Meetings are held on the second Wednesday of the month (except July, Aug, & Dec) at 7PM at the Shepard Garden & Arts Center in McKinley Park, 3330 McKinley Blvd, Sacramento

NEXT MEETING:
Wed., June 8
Questions? Contact John Hunter, jhunter@harveyecology.com

Yes utensils needed! Just bring yourself for a relaxing evening. If you like, bring a favorite finger food or non-alcoholic beverage to share. We’ll provide napkins, plates, and cups, but feel free to be earth-friendly and bring your own re-usable dishes.

Snack time will be followed by a short presentation by our chapter’s Kids in Native Gardens (KING)/Community Gardens chair, Jennifer Hogan. Over the last 15 years, California native plants have been popping up in our region’s schools and community gardens. SacValley member donations have greatly contributed to this mostly behind-the-scenes effort that introduces kids of all ages to our native flora and associated fauna.

Chapter meetings are free and open to the public.
Books and Sacramento Valley Chapter T-shirts are available for purchase at meetings. Refreshments provided!

Join or renew today!
CNPS’ success depends on members’ support. To join or renew, go to www.cnps.org and select the Join/Support or Join CNPS options. Or mail membership dues (individual $45; student or limited income $25) to CNPS, 2707 K Street, Suite 1, Sacramento, CA 95816-5113. Other membership levels are also available.

Send questions or address changes to cnps@cnps.org.

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.

The mission of the California Native Plant Society is to conserve California native plants and their natural habitats, and increase understanding, appreciation, and horticultural use of native plants.
Volunteers Needed for the California State Fair

July 8–24, 2016
Shift: noon–5:00 p.m.

Did you hear? Elderberry Farms was approached to help with the main floral display at Cal Expo! With the hard work and guidance of Bernadette Balics, Landscape Designer, 22 volunteers planted these displays over two workdays. Now I’m working with State CNPS to help come up with signage for the plants and a table we can use for outreach to the hundreds of thousands of California State Fair visitors.

So now we have an “opportunity” to do that outreach! Ideally we will have 3 volunteers each day of the Fair. The workday is from noon to 5:00 p.m. Email Chris at cnpschris@gmail.com to volunteer.

Fall Plant Sale Event Volunteer Coordinator Wanted

please contact Chris cnpschris@gmail.com

A Sense of Place–A Book Review:
California’s Botanical Landscapes edited by Michael Barbour, Julie Evens, Todd Keeler-Wolf and John Sawyer
By Hazel Gordon

If we travel back to a time a couple of centuries ago before California became so urbanized, we might better understand the concept of “a sense of place” in terms of the natural beauty of portions of this amazing state and its geography. This book describes our natural heritage of vegetation communities across the state and what determines their current locations. It is a book meant to be read slowly and often since it contains a wealth of information that reads like a travelogue to an unfamiliar place that we are happily visiting for the first time. It’s a worthy and handsome visual companion to A Manual of California Vegetation authored by the last three of the editors (CNPS Press, 2009) which describes vegetation communities or alliances across the state in great detail, but lacks photographs for their identification. The photos in Botanical Landscapes

Continued on Page 4
Notes from the Sacramento CNPS Test Kitchen
Volume VI: Cattail Pollen Pasta

It was a sunny May afternoon along the upper reaches of Nimbus Lake. Cyclists and joggers happily buzzed down the bike trail by the lake. Adjacent to the trail, in a dense stand of cattails, an intrepid test kitchen staffer was up to her knees in water. Slogging through the stand, our staffer would make her way from one flower, dense with yellow pollen, to the next. To harvest the pollen, she would place each flower delicately into a plastic bag, and shake off the pollen. Each flower produces a surprising amount of pollen, but numerous flowers were still required to obtain the requisite three or four tablespoons.

Back in the test kitchen facility, the team gathered the short list of ingredients and set to work. We decided to test a recipe for cattail pollen pasta from the website “Hunter Angler Gardener Cook” (http://honest-food.net/2013/07/18/cattail-pollen-pasta-recipe/).

First off, we sifted the pollen through a fine mesh strainer to separate the various little flower parts, leaves and twigs from the pollen itself. In a large mixing bowl, we whisked the pollen and flour together, made a little dent in the middle, cracked the egg, and placed the egg in the dent. We mixed that together by hand until it began to assume the consistency of dense dough, at which point we removed it from the bowl and began kneading it on our cutting board. After kneading, we placed the dough back in the mixing bowl, covered it loosely with a towel, and let it sit for an hour.

After an hour, we separated the dough into smaller, more manageable balls, and rolled them out flat, approximately 1/8” thick. Using a normal kitchen knife, we sliced noodles off of that. If you have a pasta maker, we used it for this. We prefer the rustic feel of hand cut noodles. After cutting, we dusted the noodles with more flour to prevent them from sticking together.

On the stove, we boiled a pot of slightly salty water and heated up a frying pan with olive oil and our seasonings. In batches, we placed the noodles into the boiling water, where they cooked very quickly, firming up and floating once they were cooked. We fished the cooked noodles out of the water with tongs and tossed them in the hot oil for a moment before plating them up.

The homemade noodles were rather thick and presented a more substantial, almost chewy texture with a mild flavor. The olive oil and seasonings provide most of the taste. Done right, this can result in a simple dish, with delicate flavors that is a delight to eat. Be careful not to over-do it with the seasoning or they can completely overwhelm the noodles.

The majority of our testers enjoyed the texture of the home-made noodles. One of the team members prefers the softer texture of a smaller, more conventional noodle, and described these as too chewy, almost tough. The cattail pollen really doesn’t impart any noticeable taste to the noodles, but it does lend a nice rich yellow color, and contributes some protein to an otherwise carbohydrate-rich meal.

Cattail Pollen Pasta
- 2 cups of flour
- 3-4 tbsp pollen
- 1 egg
- 1/2 cup water
- A bit of oregano
- Olive oil
- Salt and pepper

Continued on Page 6
Botany From the Road
By Pam Kirkbride

June 2016: You have probably heard of, or encountered, “skunk cabbage” if you have explored any wet forest from California north, or in northeastern Washington, Idaho, Montana or Wyoming. This member of the Arum family, *Lysichiton americanum*, is very large and hard to miss and has a pungent, but not too bad, odor used to attract pollinators. It is abundant and noticeable along wet roadsides and in the rain forests I have travelled through in British Columbia and Southeastern Alaska this spring. The leaves are larger than any native plant in the region and are food for deer. Bears dig them up and eat the roots as a laxative after hibernation. (I have been told by the locals in Sitka that if you see them dug up in quantity, beware of bears in the area…) The flowers are produced in a spadix and surrounded by a yellow modified leaf. Although edible for humans, it must be processed before eating due to the calcium oxalate crystals it contains, which are very irritating to the tongue and throat. Native Americans commonly use the leaves to wrap around whole salmon when baking or to line baskets when gathering berries.

This is one of a series of articles which features interesting plants I am encountering in Alaska as I explore while living in my motorhome. If you wish to receive stories of my adventures on a regular basis, please contact me by email at: pamkirkbride7@gmail.com.

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Book Review Continued from Page 2

provides the visual excitement needed to understand these communities in their climatic, historic, geographic and physical settings within our incredibly diverse state. However, the problem of displaying hundreds of landscape-scale photos within one book of 368 pages dampens their dramatic effects because of size limitations. Another limitation is the often inability to identify plant alliances or groupings in these photos when more than one are mentioned in one photo caption, but some authors provided close-up plant details as well. The wise inclusion of wildlife photos adds vitality to this representation of vegetation communities as habitats for maintaining our beloved and often disappearing fauna.

The text is another matter entirely, as each of the authors of the fourteen “ecoregions” does an impressive job of describing the settings of these botanical alliances, their landscapes and individual species in some cases. These geographically defined units are called Subregions in their 1997 published format and are our state’s contribution to a national effort to partition the country into very large to smaller geographic units, a multi-year and multi-agency endeavor. The chapters provide us with a gently crafted, concise but comprehensive guided tour of these regions to give us a true sense of place from the viewpoint of the ecological settings of existing vegetation. The ecoregions are discussed by well-recognized authorities using similar formats that present the highlights or botanical hotspots of each region in a three dimensional landscape view that details topography, hydrology, soils, and past and present geographic, geologic, tectonic, marine, fire, climates and terrestrial histories within which these plants are maintained (and more). Many of the authors have published classical, well-known books and chapters on California’s flora, including Dr. John Sawyer (now deceased), who documented the Klamath Mountains area more completely and lovingly than had anyone else, and to whom this book is dedicated.

Most species names are tied to the alliances listed in *A Manual of California Vegetation* but pop-up surprises occur with rarer or other notable species. You’ll have to bypass the occasional lag of using older genera names that have been updated in the last Jepson manual revision, such as the reversion of *Nasella* back to *Stipa* and *Diplacus* back to *Mimulus*. We can breathe a sigh of relief now that almost all of the cypresses have found a home in *Hesperocyparis* as recognized in this book after their flights from *Cupressus* to *Callitropsis* in the recent past.

Cautionary notes of conservation concern usually end each chapter, such as the loss of wetlands and the need for vernal pool preservation in the Great Valley, the invasion of non-native species along the southern California...
Calendar of Events

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 9 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 at 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,
June 21, 12:30 p.m. - 2:30 p.m.
Carmichael Library, 5605 Marconi Ave, Carmichael.
For more information on the Native Plant Garden Club visit SacValleyCNPS.org/Gardening/Garden Club

Other Items of Interest

Friends of The Chico State Herbarium Workshops:
Butte County Butterflies and their Host Plant Affinities
Thursday June 9, 9:00 a.m. - 5:00 p.m.
The workshop will cover:
1) an introduction to the systematics, taxonomy and biology of butterflies;
2) evolutionary and biogeographic aspects of butterflies and their larval food plants;
3) an introduction to the major families of butterflies in Butte County; and
4) a representative survey of some local butterfly species and their habitats. The instructor will provide mounted specimens from the Chico State Entomology Collection for study.
For more information and a registration form go to www.friendsofthechicostateherbarium.com

Vegetation Rapid Assessment/Relevé
Tuesday–Thursday July 19–21
UC White Mountain Research Center’s Crooked Creek Station, outside of Bishop, CA
This course will be a combination of lecture and field exercises in vegetation sampling with a focus on collecting data using the CNPS-CDFW combined vegetation rapid assessment/relevé method. We will discuss applications of fine-scale vegetation sampling, classification and mapping, how to document rare natural communities, and how vegetation information fits into planning documents.
Target Audience: Professional and student botanists, ecologists, resource managers, and conservationists.
Participants should have an initial understanding of the subject matter and basic plant identification skills.
Last day to register is July 10. If you have questions about this or any other CNPS workshops, please contact Becky Reilly, CNPS Events Coordinator, at 916-447-2677 x207 or breilly@cnps.org.

Sacramento Valley Chapter Stockton Subchapter
Visit the Stockton subchapter’s website for latest news: eepurl.com/u8mNj
Use this link to subscribe to the Stockton sub-chapter e-mail list: eepurl.com/u8ITb
CNPS members living in Stockton who would like to find others in the area to carpool to chapter activities in Sacramento should contact Nadia Zane, at (209) 931-5151.

Sign up for our biweekly e-newsletter at sacvalleycnps.org or email cnpschris@gmail.com
Wednesdays Workday hours: 9:00 a.m. – 1:00 p.m.
Join us to learn about the benefits of local native plants, plus under the excellent direction of Robin Rietz, Propagation Manager, we learn various propagating techniques. We often tend the Demonstration Gardens from 9:00 a.m. to 10:00 a.m. CNPS treats volunteers to peanut butter and jelly sandwiches, but you are welcome to bring your own lunch, if you prefer. Bring gardening gloves and water; dress in layers. Knowledge of plants is not necessary. Your willingness to help is all that’s required.
2nd Sunday Workday: Summer dates are June 12th, July 10th, August 14th 10 a.m. – 1 p.m.
Sign up with Chris Lewis (cnpschris@gmail.com) for the June Workday and with Pat Gilbert at battypatty296@gmail.com as usual for the others. (Soil Born Farms is closed on Sundays and the gate is locked. Elderberry Farms leaders will unlock the gate for the Workday. If the gate is closed when you arrive, open it, drive through, and then close the gate.)

Weekly Friday Walks
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. Visit SacValleyCNPS.org/Field Trips/Friday Walks or for more information, contact Walk Leader John Schmidt at john_waif@msn.com. SacValleyCNPS.org/Field Trips/Friday Walks

Book Review
Continued from Page 4
California’s Botanical Landscapes is highly recommended for those who want to get a concise ecological “picture” of vegetation patterns in our incredibly complex and seemingly chaotic state. As with any good scientific endeavor, this book succeeds in raising almost as many questions as it answers for the reader, including the possible discovery of new alliances in remote landscapes and changes expected to occur due to future climatic fluctuations and droughts. The book is usually available for examining and purchase at our chapter’s book sales tables; first look at an area with which you’re familiar to see if it broadens your horizons and understanding of our botanical treasures.

Test Kitchen
Continued from Page 3
On the whole, the noodles were good, rustic and simple. We hope you’ve enjoyed our latest test, and thank you for reading. Remember, the test kitchen is always happy to hear from our readers. If there is a dish you would like us to try, or an ingredient you think we should use, please drop us a note: editorhibiscus@gmail.com.
Note from the Editor: Thank you to everyone who wrote in to guess last month’s mystery plants! Congratulations to Raymond Prothero who identified both plants correctly. The answers were:
Mystery Plant #1: Yellow Cat’s Ear *Calochortus monophyllus*
Mystery Plant #2: Hound’s Tongue *Cynoglossum grande*
This month’s photos were taken along the American River near Sunrise Blvd. (A color version of the newsletter can be seen at: [www.sacvalley.org/home](http://www.sacvalley.org/home)
Send in your answers to editorhibiscus@gmail.com.

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Submit content for the September Hibiscus by August 13!
Be sure your membership is current! See your address label for your renewal date.

Summer 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.

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2 State Fair Volunteers
3 Test Kitchen
4 Botany from the Road
5 Calendar of Events
6 Elderberry Farms

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See page 2 for more details.

SAVE THE DATE!
Fall Native Plant Sale coming in September

SUMMER PESENTATION:
Finger Foods and "Investing in Our future" - An update on our Kids in Native Gardens (KING) grant program
Presented by Jennifer Hogan, KING Program Coordinator

SUMMER 2016
Hibiscus
Sacramento Valley Chapter Newsletter
sacvalleycnps.org