for Northeast Louisiana, will meet and guide us. This area is scheduled to become a state park in the future so you will get an early start on seeing and hearing about the oldest mound complex in North America. We will depart from Watson Brake to return to the campsite around 3:30 PM.

6 PM. We will assemble at the Schepis Museum in downtown Columbia located on Main Street near the Ouachita River. We will enjoy a home-cooked buffet-style meal. You had better save lots of room because you won't believe the amount of food. Ms. Kay LaFrance will treat us to an overview of Columbia. The main talk of the evening will be "Birds of Northeast Louisiana" by Mr. Bob Rickett.

Optional (After the slide show) Nightcap at the Watermark Saloon, the oldest saloon on the Ouachita River. It is located two doors down from the Schepis Museum.

Sunday Oct 29: (Note: we will change Daylight Savings Time to Standard Time on Saturday night-Sunday Morning so it is Fall BACK one hour)

7:30 AM. Bird Walk led by Joyce Bennett. She will decide the location.

9:30 AM We will assemble at the campground and continue hiking the Nature Preserve trails. A different area will be covered from Saturday's walk. We will again look at algae under the microscope and talk about tree identification.

11:30 AM. Lunch on your own.

1 PM. Meet at the Campsite and caravan to Copenhagen. Directions will be given at the campsite. Dr. Gary Stringer has agreed to meet us. This is a treat, as you can find fossils of marine organisms. All will find several kinds of coral and the lucky or skilled will find sharks teeth. Dr. Stringer is the expert on this area and has been researching it for many years.

There is a small motel in Columbia called the Columbia Motel, 318-649-2588. It is located along US 165 on the north end of Columbia. Monroe is about 30 miles north and has a number of motels. For more information contact: Charles Allen 318-342-1814 or 318-651-8691 email biallen@ulm.edu.

Some Notes on Texas Bull Nettle.....by Carl Amason

There is one wild plant that is usually listed as a wildflower that is found in the sandy piney woods of Louisiana that is well known. It is perhaps despised by some, but feared and respected by all. It is *Cnidoscolus texanus*, or the Texas Bull Nettle. Its range is most all of Texas, Louisiana, Oklahoma, and Arkansas. A smaller version is found east of the Mississippi River, even in the Florida Parishes of Louisiana. The name is from the Greek language; *Cnide*, a nettle, and *scolopis*, meaning stinger. The Greek have given the English language such names as pneumonia, pneumatics, psalms, psychiatry, and mnemonic and in the English language, the first vowel is plainly ignored. The name of Texas bull nettle is not to be ignored.

The Texas bull nettle is found in dry sandy areas such as roadsides, pastures, and even in sandy cultivated fields. It is extremely drought tolerant as it has a massive network of radiating roots, some of which can go deep into the soil. It is a persistent perennial as it is chopped by a long-handled hoe in fields. It often survives such treatment. The stems sprawl over a circular area of two or more feet across. They stand two feet tall with alternating palmate leaves with long petioles. At the ends of the stems at flowering time will be found cymose white tubular flowers, both male and female, with four to six lobes that are quite showy and very fragrant. At a distance, one would almost want to cultivate one in a wildflower garden, but no one would, or could, plant or transplant on because of the fear that the plant generates. So why is it feared? Simple. All parts of the above ground plant, stems, leaves, even blooms and seed covering are covered with stinging hairs, bristles, nettles, or whatever one might dare to call them. It is a sure stinger, which equals the stings of red wasps in pain and appear-



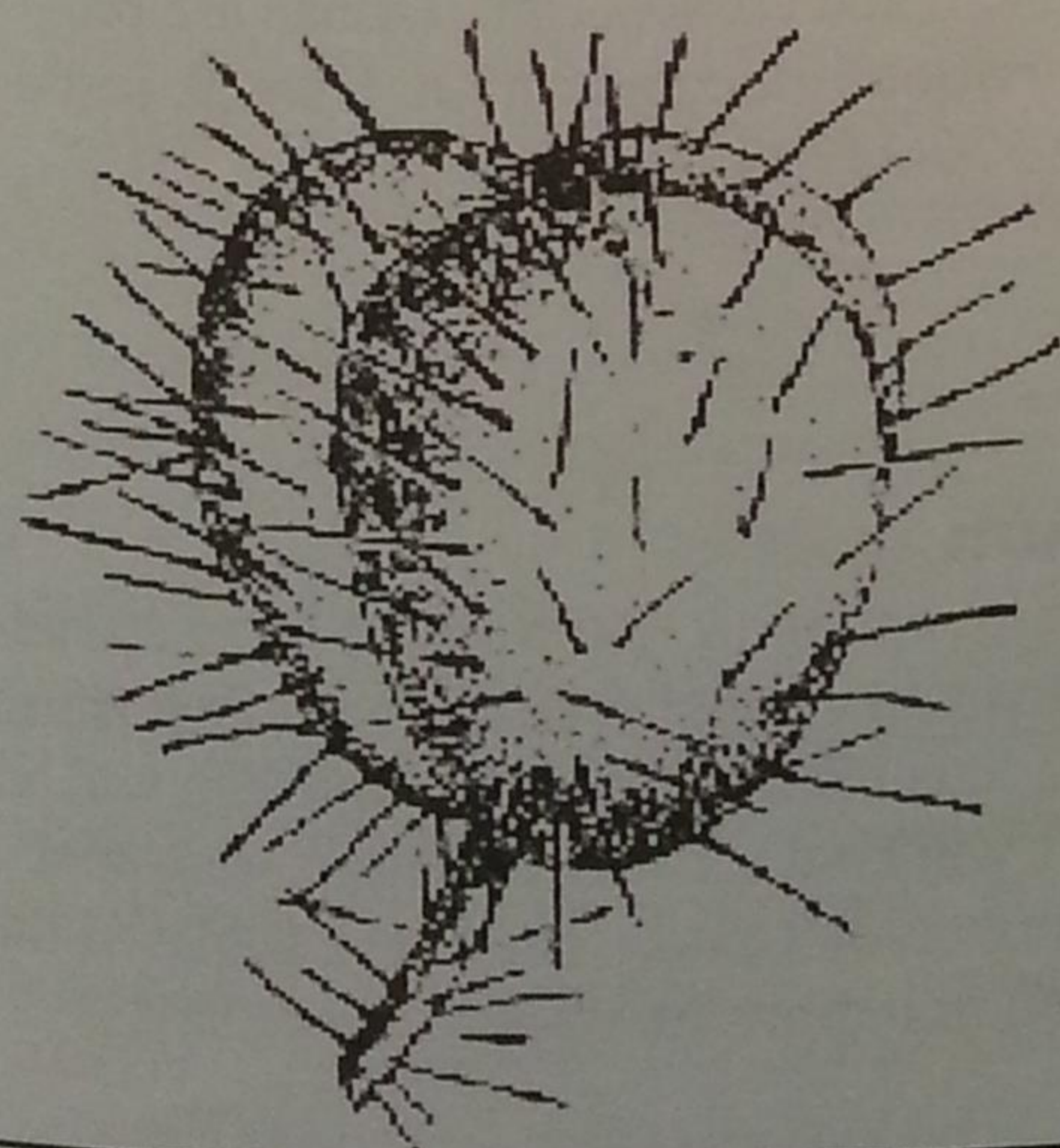
Texas Bull Nettle, flowers

ances. A big sting area can be red and painful for days. One of the immediate cures can be to urinate on the spot. The ammonia will help neutralize the acid of the stinging agent. Of course, the seed develop in the summer after the blooming season. Each three-sided capsule, complete with stinging hairs, will split open and reveal three large seeds that have no stinging hairs on them. Thereby is some of the "sport" of young boys, 10 to 12 years of age, in getting some seeds to eat, and it is risky. It takes a stout blow just right below the opened seed cluster to bring the seeds to the seeker. If the blow is too hard, the seeds are scattered in the surrounding dying grass, and most efforts at finding them are futile. The seeds are borne in true *Euphorbiaceae* fashion and are a true indicator of the plant's family. Also, the seeds are reported to contain some poison if enough are eaten. In a passing group of children, there are never enough seeds to go around. The victors smack and brag before the

younger ones, and life goes on. Frankly, peanuts are better, and walnuts and hickory nuts are more desirable. Pecans are all the more elegant after eating a seed of the bull nettle.

Often times in a pasture, one can see a herd of grazing cattle munching grass, but every bull nettle plant will have a circle of "unmowed" or under-browsed grass around it. Even the cows give them a respectable distance. The plants are common, and when a group of people is on a field trip, the Texas bull nettle is always featured and the question is always asked, "Have you ever been stung by one?" There are several explosive "yes!" replies, but if one hesitates, and mutters a "don't think so" reply, you can rest assured they have never experienced the pain of Texas bull nettle. Such is the disposition of one of the most distinctive plants in the entire area, or the world for that matter.

Carl Amason is a superior plantsman who lives and gardens near Calion, Arkansas.



Texas Bull Nettle, fruit

Lone Star Regional Native Plant Conference

In association with the Cullowee Native
Plant Conference

**Stephen F. Austin
State University
Nacogdoches, Texas**

May 30-June 3, 2001

Learn about gardening with natives while net-
working with other native plant enthusiasts.

There will be field trips, lectures, and net-
working events.

Topics include, but are not limited to:

- Naturalistic Landscapes
- Roadside Management
- Native Edibles
- Wildlife Gardening
- Native Perennials
- Plant Propagation
- Orchids of Texas
- Prairies
- Prairie Beauty w/ Native Grasses
- Pond Gardening
- Texas Plants -A Historical Look
- Native Roots in the Urban Forest of
America's 4th Largest City
- Natives Hot in the Nursery
- Environmentally Friendly Development

For more information, contact co-chairs:

Dr. David Creech:

dcreech@sfasu.edu or (936)468-4600

Peter M. Loos:

cyrilla@flex.net or (281)362-1107

COMING UP!

Winn Wildflower Walk September 23. Sponsored by the US Forest Service. Meet at 9AM the Winn Ranger District Work Center, which is on the south side of Hwy. 84 about 8 miles west of Winnfield, LA. Bring a lunch and water. It will end about 2PM.

Photography Exhibit, September 28-October 30. *Up Close: Wildlife and Outdoor Photography* by Charles Ancona. Main Library, 445 East Main Street, New Iberia. Opening reception on Thursday, September 28, 6 PM to 8 PM. Call 337-373-0075 to confirm library hours or make arrangements for visitors with disabilities.

Hilltop Arboretum Fall Plantfest, October 8-9. 9AM-4PM the 8th, 11AM-4PM the 9th. Call 225-767-6916, or email hilltop@lsu.edu. Visit the web site at hilltop.lsu.edu/hilltop.

Hilltop Arboretum Fall Garden Tour, October 22. For information on time, locations, and tickets, call 225-767-6916, or email hilltop@lsu.edu. Visit the web site at hilltop.lsu.edu/hilltop.

Columbia Excursion II. October 27-29. See details on page 5.

Tom Sawyer Day. October 28. 9 AM. This is the annual fall clean-up day at Briarwood, the Caroline Dormon Nature Preserve near Saline. Bring your gloves, clippers, lunch, and enthusiasm. Drinks are provided. Participants work until noon, then tour in the afternoon. Briarwood is located on La. Hwy. 9, just a few miles south of Saline. Contact Richard or Jessie Johnson at 318-576-3379.

NPSOT Fall Symposium

October 19-22. The Native Plant Society of Texas has extended an invitation to LNPS members to attend their annual meeting. It will be held at Hubbard Hall at Texas Woman's University. It includes field trips, workshops, presentation of papers, books and plants for sale. The focus for this year's symposium will be the Cross Timbers and the Grand Prairie of North Central Texas. It will be the 10th meeting to study and learn about the geology, cultural history, and plants in a particular region of Texas. They have achieved their long-term goal to hold annual symposiums in each of the ten vegetation regions of Texas.

EXTRA!!! EXTRA!!!

TREE GIVES BIRTH TO LIVE MAN!!!!



LNPS members on the recent field trip to the Nature Conservancy's Black Bayou Refuge in Caddo Parish were stunned when they came upon a very large water tupelo, *Nyssa aquatica*, that had apparently just given birth to a grown man. The tree appeared to be in excellent health, in spite of the dual traumas of the birth and summer drought. Photo by Charles Ancona

Ladies' Eardrops, or Buckwheat Vine
Brunnichia ovata

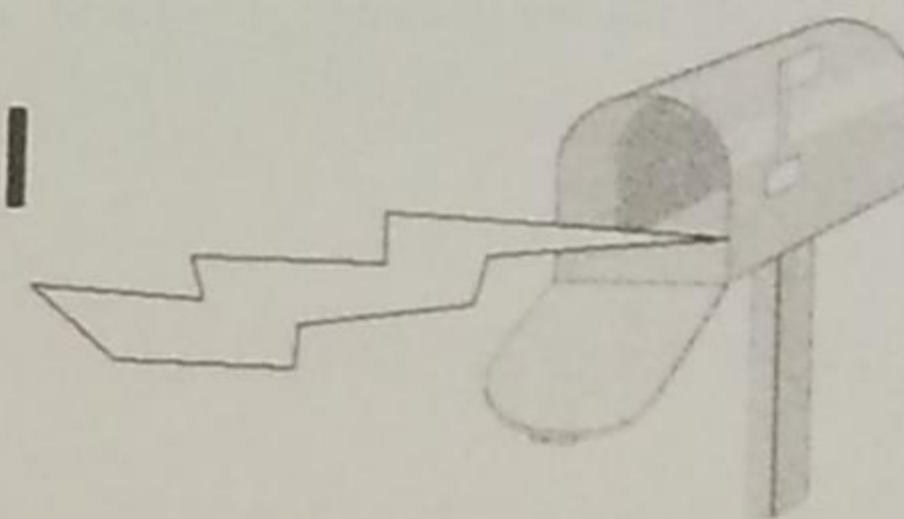
This vine was prevalent in the low-lying open areas of the dried swamp around James Bayou on the Fall LNPS field trip.

Illustration is a computer adaptation of a photo by Charles Ancona.

Upcoming Events posting

Thanks to the efforts of Andy Allen and Herbert Young; Charles Allen has a webpage with a place for posting upcoming events. Check it out at <http://www:ulm.edu/~callen/> and follow the link to upcoming events. To add events to the list, email to biallen@ulm.edu or call 318-342-1814 or mail to Charles Allen; Dept. Of Biology; The University of Louisiana at Monroe; Monroe, LA 71209. Andy is the youngest child of Charles and Susan, and Herbert is a graduate student at ULM.

LNPS Email Newsgroup



In its first year of operation, the LNPS email group has gotten off to a great start as a new communication tool. Just some of the topics that members have posted include an informative discussion of the *Morus* and *Aesculus* species, prairie field trips, updates on the development of golf courses in state parks, area bloom reports, and more! Get in on all the fun and join the LNPS email group today! Contact Tracey Banowetz at banowetz@bellsouth.net



Participants on the Bogs & Birds 2000 field trip pause 'n pose in the bog.

Photo by Charles Ancona

The Louisiana Native Plant Society was founded in 1983 as a state-wide, non-profit organization. Its purposes are:

- œ to preserve and study native plants and their habitats.
- œ to educate people on the value of native plants and the need to preserve and protect rare and endangered species.
- œ to promote the propagation and use of native plants in the landscape
- œ to educate people on the relationship between our native flora and wildlife.

The *Louisiana Native Plant Society News* is published four times per year. It is the official publication of the Louisiana Native Plant Society. The editor welcomes articles, notices of upcoming events, and book reviews of interest to native plant folks, as well as illustrations, poems, and prose. Deadlines for submissions are June 1st, September 1st, December 1st, and March 1st. Send any address changes to LNPS News, P.O. Box 126, Collinston, La., 71229.—*Terry Erwin, editor.*

LNPS Board of Directors

Ancona, Charles W., PO Box 12710, New Iberia, 70562

Banowetz, Tracey, 1511 Woodchase Blvd, Baton Rouge 70808

banowetz@bellsouth.net

Christian, Marilyn, 924 Lincoln Dr, Shreveport, 71107

flchris33@aol.com

Duncan, Jacalyn, 114 Harpers Ferry Rd, Boyce, 71409

jduncan/r8_kisatchie@fs.fed.us

Gravier, Mrs. Armetta, 1101 16th St Apt 221, Alexandria, 71301

Larkin, John, 86419 Mockingbird Rd, Franklinton, 70438

Mayronne, John, 320 N Theard St, Covington, 70433

Shelby, Rosana, 3535 Old Mooringsport Rd, Shreveport, 71107

Troy, Al, 5944 S Pollard Pkwy, Baton Rouge, 70808

Aatroy@aol.com

Foret, Jim, Jr., past pres., 7766 Main Hwy, St. Martinville, 70582

LNPS Officers:

Drummond, Marion, pres., 1891 Erlanger Dr, Baton Rouge, 70816

m.drummond@worldnet.att

Johnson, Jessie, treas., 216 Caroline Dormon Rd, Saline, 71070

Thomas, Dr. R. Dale, VP, 403 Stevenson Dr, Monroe, 71203

bithomas@ulm.edu

Erwin, Beth/Terry Sec. & News ed., PO Box 126, Collinston, 71229

kalorama@kalorama.org



Are Your Dues Due?

Check your mailing label. If the number above your name is highlighted, your dues are due with this issue. Please send your dues to the treasurer, Jessie Johnson, 216 CAROLINE DORMON ROAD, SALINE, LA. 71070. **Remember to send us your change of address.** The newsletter is sent bulk mail and will not be forwarded to you by the postal service.

DO NOT SEND DUES TO THE NEWSLETTER ADDRESS!!!

Student or Sr. Citizen	\$5
Individual	\$10
Family	\$15
Organization	\$25
Sustaining	\$50
Corporate	\$100

Dates to Remember

October 8-9. Hilltop Arboretum Plantfest

October 19-22. Native Plant Society of Texas fall symposium, Denton, TX.

October 22. Hilltop Arboretum Fall Garden Tour.

October 27-29. Columbia Excursion Weekend

October 28. Tom Sawyer Day, Caroline Dormon Nature Preserve, Saline, LA.

December 1. Deadline for submissions to Winter 2000/2001 *LNPS News*.

January 19-20, 2001. LNPS Winter Meeting. Camp Grant Walker, Pollock, La.

February 24. Tom Sawyer Day, Caroline Dormon Nature Preserve, Saline, LA.

May 30-June 3, 2001. Lone Star Regional Native Plant Conference, SFA University, Nacogdoches, TX

LNPS News

P.O. Box 126

Collinston, LA. 71229-0126

Bulk Rate
U.S. Postage
PAID
Bastrop LA
71220
Permit No. 194

*00

Dr. & Mrs. Charles Allen
NLU Department of Biology
Monroe LA 71209-0502

inside...

Filé Recipe
Carl Amason on Texas Bull Nettle
Calendar of events

Page 4
Page 6-7
Page 8

