

# THE FRINGED GENTIAN™

A PUBLICATION OF FRIENDS OF THE WILD FLOWER GARDEN, INC.



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## DEAR FRIENDS,

The anticipation of spring is a pleasurable kind of waiting, especially for those of us who mark our seasons in sync with the Garden.

Now the travails of this past winter are becoming a faint memory, as we thrill to the trout lilies, the trillium and the songs of spring migrants overhead. Every year we experience the same relief, but the wonders of warm sunshine and delicate green life always mark a rebirth. To complement these seasonal gifts, you will find much spring-themed pleasure in these pages.



I am excited to announce that the Friends Board of Directors has unanimously decided to initiate a fundraising campaign for the Cary George Wetland Project. Cary George was garden curator from 1987 to 2003. The project plan is to replace the bridge next to Mallard Pool and the nearby wooden walkways south of Lady's Slipper Lane. These trail segments are very much in need of restoration.

For Cary, as for Eloise, the wetland has been the heart of the Garden. The 1932 creation of Mallard Pool, originally a much larger feature, was Eloise's last creative effort in her Wild Garden. Near the end of her life, she fulfilled a long-lived dream of establishing an area of open water for "aquatics" and her beloved orchids, crossed by a rustic bridge of tamarack poles. (To see a photo of Eloise Butler on her bridge, visit [www.friendsofthewildflowergarden.org](http://www.friendsofthewildflowergarden.org), click on

Eloise Butler in the left hand column and scroll down to the Last Major Project.)

We believe that this project in honor of our fourth gardener will be a testimonial to his service as well as to the founder and her vision. Project details will be sent to all Friends members, and complete information will be posted on our website, [friendsofthewildflowergarden.org](http://friendsofthewildflowergarden.org).

Please mark your calendars and join us for the Friends 2011 annual meeting. To welcome

a larger number of members to this informative and friendly event, we have set the date earlier and secured a larger venue. We will meet in Kenwood Park Center's Community Room, 2101 West Franklin Avenue (around the corner from Kenwood School), on Saturday, April 30, from 10:00 A.M. to 11:30 A.M. Brief reports from board members and the latest from the curator will be accompanied by light refreshments. We would love to meet you and hear your ideas about improving our organization. Please contact me at 612.377.3573 or [drjpw@earthlink.net](mailto:drjpw@earthlink.net) if you have any questions about this event. Until then, see you in the Garden.

Happy Spring!

**J. PAM WEINER, PRESIDENT**

*Photo by Don Beimbom*



## 2010 Volunteer Programs Report

2010 was a very successful year for volunteer programs at the Eloise Butler Wildflower Garden and Bird Sanctuary. A record number of volunteer hours (2046.25) was logged, nearly the equivalent of a full-time staff member (2080 hours/year). All of the programs listed below saw a growth in the number of participants and volunteer hours donated. Staff members at the Garden and the Friends of the Wild Flower Garden continue to nurture existing programs and respond to community interest in volunteering at the Garden. In addition to promoting the health of the Garden's natural systems, the volunteer programs provide valuable services to visitors.

A volunteer recognition celebration was held on November 7, 2010 to thank the Shelter, Legacy and Friends Invasive Plants Action Group volunteers. This event was co-hosted by the Friends of the Wild Flower Garden and the Minneapolis Park and Recreation Board.

### Volunteer Programs Managed by Friends of the Wild Flower Garden

#### Shelter Volunteer Program

The Shelter Volunteer Program is the oldest ongoing volunteer program at the Wildflower Garden. Shelter volunteers assist the public in the Martha Crone Visitors Shelter in a variety of capacities. In 2010, 39 Shelter volunteers contributed a combined total of 1029.5 hours.

#### Friends Invasive Plants Action Group

The Friends Invasive Plants Action Group involved 40 volunteers and contributed 169 hours to the park system this season, up from 110 hours in 2009. All of the volunteer hours were spent weeding out invasive plants, namely buckthorn and garlic mustard, from the woodland areas surrounding the Garden. New this year was an event with the Aveda Corporation.

### Volunteer Programs Managed by Minneapolis Park and Recreation Board Staff Members

#### Breck Students May 2010 Program Volunteer Work

Seven seniors from Breck School volunteered at the Garden in May to fulfill a school service learning project requirement. The students assisted with a variety of planting, weeding and trail maintenance projects. The students each volunteered 72 hours, resulting in a total of 504 volunteer hours contributed.

#### Legacy Volunteer Program

The 15 volunteers in the Legacy Volunteer Program contributed 133.75 hours toward invasive plant removal in and around the Garden. In 2010, most of the legacy volunteer efforts took place in areas surrounding the Garden. The program nearly doubled in number of participants from 2009 to 2010. Plans are underway to recruit additional legacy volunteers for 2011.

#### Special Group Invasive Plant Removal Events

Four special group invasive species removals were offered throughout 2010. The groups that participated in 2010 included Americorp, Small Planet Foods (a division of General Mills), Optum Health and Breck Service Learning Students. A total of 53 participants volunteered during the season, resulting in 120 hours of volunteer work contributed.

#### Field Work Assistant Volunteers

This season, 90 hours were logged by three volunteers who assisted the Garden curator with such tasks as splitting wood, burning diseased wood, trail work and removing invasive plants from the Garden.

## Book Review

By Bonnie Fisher

*Who Really Killed Cock Robin?*

By Jean Craighead George  
Harper Trophy, 1971, 1991

Inspired by Rachel Carson's 1962 book *Silent Spring*, about the danger of insecticides to all of life, Jean Craighead George wrote *Who Really Killed Cock Robin?*, the first of three "ecological mysteries" for middle

grade and older children. Knowing that story was the most powerful way to engage children in solving the problems of their world, she produced this fast-paced tale.

(Review continues on the bottom of the next page)



Marilyn Garber with her painting of *Prunus americana*



Bob Bergad studying a painting for botanical accuracy

## Florilegium Review

On Feb. 22, 2011, Garden Curator Susan Wilkins, botanist Bob Bergad and Friends board member Judy Remington met with Marilyn Garber, founder of the Minnesota School of Botanical Art (MSBA), to review the first group of paintings submitted by MSBA students for the Florilegium Project. The goal of the project is for students to create a collection of scientifically accurate paintings of plants found in the Eloise Butler Wildflower Garden. The paintings will become the property of the Minneapolis Park and Recreation Board and will be used for display purposes and in educational programs and services to the community.

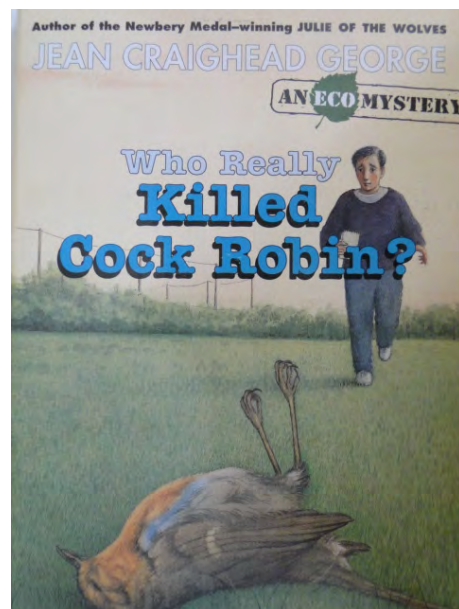
When Cock Robin is found belly-up on Mayor Joe's front lawn, just after the mayor has made the bird emblematic of his efforts to rid their small town of pollution, eighth-grader Tony Isadora, who keeps a journal about bird life, is asked to solve the murder. Sliding down rainspouts, leaping over walls, sinking dangerously into the toxic city dump, Tony searches not only for a cause of the bird's death, but also for a solution to the mystery of the absence of the usual spring frogs' song and the proliferation of ants and bees in the city park. He knows they are all related.

There are plenty of suspects: the fabric mill which now uses aniline dyes instead of those Tony's Italian grandfather used to make from the roots and petals of flowers, ink used to print the local newspaper, fungicides that keep the mayor's lawn picture-book green. It takes a reader who

knows her classics to solve the problem of who really killed Cock Robin, along with Tony's careful notes, a little help from an interesting assortment of friends and a letter from Florida. This is a page-turner even a grandmother won't want to put down. In addition to a good story, it offers a little history from the green movement and concludes with a letter from the author to modern young people in which she says:

*Your problems are complex, seemingly insurmountable, but I am not at all discouraged. Like Tony Isadora and the wonderful kids of the sixties, you intelligent kids will unravel these mysteries and do something about them.*

Other eco-mysteries by George are *The Case of the Missing Cutthroats* and *The Firebug Connection*.



Bonnie Fisher, faculty emerita of St. Catherine University, spent last summer ridding her roses of Japanese beetles without using insecticide, thanks to a little ecological advice from her friend Judy Remington.



# What's in a (Flower's) Name?

By Diana Thottungal

Scientific, that is to say Latin names are vital to understanding the exact identity and relationships among organisms. But common names also have a place. They can provide identification tips and hint at uses and misuses. They can be associated with charming or horrific legends and tales, even ancient trade routes and calendrical markers. Another useful feature of common names is that they don't change the way a surprising number of the Latin names do after DNA studies. Daisies are still daisies, even though they are now *Leucanthemum vulgare* rather than *Chrysanthemum leucanthemum*.

The selection discussed here consists of flowers that can be found at Eloise Butler Wildflower Garden during the spring.



## Jacob's Ladder

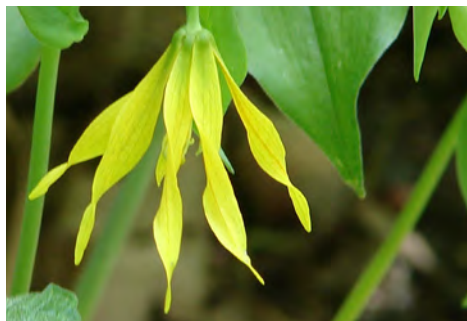
It's the leaves. Because they're compound with small opposite leaflets that evoke a ladder, the plant was first called Ladder Plant. The name seems to have evolved into the more colorful, Biblically-referenced ladder (or staircase) to heaven dreamed of by Jacob while sleeping on a stone pillow; thus, Jacob's Ladder.



## Cleavers

They cleave, that is to say, stick...to each other, you, your clothes, animal fur (pulling loose wool from passing sheep led to another common name in rural England:

Tax Gatherer). Oddly, this plant is distantly related to and supposed to make a fair substitute for coffee. The ability to stick together gave Cleavers a use: creating disposable sieves to strain little bugs and debris from milk.<sup>1</sup>



## Merrybells

Well, okay, Large Flowered Bellwort. Although "Merrybells" is commonly used nowadays in plant catalogs and was used in Edgar T. Wherry's 1948 *Wild Flower Guide*, the name has fallen out of favor in field guides. Maybe it's not dignified enough.



## Hepatica

It's funny. The common name we usually use is just the Latin name. That's probably because it sounds prettier than Liverwort, which is the English version of the Latin. And it's called Liverwort because when the first flowers show up in the early spring, the previous year's leaves are still present, looking very liverish indeed.

According to the Doctrine of Signatures, developed by a gentleman named Paracelsus (1491-1541), God marked plants with a sign or signature hinting at their potential medicinal uses; thus the three-lobed leaves meant that the plant was good for dealing with diseases of the three-lobed liver. It isn't.



## Trillium

Here's another case of a Latin name turned common name, and for probably at least partly the same reason: it sounds prettier than such alternatives as Stinking Willie, Toadshade, Dishcloth(!). In addition, there are too many alternatives. Just for *Trillium erectum* I found 27 variants:

American True-Love	Purple Trillium
Bathflower	purple wake-robin
Bathwort	rattlesnake root
Bethroot	Red Trillium
Bettroot	Red Wake-Robin
Birthroot	Red-Benjamin
Birthwort	Squawflower
Bumblebee Root	Squawroot
Daffy-Downdilly	Stinking Benjamin
Dishcloth	Stinking Willie
Ground lily	Stinking Dishcloth
Ill-scented trillium	Threeleaf Nightshade
Ill-scented Wake-robin	Truelove
Indian balm	Wake-robin
Indian Shamrock	Wood Lily
Nosebleed	

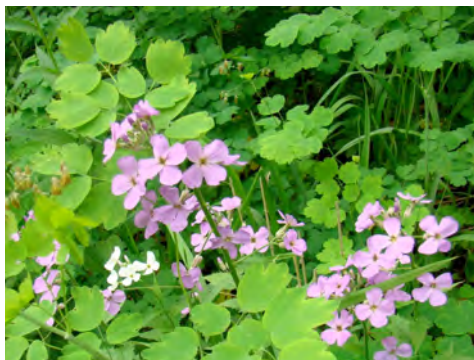
The Beth-, Birth-, Bath- and Squaw- prefixes mean that the plant had found uses either in giving birth or abortion. Wake Robin (season of bloom) and Benjamin are two widespread alternative common names, while the stinking- prefix refers to the fact that this plant does not smell good. Bumblebee root refers to the stinging taste of the root.



## Rues, Anemones and Rue Anemones

If ever there was a group of flower names that creates more confusion than enlightenment, it's this one. The plants are all in the same family (*Ranunculaceae*), but other than that they're quite different, as the pictures show. Nevertheless, they share the names Rue and Anemone in various combinations and with different adjectives, at least one of which is utterly irrelevant.





### Rue

The Rue are not rueful; the name is from the Old French by way of Greek, and there doesn't seem to be a definition. When the word made it to English, naturally it got contaminated by the already existing word. We have at least three Rues in the Garden, and they are all called Meadow Rue (plus adjective), even the one that grows in the woodland.



### Anemone

Anemone recalls *Anemos*, Greek for wind, Anemone being the daughter of the wind. It was an ancient Greek physician who named the flower, referring to the wind-dispersed seeds. And, of course, the flower wasn't any of our Anemones, but a Greek one: Windflower (*Pulsatilla pratensis*).<sup>2</sup>



### Rue Anemone

And there's Rue Anemone, combining both names and called that because the flowers look like Anemones while the leaves look Rue-ish.



### False Rue Anemone

Finally, we have False Rue Anemone. There don't seem to be any explanations for this one, but the leaves do look Rue-ish, and the flowers do look like little Anemones, so there you go.



### Trout Lilies

No one seems to know which of two reasons explain this name. Either it's because the leaves vaguely resemble trout or it's because they pop out of the ground at the beginning of trout season.

Here's a Wikipedia picture of a trout:



and here's a Trout Lily leaf:



### Toothworts

Toothworts have been used by the Cherokee and probably other Native Americans as an analgesic, and some authors say, for toothache when mixed with Hazel Alder (*Alnus rugosa*) bark. Oddly, though, that's not the reason for the name. The Doctrine of Signatures arises again. The root of the plant has little toothlike things sticking out of it, thus it's supposed to be good for toothache.<sup>4</sup>



### Forget-Me-Nots

Why would this pretty little flower be called Forget-Me-Not? The name comes from Europe where it is the same in German, French, Italian and English. But the stories behind the name differ. In Germany, this flower (or a blue flower) led a man to a cave full of gold and jewels, which he proceeded to gather. An apparition warned him not to forget the best, which, of course, he did; leaving behind the flower which had led him to the treasure. So the cave collapsed, killing the heedless treasure hunter.

In a totally different vein is the story of the armored knight walking with his lady fair along the Danube River where she spotted the little blue flower and asked for it. He climbed down to obtain the token and of course he fell into the river and drowned, but not before tossing the flower to his lady, crying out, "Forget me not."

—Diana Thottungal is a naturalist at the Eloise Butler Wildflower Garden.

### Footnotes and References

<sup>1,5</sup> Martin, Laura C., 1974. *Wildflower Folklore*. Fast and McMillan.

<sup>1</sup> Sanders, Jack, 2003. *The Secrets of Wildflowers*. Globe Pequot Press.

<sup>1</sup> <http://botanical.com/botanical/mgmh/c/cliver74.html>

<sup>2</sup> [http://www.bioforceusa.com/pflant-encyclopaedia/pulsatilla\\_pratensis.php](http://www.bioforceusa.com/pflant-encyclopaedia/pulsatilla_pratensis.php)

<sup>3</sup> <http://upload.wikimedia.org/wikipedia/commons/d/db/Trout.jpg>

<sup>4</sup> Moerman, Daniel E., 2009. *Native American medicinal plants: an ethnobotanical dictionary*. Timber Press.

<sup>4</sup> Garrett, J.T., 2003. *The Cherokee herbal: native plant medicine from the four directions*.

Bergen, Fannie. "Popular names of Plants." *Botanical Gazette* 17: (11): 363-380, November, 1892.

### Invasive Plants Action Group

The Friends Invasive Plants Action Group is gearing up for another year of protecting the garden from invasive plants! Group co-chair Ellen Lipschultz and Friends member Liz Anderson are joining me as leaders this year, so we'll have more events and more varied times for you to help.

Our goal this year is to get good coverage of the Garden's east side, outside the fence from front gate to back. Together with the legacy stewards, who are maintaining the west side, we should be able to circle the Garden more thoroughly than ever before. It will be considerable work, but with lots of help, we can do it!

This spring we have six scheduled events for garlic mustard removal:

Sunday April 10, 1:00-3:30 P.M.  
Saturday April 16, 1:00-3:30 P.M.  
Thursday April 28, 6:00-8:00 P.M.  
Saturday May 7, 10:00AM-12:30 P.M.  
Saturday May 14, 1:00-3:30 P.M.  
Sunday May 22, 1:00-3:30 P.M.

You may ask, "Do I really have to pull weeds for more than two hours?" The answer is, "No!" We always take a break for snacks and socializing at the midpoint—a great opportunity to meet others and enjoy a lovely spring day. If you can attend only part of an event, that's just fine!

To find the group, follow the signs at either Garden gate to the pull site. We recommend you park at the Wirth Beach lot and walk in the back way—this lot is free and has much more parking. If weather is questionable, call the shelter at 612.370.4903 during the hour before the event. We supply gloves, or bring your own if you prefer. Wear appropriate footwear and clothes that can get dirty.

Registration isn't necessary, but it helps with our planning if you let us know you're coming. If you have questions or wish to sign up, please email us at [invasives@friendsofthewildflowergarden.org](mailto:invasives@friendsofthewildflowergarden.org).  
— Jim Proctor,  
Invasive Plants Action Group Co-Chair

### Website Notes

A number of members are now renewing their membership via the website. It's easy, and you get a quick acknowledgment.

This spring the home page will resume a weekly rotating "Plant of the Week" feature, along with seasonal photos of the Garden. Recent postings include historical notes from the years 1911, 1936, 1961, 1986 and 2001; a number of new plant information sheets; a section on all the grasses of the Garden; and thumbnail photo sheets of most of the Garden's flowering plants. These can be downloaded and printed. Check the posting list on the home page. Access the site at [www.friendsofthewildflowergarden.org](http://www.friendsofthewildflowergarden.org) or [www.friendsofeloisebutler.org](http://www.friendsofeloisebutler.org).

— Gary Bebeau,  
Website Coordinator



2011 Annual Meeting

All members welcome!

Saturday April 30  
10:00 A.M.-11:30 A.M.

Kenwood Park Center  
Community Room  
2101 West Franklin Avenue  
(behind Kenwood School)  
Minneapolis, MN 55405

## Remember the Garden IN YOUR ESTATE PLAN

Please consider a gift in your estate plan to benefit the Garden. Gifts to the Friends of the Wild Flower Garden are tax-deductible to the full extent allowed by Minnesota and Federal law for gifts to charitable organizations. The Friends of the Wild Flower Garden has been approved by the IRS as a 501(c)(3) charitable organization since 1953.

Estate gifts can be made through your will, revocable living trust, retirement plans or life insurance. You could leave a gift for the Garden by naming the Friends of the Wild Flower Garden as a beneficiary of a portion of your life insurance or retirement account. You could leave a gift for the Garden in your will or revocable living trust by a provision such as this: I give \$\_\_\_\_\_ to the Friends of the Wild Flower Garden, Inc., to benefit the Eloise Butler Wildflower Garden. If you have any questions, please call Steven Pundt at 612.333.1900. Thank you for helping us fulfill our mission to preserve and protect the Garden!



## FRIENDS COMMITTEE REPORTS

### Memorials and Donations to the Friends

#### Memorials Received

For James H. Habermann from

Melissa Hansen

For James Keller from

Melissa Hansen

For Sharon Mallak from

Kenneth Mallak

Lanore Heiserman & Mary Michaud

Corinne Myers

Richard & Lisa Jobin

John & Linda Podstad

Michele Diersen

Heidi Hanes

Judy Remington & Julia Classen

Russell Schroedl

Joan Stenberg

Your memorials and gifts to the Friends are much appreciated and are an important part of keeping the Garden a special place for generations of people to enjoy.

Memorials and gifts are tax-deductible. When sending a memorial, please provide the name and address of the family being honored so we can

acknowledge that a memorial has been received. An acknowledgment will be provided to all donors.

You can donate on our website at [www.friendsofthewildflowergarden.org](http://www.friendsofthewildflowergarden.org) or send memorials and gifts with payment to:

Friends of the Wild Flower Garden  
P.O. Box 3793  
Minneapolis, MN 55403-0793.

– Gary Bebeau, Memorial Chair

#### Gifts Received

In support of our programs from

Toni A. Beitz

OUR WEBSITE: [FRIENDSOFTHEWILDFLOWERGARDEN.ORG](http://FRIENDSOFTHEWILDFLOWERGARDEN.ORG)

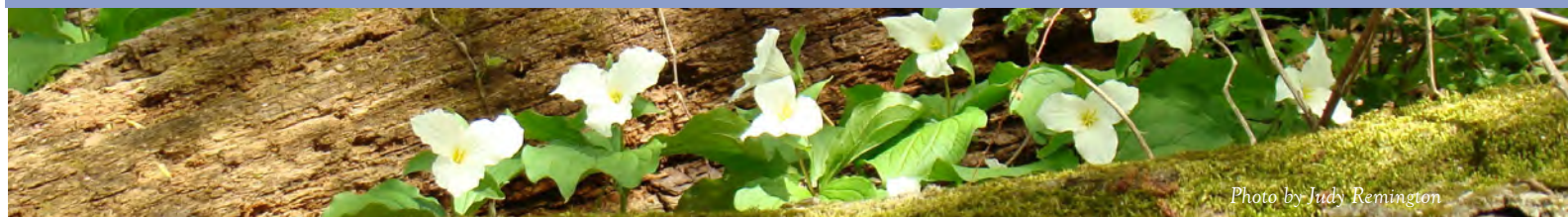


Photo by Judy Remington

### Membership Form

Individual \$15

Family \$25

Sponsor \$100

Life \$500

Other \$ \_\_\_\_\_

Memberships can be ordered online at [www.friendsofthewildflowergarden.org](http://www.friendsofthewildflowergarden.org) or mailed with a check payable to:

Friends of the Wild Flower Garden, Inc.  
c/o Susan Dean  
602 Thomas Avenue South  
Minneapolis, MN 55405

*Please specify if the membership is a gift. Each membership is tax-deductible to the extent allowed by law.*

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

This is a gift membership from: \_\_\_\_\_

*The recipient of your gift will receive a letter of welcome from the Friends of the Wild Flower Garden.*

### Donation Form

Donations of gifts or memorials may be made at [www.friendsofthewildflowergarden.org](http://www.friendsofthewildflowergarden.org) or mailed with a check payable to:

Friends of the Wild Flower Garden, Inc.  
P.O. Box 3793  
Minneapolis, MN 55403-0793

In Honor/Memory of:

\_\_\_\_\_

*All gifts are tax-deductible.*

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Also Acknowledgement to: \_\_\_\_\_

Address: \_\_\_\_\_

*Thank you for helping to sustain the Eloise Butler Wild Flower Garden and Bird Sanctuary.*

## THE FRINGED GENTIAN

Friends of the Wild Flower Garden, Inc.  
P.O. Box 3793  
Minneapolis, MN 55403-0793  
www.friendsofthewildflowergarden.org

*The Eloise Butler Wildflower Garden and Bird Sanctuary is comprised of cultivated but naturalistic woodland, wetland and prairie environments, 2/3 mile of mulch-covered pathways and a rustic shelter where educational programming and materials can be found. It is the oldest public wildflower garden in the United States. The 15-acre site is located within the city of Minneapolis and is owned and operated by the Minneapolis Park and Recreation Board. The Garden is open from April 1 through October 15 from 7:30 A.M. to a half hour before sunset.*

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Photo of Anemone and Fly by Don Beimbom



The Friends of the Wild Flower Garden, Inc. is a 501(c)(3) Minnesota nonprofit corporation, formed in 1952. Its purpose is to educate by enhancing Garden visitors' appreciation and understanding of Minnesota's native plants and natural environments and to offer assistance for the Garden in the form of funding and other support.

*The Fringed Gentian* is published quarterly for members and supporters of the Friends. The editor is Judy Remington, who welcomes your comments and suggestions at [judy@temenosgardens.com](mailto:judy@temenosgardens.com) or 612.377.4491. For changes to your mailing address for *The Fringed Gentian*, please write Membership Co-Chair Susan Dean at [members@friendsofeloisebutler.org](mailto:members@friendsofeloisebutler.org) or 602 Thomas Ave. So., Mpls, MN 55405.

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