March Chapter Meeting:

**Plant Diversity of the Berryessa – Snow Mountain National Monument of California**

Presented by Ellen Dean

The new Berryessa-Snow Mountain National Monument encompasses federal lands of the Inner North Coast Ranges from Snow Mountain to the southern tip of Lake Berryessa and includes several watersheds, including Putah and Cache Creeks. The new designation for the region provides for new opportunities for collaboration and cooperative management of federal, state, and privately owned lands in the region. Our speaker, Dr. Ellen Dean, will highlight a number of the rare plants of the Berryessa-Snow Mountain Region, seen while traveling between public lands and reserves owned by the BLM, UC, CDFW, and USFS. She will discuss her adventures gaining access to the rarely visited southern boundary of the Cache Creek Wilderness Area, and she will attempt an introduction to major soil types, which she hopes she doesn’t flub. There will also be some historical background on collections made in the region, and then lots of photos of beautiful plants and landscapes.

Ellen Dean has been Curator of the UC Davis Center for Plant Diversity Herbarium for 20 years. The best parts of her job are not having to worry about how she dresses, exploring botanically interesting places that don’t have much poison oak, and mentoring students who go on to botanical positions all over the nation. Watching alums of the Herbarium grow into their careers is supremely satisfying to her. Also, little known fact: Ellen actually studies the taxonomy of *Lycianthes*, a genus that is found from Mexico to Argentina and is the closest relative of chili peppers.

Photo by C. Thomsen
**Taking the First Steps Toward Your New Garden**
by Mike Heacox, Sacramento Valley Native Plant Garden Club President

Instead of asking what you can do for your garden, ask what your garden can do for you. Although the obvious answer might be “save water,” this shouldn’t be the main reason. Your garden is for you to enjoy. Done well, it will enhance your lifestyle, change the way you relate to nature around your home, and delight and surprise you throughout the year.

**Develop a program**
List what you’d like to do in your new spaces. Will you stroll, dine, entertain, view, cook, sit, garden? Create spaces for yourself first: patios, paths, sitting areas and let the plants wrap around them.

Take some time to think of your garden’s style. Do you like natural, eclectic, modern, minimalist or complex? Do you like geometric lines, flowing curves, a mix?

Look at other gardens for inspiration, maybe that minimalist garden with simple seating backed by mocha-trunked manzanitas emerging from pervious gravel, or a painter’s garden with multiple seating areas overlooking colorful monkeyflowers, ceanothus, sage, penstemon and milkweed.

With your ideas defined, it’s time to start a rough design.

**Know your space**
Create a plan by mapping your existing garden spaces on a sheet of paper, preferably to scale (you might be able to use a satellite photo to get started).

Take notes on sun, shade, views to keep vs. views to block. List what you’d like to keep vs what you want to remove. What needs redoing, what can be adapted, and what can remain as-is? Look at drainage and soil type.

**Design**
Lay a piece of tracing paper over your site plan. Don’t draw; just write down key features from your program and link them with arrows.

Write in patios, intimate places to sit, cooking zones, quiet spaces, entertainment spaces. List planting areas: hummingbird garden, mound, viewing garden, spring color, shaded area, vegetables, herbs. The arrows represent paths. Test your ideas in the garden and keep refining until you’re happy with your layout.

Add details: pick plants, determine building materials. Modern design? Think geometric, with square-cut unit pavers, metal screens and fencing. Relaxed? Curves of crushed rock or decomposed granite, rocks, benches. Look at gardens you like, analyze their components. Perhaps embellish with outdoor sculptures, a water feature, vegetables, a cooking area. Think green: add composting, bird habitat, a rain garden.

Group plants by their needs. Mass groups of the same plant or mix compatible species for a tapestry effect. Create mounds for better drainage and depressions to collect rain water - and plant accordingly. When ready, create a plant list organized by planting areas that you can use as a shopping list.

Check that the plants will fit within their spaces at maturity so you won’t be constantly doing battle with pruning shears. It’s better that the design looks bare at first than overgrown in the future.

**Enjoy**
Your garden will evolve with time as plants mature and materials age. Let things happen, guide with a gentle hand, sit back and enjoy the show.

**Resources**
Check local gardens, join the Sacramento Valley Native Plant Garden Club, visit native plant nurseries, look at building materials online and locally. Go on a Gardens Gone Native tour in spring where you can see gardens and ask questions.

Get Your eNews Here!
The Sacramento Valley Chapter CNPS emails announcements about upcoming events (talks, hikes, sales, and events).
The eNewsletter is another way to get information about what’s happening in our Chapter. Don’t worry, signing up for the eNewsletter does not interrupt your Hibiscus newsletter service.
Sign up at: sacvalleycnps.org or contact Chris at cnpschris@gmail.com.
Save the date! 6th Annual Gardens Gone Native Tour

April 9, 2016, 9:30 a.m. to 4:00 p.m. Free self-guided tours with twenty-four gardens in the Sacramento and Yolo county areas. Interest in California natives continues to grow and this year’s garden tour should draw more attendees than ever. We have a wonderful blend of gardens that have been on the tour in the past as well as many new gardens. Registration for the tour opens at gardensgonenative.eventbrite.com on March 11, 2016. The tour brochure including maps and garden descriptions will be available at that time.

Won’t you share your love of California native plants with the public by becoming a volunteer docent or greeter for one of the gardens on this year’s tour? If you are interested please send an email to gardensgonenative@gmail.com or call Colene at 916-717-5517. Please join us as a volunteer or as a tour participant and enjoy seeing these creative landscapes featuring California native plants. Also check the CNPS web-site for additional garden tour information: SacValley.CNPS.org/Events/Native Garden Tour.

Botany From the Road

By Pam Kirkbride

March 2016:

I have never cared much for members of the Geranium Family that are found in the wild – probably because I always associate them with the invasive Storksbill of our valley grasslands and vernal pool areas. But I did find one I like that grows throughout the areas that I visited last summer in Wyoming and Montana. It is widely distributed and locally abundant throughout its range which extends from southern British Columbia, south through eastern Washington and Oregon to northern California, and east to northwestern New Mexico, western Colorado and Saskatchewan. This is Sticky Geranium – Geranium viscossium.

If you wish to receive stories of my adventures on a regular basis, please contact me by email at pamkirkbride7@gmail.com.

Volunteers Needed at Wildflower Wonders!

The event is April 16, 10:00 a.m. to 3:00 p.m. Volunteers are needed for several duties. Duties include:

- **Friday set up:** help unload plants, label plants, price plants, set up tents, tables and chairs, set out signage.
- **Saturday shifts:** exhibitors unload, set up; volunteer assignments and check in; parking aide; exhibitors; exhibitor aid; information CNPS booth; greet, talk with visitors, CNPS Membership; customer help; break relief; Drought tolerant gardening advisor; Ask a Designer table; exhibit interaction; plant sale cashier; books and T-shirts; prepare customer tally for cashier/help customers with plants; science activities; set up art table, scopes, scavenger hunt.
- **Clean Up:** canopy take down; move plants; take down tent; move tables and chairs. If you are interested in volunteering, please email Chris at cnpschris@gmail.com.
Celebrating A Job Well Done

Joanne Heraty, Sac Valley’s Book Chair for the past 5 years, recently made the decision to move on to other obligations.

Our Sac Valley chapter has benefitted from her service and thanked Joanne with a celebration, cake and pictures at the recent February 10, 2016 meeting.

Asked how she came to be our Book Chair, Joanne responded:

“In 2010 I moved to Sacramento fresh out of grad school in an economy with sparse job prospects for most people, particularly biologists.

Unemployed and exploring this new city, I stumbled on the Ceanothus plant ID event that led me to this little thing called the Elderberry Farms Native Plant Nursery. I started volunteering every Wednesday. Chris Lewis had a book chair vacancy to fill, and using her volunteer coordinator superpowers, I signed up for what has now been 5 years of service.

New demands have led to an early retirement, but Carrie Black will be the new champion of the book table. Her interest and enthusiasm for native plant books will be an incredible asset to our chapter.”

Northern California Botanists Botany Research Scholarship Program

REMINDER: Applications are due March 31, 2016

Northern California Botanists provides competitive botany and plant ecology research scholarships to undergraduate and graduate students attending a college or university. Research scholarships will be funded by NCB with the goals of encouraging undergraduate students to pursue academic endeavors toward a career in botany, promoting undergraduate and graduate botany and plant ecology research, and implementing objectives of the NCB mission.

Research scholarships consist of $1,000 awards, designed to support basic undergraduate and graduate research. Students may reapply and receive a scholarship award up to a maximum of two years for undergraduates and graduates pursuing a Master’s degree and up to a maximum of four years for graduate students pursuing a Doctorate degree.

For more information, please visit the NCB scholarships web page at: www.norcalbotanists.org/scholarships.htm

Elderberry Farms Native Plant Nursery

2140 Chase Drive, Rancho Cordova, on the American River Parkway at Soil Born Farms

By Chris Lewis, Nursery Leader
cnschris@gmail.com

The mission of Elderberry Farms Native Plant Nursery is to promote awareness of the benefits of native plant habitat, encourage community involvement, and provide a source of local native plants for restoration projects as well as gardeners

Wednesdays Workday hours: 10:00 a.m. – 1:00 p.m.

Nursery leaders are often working at home or at the Nursery earlier and later than our official workday hours. If you’d like to be more involved, talk with Chris at the Nursery or via email at cnschris@gmail.com.

Join us for propagation work on Wednesdays and help pot up seedlings and learn various propagating techniques under the excellent direction of Robin Rietz, Propagation Manager. We treat volunteers to peanut butter and jelly sandwiches (you’re also welcome to bring your own lunch).

2nd Sunday Workdays: Mar. 13, 10:00 a.m. – 1:00 p.m.

Contact Pat Gilbert for details: battypatty296@gmail.com.

Weekly Friday Walks

We walk most Fridays; check our website for updates. Friday Walks are for seed and data collecting, plant identification, photography, and fun. The Nursery grows only plants that are native to the American River Parkway and/or around Folsom Lake. Our destination changes each week depending on the Nursery’s need and the group’s interest. SacValleyCNPS.org/FieldTrips/FridayWalks
Ongoing

2nd Wed. of the month, 7 p.m. (Jan.–June; Sept.–Nov.)
Chapter Meeting & Guest Speaker
Shepard Garden & Arts Center, McKinley Park, Sacramento
See page 1. Contact John Hunter, jhunter@harveyecology.com for more information.

4th Wed. of the month, 7 p.m. (Jan.–June; Sept.–Nov.)
Chapter Board Meetings
CNPS, 2707 K Street, Suite 1 Sacramento CA 95816
Contact: John Hunter, jhunter@harveyecology.com

Habitat 2020
Day and Time TBD
For information contact Glen Holstein, holstein@cal.net; (530) 758-6787

Elderberry Farms
Native Plant Nursery
Located at Soil Born Farms
2140 Chase Drive, Rancho Cordova
Wednesday Workday 10 a.m. – 1 p.m.
We pot up seedlings and learn plant propagation techniques. Peanut butter and jelly sandwiches provided. RSVP to Chris, cnpschris@gmail.com.

Friday Walks 9 a.m.–noon.
Plant identification, photography, art and fun! Go to sacvalley.cnps.org, find Friday Walks under Events and Field Trips.

Garden Work Parties at the Native Plant Demonstration Garden
Sacramento Historic City Cemetery
1000 Broadway, Sacramento
Learn about native plants, bees, and more while helping us maintain the largest California native plant garden in the City of Sacramento. Bring a hat and water and wear garden-appropriate clothes. Gardening tools available for use and refreshments provided. Free plants and seeds are available to volunteers to take home. For more information, contact Cassandra cnpsgarden@gmail.com

Ceanothus—Collaborative Plant Identification Workshops
9a.m. - noon. UC Davis Herbarium (Center for Plant Diversity)
Michael Bower, (530) 902-8721
Bring any plants you’re curious about and the Jepson Manual. Visit www.ceanothusfieldbotanist.blogspot.com for more information. Email questions to ceanothusfieldbot@gmail.com.

Native Plant Garden Club
Meets the 3rd Tues. of the month.
March 15 12:30 p.m. - 2:30 p.m.
Carmichael Library, 5605 Marconi Ave, Carmichael. SacValleyCNPS.org/Gardening/Garden Club

Upcoming

Gardens Gone Native
Saturday April 9, 9:30 a.m. - 4:00 p.m.
Registration for the tour opens at: gardensgonenative.eventbrite.com on March 11, 2016. If you are interested in volunteering please send an email to gardensgonenative@gmail.com or call Colene at (916) 717-5517.

Wildflower Wonders Native Plant Sale and Celebration
Saturday April 16, 10:00 a.m. - 3 p.m.
Elderberry Farms Native Plant Nursery
2140 Chase Drive, Rancho Cordova, CA 95670
On the American River Parkway at Soil Born Farms, Wildflower Wonders planning is in full swing. For more information, please email Chris at cnpschris@gmail.com

Other Items of Interest

Shepard Garden & Art Center
Annual Spring Sale
Saturday & Sunday March 19 - 20, 10a.m.- 4 p.m.
The Shepard Garden & Arts Center is proud to announce its annual spring sale. The event will be held at the Center’s facility located at 3330 McKinley Blvd., Sacramento. This is every gardener’s “not to be missed” event. It is attended by not only the Center’s club members, their friends and neighbors, but also by people from throughout the region.

Native California Orchid Show
Scottish Rite Temple
6151 H Street Sacramento, CA
Sat. April 9, 10 a.m. - 5 p.m.
Sun April 10, 10 a.m. - 4 p.m.
This year’s Orchid show has a Native California Orchid Theme. Displays of native orchids will include photos of all 40ish species and subspecies of California orchids, native orchid oil paintings, and herbarium specimens of native orchids from the UC Davis Herbarium. There will be a one hour talk both days of the show presented by Show Chair Raymond Prothero about Orchid species in the State.

Friends of The Chico State Herbarium Workshops:

- Plant Families in the Garden and in the Wild
  Sat. April 9
In this class, we will introduce some of the most common plant families and their key characteristics. Live plants and Herbarium specimens will be used to clearly illuminate these key traits.

- Mushroom Foraging and Identification
  Sat. April 23, 9:00 a.m. - 5:00 p.m.
This workshop will be useful for beginners as well as for people with some knowledge of mushrooms.

Workshops are open for registration. For more information go to: www.friendsofthechicostateherbarium.com
Notes from the Sacramento CNPS Test Kitchen: Volume III
Miner’s Lettuce Cream of Chicken Soup

The bright green, heart shaped and circular leaves of miner’s lettuce are instantly recognizable, and virtually ubiquitous in cool, damp areas. It clusters in dense grass around springs and carpets shady areas along our rivers and streams. Easy to recognize and abundant, miner’s lettuce makes for a great trailside snack, or a tasty and refreshing ingredient.

For this month’s test kitchen, our staff chose a recipe for a rich cream based soup from the website “Traditional Foods” (http://www.traditional-foods.com/recipes/miners-lettuce-soup/). The simple recipe seemed ideal for a quick meal that doesn’t take a lot of time to prepare, with native ingredients that are quick to collect and require no processing.

As always, the first step was to collect the native ingredients. We found a large, dense patch of miner’s lettuce growing on a hillside under moss-covered valley oaks. In fifteen minutes of easy picking, we had filled two good size plastic containers with far more lettuce than we needed for the recipe.

Back at the test kitchen, we brought two cups of chicken broth to a slow boil and added the four cups of miner’s lettuce. Two cups doesn’t fill the pot with much broth, so we gently pressed the lettuce into the broth using a ladle. After boiling for approximately one minute, we poured the broth and the lettuce into a blender with the appropriate dollop of cream cheese and blended it up.

In the pot we used to boil the broth, we fried the garlic in butter before adding in the chicken and the basil, which we warmed up briefly, taking care not to overcook the chicken. Then we poured in the mixture from the blender. While these ingredients were cooking, we mixed the flour into the whipping cream with a hand mixer—at very low speed to prevent the cream from whipping—then poured that mixture into the rest of the soup.

Stirring constantly, we brought the ensuing mixture up to temperature and, just like that, it was done. We served the soup with a garnish of miner’s lettuce and Romano cheese. For good measure, we also made a side salad with some of our copious extra lettuce.

The soup was universally well received by our testers. The flavor was uncomplicated, creamy and rich. The miner’s lettuce imparted a pastel green color to the soup and a subtle but fresh vegetal flavor. Our testers were evenly split between those who preferred the soup plain and those who preferred the extra substance imparted by pouring it over noodles. All in all, this recipe is a great last minute recipe you can make next time you decide to pick a little miner’s lettuce and have some leftovers to eat.

The extra miner’s lettuce we harvested went to plenty of good use too. One of our testers put it in his lunch sandwiches every day for a week, reporting that it added a nice crispy texture. It also makes an excellent, crisp and fresh salad on its own. Versatile, abundant, and easy; you can’t go too far wrong with miner’s lettuce!

Thanks for reading, we certainly hope you enjoyed this latest installment of the Sacramento CNPS Test Kitchen. If you have a recipe you’d like us to try out, or a tasty native plant you’d like us to work with, write in and let us know by emailing editorhibiscus@gmail.com. We love to hear from our readers!
Note from the Editor: Thank you to everyone who wrote in to guess last month’s mystery plants! There were several good guesses. Congratulations to Shellie Sullo who guessed correctly! The answers were: Mystery Plant #1 was California poppy and Mystery Plant #2 was Interior live oak.

This month’s photos were taken on a hike up to beautiful Feather Falls in Oroville. The falls are full from all the recent rain, the majestic views are worth the drive. (A color version of the newsletter can be seen at www.sacvalley.org/Home/Newletter) Send in your answers to editorhibiscus@gmail.com.

**Contact Information**

**Elected Officers**
- President: John Hunter  jhunter@harveyecology.com
- Vice President: Tara Collins  tcollins@westervelt.com
- Secretary: Stephanie Smolenski  Stephanie.smolenski@gmail.com
- Treasurer: Carol Witham  916.452.5440  carolwwitham@gmail.com

**Chapter Council Delegates**
- Delegate #1: Glen Holstein  530.758.6787  holstein@cal.net
- Alternate Delegate: Hazel Gordon  530.297.7204  arctostaph@gmail.com

**Committee Chairs**
- Stockton Sub-Chapter: Martha Mallery  209.477.3966
- Books: Carrie Black  951.452.8108
- Conservation: Bonnie Ross  916.962.3619  rangerbon@ucglobal.net
- Education: Chris Lewis  916.812.2876  cnpschris@gmail.com
- Native Plant Nursery: Mary Schiedt  530.400.7094  maryolo1@netscape.net
- Fall Plant Sale: Betsy Weiland  916.488.3894  flweiland@yahoo.com
- Field Trips: Shellie Sullo  916.835.8553  shellie_sullo@yahoo.com
- Friday Walks: John Schmidt  916.500.8456  john_waif@msn.com
- Habitat Ed. & Outreach: OPEN
- Hospitality/Welcome: Cassandra  916.678.0317  cnpsgarden@gmail.com
- Kid/Community Gardens: Nguyen Musto  916.944.1184  pegberry1@gmail.com
- Mather Preservation: Jennifer Hogan  530.661.3410  jenhogan1223@att.net
- Membership: Eva Butler  916.719.4854  matthervalpools@att.net
- Native Garden Tour: Hazel Gordon  916.397.7204  arctostaph@gmail.com
- Native Plant Gardening: Colena Rauh  OPEN
- Native Plant Demo Garden, Historic City Cemetery: Cassandra  916.678.0317  cnpsgarden@gmail.com

**Newsletter Ed., Hibiscus**
- Linda Ramos, Jamie Lefevere  916.812.2876  cnpschris@gmail.com

**Newsletter Ed., eNewsletter**
- Chris Lewis  916.812.2876  cnpschris@gmail.com
- Bob Stahmer  209.943.5725  VBRomper@aol.com

**Programs (Chap mtgs)**
- Mary Manet  916.489.1548  maretms@saccounty.net
- Paul Barth  pathfinder@cal.net

**Rare Plants**
- Mike Bower  530.902.8721  mbower@ucdavis.edu

**Website Co-Chairs**
- Chris Lewis  916.812.2876  cnpschris@gmail.com
- Jean Kodani  kiodani@yahoo.com

**Advisory Committee Representatives, Chapter Specialists, & Special Project Leaders**
- Chris Lewis  916.812.2876  cnpschris@gmail.com
- Mike Bower  916.812.2876  mbower@ucdavis.edu
- Glen Holstein  916.812.2876  holstein@cal.net
- Mary Schiedt  530.400.7094  maryolo1@netscape.net
- Betsy Weiland  916.488.3894  flweiland@yahoo.com
- Habitat 2020: OPEN
- Wildflower Wonders: Mary Schiedt  530.400.7094  maryolo1@netscape.net
- Hazel Gordon  530.297.7204  arctostaph@gmail.com
Submit content for the April Hibiscus by March 5!
Be sure your membership is current! See your address label for your renewal date.

MARCH 2016

sacvalleycnps.org

The Sacramento Valley chapter newsletter, Hibiscus, is published monthly, except for July, August, and December. Deadline for Hibiscus contributions is midnight of the Friday before the monthly meeting for possible inclusion in the next month’s newsletter. Please send your submittals to editorhibiscus@gmail.com.

In this issue:
2 Steps to a New Garden
3 GGN Tour, W’W helpers, Botany from the Road
4 Job Well Done, Elderberry Farms
5 Calendar of Events
6 Test Kitchen

Join or renew today!

March 2016 Presentation:
Plant Diversity of the Berryessa–Snow Mountain National Monument of California
Presented by Ellen Dean

MARCH PRESENTATION:
Plant Diversity of the Berryessa–Snow Mountain National Monument of California
Presented by Ellen Dean

California Native Plant Society
Sacramento Valley Chapter Newsletter
sacvalleycnps.org

Registrant for the March 11th tour begins March 11th. See page 3 for more details!