



# Kinnikinnick Journal

Volume XII Number 4

Nov / Dec 2009

Kinnikinnick Chapter of the Idaho Native Plant Society / Sandpoint, Idaho

## Program Schedule

Presentations sponsored by  
**Native Plant Society and Sandpoint Parks and Recreation  
Community Hall, First Ave, Sandpoint (across from County  
Courthouse)**

### November Program & Annual Meeting!

Saturday, November 28 9:45 a.m.

### Vegetation Monitoring

**Derek Antonelli** of the Idaho Fish and Game will speak on vegetation monitoring of mitigation properties on the Idaho Fish and Game's Pend Oreille Wildlife Management Area. The talk will include a brief description of the mitigation properties, the methods used to monitor the vegetation, and the results from 2004-2008. The results will include the number of species observed on each property, the noxious weeds seen, the rare plants observed, and the top ten species encountered on each habitat type.

The 2009 Annual Meeting will also be held on Saturday, November 28, following the program. Members will vote to elect four nominees to our Board of Directors. The slate of candidates announced by the nominating committee at our September membership

meeting is: Don Childress, Marilyn McIntyre, Dennis Rieger (incumbent) and Jim Stern (incumbent). Additionally, the society will have a special vote to adopt new by-laws. At the May meeting, the membership voted to become independent of the Idaho Native Plant Society and change our name to Kinnikinnick Native Plant Society. To complete the separation process, we need to adopt revised by-laws. The proposed by-laws were included with the Sept/Oct Kinnikinnick Journal and are available on line at [www.nativeplantsociety.org](http://www.nativeplantsociety.org). **Please plan to attend the meeting!** The quorum and approval margin requirements for by-laws changes are greater than for normal business transactions and your vote is important to complete the process in establishing Kinnikinnick as an independent organization.

### December Potluck

Saturday, December 12 11 a.m. to 2 p.m.

Please join your native plant friends for another KNPS finger-food potluck to celebrate the holidays by gathering at Gretchen Hellar's home, 401 St. Clair, at the corner of Michigan, in Sandpoint. No need to RSVP, but if you have questions, please call Carol at 265-9204 or Gretchen at 263-6893.

## Calendar Time !

One of the best things about year end is the arrival of our calendars, and this year we have again a small magnetic calendar for your frig, file cabinet, etc. The standard 8.5 by 11-inch calendar sells for \$8 for the first, and \$7 for each additional calendar. The small, 4.25 by 5.5 inch magnetic calendar is only \$5. You can order ahead by calling Marilyn George at 263-9470 or mail an order to the chapter address at P.O. Box 1092, Sandpoint, ID 83864. Be sure to add \$2 for S&H for the first calendar and \$1 for each additional. If you place your order before the November meeting, you can pick up your calendars at the November meeting or at the December holiday gathering and not have to pay postage.



JAN Lodgepole Pine



FEB Snow Mushroom



MAR Serviceberry



APRIL Pioneer Violet



MAY Clustered Ladyslipper



JUNE Rocky Mt Primrose



JULY Mule's Ears



AUG Pearhip Rose



SEPT Spreading Dogbane



OCT Huckleberry



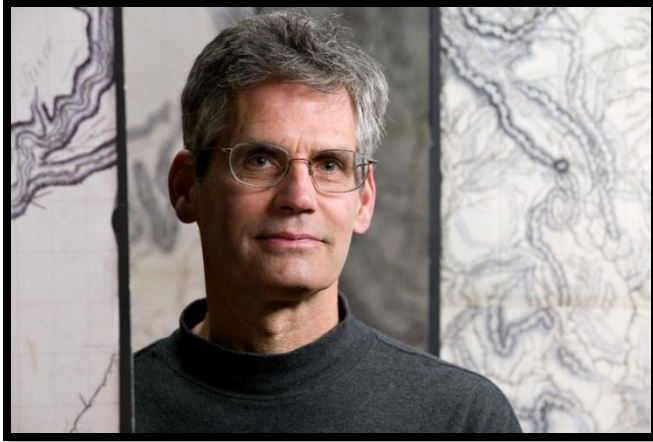
NOV Elderberry



DEC Buffaloberry



## Scotchman Peaks Plant Find Generates Excitement!



On a late June huckleberry hunt on Scotchman Peak, Spokane resident and naturalist writer **Jack Nisbet** stumbled on a plant not commonly found in North Idaho, *Lomatium sandbergii*, in fragrant flower near the timberline.

Jack has long been interested in lomatiums, because the leaves, berries, seeds, and especially the roots of this genus are important to northwest Native American tribes (including Kootenai, Kalispell, Flathead, Coeur d' Alene, Nez Perce, Shoshone, Palouse) as food, and for medicinal

uses. "For over ten thousand years, the aboriginal tribes in the inland northwest plateau have had a dynamic relationship with the genus lomatium," he says.

There are several dozen difficult-to-identify species of lomatium, and different tribes prefer to eat the roots of different species. In fact, different species may grow in the same area, and different tribes will come to that same area to get their favored species. Nez Perce tribes kept Lewis and Clark alive with the species *Lomatium cous*, also called "biscuitroot."



One species of lomatium is called "Indian carrot," and four species are referred to as "Indian celery." Another species, less frequently used for food, is rubbed on cattle to kill lice or stun fish. The seeds of some species (one called "desert parsley") are chewed for their pleasant anise-like flavor and are also used as a moth repellent.

Historically, tribes would go in early spring to gather a year's supply of Lomatium roots, which provide the majority of the carbohydrates in their diets. Even today, the Sanpoil, Nespelem, Colvile and Spokane groups go each April to dig the roots of the canbyi species of lomatium for food. The seed-bearing top of each plant is broken off and put into the hole dug for the root, to make sure these perennials will appear each year.

Some lomatium roots are as large as ping pong balls, while others are the size of a thumb joint. Back at the reservations, roots are strung on Indian hemp to be eaten during winter. The drier they get, the better they taste, with a texture somewhat like popcorn.



## Message from the President

Carol Jenkins

In this season of giving thanks, my heart is filled with gratitude for the Kinnikinnick members who get their hands dirty working at the Arboretum or on our landscaping projects, the members who attend our programs and invite guests as often as they can, the members who accept positions on our board and as officers and committee chairs, the members you know you can count on when called to help. At our November Annual Meeting, we will honor two of you, Phil and Michael Franklin, not only for their contributions as part of the group of founding members of KCINPS, but to symbolize the past contributions of us all. We shall continue with new energy and enthusiasm as we begin 2010 with a new name and new bylaws. Please attend this last "KCINPS" meeting to join us in giving thanks and to vote on the bylaws and board member election.

**Special Note:** This winter we will add photos to our list of native plants for landscaping. The list is on our website. If you have photos of any of these plants, we would like to see them for possible inclusion in the final illustrated booklet. Please notify Marilyn George or Carol Jenkins and let us know what plants you have photos of. Photo credits will be given to all photos used. The booklet will be used to further our community outreach on using native plants in landscaping. Thank you!

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## Notes from the September and October Programs

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The **October** program was a presentation by Mr. Mark Weadick of the "Friends of Spokane House," who, in the first person, played David Thompson at age 71 looking back 29 years to 1807-1812. "Thompson" shared his travels while mapping the Columbia River and establishing trading houses for North West Co.

Searching for the source of the Columbia River he found the McGillivarys River, later named the Kootenai, which led him to the shores of Pend Oreille lake, where he founded Kullyspell House, our region's first white "settlement," in 1809. He then went on to found Saleesh House at Thompson Falls and Spokane House on the Spokane River. In 1811 he was given charge to meet John Jacob Astor at the mouth of the Columbia River. When he arrived, Astor had already established a trading Post at Fort Astoria. At that point, David Thompson had mapped the whole of the Columbia River.



At the **September** meeting, Kathy Hutton, manager of Plants of the Wild in Tekoa, Washington, gave a presentation entitled "Native Plants for the North Idaho Landscape." Kathy explained the business of Plants of the Wild and its market and then spoke of their propagation program from seeds and how each plant has its own special germination needs. Nativeplants.org has good basic information on native plant propagation. Kathy described native landscaping vs. naturalized landscaping—one that mimics nature and has sustainability. The wrong plant in the wrong place is neither low maintenance nor sustainable. She explained which plants work best in which location. She covered ground covers, shrubs, trees, and grasses and forbs.

Photo by Wendy Aeschliman

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## Committee Reports

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### Arboretum Committee

The arboretum was officially put to bed on October 11 under the direction of Mary Jo Haag. Sixteen people turned out on that very cold, windy Sunday morning to spend a couple of hours pruning, raking, hauling out debris and enjoying a potluck lunch. Special thanks go to Dennis Rieger for draining the hoses by laying the frozen hoses in the sun. By noon they were ready to go in the cabin. Cheryl Stern acted as hostess in the cabin, where everyone went to warm up periodically. Carol Jenkins and Natalie Larson, our scholarship recipient, trimmed back the arbor and cleared out the dead roses, a really thorny job. Everything was done that needed to be done, including Jim Stern putting the alder benches in the cabin. As a final step, the water line in the wall has been blown out.



Due to our upcoming separation from the state organization, we had to replace the bottom half of our entrance signs. A big thanks goes to Jim Stern and Ken Haag

for designing, routing, finishing and installing the new signs. We would also like to thank Liz and Harold Stephenson, owners of the Paint Bucket, for their continued support of the Arboretum. The Stephensons donated the paint, stain, and brushes used to complete these signs. Thank you to the following gardeners for their time and hard work all summer: Rae Charlton, Konrad Dahlstrom, Jackie Earle, Margie Gibson, Nancy Guttry, Mary Jo and Ken Haag, Arlis Harvey, Linda Kirchmann, Bill Lamson, Sherry Metz, Dorothy Modafferi, Joyce Pence, and Bruce Voglesinger. Thank you to those people who came out for an hour or two to give us a hand wherever needed. It was nice to have Rochelle Chatburn and Chris MacIntosh with us again as coordinators. Sylvia Chatburn, Chair. 263-2175.

**NOTE:** Since we spent six months working in the arboretum, the Arboretum Committee will not meet again until after the holidays. We will be planning a new area to plant this next year, so if anyone would like to get involved in this rewarding project, plan to join us in January.

### Conservation Committee

Meetings: All Kinnikinnick Native Plant Society members are welcome.

- November 17, 6:30 p.m. 401 Euclid Ave.
- December 8, 6:30 p.m. 401 Euclid Ave.
- January 12, 6:30 p.m. 401 Euclid Ave.

Our Committee is the voice for native plant conservation in the Idaho Panhandle. We are involved in, and often comment on, issues that impact native plants and their habitats in our region. We work cooperatively with agencies and individuals to protect native plants. Ongoing interest areas include Forest Service projects and planning, Idaho State Land timber sales and management, lakeshore vegetation, invasive species on land and in water, and field trips to review and monitor unique habitats or potentially rare (or special) populations of native plants.

Emerging areas of interest include new regional collaborations and planning efforts, cohesive fire and timber management policies, evaluating proposed biomass projects, and any item of concern that a member of our committee has a passion to follow! Interested? Come to a meeting. We are particularly excited about exploring and evaluating the discovery of a population of *Lomatium sandbergii*. (reported elsewhere in this newsletter) Meetings are informal, lively and fun. Molly O'Reilly, Chair, 255-7336.

### Landscape Committee

Core members of the Landscape Committee put down cedar mulch at Mickinnick on October 7, just before the cold spell. The trailhead looked beautiful when we began, thanks to all of the workers from May through September. When finished, we had a winterized and truly aesthetic landscape.

Our last landscape consultation was at the Laird and Shawna Perry property. This series of monthly consultations was educational and pleasurable for all involved. We trust that our member-clients will report on progress in the next season. Eileen Atkisson, Chair, [eatkiss1@verizon.net](mailto:eatkiss1@verizon.net)

*Lomatium sandbergii* Continued from Pg 2

NPS president Carol Jenkins took our lomatium sample to the annual meeting of the Idaho NPS. No one had seen it before, but they thought it was a lomatium. The plant, with flowers about the size of the head of a pin, and tiny leaves, was shown to local botanist Marian Fuller who said she needed the fruiting body for positive identification, so Jack and his daughter, Emily, went on a second hike in late July to get the needed sample.

Teacher and naturalist Jack Nisbet is the author of *Purple Flat Top*; *Singing Grass*; *Burning Sage*; *Visible Bones*; and two books about fur trader David Thompson: *Sources of the River* and *The Mapmaker's Eye*. Nisbet's current project, *The Collector: David Douglas and the Natural History of the Northwest*, explores the interactions of Scottish naturalist David Douglas with the landscape and culture of our region. It will appear from Sasquatch Books in fall 2009. For more information, visit [jacknisbet.com](http://jacknisbet.com).

Photo by Joanna Fuchs



When **Marian Fuller** (photo at left) got the flowering plant from Carol Jenkins, she immediately thought it was a lomatium, and she used a series of “keys” in the 5-volume reference, *“Vascular Plants of the Pacific Northwest”* to attempt to confirm that. Each key asks if the plant has this characteristic or that one, and when that is determined, the next key is consulted, narrowing the possibilities. Marian narrowed it to two possible plants, and then she needed the seeds.

Although the plant is about 12 inches tall, the seeds are tiny, so Marian used her 15X dissecting microscope to check for wrinkles and hairs that distinguish a *Lomatium sandbergii*.

She found them. Then she took it to Jennifer Costich-Thompson, the botanist for our Forest Service Sandpoint ranger district, and Richard Merkel, a seasonal botanist for the Forest Service, for verification. All three are pretty sure it is a *Lomatium sandbergii*.

(Molly O'Reilly also talked to Thompson and Merkel, who said that although it has been collected in several North Idaho counties, they do not have the money to study or track it. It will be taken to the rare plant conference.)

Marian, who has a PhD in botany from the U. of Nebraska at Lincoln, confesses she has a “brown thumb.” “I can't grow things, but I can find them,” she says. “My best finds are when I'm lost or when I trip,” she says, asserting that you have to “get down to ground level” sometimes to find the good stuff.

The site at <http://plants.usda.gov> shows *Lomatium sandbergii* in Bonner, Boundary, Shoshone and Benewah counties. Marian and Jennifer Costich-Thompson both said that although the plant is not rated as rare, or even uncommon, it is not commonly found in North Idaho, because it flourishes only in cold, dry sub-alpine meadows, which are scarce here.

Before moving to North Idaho in 2000, Marian worked for 33 years on the flora of the Jackson Purchase area of Kentucky. She now studies the flora of Bonner and Boundary counties, and has more than 6000 plant sheets from this area. The sheets are dried plants glued to paper, with the

*Continued on Pg 6*

## \* Membership Dues for 2010\*

As an independent organization (no longer affiliated with the Idaho Native Plant Society) we are able to retain 100% of membership dues. We can offer lower dues and increase our effectiveness at the same time!

Membership dues for the Kinnikinnick Native Plant Society for 2010 are:

- Patron \$100
- Sustaining \$45
- Household \$25
- Individual \$20
- Senior/Student \$15

As always, we welcome extra donations to support the Arboretum and our educational and outreach projects. Please make your checks payable to **KNPS** and drop them off at the November meeting or mail them to **KNPS, P.O. Box 1092, Sandpoint, ID 83864**. Because our former local chapter of INPS is now an independent organization, if you wish to remain a member of INPS, you will need to pay membership dues directly to INPS. See your fall "Sage Notes" for details. Thank you for all your support in so many ways....

Carol Jenkins, President

## 2010 Plant Sale

The plants should be in the PSNI greenhouse the week of November 8, after the greenhouse is recovered with new plastic. Diane will have her staff place the plants on the floor under the tables and possibly cover the tables to help with insulating the plants from temperature swings in the greenhouse.

Carol Jenkins expresses appreciation to Tri-State Water Quality Council for naming her a "Watershed Warrior." This honor reflects the work our Native Plant Society has accomplished in the revision of the Bonner County zoning codes, the list of native plants recommended for landscaping, and our native plant sale. As a group of dedicated volunteers working the mission of our society, we do make a difference.

## SCHOLARSHIP

A reminder to those of you interested in becoming a Master Gardener: The Kinnikinnick Native Plant Society offers the Lois Wythe Native Plant Scholarship to fund the tuition for one person to take the Master Gardener class. Applications are included with the information pack the Master Gardeners provide to those inquiring about the class. Deadline for scholarship applications is December 31. The scholarship is based on interest in native plants with no financial requirements. For questions call Janice DeBaun, 263-8970.



*Lomatium sandbergii* Continued from Pg 5

scientific name, date of collection and other relevant information. These sheets will end up in the University of Idaho herbarium.

"One of the best things that's happened to me up here is the Plant Society," she says. Molly O'Reilly (who plied her with scones, one of Marian's favorite treats) encouraged her to go. Marian says the society has lots of different kinds of people, all active, pleasant and friendly. "They just click," she says, "and the bond is plants." A self-described friendly hermit, Marian says NPS is "really good for me. I'm not as spooky as I used to be. It's a wonderful group."

- Joanna Fuchs

\*\* November's *Plant of the Month* will be.....*Lomatium sandbergii*!! \*\*

(Plants of the Month are now on the Website! Recent additions include Pearly Everlasting, Trumpet Honeysuckle, Douglas Spirea...)