



NATIVE PLANT SOCIETY OF NEW MEXICO NEWSLETTER

January/February 1997

Volume XXII Number 1

Creating Your Own Wildlife Habitat

by Diana Foss

reprinted from the *Native Plant Society of Texas News* 14(6):4

Creating a wildscape can be challenging and exhilarating. All it takes is a little planning and careful plant selection. A wildscape uses native plants to create small habitats (food, water, shelter) which benefit wildlife. To be a successful wildscaper, you must anticipate the needs of the wildlife you are trying to attract. For example, butterflies like sheltered, nectar-filled gardens in full sun, while hummingbirds prefer sunny or shady areas with plenty of flight room. Frogs and toads appreciate moist hiding spots beneath slanted rocks. Songbirds use shallow water sources with no tall vegetation nearby. When creating your wildscape, here are a few things to consider.

Plant selection is important. When choosing the plant species to create your wildscape, select a variety of plants to encourage greater wildlife diversity. Choose plants to replicate the vegetative layering of natural habitats, so that you have a canopy, understory, and groundcover. Different types of wildlife use the various layers. Select plants for the wildlife function they will serve. For example, native grasses add wonderful texture to a garden, but also provide seed sources, nesting material, and shelter. Yaupon functions as a source of winter shelter and food. A Maximilian sunflower would serve first as a nectar source and later as a seed source.

After you select the plants, plant them in the correct location. Pay attention to the sun/shade patterns in your yard. Be aware of power and other utility line locations. Have you ever noticed a beautiful tree sliced oddly across the canopy because it grew close to a power line?

Anticipate what the plants will look like in the future and use the mature height and spread to choose an appropriate location. By planning ahead with your plant material, you can create safe travel corridors for wildlife moving on and off your property.

Water is a crucial but often overlooked habitat component. The majority of wildlife species prefer shallow water, usually just two to three inches in depth. When providing water, it is important to make the water source accessible to the wildlife you attract. Steep, slick sides can create a water hazard to smaller wildlife species. Planting dense or tall vegetation closely around the water source can deter



wildlife use because the vegetation functions as protective cover for predators, such as the neighbor's cat. If planning a small pond, construct shallow shelf areas or "beach" areas to hold water. A few strategically placed rocks can puddle water and allow wildlife to climb out of deeper areas. Remember to add Gambusia (mosquito fish) to your pond to eat mosquito larvae. Water can be provided in simple ways too. A bird bath or hanging saucer works well for birds, but does nothing to help frogs and toads. An additional saucer at ground level supplies water for smaller wildlife. Consider placing gravel or a few small rocks in the saucer to improve accessibility.

Providing shelter is usually a simple matter. The plants you select often provide all the shelter that is required. Remember to include evergreen shrubs as winter shelter. Small brush or rock piles often give smaller creatures safe hiding spots. These same small animals function as your yard's pest control company. Artificial nest boxes are often unnecessary, but may be useful in an area where certain types of nesting cover are missing.

A successful wildscape can bring you hours of enjoyable wildlife viewing opportunities. Plant selection and planning are the keys for success. For more information about wildscaping workshops, contact the nearest Texas Parks and Wildlife Department Nongame and Urban Program Office, or call (800) 792-1112.

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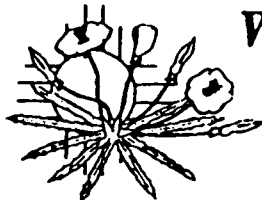
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NEW MEXICO MUSEUM OF NATURAL HISTORY NATIVE PLANT PROJECT

For the past three years the Native Plant Society of New Mexico has supported a project of acquiring native plants for the Museum in Albuquerque, budgeting \$200 a year towards their purchase. The last purchase was made this fall. A number of volunteers from the Albuquerque chapter aided in establishing native plants in a large sculpture bed at the Museum, including Judy Dain, Lerieanne Treat, Doreen Jones, Doris Tendall and Jean Heflin. Gary Runyan, on staff at the Museum, is also a NPS member and is maintaining the plantings with care and thoughtfulness. As usual, the most difficult job was to convince people that it takes time to establish these plants but now the first year's plantings are making a flowery show and reproducing happily.

Not only did the project show the possibilities of native plantings but it spurred the Museum to adopt a policy of adding only native New Mexico plants to its landscaping in the future. The original landscape design for the landscaping in front of the Museum had been

planned to demonstrate the plant zones from southern new Mexico's Chihuahuan desert through desert grasslands, pinon juniper and to higher mountain. This landscape has been returned to an aspect closer to its original design. The interest shown in the project by the public and staff hopefully will prove a spur to other New Mexico state institutions to adopt a similar policy.



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**Liz Robinson-Ellis
Albuquerque, NM
(505) 873-2565**

The *Newsletter* is published six times per year by the Native Plant Society of New Mexico. The Society is composed of professional and amateur botanists and others with an interest in the flora of New Mexico. Original articles from the *Newsletter* may be reprinted if fully cited to author and attributed to the *Newsletter*.

Membership in the Native Plant Society of New Mexico is open to anyone supporting our goals. We are dedicated to promoting a greater appreciation of native plants and their environment, and to the preservation of endangered species. We encourage the use of suitable native plants in landscaping to preserve the state's unique character and as a water conservation measure. Members benefit from chapter meetings, field trips, publications, plant and seed exchanges, and educational forums. A wide selection of books is available at discount. The society has also produced two New Mexico wildflower posters by artist Niki Threlkeld. Contact our Poster Chair or Book Sales representative for more information. Call chapter contacts for local information.

Advertising Schedule
Approved advertisements will cost \$40 per year.

Membership Fees
Dues are \$12.00 annually for individuals or families. "Friends of the Society" include organizations, businesses, and individuals, whose dues of \$25.00 or more provide support for long range goals. To join us, send your dues to Membership Secretary, NPSNM, POB 5917, Santa Fe, NM 87502-5917

Newsletter Contributions
Please direct all contributions for the newsletter to Tim McKimmie, editor. See address below or email to tmckimmi@lib.nmsu.edu
Deadline for the next newsletter is February 1.

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Preserving a Cienega

by Ellen Wilde

"Cienega" is a Spanish word meaning bog, marsh or swamp. On the New Mexico map, south of Santa Fe there is an area called La Cienega, and within it a 35 acre property with a low, marshy center and a small pond at its western edge. The property adjoins and belongs to El Rancho de las Golondrinas and had been known to Bill Isaacs, botanist, naturalist, teacher and a founder of the Native Plant Society, and used by him as a resource for his classes in birding and botany for many years.

When he became associated with the Santa Fe Botanical Garden, Bill urged the Board of Directors to approach the family and directors of El Rancho de las Golondrinas with a proposal for the Botanical Garden to lease the property, protect it, restore areas where erosion and animal grazing have damaged it and use it for educational purposes. A lease for 99 years was signed by both parties in 1993.

The site has been named the Leonora Curtin Natural History Area to honor the mother of Leonora Curtin Paloheimo, founder of El Rancho de las Golondrinas. Leonora Curtin did much to promote Hispanic arts and culture and gathered information from the elders of the villages to put together and publish one of the very first books on medicinal uses of native plants, "Healing Herbs of the Upper Rio Grande", in 1974.

The first requirement for improvement of the site was fencing with a strong fence that would keep out the donkeys and horses belonging to El Rancho that had enjoyed grazing the lush growth along the moist area. Enclosing 35 acres requires quite a lot of fence, but with the help of the Santa Fe Chapter of the Native Plant Society and others, this was accomplished more than a year ago and all those associated with the Botanical Garden rejoice to see the increase in plant cover.

This cienega is a haven for wildlife and a beautiful area for learning and teaching about natural history. It is one of the last remaining in northern New Mexico because others have been destroyed by development, water pumping and irrigation diversion. The outer areas of the site are slightly higher and much drier than the interior part and so provide another ecosystem with very different plants, and also a shield from the growth that is taking place around the area. Five large Rio Grande Valley cottonwoods, *Populus fremontii* var. *wislizenii*, dominate and shade parts of the moist area. This year 20 cottonwood poles supplied by Los Lunas Plant Materials Center were planted in holes augured a few feet into the ground until water was reached and every one of them rooted and leafed out this summer. They will provide additional shade, protection from evaporation and bird habitat in a few years. Other trees in the wet areas are many large and small Russian Olives and a few Tamarisks

which will be controlled; New Mexico Privet, *Forestiera neomexicana*, and Peachleaf Willow, *Salix amygdaloides*. On the drier upland areas, One-seed juniper, *Juniperus monosperma*, Pinyon, *Pinus edulis*, Three-leaf Sumac, *Rhus trilobata*, Wolfberry, *Lycium pallidum*, *Ephedra torreyana*, *Opuntia imbricata* and *Yucca glauca* are found.

Wildflowers begin blooming in late March with Loco-weeds, Paintbrush and Drabas and reach a crescendo of bloom in July that lasts into October. We see a great increase in the numbers of Blue Flax and Locoweed already. In late Spring, huge patches of white-flowered Yerba Mansa, *Anemopsis californica*, come into bloom. Verbenas, Evening Primroses, Annual Sunflowers, Beeweed, *Cleome serrulata*, and three Mallows, *Sidalcea neo-mexicana*, *Sphaeralcea coccinea* and *S. grossulariaefolia* color the site in midsummer. During August the few Cardinal Flowers, *Lobelia cardinalis*, bloom and the first of seven species of Aster start opening. Many shades of yellow are provided by Heleniums, Happlopappus, Hymenoxys, Senecios, Solidago, Grindelia, Gutierrezia and Crysothamnus throughout the late Summer and Fall.

Looking down by your feet, you may find tiny Desert Innocence, *Hedyotis rubra*, Germander, *Teucrium laciniata*, little ball Cactus, *Escobaria vivipara*, Violets and Buttercups in different parts of the preserve and at different times of the year. Trail building will preserve these small treasures from an inadvertent mis-step. There are at least 20 species of grasses and five species of cacti, also many plants used medicinally and as dyes, tea, food and in basket-making.

Over one hundred species of birds visit the area and many breed there. Most exciting and visible are Red-tailed hawks, Great blue heron, Woodpeckers, Great-horned owls, swallows and Red-winged blackbirds, Western Meadowlarks, hummingbirds and many species of ducks. We hope one year soon to build viewing blinds so that the birds will not be disrupted by people approaching the pond.

Twenty-six species of butterflies have been recognized and Damselflies, Dragonflies, six species of ants, cicadas, Praying Mantis, Leopard and Bull Frogs, Painted Turtle, Prairie Rattlesnake and Wandering Garter Snakes have been seen. Coyotes, Raccoons, Muskrats, Jackrabbits, Cottontails, Rock Squirrels, Chipmunks, Bats, and Grey Foxes also visit.

Activities now going on include: land restoration; additions to the plant, bird and butterfly lists, with dates of bloom or visitation and other valuable information recorded; building and installing nest boxes; growing additional plants of *Lobelia cardinalis* from seed of the plants there and tours for school children and adults by trained docents.

The need now is for a parking area and surfaced trails. The parking area planned will handle 20 cars and provide easy access to the land, which at present is through a barbed wire fence that protects the utility easement between the road and the Leonora Curtin Natural History Area. We have the necessary permits for the parking lot and \$10,000 toward the estimated costs of approximately \$30,000 for the parking lot and trails. We would appreciate any contributions toward what we are calling "The Bill Isaacs Fund" to help us complete this first phase of the development of the area. Checks may be sent in care of SFBG PO Box 23343, Santa Fe NM 87502-3343.

If you would like to visit the site this summer or fall, please call 505-438-1684, to find out when regularly scheduled tours will take place or a small group tour with a docent can be scheduled.

BERNARDO BEACH NATIVE PLANT FARM

DESIGN & CONSULTATION

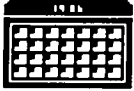
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CALENDAR

LAS CRUCES

- Jan. 11 Potluck, Southwest Environmental Center, 1494 S. Solano, 6 pm.
- Feb. 15 Trash pickup, meet at the site on Main St. or St. James Church at 10 am.

GILA


17 January - Dr. Kelly Allred, NMSU "Grasses of New Mexico"
7:00 PM Harlan Hall, WNMU

OTERO

- January 1996. Clean our site at Desert Foothills Park.
- Feb. 15 Slides and reminiscence of trip to Durango Mexico. Pat and Len Hendzel's, 5:30 pm.
- March 8. Hike with John Stockert. 585-2546.

Ivey Awarded Honorary Life Membership

The Albuquerque Chapter of the NPSNM has presented Robert DeWitt Ivey with a lifetime membership in recognition of his contributions to the Native Plant Society of New Mexico and the flora of New Mexico. His work as a scientist, artist, and advocate of the conservation of our native flora is most admired. His book, *Flowering Plants of New Mexico*, is an essential part of the outdoor experience for many New Mexicans. We appreciate his generosity in allowing his drawings to be used in our *Newsletter*.



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CHAPTER REPORTS

Gila Martha Carter

At the 18 October program meeting of the Gila Native Plant Society, Dr. Richard D. Lee, Extension Weed Scientist, New Mexico University Cooperative Extension Service, spoke on "New Mexico's Noxious Weed Management Program". Selected, non-native, aggressive plant species have been reported or documented as having been introduced into the western United States since 1923 when spotted knapweed (*Centaurea maculosa* Lam.) was collected on San Juan Island, Washington. Around 1898 Russian knapweed (*Acroptilon repens* L.) was reported to have entered the United States and in 1928 near Deming, African rue (*Peganum harmala* L.) first staked its claim in this country. As these plants entered the country they did so without their natural checks and balances and so they appeared to spread without hesitation. As these plants gain a foothold, it is understood that there are several areas of impact on the way we do business. They increase operating costs due to the additional costs of control, they reduce property value, especially if they are present on rangeland, and they alter recreational activities. The creation of mono-species populations of these invasive plants will eliminate the biodiversity of the natural landscape. What do we do about it? It is fairly well established that these infestations don't go away voluntarily and that a small infestation is more economical to manage than a larger one. Also, Federal law mandates that Federal agencies get involved with the management of these "undesirable" plants. New Mexico does not have the multimillion dollar economic loss numbers associated with these weeds that states like Montana, Wyoming, Idaho and California report. But the potential for major problems is there as reports of infestations of noxious plants in New Mexico increase each year. When dealing with the management of invasive plants, there are several groups of management options, including, mechanical, biological, cultural and chemical. Two other options are education and preventive weed management. Preventive weed management requires an aggressive survey, detection and documentation program to identify the total extent of the program within New Mexico. At this point, a solution can be drafted. The major thrust has been that of education and awareness of the problem.

The 13 October field trip to Bearwallow Mountain in the Mogollons to view the aspens and other fall foliage was rewarded with a glorious display of autumn colors. We climbed up a Forest Service lookout tower at 10,000' for an even better view.

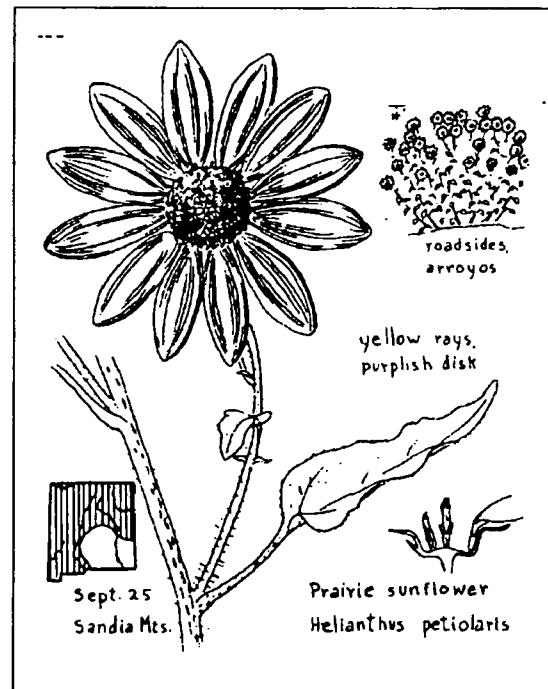
15 November - Twenty-three members and four guests gathered for the election of officers of the Gila Native Plant Society. The report of the Nominating Committee was accepted unanimously. Officers for 1997-98 will be: Neil and Pat Millage - Co-Chairpersons; Julie Fitzgerald - Vice-Chair; Jennifer Vincent - Treasurer; Joann Hoagland - Secretary; Bill Armstrong - Publicity; Jim Swetnam - Field Trip Chair; Jack Carter - Endowment Chair; Martha Carter - BULLETIN & Chapter Reporter. Jack Carter presented the program titled, "Getting to Know Your Christmas Tree". He began with an explanation of the evolutionary history of this group of plants that have been successful and widespread for over 200 million years. The audience was invited to key specimens of gymnosperms from the

Silver City area. Also on display were introduced species of conifers which have been planted throughout the area. Hosts for the social hour were James and Julie Fitzgerald.

The following morning, twelve hardy members and guests gathered for a chilly, windy look at both the native gymnosperms and introduced trees from the Northwest that have used for landscaping around the area. Coffee and donuts were served at the Carter Herbarium following a look around their property north of Silver City.

Las Cruces-Paul & Betty Shelford

The guest speaker at our meeting of November 13th, was John Karges, resident biologist for the six Nature Conservancy Preserves in the Transpecos area of West Texas. His headquarters are at Alpine in the Davis Mountains. Mr. Karges gave a slide presentation of the diversity of native plants in his areas of responsibility, ranging from the gypsum sand dunes below the Guadalupe Mountains of New Mexico, to the forests of the Davis Mountains, to a portion of the Big Bend area of the Rio Grande.



Many thanks to Robert Dewitt Ivey for permission to use the wonderful drawings from his book *Flowering Plants of New Mexico*, in our *Newsletter*.

SAVING THE PIECES: The Center for Plant Conservation and the National Effort to Save the Rare Plants of the United States

Brien A. Meileur, Ph.D. President and Executive Director
excerpted from *The Columbine*, 14(4):3-5, November, 1996

"The first prerequisite of intelligent tinkering is to save all the pieces." Aldo Leopold

Biological diversity, the variety of living organisms on this planet, is a global resource that urgently needs to be preserved. Plants are a central part of this life system; they provide us with food, shelter, clothing, fuel, medicines, the air we breathe, and an incredibly rich and aesthetically pleasing environment in which to live. Plants are also integral parts of natural ecosystems. Functioning ecosystems provide many essential services such as the regulation of air and water quality, climate moderation, and waste disposal. Although some species may not have a direct use by humans, we need to keep all the pieces of the puzzle, to save as many species as possible, for they may hold clues to preserving our own future and the majority of them stimulate and please us beyond calculation.

Of the 20,000 plant species native to the United States, one out of every ten is in danger of extinction. A national survey completed by the Center for Plant Conservation (CPC) in 1988 found that over three-quarters of the endangered flora of the United States are found in five areas: Hawaii, California, Florida, Texas, and Puerto Rico and the U.S. Virgin Islands. While extinction is a natural process, it is the rate of extinction that is alarming. The causes of plant endangerment are mainly human-induced; population growth that has led to rapid urban development, conversion of wildlands to agricultural and grazing lands, over-collection of "unusual" plants such as pitcher plants, orchids and cacti, and so on. These actions have caused habitat loss and degradation, and plant extinctions. In the United States, many governmental and non-governmental organizations work together to preserve rare plants. This cooperative effort involves both protecting species where they live (in situ) and maintaining conservation collections of rare plants in safe sites (ex situ). These off-site plant collections are usually housed at botanical gardens or in seed and germ plasm banks.

The Role of the Center for Plant Conservation The Center for Plant Conservation is a national network of 25 leading botanical gardens and arboreta that holds a living collection of many of the most endangered and threatened plants of the U. S. The goal of the Center for Plant Conservation is to conserve the rich, native U.S. diversity of plant life for future generations. The Center's National Office at the Missouri Botanical Garden in St. Louis, Missouri, provides coordination and support services, while the 25 gardens around the country collect, maintain, and store the plant germ plasm. The primary objectives of the National Office are: (a) to develop the National Collection of Endangered Species and to coordinate the conservation, research and educational projects that are associated with it; (b) to maintain a national database concerning the biology, horticulture, and conservation status of all imperiled native U.S. plants; (c) to work with colleague organizations on collaborative projects com-

binning species-level research, habitat management, and restoration of rare plants in the wild; and (d) to assist U.S. botanical gardens in developing public awareness of plant endangerment and conservation issues.

The National Collection of Endangered Plants The National Collection is made up of nearly 500 of the rarest plants of this country. The plant material is collected, grown, and maintained by the 25 botanical gardens and arboreta that make up the CPC network. These gardens grow plants that are native to their regions. The plant material is kept in different forms; as cuttings, seeds, and whole plants. The National Collection is a "back up" in case a species should become extinct in the wild. Material from the National Collection has been used by state and federal agencies in their efforts to reintroduce imperiled plants into the wild. The Collection is a resource for scientific study on the nature of rare plants, their life cycles, their germination requirements, and so on. It is also useful in informing people about threatened and endangered plants. The CPC continues to expand the National Collection. Although about 500 plants are now held in the network, the CPC goal is to remove these species from danger, through cooperative efforts with other organizations, and the National Collection is one of the many tools that help us to achieve this goal.

Sponsorship of the National Collection The Center for Plant Conservation offers opportunities to sponsor species in the National Collection. Sponsorship provide for the protection and care of a rare plant in perpetuity within one of the 25 participating institutions. For more information about sponsoring a species in the National Collection, or about the Center's efforts, please contact CPC at (314) 577-9450.

The Arnold Arboretum of Harvard University
The Berry Botanic Garden
Bok Tower Gardens
Denver Botanic Garden
Deert Botanical Garden
Fairchild Tropical Garden
The Arboretum at Flagstaff
Garden in the Wood
Amy B.H. Greenwell EthnoBotanical Garden
The Holden Arboretum
Honolulu Botanical Garden
Harold L Lyon Arboretum
Mercer Arboretum
Missouri Botanical Garden
National Tropical Botanic Garden
The Nebraska Statewide Arboretum
The New York Botanical Garden
The North Carolina Arboretum
The North Carolina Botanical Garden
Rancho Santa Ana Botanic Garden
Red Butte Garden and Arboretum
Regional Parks Botanic Garden
San Antonio Botanical Garden
University of California Botanical Garden
Waimen Arboretum and Botanical Garden

RED BLUEBONNETS FROM THE RIO GRANDE

by Bob Huffman

excerpted from the Towncrier, Weston, Massachusetts

The native son returning to the Southwest again after many years finds a world different from the one he left. Maybe it is that he has changed. Now he is a gardener, seeking a new niche in this land of dryness. Native plant societies help.

Thus, it was as a seeker of wisdom about my newly rediscovered ecosystem that I traveled from Albuquerque to the border metropolis of El Paso to attend the recent joint meeting of the Texas and New Mexico native plant societies. Message: it is not all cactus down here. The world of native plants, even in the Chihuahuan desert, is wide, complicated, and in ferment. It was a great learning experience, but there is so much to learn

The cynical would add that the Southwest is also full of Yankees who can be fleeced...er assisted. It is easy to strike up a conversation with landscapers about putting in a significant habitat preserve of native plants around your newly built retirement hacienda here in the Sunbelt. But there is a strain of Texas depression boyhood in me that finds it hard to think of actually buying a mesquite tree, or even planting a cactus. However, you get to love the harsh beauty and awesome vistas of the desert, and you would not like to see it all go away. And you know that water is precious and expensive here.

Bluebonnets are special. Texans love their state flower, and miles and miles of highway margins are lined with sheets of blueness in April. Being Texas, bluebonnets are also planted because you don't have to mow them as often as you do grass, thus saving tax dollars. Texans were complaining about taxes long before Boss Ross began making giant sucking sounds. But could bluebonnets be improved?

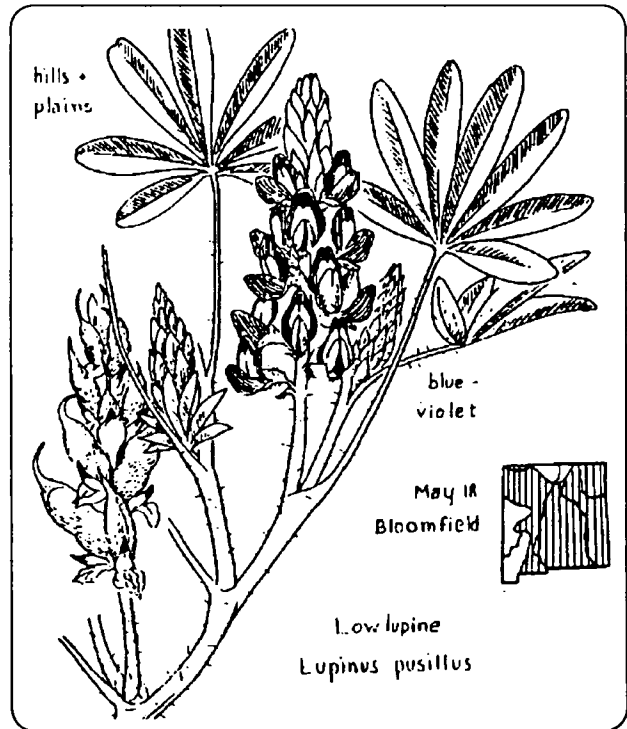
Well, maybe. What about a red bluebonnet? Red and white bluebonnets are being developed now by Texas A. and M. plant scientists to go along with the blue ones for the cut flower trade. Red bluebonnets for cut flowers start with *Lupinus havardii*, the Big Bend bluebonnet, rather than the *Lupinus texensis*, the common Texas bluebonnet. Based on the slides shown by Wayne A. Mackey and Tim D. Davis in their paper, these Aggie plant scientists already have a red bluebonnet of excellent color. And it made the heart of this Ole Army ex soar to hear that they will not be content until they have developed a bluebonnet in A. and M. maroon. Then maybe a real challenge: what about alternate maroon and white bonnets along the spike?


But I regress. Most of the plant society meeting was devoted to papers about the plants of and to field tours into the Chihuahuan desert, which was the meeting's focus. I was glad to see that the academics are not at all in agreement about where the desert begins and ends, as one of the early speakers put up about a dozen different maps. Of course much of it is in the Mexican state for which it is named. Amazingly, plant hunters still seek new varieties of native plants down there to develop for our gardens. The slides of this

interesting country to our South that we know so little about were very enticing. Then there were the plants to learn about. And book signings by many well-known authors specializing in native plants.

Getting the microclimate right for a desert native is tricky, as one has to consider water needs as well as hardiness. Many a native has been killed by overwatering, and the temperatures experienced vary widely as the altitude changes. For example, Albuquerque at five to six thousand feet in elevation, is too cold for many interesting natives like most of the leucophyllums, a sage-type shrub usually with blue flowers.

There are other natives that are too large for a small lot like mine, like a lot of the yellow flowered chamisas. Never mind, these naturally decorate many median strips and roadsides this time of year. I just might have to find room for one of improved desert willows, which now have a wide choice of showy flowers. And for flowers, a carpet of the tough little white flowered Blackfoot daisy is said to be very dependable. And the list could go on and on.





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Sunflower

by Mary Louise Michie
President, National Council of State Garden Clubs

Reprinted from the *Columbine Conservation Newsletter*, 14(4):1,
November, 1996

When I visit our farm in the summer, I look forward to seeing the sunflowers growing between Lubbock and Lamesa in western Texas. Sunflowers are growing on both sides of the road as far as you can see. They are standing tall, with their bright yellow heads facing the sun. I understand these plants are growing to provide seeds for the many bird feeders throughout the country.

The common sunflower (*Helianthus annuus*) is an American native plant. The center of origin for wild sunflowers is considered to be the Western Plains of North America, but the ancestors of the cultivated type have been traced to the Southwest or the Missouri - Mississippi areas.



The sunflower and American Indians shared the land and had close contact in early American history. For most Indians the primary use of the sunflower was as food. They were lightly roasted then ground into flour and used in breads or with other vegetables. The ingenuity of the American Indians found other uses for the seed and other parts of the plant.

Until recently, the sunflower was more or less ignored in the U.S. It has now come into prominence, and increased in popularity. Consumers can buy sunflower linen, perfume, crafts, fabric, picture frames, hat decorations, etc. Consumer sunflower products have a way of reminding gardeners to plant sunflowers. They are rich and diverse native American plants. There have been so many new varieties introduced that the National Garden Bureau decided to revisit *Helianthus* and celebrate 1996 as "The Year of the Sunflower."

Research scientists have worked hard and realize the importance of this beautiful "flower". It is now used for bird seed, in corn oil, margarine, cooking oil, and sunflower seed in packages to eat.

SUNFLOWER

"Perhaps among the loftiest messages breathed by any of the flowers is that of reverence and it is brought by one which never finds itself placed in any formal garden. Possibly this is because it will remain in no set place. No flower bed can hold it. Nor is this large blossom found in the usual flower arrangements for it will conform to no artistic plan. Wherever it is, it constantly beholds and follows the sun; and when the sunflower sees the sun it is satisfied. The sunflower constantly gazes upon the object of its affection, the Sun, and follows it from the moment it rises in the East until it sets in the West."

The sunflower by its daily life seems to be saying to every trusting heart; "You too have a sun to gaze upon in wonder and admiration."

"Sunflower" devotional by Nell Warren Outlau

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