

Sarracenia Chapter of the Florida Native Plant Society
The SARRACENIA TRUMPET

FALL 2022



UPCOMING EVENTS

September 17, 2022 – Wildflower Field Trip

The Chapter will conduct and guide a wildflower walk of two hours in the pristine pine woodlands of Ochlockonee River State Park (watch our website).

September 20, 2022 – Chapter Meeting

The Bee Calendar: Marking Seasons by the Flowers that Bloom, and the Bees that Visit Them

Rob Diaz de Villegas

Mr. Diaz de Villegas is a senior producer for WFSU-TV, covering outdoors and ecology. His presentation will focus on the unique relationship between native pollinators and native wildflowers.

October 16, 2022 – Wildflower Field Trip

Watch the website for details.

October 18, 2022 – Chapter Meeting

Native Orchids of the Florida Panhandle

Floyd Griffith

Mr. Griffith is an excellent self-taught amateur photographer with an interest in botany. His presentation will focus on our Florida panhandle native orchids.

October 22, 2022 – Monarch Butterfly Festival

See article on page 2 of this newsletter.

November 12, 2022 – Shells & Tails Festival

See article on page 2 of this newsletter.

November 15, 2022 – Chapter Meeting

[Forestry - need title]

Emily Martin

Emily Martin is a senior forester with the Florida Division of Forestry. Desc. of program here.....

NO PROGRAM IN DECEMBER – Holiday Break



CHAPTER UPDATE

Chapter President David Roddenberry

Sarracenia's fall slate of chapter meetings and field trips is about to get underway once again (Upcoming Events column, this page). My anticipation is high, as we put our minds more on endemics than pandemics. The pandemic hiatus of two years has made our gatherings sweeter for me.

This is also the time of year when Sarracenia's officers commence their one-year terms. Newly elected chapter representative Lynn Artz actually got a jump on the term. The chapter board installed her in the vacant position a few months early, in May (a month after her election).

The FNPS field trip Sarracenia will conduct and guide on Saturday, September 17, will be our first event, coming three days ahead of the September chapter meeting. The pristine pine woodlands of Ochlockonee River State Park will be the venue. You'll notice that's the first of two fall field trips presently on the slate. On the 20th comes the chapter meeting, with young and accomplished television producer Rob Diaz de Villegas as our presenter. Don't miss it.



Note: The Florida Native License Plate Voucher program has been cancelled. FNPS is currently gathering the information that you will need to either get a refund or opt for an alternative specialty plate. You can keep up with the status of refunds/alternatives by visiting this link: <https://www.fnps.org/support/license>.



Maintenance day at Sopchoppy Depot Park: Saturday, September 3 beginning at 9am. We welcome the help. See article on page 5.



HOMEGROWN NATIONAL PARKS

We have been hearing about the concept of Homegrown National Parks for more than a year now and this idea has caught on in many areas. It was first proposed by Doug Tallamy the University of Delaware entomology professor who urges folks to go native and go natural by planting native plants in our home landscapes, thus connecting our yard to neighborhoods and parks and cities and forests and into one collective national park.

Over the past few years we have been told about pollinators being in peril from loss of habitat due to urbanization that diminishes the ecosystems of native plants. If we plant our yards and parks with native plants we provide more pollen and nectar for the survival of our local butterflies, bees, insects and birds. Hybrid plant varieties are typically bred for aesthetics which sometimes sacrifices a plant's production of nectar and pollen and may not be the right type of plant to feed our local bird, butterfly and insect populations.

So, go native and go natural and help the Homegrown National Park project. Native plants can be found at our local native plant nurseries, like Native Nursery in Tallahassee or at our Sarracenia Chapter plant sales. You can also get seeds for native plants at the little seed library at the Sopchoppy Depot Park (coming soon.) Our local Crawfordville Arbor Day tree give-away each January is also a great way to get native trees for your yard. Encourage your neighbors to participate, too, so that you extend the Homegrown National Park concept. You can use the FNPS.org website to help pick plants that are best suited for your yard conditions (<https://www.fnps.org/plants>).

If we plant native plants and encourage others to do the same, we can create a habitat that is extensive enough to bring back some of the biodiversity that has been lost. You can learn more about the Homegrown National Park effort by watching Doug Tallamy's presentation to the Florida Wildflower Foundation:

<https://www.youtube.com/watch?v=KkSdBZI2qoM> and join the Facebook page:

<https://www.facebook.com/HomegrownNationalPark/> or see more information on their website: <https://homegrownnationalpark.org/>. And, in this same concept of encouraging more natural

spaces there is E. O. Wilson's idea of "Half-Earth" where he says, "The Half-Earth proposal offers a solution commensurate with the magnitude of the problem: ...only by setting aside half the planet in reserve, or more, can we save the living part of the environment and achieve the stabilization required for our own survival." See more on this Half-Earth project at: <https://www.half-earthproject.org/>. We CAN be part of the solution and many of us are already helping.



MORE INFORMATION ON UPCOMING EVENTS

After a summer break we are looking forward to holding our meetings and field trips again. Two field trips are planned: September 17 and October 16. See our chapter website for details to be announced soon: <https://sarracenia.fnpschapters.org/> (field trip tab).

Chapter meetings will be very informative with Rob Diaz de Villegas, a senior producer for WFSU-TV, covering outdoors and ecology starting off the season on September 20th. He was instrumental in making the National Science Foundation funded program "In the Grass, On the Reef," which led to his award winning WFSU Ecology Blog. His photographs and knowledge of the relationships between native pollinators and native wildflowers is very unique. October 18th is our 2nd chapter meeting of the season showcasing Floyd Griffith and his presentation on our Florida panhandle native orchids. Mr. Griffith is an excellent photographer whose photos are stunningly detailed and his closeups always magnificent. On November 15 our chapter meeting will feature Emily Martin, a senior forester with the Florida Division of Forestry. She works out of the Crawfordville office and, among other forestry activities, has been busy chasing Southern Pine Beetles in some of our Wakulla County pine stands. *Our meetings will be in-person at the Wakulla County Public Library and will also be on Zoom for those who request the link (if you are not on our email list for chapter notices.)*

Two festival activities are planned for this Fall. October 22nd is the Monarch Butterfly Festival at the St. Marks Wildlife Refuge Visitors Center. Our chapter will have a booth, so plan to come out and see the monarchs and visit our booth. On November 12th, the Sopchoppy Community Market hosts the 2nd annual Shells & Tails Festival. This is the combination oyster and mullet festival. Our chapter will have an informational booth. We would enjoy all volunteers who would help us staff the booth, even if for a short period.

BIDENS ALBA, AN UNAPPRECIATED TREASURE

Sandy Tedder

It is not unusual for people to treat *Bidens alba* with bias. Many people are biased enough to just pull it out or mow it down. This humble and very prolific Florida weed can grow almost anywhere in full sun to partial shade, and with little moisture, although it prefers loose soil with organic matter – like a nice well worked garden or flower bed. Common names for *Bidens alba* are beggarticks or Spanish needles. *Bidens* means two-toothed, describing the two projections found at the top of the seeds. *Alba* refers to the white ray florets. It is considered an annual and is in the Asteraceae family.



Spanish Needles

Bidens alba

Bidens alba leaves are hairy underneath and have toothed edges. The leaves may be lobed, depending on the species. Some have teeth and some do not. Each node produces two leaves along the stem. The flowers are daisy-like due to the larger white petals. The flower is actually the very small yellow tubular florets in the center of the white petals. Each plant can yield 1200 or more seeds. And each seed has barbs that stick to clothing and pet fur making it easily spread from one place to everywhere else. As the FNPS website states, “once you have this plant, you will always have this plant.”

What most people don't know about this plant is that it is sometimes the ONLY flower blooming during the winter months. It can provide blossoms for pollinators that might be out on a cold winter day. I have seen butterflies that have hatched out

during the winter months and the only nectar or pollen they can find are the lingering *Bidens alba* blossoms. These pretty plants attract native bees and butterflies and are the larval host for the Dainty sulphur (*Nathalis iole*) butterfly.



White ray florets and yellow tubular flowers

Some other things that people don't always realize about this most underappreciated of all of Florida's native wildflowers is that it is a common source of nectar for wildflower honey production. Its young leaves and flowers are edible. It is a nutrient rich wild plant with a nutrient profile similar to kale. It is high in fiber and proteins, carotenes, folate, and magnesium. *Bidens alba* can be consumed by boiling the fresh or dried leaves, but older leaves contain saponins and may be unpleasant in taste. The younger leaves can be used in salads and some claim that they have medicinal and antimicrobial uses such as for a poultice that is said to be effective against MRSA and skin infections. Some herbalists use the fresh plant or an alcohol tincture of the fresh plant in treatment of infections.

Bidens alba is important in many ways and even if it is prolific and you don't like the many seeds that stick to everything, you can pull seedlings to control its growth and leave a few plants to bring in the insects and pollinators. They do well at the back of a wildflower garden as they tend to grow 1 to 4 feet tall and can have a spread of several feet. In my opinion there are many things to appreciate about this unassuming wildflower.



HIGHLIGHTS FROM OUR APRIL FIELD TRIP

We have not had an issue of The Trumpet since our last field trip on April 23, 2022. On that date, we gathered at a western Franklin County location in the Apalachicola National Forest and were rewarded with some outstanding wildflowers and pitcher-plants. Do these photos make you want to join us on the next field trip? Mark your calendar for October 16, 2022 and plan to join us. Watch for details in an upcoming email from our chapter and on our website. (Photos by Sandy Tedder)



Coastal Plain Pogonia *Cleistesiopsis oriocamporum*



Yellow Pitcherplant *Sarracenia flava*



Godfrey's butterwort *Pinguicula ionantha*



Tuberous grasspink *Calopogon tuberosus*
with sneezeweed (yellow) and daisy fleabane (white)



We enjoyed having botanist Dr. Jim Folsom along

SOPCHOPPY DEPOT PARK UPDATE

Some of our Sarracenia Chapter members have been active in planning and maintaining the gardens at the Sopchoppy Depot Park since it was begun in 2018. Many of you have seen the “Flower of the Week in Sopchoppy Depot Park” articles that have been a weekly feature in a local newspaper, *The Wakulla Sun*. Volunteers have stepped up and made it all happen over the years.



Purple passionflower *Passiflora incarnata*

Flower of the Week blossom in recent newspaper edition

Photo by Jack Coetzee

The park has turned into a haven of tranquility in downtown Sopchoppy. Sarracenia Chapter board member, Lynn Artz, has sent out a call for volunteers to help at the park and **the 1st Saturday of the month at 9am is to be a regularly scheduled maintenance day**. This is an easy date to remember, so if anyone would like to help out, here is your chance to volunteer for a very worthwhile project. You don't need any experience, but you'll learn a LOT about our north Florida native plants. The trees and wildflowers are labeled with signs and have QR codes that provide additional information. It is hard to beat a learning experience like this. Tell your friends!

The City of Sopchoppy maintains a website with a section for the park. You can link to it at:

<https://www.sopchoppy.org/sopchoppy-depot-park.html>.

Links at the bottom of that webpage show the history, development and current status of the park.

Our Sarracenia Chapter also has a section of our website devoted to the park:

<https://sarracenia.fnpschapters.org/resources> (scroll down to #3 on that page.)



DID YOU KNOW

Did you know that you can review past YouTube videos of valuable information on native plants from FNPS's Lunch and Learns series? You can get valuable information from speakers and native plant experts -- from eating wild edible plants to creating a native pollinator garden and everything in between. Here is the link to the Lunch and Learn sessions:

<https://www.youtube.com/playlist?list=PLT16Qn-flr4O7nxo1cDZil-bO0X9Oy126>.

Did you know that our Sarracenia chapter has a YouTube Channel? Here is the link:

https://www.youtube.com/channel/UC_xtH-t3PBaGshb6KrTI4PA. We have several field trips that were filmed and a chapter informational video that showcases our chapter and our activities.



The Sarracenia Chapter meets on the 3rd Tuesday of each month September – November and January – May. Meetings are held at 6:30 PM. Free and open to the public. FNPS promotes the preservation, restoration, and conservation of the native plants and native plant communities of Florida.

Sarracenia Board and Regular Volunteers

David Roddenberry
Jeannie Brodhead
George Weaver
Sandy Tedder
Lynn Artz

Please Join Us at Any Board Meeting

Email us for dates and location
Sarracenia.nps@gmail.com

Other Volunteer Help

Ask how you can help with Chapter meetings, or help us at the Sopchoppy Depot Park.

Membership information is available at all in-person Chapter meetings, or contact us at Sarracenia.nps@gmail.com, or online at FNPS.org on the Join/Support tab.

Find us on Facebook at Sarracenia Chapter of the Florida Native Plant Society

Visit our webpage: Sarracenia.fnpschapters.org