



January - February 2017 NEWSLETTER OF THE MISSOURI NATIVE PLANT SOCIETY Volume 32 No.1

“ . . . to promote the enjoyment, preservation, conservation, restoration, and study of the flora native to Missouri.”

ANNOUNCEMENTS

Dues are Due

Submitted by Ann Earley, Membership Chair

THIS IS YOUR LAST REMINDER FOR 2016. RENEW IN DECEMBER OR RE APPLY LATER

Membership renewals for the July 2016-June 2017 year are due before 31 Dec 16. If you receive your newsletter by postal service delivery, please check the top line of your mailing label. If it shows the date 20160630, your dues are now payable. **When renewing, please remember to include your contact information including email address, and your society and chapter dues preferences.**

Membership renewal online is also available via our website at www.monativeplants.org which offers the option of online payment via PayPal. **If you know how to do this, but have not yet requested Petal Pusher by email delivery, please do so by emailing both Ann Early and Becky Erickson [see masthead on address page].** If you can't figure out how to send a check to Ann Early or how to renew on line, you will get an email asking if you want to renew.

For those members receiving their newsletter by email without a mailing label, or for others with questions about their membership status, please contact me or your chapter representative. See masthead on address page for contact information about your membership expiration date.

If annual renewal is becoming a nuisance, please consider a Lifetime Membership.

We value our members and urge you to renew today!



2017 Field Trip Schedule

Submitted by Dana Thomas, Vice President

Please join us on our field excursions in 2017 to explore the phenomenal flora of Missouri! Mark your calendars now so you don't schedule conflicting activities later. These weekends are not to be missed. General locations are solidified, but specific field trip sites are very tentative.

Spring 2017 - West Plains, MO - June 2-4 - Possible sites include Vanderhoff Forest, Spring Creek, Carman Springs, Tingler Prairie and Noblett Lake.

Summer 2017 - Kahoka, MO area - July 7-9 - Battle of Athens State Park, Deer Ridge Conservation Area, Acola Woods, Steyermark Prairie and Goose Pond.

Fall 2017 - Ava, MO area - September 22-24 - Glade Top Trail, Taney Mountain, Ozark Underground Lab, McClurg Glade.

Don't miss opportunities to study landscapes like these [BE photos]





Missouri Native Plant Society Minutes of the Board Meeting Mound City, MO – September 24, 2016

John welcomed everyone and called the meeting to order. A quorum was determined to be present and minutes from the previous meeting were reviewed. The Erna Eisendrath Award was misspelled in the minutes and will be corrected. Given the revision, the minutes were approved by vote. Dana Thomas was appointed assignment recorder.

Attending Steve Buback Bruce Schuette Mike Skinner Rex Hill Martha Hill Theresa Cline Bob Siemer Ann Earley John Oliver Malissa Briggler Michelle Bowe Becky Erickson Casey Burks Justin Thomas Dana Thomas Wayne Morton Andrew Braun Claire Ciafre Cécile Lagandré
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TREASURER'S REPORT

Bob Siemer presented the Treasurer's Report. Financially, we're in good shape. This is the first time the PayPal dues received have exceeded those we get through cash and check. Dues collection for the third quarter this year is down about \$1300 compared to the third quarter last year. There are 119 members that have not yet renewed. John mentioned sometimes he gets questions on when dues are due. Becky said it's included in the Petal Pusher under a "Dues are Due" heading. John also mentioned that there is confusion not just on when dues are due, but that if members are current on their dues or if they owe. If new members sign up within 6 months of the deadline, they don't have to pay when dues come up, because they just paid. Members can always contact Ann Earley to ask if they need to pay dues. Chapter Representatives need to see Bob about chapter dues. Bob will get a message together to all those who get the Petal Pusher via e-mail that are not paid up to let them know that their dues need to be paid.

Treasurer's report was approved.

PUBLICATIONS AND MEDIA

Petal Pusher: Becky Erickson had nothing to report regarding the Petal Pusher. Ann Earley will continue sending Becky e-mail lists for Petal Pusher recipients.

Missouriensis: Doug Ladd could not attend the meeting but provided a report read by John Oliver. Doug's report is attached to the minutes. John would like to encourage people to submit articles, even if they are short ones.

Distribution: Rex Hill provided a report and relayed to the Board members that Leslie Limberg continues to do a great job.

Website and Social Media

State website: John has been reviewing the MNPS website and also comparing ours with other plant societies of various states. Arkansas has a great website. John mentioned that anyone that has updated anything on our website still has permission to update it. He asked for everyone's help in keeping it updated and adding content. Content is currently not up to date. John would like to archive some of the old information. There was consideration about putting the Petal Pusher online making it available to everyone, not just members. John encouraged everyone to put new content on the website so it will remain attractive to members and nonmembers. Local information can be helpful, as well as adding photos taken at various chapter and state meetings. We have several members that take nice, high quality photos. John thinks we should encourage those members to add some of their pictures to the website. We really need a website manager.

Facebook: We've had a lot of traffic. There are about 8,000 members to the MNPS group! John will take any suggestions on how to make the Facebook page better. John will periodically use Facebook to get at non-members encouraging them to join or to remember to use AmazonSmile.

Status of *Missouriplants.com*: John presented the idea of getting more involved in Dan Tenaglia's website. There are opportunities to add and expand on the website. It is now taken care of by Michael Westmoreland, from the IT department at MOBOT. John wrote a letter to Michael to ask about future plans for the website and to offer help by MNPS members. The letter that John sent is attached to the minutes. A response has not yet been received. Rex suggested talking with Jim Miller or Jim Zarucchi at the MOBOT. If he doesn't get a response, John will pursue consideration that MNPS develop a similar website.

Roadside wildflower poster: Malissa Briggler will send out an e-mail with a count of how many are left and who needs what.

COMMITTEES & TASK FORCES

Membership: Ann Earley provided the Membership Report. The current total number of members is 385 including 78 life members with 3 new life members. Renewals are coming in slowly. Another notice will come out in the upcoming Petal Pusher.

Archives: Rex Hill provided a report that it was a "dusty job".

SOCIETY BUSINESS

Winter Board Meeting will be held at the FWS office on December 3, 2016. Rex will bring a coffee maker.

The Botanical Sciences and Native Plant Materials Research, Restoration and Promotion Act endorsement. All responses were positive, so John wrote a letter of support.

Board vacancy: Ron Colatskie, was voted in as a board member. John will get Becky the information about term years, 2016-2019

Brochures: Somebody needs to get the electronic copies of the brochures from George Yatskievych.

MONPS Sponsored Workshops: MO Botanical Symposium will be held on Nov 4. The Grass Id Workshop taught by Rick Gray at Meramec Community College went very well with a good field trip at Shaw Nature Reserve.

If anyone is willing to teach a spring botany class at MCC, contact John Oliver or Nels Holmberg.

Written Chapter Reports: Reports should be in to Becky Erickson by the following weekend. Please don't send any pictures over 3-3.5MB and don't alter the pictures. Becky will edit them if necessary.

Other announcements: Dana wanted to know if anyone has any objections to posting the group photo taken today on Facebook. There were no objections.

Dana reviewed assignments and everybody thanked Dana for her hard work in organizing the field trips.

John encouraged everyone to be thinking about places to visit in 2017.

Meeting was adjourned.

For Shopping, Please use Amazon Smile

The easiest way to support the Missouri Native Plant Society!

Please consider using Amazon.com's charitable site to do your shopping.

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Choose Missouri Native Plant Society Inc. Amazon remembers your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Every dollar you spend on the site generates a half cent for us. They gave us \$38 last year. It doesn't seem like much, but every little bit helps, **and the money comes from Amazon, not you!** It is up to you to make the donation higher next year. Thanks for thinking about us.

Petal Pusher Editor's Note: Please be thoughtful of your volunteer editor and follow submission guidelines posted in Jan, Mar, May 2013. PLEASE ADD: Change plain text to *Italics* when using scientific nomenclature for any biological being.

Editor does not appreciate spending hours to make format changes [font, size, spacing, style, page layout]. Editor thanks all who submit articles and reports for publication in MONPS

Petal Pusher. Special thanks to those who submit articles and reports early and in requested format. This edition those people were Casey, Andrew, Liz, and John R. This kind of cooperation is a team effort to make our newsletter readable and interesting.



And more information on our website

www.monativeplants.org

www.monativeplantsociety.org

Welcome New Members!

Is your friend's name here?

If you read us on Facebook, — is your name here?

Membership is easy and very low cost see

<http://monativeplants.org/membership/>

Kansas City

St. Louis

Debbie Croghan, St. Louis

Pam Klump, St. Louis

Sharon Whittington, Pacific

Hawthorn

Robert Bailey, Columbia

Bonnie Richard, Columbia

Southwest

Osage Plains

Ozark

Jerry Barnabee, Plato

Judy L. Don Burrus, Summersville

Evanthia Basilio, West Plains

Perennis

State Level Membership

Welcome to new members.

We all hope your membership with Mo Native Plant Society is fulfilling. When you first sign up you need to do one more thing. You need to send your request for email delivery to the Petal Pusher editor, Becky [see Masthead]. Please do not wait several months to find out your address has been lost in the transfer. If you don't get the information you need, let us know. If there is a wild area you think we should visit, let us know. This is a democratic organization; everyone is invited to all MONPS activities and all suggestions will be heard.

Stanton Hudson Memorial Fund Student Research Awards — 2017.

Submitted by the MONPS Board

The Missouri Native Plant Society announces the availability of funding for research projects conducted by college or university students under the supervision of a faculty member. This award honors the late H. Stanton Hudson (1921–2002), a long-time member of the Missouri Native Plant Society whose passion for the flora of Missouri and its conservation inspired his friends and family to create a small grants program in his memory. To qualify for the Hudson Fund, research must involve Missouri native plants in some way, but may have as its primary focus any pertinent subject-area in plant biology, including conservation, ecology, physiology, systematics and evolution, etc. The grant may be used for any non-salary expenses relating to the proposed research, including travel, equipment, and supplies.

For 2017, we anticipate awarding a single grant in the amount of \$1,000. At the conclusion of the project, grant recipients will be expected to prepare research results for publication in a scientific journal.

Proposals should not to exceed 5 single-spaced typed pages and should include:

1. Description of the project;
2. How the project relates to native Missouri plants;
3. Estimated completion date;
4. Overall budget for the research;
5. How an award from the Hudson Fund would be used;
6. A list of other funding received or applied for toward the project.

Applicants should also include a current curriculum vitae. In addition, two letters of reference must be included, one of these being from the student's faculty advisor. Materials may be submitted by mail (in triplicate) or preferably electronically as e-mail attachments in Microsoft Word or Adobe Acrobat (pdf) format. Letters from the applicant's references may be submitted as e-mail messages. Proposals will be reviewed by the MONPS grants committee.

Application materials should be sent to: Missouri Native Plant Society, c/o Dr. Paul McKenzie, 2311 Grandview Circle, Columbia, MO 65203.

Deadline for submissions is 1 April 2017, with funds to be awarded on about 1 June 2017.

Missouriensis Goes Digital

Submitted by Doug Ladd, Missouriensis Editor dladd@tnc.org

Earlier this year, the Missouri Native Plant Society board voted unanimously to convert the Society's journal, *Missouriensis*, to a completely electronic format. Transitioning to an all-digital format provides several advantages and opportunities, including:

- Ability to incorporate high resolution color images in manuscripts
- Capacity to include longer articles without constraints of binding limits and mailing weight
- Significantly reduced production and distribution costs
- Elimination of time and labor to sort and distribute a mass mailing
- Ability to participate in global indexing and search engines, facilitating broad dissemination and access; this in turn will make the journal more attractive to potential contributors and also elevate the visibility of the society among multiple audiences
- Environmental benefits associated with elimination of mass production and distribution of a cumbersome document

The journal will be published and distributed electronically to members in PDF/A format, ensuring long-term archiving compatibility. The editor is exploring inclusion in multiple global on-line search indices, such as *Botanicus*, *Biodiversity Heritage Library*, and *Scopus*. Recipients will be able to easily print copies of any or all portions of each issue as desired. For priority and citation purposes, the date of electronic posting of the journal will be the date of effective publication.

Current plans are to continue publishing a single volume per year, although future options include continuous electronic publication of articles as they become available. The editorial procedure will remain substantially the same as previously – articles of relevance to Missouri flora, vegetation, and related issues are encouraged to be submitted to the editor, who will coordinate peer review and work with the authors on any required revisions and edits.

The transition will require some formatting changes to facilitate clarity and access in an electronic format, and the "Instructions to Authors" section that will appear in the coming volume will also be revised. The next volume will also include an enhanced book review section, and the establishment of a recent and noteworthy collections feature that will allow rapid and efficient dissemination of new discoveries without requiring a full article.

These changes will make the Society's journal more relevant, accessible, and attractive to both contributors and readers. Stay tuned for the next issue in the coming months, and please send me your comments and suggestions.



Chapter

St Louis *report from Rex Hill, Chapter Representative*

It's been a quiet two months at Lake Wobegon and with the St. Louis Chapter. The chapter has not met since October when we held our annual "Show-and-Tell", sharing photos of trips and plants from the past year. James Faupel shared scenes from Shaw Nature Reserve where he is on the staff. Steve Turner had pictures from his trip through the southwestern United States. John Oliver had highlights from the 2016 Webster Groves Nature Study Society (WGNSS) fieldtrips held each Monday where many of our chapter members get their fieldtrip fixes. Nels Holmberg shared a selection of photos of DYC's, "Darned Yellow Composites". Kathy Bildner showed her pictures of plants from the Spring and Summer fieldtrips to southeast Missouri, and Larry Morrison had photos from the variety of places he has visited during the year. Larry and his wife Nancy, love to travel, and he serves as an instructor for a wildflower study class offered each spring in Door County Wisconsin. We are all looking forward to the start of the new year and spring which will soon follow. Our President, Rick Gray, has been busy lining up speakers for the new year and the first three months have been set.



Ozark

Submitted by Liz Olson Chapter Representative.

At our October meeting, Elizabeth Middleton, MDC Grasslands Botanist, visited from the Osage Plains Chapter to teach us about edible and medicinal plants of the prairies. We had a great turnout of almost 30 attendants for this popular topic. Interactions between Native Americans and Europeans were very limited so much knowledge about how the Osage tribe in Missouri used plants to sustain and heal themselves was lost. We are regaining this important information thanks to researchers like Kelly Kindscher who wrote two of the books that Elizabeth used for her presentation: Edible Wild Plants of the Prairie and Medicinal Wild Plants of the Prairie. Today, scientists are discovering powerful plant extracts which are as effective medicinally as synthetic pharmaceuticals. Elizabeth brought mounted specimens and discussed many species and their uses.

At our November meeting, Ozark Chapter member Sue Hollis presented a very interesting talk about ferns and "fern sex", describing the great diversity in ferns and how ferns are both different and similar to seed-producing flowering plants. She did a great job making a highly technical subject easy to understand. Thanks, Sue!



Empire

Steve Buback Chapter Representative

No report was submitted at this time.



Reports

Kansas City *Submitted by John Richter, KC Chapter Pres*

The Kansas City Chapter is wrapping up another successful year. We conducted a total of five business meetings followed by activities, and coordinated and attended a total of three field trips. Activities post business meetings included a presentation by Tom Schroeder about native bees and gardening, a presentation by Cecile Legandre about native plants of Feaster Glade, and perusing outdated botany books. Field trips included botanizing at Bluebell Valley, Ogg Road Prairie, and Prairie Birthday Farm. Our annual fundraising event, which consists of assisting with the sale of native plants, was again a great event to educate the public. The KC Chapter gifted funds in support of the Missouri Prairie Foundation's purchase of a remnant prairie called Snowball Hill Prairie, located south of Kansas City.

We have had a diverse attendance throughout the year, including hearing impaired botany enthusiasts, retirees, orchid lovers, and garden club and community activists. The KC Chapter welcomes the diversity and the common purpose of education and outreach to the community regarding native plants. As president for the last several years (since 2012), I have learned that many people like to align themselves with MONPS as a way to send a message to a larger audience, and to learn from the collected experience of our members. For example, we have had attendees from the Heartland Conservation Alliance, private organic gardeners, and cattle ranchers, which for various reasons seek information on native plants.

I hope other MONPS chapters were as successful as the KC Chapter this year. Yes, it is sometimes all quiet on the western front (according to Erich Remarque, that is a good thing), but we are keeping up the mission statement. Happy Holidays.



Southwest

Submitted by Michelle Bowe, Chapter Representative.

A small but enthusiastic group met in October for the annual end of the year cookout. We toured the Lovett Pinetum, wrapping up in the darkness with the white pine and long leaf pine forests. We roasted hot dogs and had lively discussions in the Pinetum cabin/kitchen facilities.



Perennis

Submitted by Andrew Braun, Chapter Representative

No report at this time.



Hawthorn

Submitted by Becky Erickson from notes taken by Vanessa Melton, Boyd Terry, and Denny Donnell

This past Fall was a busy time for our Chapter. We set up the booth at MU's HARC in New Franklin on Oct 8. In spite of the low attendance, we did a fair business both with counseling and sales. There seems to be growing interest in adding natives to both small-scale and large-scale landscape.

The next weekend, Oct 15, several members gathered on a very comfortable day for a field trip to Painted Rock CA close to Westphalia, MO. Trees were just starting to turn. Most of the asters and goldenrods had turned to seed. After hiking, we had lunch at Canterbury Hill Winery in Holts Summit.

The last activity this Fall was our annual Wreath-Making Workshop Nov 12th. Nancy Langworthy hosted this year's workshop. Three members made wreaths from dried native plant materials. Thanks to Nancy and other members present for providing a wholesome meal: Vanessa brought a green salad, Becky brought a sweet potato soufflé, Nancy brought out some cold-cuts and cheese, Bonnie brought home-made bread, Paula brought her famous brownies.

Our Thursday Lunches have been well attended. Usually 6 to 9 members converge on Uprise Bakery in RagTag Theater for lunch once per month. Join us to share a nutritious meal and discussions about alien control, restoration planting, and garden surprises! We exchange seeds. We report counts of hummers, butterflies and especially monarchs.



Osage Plains

Submitted by Casey Burks, Chapter Representative

October 8th. Prairie Days at Cole Camp; Dr. Wayne Morton's Prairie. This is always such a fun event for MONPS to be involved with so many enthusiastic MDC, Hi Lonesome Master Naturalists and Missouri Prairie Foundation members and spend the day visiting with people stopping in to enjoy the variety of learning opportunities. Thanks to the logistics of Malissa Briggler, we had the Missouri Wildflower poster/brochure to give out and it was such a big hit with visitors. One lady said she sure hoped they would be available along the KATY trail. Bernie Henehan brought his tractor for the hayride around the prairie which so many people enjoy. The highlight is when they get to stop and see the purple gentians. Outside the tent, the huge bales of hay were targets for people wanting to try their luck throwing an atlatl. Makes one respect the skills of the caveman.

Under the tent at a table close to ours, Paul Landkamer gave out samples of food made with insects such as cricket KimChee. His crackers made from briar, garlic and oatmeal are quite tasty.

[OP cont.] His okra coffee was a big hit too. He said he slices and dehydrates over ripe okra, then roasts it at 375 for 20min and grinds it. He also offered samples of Monarda-goldenrod tea and roasted Osage orange seeds.

October 29th. Osage Plains meeting was at MDC building. President Elizabeth Middleton introduced our speaker, Liz Olson, MDC Resource Scientist, from West Plains. Liz presented the latest information on the Missouri Ozark Forest Ecosystem Project. It's a 3 treatment experiment including fish, forest and wildlife that covers 9000 Acres over a period of 100 years. Huge amounts of data being collected. It will be many years before final analysis can be done but a few of the preliminary findings were: the Reznicek's sedge at first was thought to be rare but they've found it to be very abundant; lichens lose diversity going up the canopy; white oaks are more tolerant of shade than red oaks; indigo bunting birds like a clearcut area and Acadian flycatcher prefers the mature forest.

November 21st. Osage Plains meeting was at the home of Janetta Smith. This was our last meeting of the year and Janetta welcomed us and fed us like family. It was a fun evening sharing holiday plans and playing "name that plant" from pictures taken during the summer. A special highlight was sharing books that Dorothy Harlan had selected from Jim Harlan's collection to give to Osage Plains members. Janetta, our newest member, received the 3 book set Steyermark's "Flora of Missouri" revised by George Yatskievych as well as many other plant reference books she didn't have. She will gladly loan them out. Wayne Morton wanted the book that showed the different kinds of Missouri honeysuckles so he could identify the invasive ones on his savannah. Dorothy and Jim Harlan were active and beloved members of Osage Plains when I joined six years ago. I learned so much from them on field trips. Jim really knew mushrooms and trees. They have since moved to Springfield and Jim has passed away. Our heartfelt thanks to Dorothy that she wanted our Chapter to enjoy and learn from Jim's plant books.



**Go my
Sons, burn
your
books.
Buy
yourself
stout
shoes.
Get away
to the
mountains,
the valleys,
the shores
of the seas,**



the deserts, and the deepest recesses of the Earth. In this way and no other will you find true knowledge of things and their properties.

Peter Severinus, 16th. century Dane educator

LINK IN!

Share with friends and neighbors
PLEASE OFFER YOUR SUGGESTIONS!!

Missouri Native Plant Society: our own website
<http://monativeplants.org/>

Linda Hezel strongly suggests reading the article on page 4. This explains how virgin land is tilled to make organic farms when they should be preserved.

<http://www.cornucopia.org/wp-content/uploads/2016/06/Summer2016-Cultivator-Web.pdf>

Paula Peters found a great website www.gardenswithwings.com. As she says, "It has a place to enter your zip-code to get a list of food plants to plant for the butterflies in your area, and it has lots of other handy information too. "This is just in time for Spring; they need food all summer and fall, too—enjoy!"

Birding Trails Website from Becky Erickson

Just because it says "Birding Trail" doesn't mean that's all it is. Just because you go into the fields to find birds, doesn't mean you can't assess the landscape and practice some plant identification; or vice versa. There is a lot of excellent information on this site. Use it; share it; put it on your Facebook page. Open it up; talk it up.

<http://greatmissouribirdingtrail.com/Wordpress/birding-trails/>

Monarch Larva Monitoring Project video
www.mlmp.org

Missourians for Monarchs
<http://missouriansformonarchs.blogspot.com/>

Xerces Society: nfp-ngo for invertebrate conservation
<http://www.xerces.org/>
<http://www.pollinator.org/>

WREN SONG <http://nativeplantwildlifegarden.com/> Blog on native gardens and ecology

Article on the effects of neonics on insects in Sept 2015 Wild Ones! Journal
<http://wildones.org/Neonics.pdf>

Plant information database
<http://plants.usda.gov/java/>
Grow Native: Missouri's native resources organization
www.grownative.org

Backyard biodiversity to replace wild areas by Tallamy
<http://www.americanforests.org/magazine/article/backyard-biodiversity/>

Linda Hezel's organic farm emphasizing biodiversity to maximize production.
<http://www.prairiebirthdayfarm.com/learning/resources.html>

Naturalist's blog on the wild lands of southern MO
<http://allisonjvaughn.blogspot.com/>

Naturalist's blog on a native garden in the suburbs
<http://nadiasyard.com/>

WildOnes! Website full of articles on native habitat restoration
<http://www.wildones.org/>

Nominations for MONPS Board Officers

Submitted by the MONPS Board

We are pleased to announce that our current slate of officers have agreed to serve for another two years. The officers are:

President: John Oliver

Vice President: Dana Thomas

Secretary: Malissa Briggler

Treasurer: Bob Siemer

In addition, two positions for at large **Board Members** ('17-'20) need to be filled:

These positions are currently filled by:

Mike Skinner ('16-'17) who filled in for Robin Kennedy last year and **Justin Thomas** ('14-'17)

Both have agreed to serve for another three years

If there are any nominations for these offices from the general membership, please submit them to Martha Hill at MarthaJHill@charter.net as soon as you decide. With no further nominations, these named officers will be installed at the next annual meeting held at the meeting held in Kahoka 7-9 July '17.

Don't miss finding these flowers on our field trip weekends.



Wild crab apple, Wild sweet William, Puccoon



Chapter Calendars

Hawthorn *from Becky Erickson*

Chapter meetings held on odd-numbered months on the second Monday at Unitarian Church, 2615 Shepard Blvd., Columbia. Third Thursday lunch at Uprise Bakery [RagTag] 10 Hitt St, Columbia continues to be well attended by members for informal discussions about native plants and environmental issues. See www.columbianativeplants.org for postings of newsletters and activity details. For folks interested in hiking and wildflower sightings around the state, see chapter newsletter on the website for details. Otherwise you are encouraged to participate in outings with other MONPS chapters and MPF. We will email chapter members interested in outings.

19 Dec Mon 6 pm: Holiday Party. This year's Holiday Party will be held at our current bi-monthly meeting location, UU Church—see details in chapter newsletter.

9 Jan Mon 6 pm: Bimonthly Meeting at Unitarian Church. This meeting will be our annual planning meeting so come and join in the discussion of up-coming events for 2017. Several officer positions need to be filled. Please volunteer.

19 Jan Thurs 11:30 am: Lunch at Uprise Bakery. 10 Hitt St., just south of Broadway.

16 Feb Thurs 11:30 am: Lunch at Uprise Bakery. 10 Hitt St., just south of Broadway.

13 Mar Mon 6 pm: Bimonthly Meeting at Unitarian Church. Program TBA

16 Mar Thurs 11:30 am: Lunch at Uprise Bakery. 10 Hitt St., just south of Broadway.

Probably 8 April 10 to 2: Bradford Farm Native Plant Sale. Set up time 9am. Connect with coordinator well in advance.

20 April Thurs 11:30 am: Lunch at Uprise Bakery. 10 Hitt St., just south of Broadway. This lunch is just before our big booth at Earth Day. If you plan to help, please attend lunch.

Probably 23 April Sunday Earth Day Festival. Set up 9am. Pack up 7 pm. Volunteers commit early.

Kansas City *from John C. Richter, Chapter President.*

Meetings are usually held at MDC Discovery Center 7 pm, 1st Tuesday of odd-numbered months. No meeting in July. <https://nature.mdc.mo.gov/discover-nature/places/gorman-anita-b-conservation-discovery-center> : mid-town on Troost between Cleaver and Volker Blvds.

For questions about upcoming field trips contact the field trip leader, otherwise contact John Richter via e-mail: RichterJC@bv.com, or cell phone 913-217-0432. Please RSVP with the field trip leader or John Richter for all field trips. We use RSPV information to plan car pool logistics and to determine if a field trip will have any attendance. This is important for making decisions based on severe weather, etc. Regarding our events, please feel free to bring a friend. Our events are open to all who would like to participate, members and non-members.

3 January Tues 7PM: Chapter meeting – Annual planning meeting for the KC Chapter, we will brainstorm on field trip and meeting activities for 2017. Open to all.

7 March Tues 7PM: Chapter meeting – Meeting activity TBD. Open to all.

Upcoming Events

St Louis *from Rex Hill*

Chapter meetings are held on the fourth Wednesday of the month at the Sunset Hills Community Center, 3915 South Lindbergh Blvd., Sunset Hills, MO. Google Map: <http://goo.gl/maps/K3PR>

All Friends and newcomers are welcome at meetings.

25 Jan Wed 7:30 PM – Bruce Schuette will be the speaker – Title and Topic to be announced.

22 Feb Wed 7:30 PM – Casey Galvin will lead a Nature Photography Workshop.

22 Mar Wed 7:30 PM – Steve Turner will make a presentation on The Botany of Little Lost Creek Conservation Area.

Osage Plains *from Casey Burks*

Regularly scheduled meetings are held the 4th Monday of the month at 6:30 pm at the Friends Room of the Henry County Library. However, no meetings are held during the months of August, December or January. Programs are open to the public and our purpose is to enjoy learning about and sharing information about native plants. Current information available from President Elizabeth Middleton Elizabeth.Middleton@MDC.gov or Chapter Representative Casey Burks mobugwoman@gmail.com.

Field Trip coordinators are Bernie Henehan berniehenehan@yahoo.com and Dan Henehan danhenehan@embarqmail.com

Ozark *from Liz Olson*

The Ozark Chapter meets at 6:30 pm on the third Tuesday of each month MDC, Ozark Regional Office, 551 Joe Jones Blvd, West Plains, MO 65775.

No meetings Dec and Jan. For more information, contact chapter president Susan Farrington at 417-255-9561. We take suggestions for speakers at our meetings. The Ozark chapter does not meet in December or January.

Perennis *from Andrew Braun*

Watch for announcements by e-mail, Facebook, and the MONPS website.- www.monativeplantsociety.org Be sure your email is registered with Andrew, your Chapter Rep, and with Becky = PP editor, and with Ann Early = membership Chair.

Field trips and other events for the Perennis chapter are currently being planned. Watch for announcements by e-mail, the MONPS website, and the MONPS Facebook page. As always, ideas are welcome! Contact Andrew for updates on activities apbraun1s@gmail.com

Southwest from Michelle Bowe

Meetings are usually held at Greene Co Botanical Center, Spgfld, 4th Tuesday, 6pm. In case of bad weather, watch Facebook for cancellations or call ahead of time and we'll call back with more information.

We are currently working on speakers for the group in the spring (**Know any volunteers? YOU?!**)

24 Jan Tues, 6pm Meeting details TBA

28 Feb Tues, 6pm Meeting TBA



Empire Prairie from Steve Buback:

Nothing submitted at this time.



More possible 'wow!' sightings on our weekend field trips.

[BE Photos]



Casey's Kitchen

Home-made Apple Cider Vinegar

Submitted by Casey Burks

As you've probably gathered, a few years ago I became passionate about medicinal and edible native plants in Missouri. I now have a patch of stinging nettle by our front porch, grow burdock, comfrey, calendula in the garden. I gather and dry heal-all, plantain, dandelion, mullein, chickweed, purple coneflower etc. for my herbal balms. I've started a patch of elderberry since so many patches by the road get sprayed or mowed. I now love to drink lemon balm, spicebush and New Jersey tea. I bought a draw-knife to scrape wild cherry bark for cough syrup. These are just a few of the many new things that keep my boondock life so interesting and there's so much more to learn!

In the past I had wondered what the big deal was about unpasteurized, unfiltered apple cider vinegar. Looking at the "mother" in the bottom of a bottle of raw ACV, I just thought yuk!

Since then I've read about the bacteria fighting enzymes and minerals in raw Apple Cider Vinegar in "Home Remedies of the Amish" and "Be Your Own Doctor" by Rachel Weaver, MH. The list of uses is somewhat incredible: help with sinuses, sore throats, cholesterol, acne, food poisoning, allergies, immune system, stamina, weight loss, digestive aid, constipation, arthritis, and for urinary tract health. It's the pectin that helps reduce bad cholesterol and regulate blood pressure. It's the malic acid that helps fight fungal and bacterial infections as well as dissolving uric acid deposits around joints that helps relieve joint pain. Beta-carotene fights free-radical damage. The abundant amount of potassium helps eliminate toxic waste as well as helping heal hair loss, finger nails, teeth and sinus problems.

Soooo now I've started making my own raw ACV and mixing small amount with raw honey to hopefully help my arthritis pain. I am curious to know if there are other people in MONPS that are "into" raw ACV for a health problem and would love to know if you have definitely had the condition improve.

To make raw ACV, I first recommend reading about methods from different sites on the internet. The way I did it, I just put the peelings and cores of organic apples into a 2 gallon crock (very clean and rinsed with vinegar), covered the apple pieces with water that I had added 2 Tbsp of sugar, put a plate on top to keep the pieces submerged and covered the crock with a towel. I kept it in a cabinet for 3 weeks then strained out the peelings etc and added about 1/4 C of Bragg's ACV and re-covered the liquid for another 3 weeks. It had a wonderful vinegar fragrance and I have used it a lot. Besides Bragg's, I have seen raw ACV made by Heintz.

Now when I look at bottles of raw ACV in the store, I check to see which one has the most "mother" and think of it as "beautiful"!





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It is wrong when it tends otherwise." Aldo Leopold**

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