

Darlingtonia

WINTER 2020
December-
February

Newsletter of the North Coast Chapter of the California Native Plant Society
Dedicated to the Preservation of California Native Flora

Fall Plant Sale Volunteer Thank You Chris Beresford, Nursery manager

On behalf of the plant sale team; I wish to thank all of the many volunteers who helped make the fall plant sale such a success. This was the first time we held it for 2 days and we will do the same next fall. With each plant sale, we reach more people and increase our sales. It is great to see folks connecting the need for planting natives with the wellbeing of our local birds and insects. It was a beautiful fall day on Saturday, not so much on a wet Sunday, but we persevered. Community members still came out in their Humboldt rain gear as we moved our checkout into the hoop house and quickly brought signs out of the rain.

Putting on the plant sale requires many people in a variety of jobs. To those who helped: printed labels for the plants; set up for the sale; checked the participating nurseries in and out; directed cars to safely park; answered numerous plant questions; added up plant sales; worked the cashiering tables; took plants to customers' cars; worked the CNPS booth; provided food for volunteers; cleaned up and put plants back after the sale; and anything else I may have missed—a Big Thank You – we could not have done this without everyone's assistance! Each of you played an important role. Since this was only the second time the fall sale was held at this location, we continue to learn how to make things work better!

Volunteers are: Richard Beresford, Karen Isa, Pete Haggard, Carol Ralph, CJ Ralph, Chris Brant, Ann Burroughs, Melanie Johnson, Ron Johnson, Anita Gilbride-Read, Kate Lancaster, Veronica Yates, Bonnie MacRaith, Elaine Weinreb, Sam Rich, David Callow, Nancy Ihara, Christine Kelly, Sabra Steinberg, Caitlin Allchin, Sarah Hirsch, Sue Marquette, Tom Lisle, Frank Milelzcik, Joyce Houston, Mary Barber, Gura Lashlee, Melanie Bright, Ron Melin, Nancy Brockington, Patrick Myers, Lorna Brown, Bill Pinnix, Leslie Cooper, Barbara Reisman, Jessie Bunkley, Brian Dorman, Jude Roberts, Laura Guldin, Bill Rodstrom, Sue Halpin, Gisela Rohde, Brenda Harper, Monique Silver-Grossman, Sharon King, Joan Tippetts, Richard Kreis, Ann Wallace—a special Thank You to all of you! We literally could not have the sale without all of these folks helping out!

5 local nurseries provided plants for this sale: Samara Restoration, Beresford's Bulbs, Mattole Restoration Council, Lost Foods, and Brant Landscaping. These nurseries provided the great shrubs, trees, perennials and bulbs that we do not grow but want to have available at the sale. Samara Restoration provides the largest number of plants so we picked them up. Thanks to Jon Hill, Alan & Barbara Wilkinson, Brian Dorman, Tim & Anita Gilbride-Read, Christine Kelly & Richard Beresford. Samara donated leftover plants to CNPS, though they usually sell most of them. We will continue to do this to provide more plants for the community members coming to our plant sales.

Special thanks to: Chris Brant for weed-eating prior to the sale; Sharon King for providing tasty food for volunteers, doing publicity for the sale, and taking photos; Karen Isa for making new volunteer name tags, organizing the CNPS booth with great items for sale, and for getting the hundreds of boxes for folks to use; Melanie Johnson for soliciting, calling and coordinating our numerous volunteers; Ann Burroughs for printing thousands of labels for CNPS nursery plants as well as those of participating nurseries; Sam O'Connell for making new informational signs; CJ Ralph and David Callow for taking charge of parking, no small task with

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EVENING PROGRAMS AND FIELD TRIPS

Please watch for updates on our web site (www.NorthCoastCNPS.org) or sign up (Northcoast_CNPS-subscribe@yahoo.com)

Evening programs are free, public programs on the second **Wednesday** of each month, September through May at Six Rivers Masonic Lodge, 251 Bayside Rd., Arcata. Refreshments at 7:00 p.m., program at 7:30 p.m. For information or to suggest a speaker contact Michael Kauffmann at (707) 407-7686

December 1st, Wednesday. 7:30 p.m. Native Plant Show and Tell: North Coast Scholarship Research

Gabe Goff and Len Mazur will share the results of their 2019 research funded, in part, by the North Coast Chapter. Gabe is a graduate student in the Humboldt State Forestry, Watershed, and Wildland sciences program. His research involves investigating the effects of conifer encroachment and removal in native Oregon white oak (*Quercus garryana*) woodlands on ecosystem physiology, and biodiversity. Len is currently the lead Vegetation Management Technician for Sonoma County Regional Parks where he is working to establish an early detection network for invasive weeds, monitor post-fire landscapes, and restore rare plant habitats throughout the county. He received his degree from Humboldt State University in the spring of 2019. Here, he will share the methods and results of his senior capstone project where he assessed the health and degree of woody plant encroachment on two Darlingtonia Fens in the Mill Creek Addition of Del Norte Coast Redwoods State Park.

January 8th, Wednesday. 7:30. Butterflies of Coastal Humboldt County
Butterflies decorate the native plants of Humboldt County and, in some cases, have direct relationships with specific hosts. Join us for a three-part presentation celebrating the butterfly diversity in the county. Local naturalist Bill Rodstrom will present a summary of the new North Coast Chapter's guide to butterflies and host plants --many of which are available in our nursery. This will be followed by retired Eureka High School science teacher Robert Child's quick guide to butterfly ID using his watercolor art, highlighted in a new poster celebrating the butterflies of coastal Humboldt. Posters will be available at the talk. Gary Falxa will wrap up the talk with a short discussion on monarch conservation and ecology. Come and get inspired for spring planting to enhance your garden's wildlife!

February 12th, Wednesday 7:30PM -
Updated research into gall wasps (Cynipidae) in Northern CA

Tiny, gentle wasps of the family Cynipidae collectively produce galls on roses, thimbleberry, oaks, tan oak, and chinquapin. During a presentation given six years ago, only cynipids occurring on oaks (*Quercus spp.*) were covered. This updated presentation will discuss new findings on the life histories of cynipids on oaks, tanoak (*Notholithocarpus*), chinquapin (*Chrysolepis sp.*), roses (*Rosa sp.*), and thimbleberry (*Rubus parviflorus*). Join Dr. DeMartini, a Humboldt State University Professor emeritus with a passion for regional natural history, for this interesting talk.

FIELD TRIPS Winter 2020

Outings are open to everyone, not just members. All levels of expertise, from beginners to experienced botanizers, are welcome. Address questions about physical requirements to the leader. Contact the leader so you can be informed of any changes.

February 22, Saturday. Skunk Cabbage-Coastal Trail Day Hike. Our hikes from the Skunk Cabbage Trail trailhead have never made it all the way north to the beach, so this time we will start at the beach end by Davison Road, walk about a mile at the back of the beach along the base of the bluffs, turn up the Skunk Cabbage Trail, and walk 1.5 miles through coastal scrub and spruce forest as far as the view point. Total, round-trip hike is 5.6 miles (if we really make it all the way). We will see hints of spring in the scrub and forest, as well as dune, wetland, and riparian plants along the way. This trail is a section of the California Coastal Trail in Redwood National and State Parks. Dress for the weather on an exposed beach and in a shady forest. Bring lunch and water. Meet at 9 a.m. at Pacific Union School (3001 Janes Rd., Arcata). Tell Carol you are coming, if you want to know of any changes due to weather: 707-822-2015; theralphs@humboldt1.com.

March 22, Sunday. Day Hike. Destination to be decided when we know how early spring is.

April 11, Saturday. Stony Creek Day Hike. The traditional April destination of the North Coast Chapter in its early days, 50 years ago.

May 15-17, Friday-Sunday. Likely weekend of an overnight and day hikes around Weaverville with the Shasta Chapter.

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3 places to park(!); Richard Beresford for making parking signs; Anita Gilbride-Read for being in charge of cashiering; and Christine Kelly for organizing the plants from all of the nurseries.

The California Conservation Corps (CCC) in Fortuna sent 6 members to help all day, receiving snacks and lunch. The CCC's provided much needed assistance with parking, taking plants to cars and cleaning up at the end of the day. They worked Sunday in the pouring rain with no complaints. A special thanks to corps members Roy White (who worked both days), Matthew Sandoval, Saul Sevilla, Cameron Wilson, Michael Moore and Emmalee Gutierrez. They were all a great help and we will be calling on the CCC's again!

I would like to thank our neighbors, Jerry Steiner and Tiffany Rittenhouse for generously allowing us to use their field for volunteer and overflow parking. The parking situation on site was quite a challenge and without this extra area we were not sure how to accommodate everyone. So if you know them, please thank them again.

If I have missed naming anyone, please accept my sincere apologies for my oversight. See you at the Spring Sale at the nursery site at Freshwater Farms Reserves, May 2nd & 3rd, 2020.
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A few highlights of the sale. Want to see all this in color? Follow the link to see it online at: northcoastcnps.org/index.php/about-us/newsletter
All photos by Ann Wallace



Tangle Blue Lake and Scott Mt. Botanical Area

July 12-14, 2019

Carol Ralph

Who wouldn't want to explore a lake named Tangle Blue?! An intriguing name, set at 5,800 ft. elevation in the Trinity Alps Wilderness of Shasta-Trinity National Forest, a modest distance from the trailhead, a trail through forest and meadows--everything indicated a great day hike. We could deal with bad road and hard-to-follow trail, reported in some books and online, if this was still the case.

Twelve of us met Friday evening at Scott Mountain Campground at the Scott Mt. Summit (5,400 ft.) on Highway 3 north of Weaverville. This summit is on the dividing line between Trinity and Siskiyou Counties, Shasta-Trinity and Klamath National Forests, and Klamath and Trinity River watersheds. The Pacific Crest Trail follows this ridge east-west, crossing the road at this summit.

The campground area can amuse any "conehead," with its array of conifers, but for an evening walk we "flowerphiles" all headed for the meadow. The meadow was lush and green, a matrix of sedges (*Carex*), grasses, and White Rush-lily (*Hastingsia alba*). It was in a Long-necked Clover (*Trifolium longipes*) phase--galaxies of the dirty white clover heads floating at the level of the grass top. A few Bistort (*Bistorta bistortoides*) presented similar white heads, while the first yellow Sneezeweed (*Helenium bigelovii*), and thin, white White Rush-lily suggested the next phase of the meadow. In sparser or drier places Naked Star-tulip (*Calochortus nudus*), Primrose Monkeyflower (*Mimulus primuloides*), Musk Monkeyflower (*Mimulus moschatus*), and Tall Mountain Shooting Star (*Primula jeffreyi*) could show. In the wetter places the pure, angelic white of White-flowered Bog Orchid (*Platanthera dilatata* var. *leucostachys*), the surprising yellow of Bog Asphodel (*Narthecium californicum*), and a few white heads on sticky stems of Sticky False Asphodel (*Triantha occidentalis*) joined our mascot, California Pitcher Plant (*Darlingtonia californica*) in a lush abundance of treasure. At meadow's edge was a small group of another favorite, Shasta Lily (*Lilium pardalinum* ssp. *shastensis*). I was excited to see Bogbean (*Menyanthes trifoliata*) in one of the water holes.

We popped out of our tents Saturday morning for an all-day hike to Tangle Blue Lake. We drove back down Highway 3 toward Weaverville, to 39N20 (on the right as you go downhill, 1.2 miles above the valley floor where route 17 goes north). The trailhead was 3.6 miles off Highway 3 at the end of this dirt access road. Much of the trail was an eroded old dirt road, now a cobbly, rutted roadbed, quite rough. The trail crossed Tangle Blue Creek, a reasonably large creek, once with a bridge and twice without, and crossed the smaller Marshy Lake Creek once. Nowhere was it unpleasantly steep. Our electronic devices measured the distance walked one way, to be 3.58 miles. [Starting next year Shasta Trinity National Forest is planning to decommission, improve, and reroute parts of this trail to stop the erosion and reduce impact on meadows.]

Early parts of the trail passed through much dense shrubbery. This included a handsome shrub with flowers and aroma like Tanoak, but leaves softer, not toothed, and veins not conspicuous. This was a special variety, Shrub Tanoak (*Notholithocarpus densiflorus* var. *echinoides*). Other shrubs we saw were Tobacco Brush (*Ceanothus velutinus*), Deer Brush (*Ceanothus integerrimus*), Green-leaf Manzanita (*Arctostaphylos patula*), Chinquapin (*Chrysolepis chrysophylla*), Bitter Cherry (*Prunus emarginata*), Serviceberry (*Amelanchier* sp.), and Fremont's Silk Tassel (*Garry fremontii*). Huckleberry Oak (*Quercus vacciniifolia*) was an abundant shrub throughout the hike.

The stream crossings and the lush forest on the moraine just below the lake provided rich, riparian vegetation. In these places we saw three species of alders. White Alder (*Alnus rhombifolia*) and Red Alder (*Alnus rubra*), our common, riverside trees, were both at the first stream crossing. The shrubby Mountain Alder (*Alnus incana* ssp. *tenuifolia*) was at wet places and created a large thicket on the moraine. It was in this damp forest that we found two rare plants, both specialties of the Trinity Mountains. Twining in the shrubs was English Peak Greenbriar (*Smilax jameisii*) (Calif. Rare Plant Rank 4. See note 1), a *Smilax* notable for lacking thorns completely. Nearby, as well as elsewhere down the trail, was the dainty version of our common Western Trillium (*Trillium ovatum*). It had small leaves, small flowers, and tucked its "head" under its leaves as the fruit developed. These were Salmon Mountain Trillium (*Trillium ovatum* ssp. *oettingeri*) (Rank 4). At two of the stream crossings was a large, sprawling pea with a winged stem, suggesting Everlasting Pea (*Lathyrus latifolius*), but it had many leaflets per leaf, not just two, and its flowers were partly pale pink and partly creamy white fading to tan. It was probably Jepson's Pea (*Lathyrus jepsonii*), though the flower color was not right.

The trail went along the edge of one long, lush meadow with lots of White Rush Lily, scattered Corn Lily (*Veratrum* sp.), and a few Shasta Lilies. Later it traversed a larger, drier meadow with vast numbers of delicate, white umbels of Parish's Yampah (*Perideridia parishii*). Some of the forest we passed through was clearly very old, and we saw some magnificent, large Incense Cedar (*Calocedrus decurrens*).



Tangle Blue Lake itself was a tranquil expanse of water set in a bowl of gray, rocky slopes, sweeps of Mountain Alder, and crowds of stately Western White Pine (*Pinus monticola*) and White Fir (*Abies concolor*). Across the lake a large snow patch fed the only lush herbaceous zone. Our energetic scouts reported Marsh Marigold (*Caltha leptosepala*) there, and elsewhere at that end Glacier Lily (*Erythronium grandiflorum*), Pink Mountain Heather (*Phyllodoce empetrififormis*) and Mountain Hemlock (*Tsuga mertensiana*). Another scout, who swam across the lake and back, reported the water refreshing. On one side of the lake were narrow beds of Cattails (*Typha latifolia*),

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sedges (*Carex* spp.), and *Cyperus*. We noticed nothing tangled, and the color of the lake varies with the color of the sky.



We saw many more delightful plants than enumerated here.

By the time we got back to camp, however, the plants had been eclipsed by two remarkable wildlife sightings. From the trail we saw two Bobcat kittens squalling by the creek and their mother fading out of sight on the steep bank above. Along the road out we saw a Mountain King Snake sunning on a rock. It lay there quite visible, quite relaxed, as we all dismounted and gathered around snapping photos of this handsome snake (red, white, and black bands) that few (none?) of us had ever seen.

After a campfire meal and another night in the mountain air, on Sunday morning we headed east on foot on the Pacific Crest Trail (PCT), to get as deep into the Scott Mountain Botanical Area as we could in a half-day outing. The Klamath National Forest map showed the PCT doing one hairpin in the southern side of the botanical area. The trail passed through a small grove of young conifers by the highway, and then crossed a gravelly, strongly serpentine slope. Despite its barren appearance, this slope was home to a good variety of plants that slowed us down considerably. For plant identification we referred to a plant list "China Mtn., Kangaroo Lake, Cory Peak, Scott Mtn. Botanical Areas Species List" acquired from the Forest botanist. On this serpentine slope we found three buckwheats (*Eriogonum*), two onions (*Allium*), two catchflies (*Silene*), a jewel flower (*Streptanthus*), Coyote Mint (*Monardella odoratissima*), Ball-headed Sandwort (*Eremogone congesta*), Indian's Dream Lace Fern (*Aspidotis densa*), and more.

The trail curved around the mountain, mostly in very nice Jeffrey Pine (*Pinus jeffreyi*) woodland interrupted by lovely rock gardens, seeps, and large expanses of Huckleberry Oak. We satisfactorily identified Siskiyou Mountain Owl's Clover (*Orthocarpus cuspidatus*), a distinctively "shingled," pink flower, and California Dwarf Sunflower (*Helianthella californica* var. *shastensis*), a yellow composite we have met here before. Pine Violet (*Viola lobata*) impressed us with the variation of its leaf shape. We were intrigued by the strange "flowers" looking like balls of silvery hairs, on an upright, herbaceous plant. More intriguing, some individuals had tiny, white, cross-shaped flowers and no sign of the fuzzy balls. The plants' leaves were in whorls of four, suggesting a bedstraw, some of which have separate male and female plants (dioecious). This was Castle Bedstraw (*Galium glabrescens*). The cross-shaped flowers were the male flowers on the male plants; the fuzzy balls were the hairy fruits developing from the hairy female flowers on the female plant.



Aiming for the core of the botanical area, we turned left off the PCT onto a faint old logging track where the PCT passed a forest boundary marker. (This national forest has a lot of checkerboard holdings, adjacent squares being private.) Someone's GPS suggested it was road 40N05. This dirt track crossed the gentle slope through more woodland and Huckleberry Oak thickets. Yes, logging happened here. The dirt track and the stumps of Incense Cedar proved it. Maybe it was logged before the area was given the special designation of botanical area. We passed an open ridge that swept down the hill offering more serpentine plants, and came to a curve looking out at a splendid view of the valleys and mountains to the north. This was suitably deep in the botanical area that our mission was accomplished, and it was time to go. The last thing we saw before we reversed course and headed for camp and home was the amazing site of a Common Nighthawk sitting on a branch of a snag. This is a cryptic bird that roosts all day on the ground, from where we flushed it, and flies in the evening and night skies catching insects in scenic and wild places.

We visited three wonderful places in this one weekend: Scott Mountain Meadow, Scott Mountain Botanical Area, and Tangle Blue Lake. All are part of the National Forest system, which is part of the U. S. Forest Service, which is part of the U. S. Department of Agriculture. Each of our national forests is larger than some of the states in our union. They are managed by professional, caring people. They are, however, subject to budgetary whims and political pressure from high levels. Staffing levels are currently 1/2 what they were 20 years ago, but staff are expected to manage the same amount of territory. They need our help! We can report trail conditions, illegal activity, damaged road signs, etc. and let them know how we have used and enjoyed which parts of their forests, how we appreciate good management on their part, and of course, what rare plants we have discovered. We need to work *with* them, to be ready to support the right action in the face of political pressure. Be sure YOU know who administers the public lands you enjoy and how you can communicate with them. For the National Forests, the District Office (aka ranger station) is usually the place to start.

Note 1. California Rare Plant Ranks: 1B Rare throughout its range; 2B Rare in California, more common elsewhere; 3 More information needed, usually taxonomic clarity; 4 Limited distribution, a watch list



VOLUNTEER CORNER

See here some of the things our volunteers have done and are doing. Everything we do is with volunteer labor. Every job, small or large, is important for getting things done. We appreciate our many, talented, generous volunteers. You can be one too! Contact Carol at 707-822-2015 or theralphs@humboldt1.com

Thank you!

Melanie Johnson for recruiting and scheduling plant sale volunteers for numerous years. This is one of those essential but entirely behind-the-scenes jobs. It requires a sense of humor, a good understanding of human behavior, persistence, and skill with email. Melanie was amazing.

Donna Wildearth, Carol Ralph, and Pete Haggard for customizing a planting guide template for our area created by state CNPS. Donna also corrected some of the advice contained in this guide. It is available for download on the Native Plant Gardening page of our chapter website and on the state CNPS website. Print copies are available at our plant sales and at some local nurseries that carry native plants.

Bill Rodstrom, Gary Falxa, and Laurie Lawrence for creating a beginner's list of common butterflies in the Humboldt Bay area and their host plants (food for the caterpillars). It is printed in this newsletter and is available to download from the Native Plant Gardening page of our chapter website .

Steve Bailey, Dave Shumaker, Dorothy Klein, Jenny Hanson, Elaine Allison, and others for donating books to our Botanical Book Sale at the September evening program. Thank you to **Nehaya Walsh** and various meeting attendees who helped set up and take down the sale. The "price" of books was a donation. The evening's pot of donations was \$276, and many books went to appreciative new homes. We still have books! Look for another sale at some future evening program.

Michael Kauffmann, Karen Isa, Barbara Russell, Melinda Groom, Carol Ralph, CJ Ralph, and Ben Lardiere, plus various meeting attendees and Masonic Lodge volunteers for being flexible and creative and heroically setting up for our evening program in the big lodge room when it turned out the Masons and the first responders were having a banquet at the Masonic Lodge the same night as our regularly scheduled second Wednesday program, September 11.

Carol Moné, Ron Johnson, Karen Isa, and Virginia Waters for doing native plant consultations. Besides sharing a lot of gardening and native plant knowledge, they made new friends for CNPS and got to see new garden situations in new corners of our area.

Joan Tippetts for reading our chapter's comment to the Planning Commission at hearings on the Humboldt Wind Energy Project and for following this complicated issue carefully.

Welcome Aboard!

Lynn Jones as coordinator of school visits to the Wildflower Show.

Joan Tippetts as our chapter's representative on the board of the Northcoast Environmental Center.

Help Needed. contact Carol Ralph 707-822-2015 or theralphs@humboldt1.com

Plant Sale Volunteer Coordinator. Schedule and help recruit volunteers to run our two plant sales each year (May and September). Requirements: good at communication, especially email, but branching out into whatever mode various volunteers use. Melanie Johnson has the system and schedule worked out and lists of previous volunteers.

Anniversary Activities Coordinator. Be the central repository of ideas and developing plans for our 50th anniversary next year. Collect ideas and work with others to see what we can make happen.

Native Plants in Public Gardens List. To encourage people to plant native plants in their gardens and in public landscapes, we need to show them good examples of what that can look like. With a list of places like the Trinidad Museum Native Plant Garden and the Sequoia Park Zoo, plus various, small street-side private gardens, people can see them on their own time. We just need someone to assemble this list.

Garden Tour Organizer. Another way to show people native plant gardens is to have a garden tour of gardens using mostly native plants. We just need the person(s) to make it happen.

**Select Butterflies for NW California, and Associated Native Larval Food (Host) Plants,
With emphasis on coastal Humboldt County (west of Lord Ellis Summit)**

Butterfly Species	Larval Food Plant- common name	Plant- Scientific name	Notes
Western Tiger Swallowtail (<i>Papilio rutulus</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	For larger yards (particularly <i>S. hookeriana</i>)
Anise swallowtail (<i>Papilio zelicaon</i>)	1. Coast angelica 2. Lomatium 3. Yampah	1. <i>Angelica hendersonii</i> 2. <i>Lomatium dissectum</i> , L. <i>macrocarpum</i> 3. <i>Perideridia</i> species	The most-used host plant is the non-native and invasive Fennel (<i>Foeniculum vulgare</i>), but not recommended
Orange Sulphur (<i>Colias eurytheme</i>)	1. Bird's foot trefoil 2. Lupines	1. <i>Acmispon americanus</i> 2. <i>Lupinus rivularis</i> , <i>Lupinus polyphyllus</i>	Painted Lady may also use lupines
Echo (Spring) Azure (<i>Celastrina echo</i>)	Ceanothus shrubs	<i>Ceanothus</i> "Skylark" from local nurseries is compact, does well in coastal climate	
Acmon Blue (<i>Icaricia acmon</i>)	Coast buckwheat	<i>Eriogonum latifolium</i>	Particularly likely to attract this species on the north spit area (Manila, Samoa, etc.), or near open areas (Blue Lake, ...)
Lorquin's Admiral (<i>Limenitis lorquini</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Painted lady (<i>Vanessa cardui</i>)	1. Checkermallow, Checkerbloom 2. Pearly everlasting 3. Native thistles	1. <i>Sidalcea malviflora</i> 2. <i>Anaphalis margaritacea</i> 3. <i>Cirsium occidentale</i> , other <i>Cirsium</i>	Pearly everlasting spreads by runners, deer resistant. Thistles are used as nectar source by various species. Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (California)
West Coast Lady (<i>Vanessa annabella</i>)	Checker mallow, Checker bloom	<i>Sidalcea malviflora</i>	Checker mallow is a great planting for native bees, too
Red Admirable (Red Admiral) (<i>Vanessa atalanta</i>)	Stinging nettle	<i>Urtica dioica</i>	will also use non-native nettles
Mourning Cloak (<i>Nymphalis antiopa</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Myitta Crescent (<i>Phyciodes mylitta</i>)	Native thistles	<i>Cirsium occidentale</i> , other <i>Cirsium</i>	Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (California)
Field Crescent (<i>Phyciodes pulchella</i>)	California/Pacific aster	<i>Symphotrichum (Aster) chilense</i>	Aster spreads readily

**Select Butterflies for NW California, and Associated Native Larval Food (Host) Plants,
With emphasis on coastal Humboldt County (west of Lord Ellis Summit)**

Additional Native Plants for Butterflies and other Pollinators. (Nectar plants are needed by butterflies as much as larval host plants)

Nectar Plant, Common Name	Scientific Name	Notes
Canada goldenrod	<i>Solidago elongata (canadensis)</i>	
Bolander's phacelia	<i>Phacelia bolanderi</i>	
Coyote mint	<i>Monardella villosa</i>	
Seaside daisy	<i>Erigeron glaucus</i>	
Sneezeweed	<i>Helenium bigelovii</i>	
California poppy, coastal form	<i>Eschscholzia californica maritima</i>	
Coyote bush	<i>Baccharis pilularis ssp. pilularis</i>	<i>Pilularis</i> subspecies form is local, low-growing, less rangy
Common yarrow	<i>Achillea millefolium</i>	
Foothill penstemon	<i>Penstemon heterophyllus</i>	Penstemon is not native to coastal Humboldt, but grows there and is a good nectar plant
Honorable Mention (non-natives and others)		
Lavendar	<i>Lavandula</i>	Good nectar source for many insects
Native bunchgrasses and fescues	<i>Festuca</i> species, <i>Stipa</i> species	Larval host plants for skippers

v. 9/8/2019, by G. Falxa, L. Lawrence, and B. Rodstrom for the Northcoast Chapter of the California Native Plant Society

New Publications Available

Just in time for our fall plant sale, we had 2 new informative and locally relevant publications to share with members of the public. One has suggestions of native plants to put in your gardens here on the north coast and the other lists 10 species of local butterflies with their host plants.

A Native Landscape Planting Guide, put together by members of our North Coast Chapter (Donna Wildearth, Carol Ralph and Pete Haggard) using plants that have been available for purchase at our local plant sales was designed and laid out by the State office of CNPS. It suggests plants by type such as small trees, large, medium and small shrubs, perennials, spreading groundcovers, grasses, annuals and vines. It also has information about each plant species by sun requirement, water needs, height and width, color and the type of wildlife it attracts. As I write this article, Miller Farms and Pierson's Garden Center are the only nurseries to carry this informative handout, but we hope that other nurseries will also want to provide them. You can find a copy on our website at <http://northcoastcnps.org>. Go to the Gardening Tab and select Gardening with Natives. It prints best on 11 x 17 paper, or look for it locally at garden centers or our next plant sale. Thanks so much Donna, Carol and Pete for putting this informative handout together.

The second new publication, included in this newsletter, is "Select Butterflies for NW California and Associated Native Larval Food (host) Plants, with emphasis on coastal Humboldt Count (west of Lord Ellis Summit" put together by Gary Falxa, Laurie Lawrence and Bill Rodstrom. It lists 10 common butterfly species, their host plants with a common name and a scientific name and applicable notes. The second page lists additional native plants for butterflies and other pollinators that would be great additions to anyone's garden. Thanks to Gary, Laurie and Bill. To download: <http://northcoastcnps.org/images/stories/pdf-files/ButterflyPlantListSept2019.pdf>

Nursery Thank you's

I would like to thank the following people for helping out at the nursery with the growing of our plants, getting ready for the plant sale and continuing to help with starting and growing new plants for the nursery. They also weed and trim plants, clean up the demonstration garden area and help to keep the nursery clean and weed-free. A special thanks to Barbara Reisman who takes the lead while I am away as well as spends many hours working at the nursery! Thanks to: Carol Ralph, Carol Woods, Sam O'Connell, Karen Isa, Ron Melin, Barbara Wilkinson, Ila Osburn, Sue Marquette, Sharon King, Brian Dorman, Joan Tibbets, Laura Guldin, Anita Gilbride-Read, Nancy Brockington, Melanie Bright, Ann Wallace and Christine Kelly, Marina Gagarina, Sarah Hirsch and Jocelyn.

A special thank you to our faithful watering team organized by Barbara Reisman. They show up on their scheduled days to water and monitor the nursery plants: Sharon King, Rita Zito, Sydney Carothers and Christy Wagner.

Christine Kelly continues taking care of stocking and keeping track of what we put up for sale at the Kneeland Glen Farm Stand. She regularly checks our plant shelves, filling in needed plants, cleaning up those on the stand and adding new species with their signage as plants look their best. All of these sales help to pay part of our rent for the hoop house and nursery area to the North Coast Regional Land Trust. Christine also designed our new native plant garden as well as came up with the list of plants that we will be putting in at our demonstration garden at our nursery. Thank you Christine!

A very special thank you to Helping Humboldt for power washing inside the hoop house, a much needed and arduous job. The hoop house needs to be sterilized prior to starting seeds for each growing season and Helping Humboldt willingly took on this massive task. They have also helped us prepare the garden area by pulling weeds and cleaning up. Recently, they helped install the "hardscape" by moving dirt into all of the new beds. Thank you so much Helping Humboldt, you have been awesome with helping us perform tasks that we cannot do on our own!

Thanks to Barbara Reisman and Karen for getting everything out of the hoop house for cleaning, to Barbara for overseeing the power wash, and to Karen Isa for putting everything back in the hoop house!

Thanks to David Callow for fixing up our remaining old wooden tables so that they would make it thru the plant sale and for a few more years. We use these tables to harden off all of our starts and to put our annuals on for the spring sale. David has also made us 4 more 4' x 10' tables for the nursery, 3 for our shade house and 1 more for our nursery area. Thanks to David, we are able to get rid of the pallets in the shade house and our funky "shelf" made out of old fencing on wooden blocks. It is great to have the new tables as they were much needed! We are thrilled to see the pallets and "shelf" gone! Thanks David!

A special thanks to Rebecca Zettler for continuing to clean and sterilize our recycled pots so that we can reuse them. Rebecca has been helping out with this never ending project for quite awhile and she continues to come by and take home dirty 4" or 1-gallon pots bringing us back clean/sterilized pots for us to use to move plants up into. To date, Rebecca has cleaned and sterilized hundreds of pots. Thank you so much Rebecca, it is greatly appreciated! If anyone wants to do the same...just let me know.

If you would like to help out at the nursery, contact us at northcoastcnps@gmail.com. Currently, we work on Wednesdays from 10 – 1 and other days as needed, usually a Sunday. At this time of year we have already direct seeded or stratified our seeds (placed them in bags of sterile mix in our refrigerator for specific number of days) for the spring sale, but we are still starting our stratified seeds as they are ready to come out of the fridge, transplanting seedlings as they need to be moved up, and we will start planting our demonstration garden soon.

Thanks everyone so much. Without all of you, the CNPS nursery would not be able to happen!

Book Review: A New Plant Catalog **Carol Ralph**

The Vascular Plants of Northwestern California by James P. Smith, Jr. and John O. Sawyer, Jr. 2019 by the California Native Plant Society, Sacramento, CA, "with support from the North Coast Chapter." [It's on the title page.]

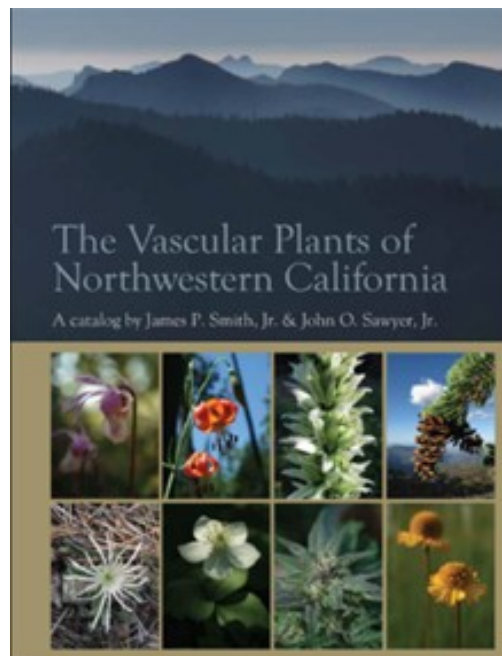
If you enjoy wandering through catalogs online or offline of things to buy, catalogs of things that people have made, you could enjoy this catalog of plants in the wild, things that Nature made. Yes, it is a list of all the species, their current taxonomic names, their common names, and their status as native or introduced. These are useful things to have at your fingertips. More interest and fun come with the auxiliary lists, such as wild edible plants; rare, endangered, and threatened plants; and poisonous plants. A brief history of botany in this area introduces the people whose names are now on species we see here. And how about the section on "Distinctive Plants That You Shouldn't Have to Key"? You don't want to miss the authors' Taxonomic Philosophy: "We begin by confessing to what will be seen as heresy in some quarters.... We remain a member of a dwindling minority that does not favor making taxonomic or nomenclatural changes based on molecular, cytological, anatomical or chemical data alone." Don't you want to read more from these authors?

What you are likely to notice first when you sit down with this book are the stunning photographs, hundreds of flower photos and twenty beautiful landscape photos showing select habitats across northwest California. Great armchair botanizing! Even a photo of *Datisca glomerata*! The beautiful layout reflects the involvement of Back Country Press in the creation of this book.

I do wish it had headers to help find the family I'm looking for, or a list of families and the pages they are on. This book will make sure the young botanists have to learn the old names for families, just as we old botanists have had to learn new families.

Our chapter contributed funds to publish this book, so we are especially pleased and excited to offer it for sale at any evening program for a nice, round \$30. Alternatively, you can order it from state CNPS for \$29.95 plus tax and shipping. See their website: www.cnps.org.

What's more, the senior author is a very local personality, a Professor Emeritus in Botany at Humboldt State University, a founder of our chapter, and a CNPS Fellow. You can hear him talk about this book at our April 8, 2020, evening program.



Native Plants Year Round

5851 Myrtle Avenue in Eureka

open daily from 12 – 6

We are now selling plants at the Kneeland Glen Farm Stand at Freshwater Farms Reserve of the Northcoast Regional Land Trust, 5851 Myrtle Ave. (near Three Corners Market). We offer plants throughout the year and sell them when they look their best, outside of the summer and fall plant sales. Our display space is limited, so if you don't find the plant you are looking for, contact us at:

northcoastcnps@gmail.com and we will get back to you.





FIFTY YEARS OLD!

IN 2020 OUR CHAPTER WILL BE 50 YEARS OLD! WE MUST BE DOING SOMETHING GOOD AND RIGHT!

DR. JAMES SMITH NOTICED THIS MOMENTOUS DATE COMING UP. HE WILL INCLUDE HISTORICAL PHOTOS AND INFORMATION IN HIS EVENING PROGRAM ON APRIL 8, 2020.

SHALL WE HAVE A BIRTHDAY CAKE? HOW ELSE SHALL WE OBSERVE THIS MILESTONE?

IF YOU HAVE IDEAS, PLEASE CONTACT CAROL AT TherAlphs@Humboldt1.com, WHO WILL REFER YOU TO A CENTRAL COORDINATING PERSON. MAYBE **YOU** WOULD LIKE TO BE THAT PERSON??

Lost Man Creek Trail August 4, 2019

by Carol Ralph

Lost Man Creek Trail in Redwood National Park is an easy walk up a valley of stately trees and all the mossy, green dells and banks that we expect to find in old growth Redwoods. That is the first 1.5 miles, the level part. The trail (actually a road) then climbs steeply. I had never been up there until I discovered in a book donated for our used book sale dramatic photos of these forested, steep slopes before and after rapacious, clear-cut logging undertaken as the national park was being assembled. (Note 1) The "after" condition was distressing, truly just dirt and stumps. What would those slopes look like today, 50 years later? Would we be able to discern their history by looking at them?

Twelve of us went to find out. We reviewed Redwood forest flora as we walked through the level section spared from the logging. It was already part of the park. A few species were still blooming: Western Boykna (*Boykinia occidentalis*), California Harebell (*Asyneuma prenanthoides*), Self-Heal (*Prunella vulgaris*), and Ox-eye Daisy (*Leucanthemum vulgare*). We found the orange fruits of Smith's Fairybells (*Disporum smithii*) adjacent to the similar-looking Claspig Twisted Stalk (*Streptopus amplexifolium*), whose fruits were red. All the familiar berry shrubs were there. We pointed out the less familiar Mock Azalea (*Menziesia ferruginea*) and Western Burning Bush (*Euonymus occidentalis*).

After lunch by the bridge at the end of the level trail, we continued up into new territory. As we went uphill, the forest changed. There was more Douglas-fir (*Pseudotsuga menziesii*) and Tanoak (*Notholithocarpus densiflorus*) and less Redwood (*Sequoia sempervirens*). None of the trees were as big as those lower down the hill, nor was the undergrowth as lush, road banks not as mossy. A pure, even stand of Tanoak covered a steep bank on the left. Maybe they had colonized a slip along the road. The road became dusty, and Poison Oak (*Toxicodendron diversilobum*) appeared. These changes, due to the higher elevation, steeper slopes, and greater distance to the creek, came before we saw any stumps.

About 45 minutes up from the lunch stop (about 2 miles from the trailhead) we started seeing stumps and old bulldozer paths. The groundcover consisted of sparsely scattered Sword Fern (*Polystichum munium*) and spindly Evergreen Huckleberry (*Vaccinium ovatum*). Some of the stumps had sprouted, as Redwoods do, having trunks 12-18 inches diameter at the base. A few large redwoods were here, survivors of the logging episode. We were in a zone of "residuals," where a few trees were not taken. The rest of the trees were tall, narrow poles, many dead as they are getting overtopped, the live ones with a few leafy branches at the very top. After 50 years there was a solid canopy of trees, but all just sticks, nothing getting large, other than the stump sprouts, and too much shade for anything to grow on the forest floor. Exploring later with Google Earth I saw that a little farther up the road was a very even-canopy forest with no "residuals" poking out--vast acreage of this forest of sticks. After 50 years the wound is healed, but the scab is still there. The forest has not recovered from the unnatural disturbance it suffered.

Note 1. *The Last Redwoods and the Parkland of Redwood Creek*. 1969, a Sierra Club-Ballantine book with text by Francois Leydet, photos by James Rose and others

After 50 years, here is how big Redwood stump sprouts and Redwood and Douglas-fir saplings are. A dense stand of spindly Redwood and Douglas-fir has covered the clear-cut. Scattered Sword Fern and Evergreen Huckleberry are all that have grown in its dense shade.



Sword Ferns and Redwood Sorrel thrive under just one "residual" Redwood, a tree of any size that was not harvested. It lets through enough light for ground cover. The dense, thin trees behind it, the result of a clear-cut, do not. Note the stump.



It's not too early to start thinking about...
Wildflower Weekend and Plant Sale
May 1-3, 2020

The first thing to mark on your 2020 calendar is the first weekend of May. You can buy native plants at our native plant sale at our nursery on Myrtle Ave., AND you can see hundreds of wildflowers, native and non-native, have your wild plants identified, attend lectures about pollination and pollinators, buy plant books, and more, at our Wildflower Show at Jefferson Community Center.

Election Results

Member voting was delayed until the November evening program because the October evening program was cancelled due to the Public Safety Power Shut-off. 25 ballots were cast, giving a clear mandate (unanimous) to Carol Ralph as president, Marisa St. John as secretary, and Anita Gilbride-Read as treasurer. The three write-ins for vice-president were not willing to take on that position. The steering committee is still looking for a vice-president. The main duties are to plan the agenda and run the business meetings when the president is absent, as well as to participate in the nine first-Wednesday steering committee meetings each year. Any CNPS member is welcome at our steering committee meetings.

MEMBERS' CORNER

THANK YOU NEW MEMBERS

Caitlyn Allchin
Linda Alm
Maria Baron
Deanna Beeler
Lorna Brown
Heather Campbell
Kim Eierman
Peter Galvin
Dawn Goley
Patty Gomez-Gillard
Deborah Holloway
Joyce Houston
Susan Jackson
Michael Jacob
Sarah Kuhl
Jane Madsen
Susana Mata
Madelene McCann
Amanda McGraw
Stephanie Mietz
Doreen Obermeyer
Tracy O'Connell
William Pinnix
Kate Randolph
John Reiss
Michael Romano
Andrea Shackleton
Rebecca Stauffer
Sean Stewart
Jon Stocum
Charles Striplen
Lexi Visco
A. Nehaya Walsh
Christine Wilson
Robert Wunner

THANK YOU RENEWING MEMBERS

Toby Cohantz
Morgan Cook
Gregory Freer
Jacqueline & John D. Hamilton
Christine Holm
Staci Lyman
John Palmer
Kathy Reid
Justin Robbins
Joe Tyburczy
Catherine & Tom Allen
James Aven
Pauline Baefsky
Melinda & Mark Bailey
Ken Berg
Anna Bernard
Larry Blakely
Christine Boyd
Arlene Broyles
Donna & Jim Clark
Marykate Connor
Brian & Karen Dorman

Yvonne Everett
Aline Faben
Colin Fiske
Justin & Rebecca Garwood
Valerie Gizinski & Patrick Garr
Scott Godfrey
Barbara Groom
Melinda Groom
Susan Halpin
Ronald Hildebrant
Judith Hinman
Matthew Hinton
Marietta James
Cindy Kuttner
Laurie Lawrence
Ann Lindsay
Mary & Alan Lowry
J. Mastrogiuseppe
Bobbie McKay
John Patton
Marjorie Pearson
Laurie Puzo
C.J. & Carol Ralph
Barbara Reisman
Dan Sealy
Margaret Shaffer
Arnold Steinman
Donna Thompson
Aimee Wyrick
Veronica Yates
Dana York
Rita Zito

MEMBERSHIP BENEFITS

Support these local businesses and receive discounts on your purchases with proof of your North Coast membership.

Greenlot Nursery, 10% discount on plants, 443-9484

Lost Foods Native Plant Nursery: 10% discount on plants, 268-8447, LostFoods.org

Mad River Gardens: 10% discount on plant purchases, 822-7049

Miller Farms: 5% discount on plant materials, 839-1571

Pierson's Garden Shop, 10% discount on all garden shop items (except sale or non-discountable items—please ask staff before going to register), 441-2713

Samara Restoration LLC, 10% discount on plants, 834-4379 samararestoration.com.

STEERING COMMITTEE MEMBERS/CONTACTS

President	Carol Ralph	707-822-2015	theralphs@humboldt1.com
Vice President	Position open		
Secretary	Marisa St John	707-601-0898	upperredwoodcreek@gmail.com
Treasurer	Anita Gilbride-Read		nita.gread@gmail.com
Membership	Rebecca Manion		rmanion136@gmail.com
Invasive Plants	Position open		
Native Plant Gardening	Pete Haggard	707-839-0307	phaggard@suddenlink.net
Native Plant Consultation	Samantha O'Connell	707-601-0650	maineflower@gmail.com
Plant Sales	Position Open		
Nursery Manager	Chris Beresford	707-826-0259	thegang7@pacbell.net
Education	Position Open		
Conservation Advisor	Sydney Carothers	707- 822-4316	sydneyc@humboldt1.com
Programs	Michael Kauffmann	707-407-7686	michaielekauffmann@gmail.com
Hospitality	Melinda Groom Frank Milelzcik (Asst.)	707- 668-4275 707-822-5360	mgroomster@gmail.com frankm6385@yahoo.com
Field Trips and Plant Walks	Carol Ralph	707-822-2015	theralphs@humboldt1.com
Rare Plants	Dave Imper Greg O'Connell (Co-Chair)	707-444-2756 707-599-4887	dimper@suddenlink.net gregoconnell7@gmail.com
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Newsletter Editor	Barbara Reisman	707-267-0397	nccnpsnewsletter@gmail.com
Website & Publicity	Larry Levine	707-822-7190	levinel@northcoast.com
Merchandise Sales	Karen Isa	626-912-5717	karenisa01@gmail.com
Workshops	Gordon Leppig	707-839-0458	Gordon.Leppig@wildlife.ca.gov
Wildflower Show	Carol Ralph		Contact President Carol Ralph
Chapter Council Delegate	Larry Levine	707-822-7190	levinel@northcoast.com
NEC CNPS Representative	Joan Tippetts		
County Land Use Lead	Marisa St John	707-601-0898	upperredwoodcreek@gmail.com

COMMUNICATIONS

North Coast CNPS members have four ways to share information with each other:

Issue	Submission Date	Print Date	Announce Events In
Winter	November 15	December 1	Dec, Jan, Feb
Spring	February 15	March 1	Mar, Apr, May
Summer	May 15	June 1	June, Jul, Aug
Fall	August 15	September 1	Sept, Oct, Nov

E-mail newsletter articles, factoids, tidbits, etc. to the Newsletter Editor by the submission date.

Articles should generally be no more than 1,000 words and images can be any size and in these formats: JPG, JPEG, BMP, GIF, or PNG (note preferred location in the article and send image as a separate attachment).

- The **Darlingtonia Newsletter** (quarterly),
- Our **chapter's website**: www.northcoastcnps.org
- **E-mail lists/forums** To subscribe, please contact Carol Ralph: theralphs@humboldt1
- **Like us on Facebook** www.facebook.com/NorthCoastCNPS

EcoNews and You

We, the North Coast Chapter of CNPS, are a member organization of the Northcoast Environmental Center (NEC), a valuable voice for conservation in our area. We have a seat on their board of directors. The NEC is the only organization with which we share our mailing list. We think it is important that our members receive *EcoNews*, an informative publication about conservation issues in our area. Our chapter pays NEC to mail *EcoNews* to our members who are not also NEC members. You can reduce this cost to our chapter by joining NEC at www.yournec.org or requesting your *EcoNews* be electronic (contact Gary Falxa at garyfalxa@gmail.com).

NATIVE PLANT CONSULTATION SERVICE



Are you wondering which plants in your yard are native? Are you unsure if that vine in the corner is an invasive exotic? Would you like to know some native species that would grow well in your yard?

The North Coast Chapter of the California Native Plant Society offers the Native Plant Consultation Service to answer these questions and to share our experiences gardening with natives. This service is free. We hope it will inspire you to join CNPS or make a donation.

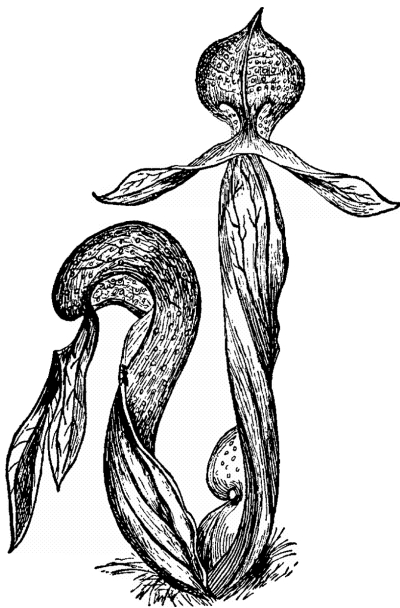
Contact our coordinator Samantha O'Connell at 707-601-0650 or maineflower@gmail.com to put you in touch with volunteer consultants who will arrange a visit to look at what you have and help choose suitable plants for your garden.

**CNPS, North Coast Chapter
P.O. Box 1067
Arcata, CA 95518**

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CHANGE SERVICE REQUESTED

Darlingtonia



Visit us at
northcoastcnps.org

CALENDAR OF EVENTS

December

- ◆ 11 Evening program

January

- ◆ 8 Evening program

February

- ◆ 12 Evening program
- ◆ 22 Day Hike