

# BOREALIS

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by the

Alaska Native Plant Society

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P.O. Box 141613, Anchorage, AK 99514

## MEETING NEWS

The November meeting of the Anchorage Chapter will be on **Monday, November 2nd at 8PM**, in the basement meeting room of the Grandview Gardens Library, 1325 Primrose (just south of DeBarr and 1 block west of Bragaw). Entrance is on the west side, facing Primrose.

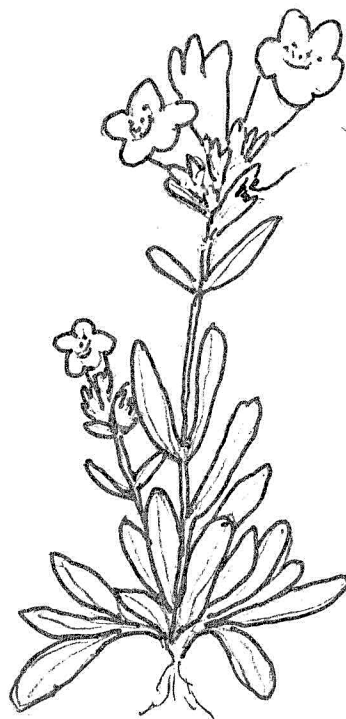
**BOARD MEETING---**The Board of Directors will meet at **7:17PM** just prior to the General Meeting. Directors please note!

**PROGRAM---**Plants of the Kobuk and Koyukuk Rivers area. This area is northwest of Fairbanks and east of the Seward Peninsula. Speaker will be Bob Lipkin of the Environmental Protection Agency.

**PLANT FAMILY---**Verna Pratt will lead a discussion of the *Hedysarum* genus of the *Fabaceae* or *Pea* family. This genus has caused much confusion because the leaves of the plants are very similar. *Hedysarum alpinum*, Eskimo Potato root, is reportedly edible and has been used extensively by the native people for food; whereas *Hedysarum Mackenzii*, Wild Sweet Pea, is reportedly poisonous. They frequently grow in similar habitats. When lacking flowers, it takes careful examination of the leaves and growth habit to distinguish between these two species. Another similar species is, *Hedysarum hedysaroides*. The Pea family has irregular 5-petaled flowers, the lower 2 petals often joined to form a keel which usually houses the reproductive parts consisting of 10 stamens and 1 pistil. The calyx consists of 5 joined sepals. The leaves are formed of many small leaflets along a main stem and some terminate in tendrils which give support to trailing and climbing plants. Many members of the Pea family are toxic and readily absorb large quantities of selenium from the soil. These include many species of *Astragalus*, *Oxytropis*, *Lupinus*, *Hedysarum*, *Lathyrus* and others. The amount of selenium in the soil of the growing area greatly affects the toxicity of the plant.

## MYSTERY PLANT

This caespitose perennial plant is 10-14" tall and is found on dry hillsides in Interior Alaska and the Yukon Territory. Its basal leaves are numerous, long-petiolated, lanceolate, glabrous, and have entire edges. Stem leaves are opposite and sessile. The upper portion of the flowering stems and the calyx are villous and glandular. The 5-petaled tubular flowers are numerous and a striking shade of blue-violet.



## RESEEDING PROJECT

Since nobody wanted to brave the new snow on the 3rd, the project was delayed but finally accomplished on Saturday, October 10th. It was a beautiful fall day (once we made it up through the fog). We used up all of our seeds and are searching for more. Let us know if you have any and we will stratify them and spread them in the Spring.



## RECIPES

### "BLUEBERRY SMOOTHY"

A John Wenger Creation

1 cup Milk  
1/2 cup Frozen Blueberries  
1 tsp Vanilla  
1 tbsps Sugar

Mix in blender and enjoy !

### "EASY CRANBERRY-NUT PUDDING"

by Peggy Pletcher

Spread 1-1/2 cups Cranberries in a buttered 9" pie plate. Sprinkle with 1/4 cup Brown Sugar and 1/2 cup Chopped Walnuts or Pecans. Beat 1 Egg until thick, slowly add 1/3 cup Sugar and beat until blended. Then add 1/2 cup Flour and 1/3 cup Melted Butter and beat well. Pour this mixture over the cranberries and bake at 325 for 45 minutes. Serve warm with ice cream.

Editor's Note: We tried this with Raspberries, and "Mmmm, Boy!"

## QUIZ ANSWER

*Penstemon Gormani*, or Yukon Beardstongue. Generally considered endemic to the Yukon River territory, this plant may be easily seen along the roadside on the Steese Highway between Central and Circle, along the Tok cutoff between Mentasta and Tok, and along the Eagle Trail on the Tok cutoff.

## LOTIONS, NOTIONS and POTIONS---by Old Doc.

Since Old Doc is also involved with the production of another newsletter this year, he is relying on help from others for this column. This month's material comes from ANPS Member Frank Bogardus, and was extracted from Herbal Update, a publication of Indiana Botanic Gardens, Inc.

**VALERIAN'S VALUE**---In the February 1986 issue of American Druggist, Dr. William H. Lee wrote about the renewed interest in Valerian (*Valeriana officinalis*) as an alternative to health-conscious sleep seekers.

Valerian has received good press lately as a popular alternative for those who wish to avoid antihistamine containing products in their quest for insomnia relief.

Dr. Lee relates the results of several studies which show the effectiveness of valerian in providing "...better and more satisfying sleep. There weren't any sleep 'hangovers' the next morning either."

---from Herbalgram 1986

**HERBAL STRESS FIGHTER**---Mix 1oz. each of:  
Scullcap (*Scutellaria lateriflora*)  
Lavender (*lavandula officinalis*)  
Lemon Balm (*Melissa officinalis*)

Use: Add 1 teaspoon of this herbal mixture to 1

cup boiling-hot water. Remove from heat immediately and steep for 3-5 minutes. Strain and drink 1-3 cups per day.

---from Bestways Magazine, Eleanor's Herbs, 1987

### TRADITIONAL HERBAL NIGHTCAPS---

Mild formula (especially good for children):

2 oz. chamomile (*Matricaria chamomilla*)  
2 oz. hops (*Humulus lupulus*) or  
2 oz. fennel seeds (*Foeniculum vulgare*)  
1 oz. anise seeds (*Pimpinella anisum*)  
1 oz dill seeds (*Anethum graveolens*)

Use: Add 1 teaspoonful of this herbal mixture to 1 cup boiling-hot water. Immediately remove from heat and steep for 3-5 minutes. Do not steep longer, or your nightcap will turn into a bitter brew. Drink 1-2 cups before bedtime.

Moderate strength:

1 oz. hops or fennel seeds  
1 oz. lemon balm  
2 oz. valerian (*Valeriana officinalis*)

Use: Add 1 teaspoonful of herbal mixture to 1 cup cold water. Heat, but do not boil. Remove from heat and steep for one or more hours. Strain and drink 1-2 cups before bedtime. This brew is strong-tasting, and not necessarily everybody's "cup of tea." However, it effectively overcomes anxiety, restlessness and insomnia.

---from Bestways Magazine, Eleanor's Herbs, 1987

### FAT-MELTING HERBS

Dr. Frank D'Amelio, doctor of botanical sciences at Bio-Botanica, Inc. of Hauppauge, New York, gave this list of fat-melting herbs:

**Licorice Root.** "It stimulates the liver to cleanse the body of fat," Dr. D'Amelio explained. "Its natural concentrated sweetness curbs your craving, a major step in appetite control."

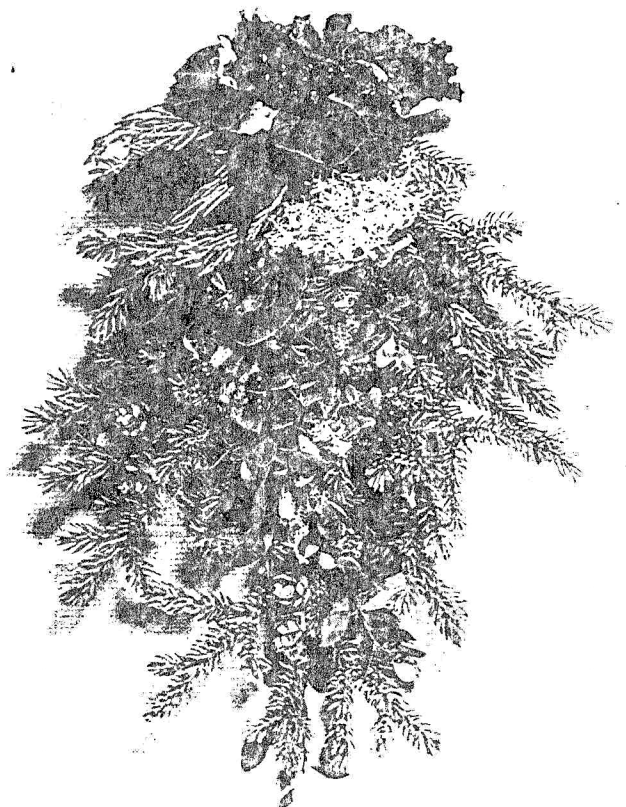
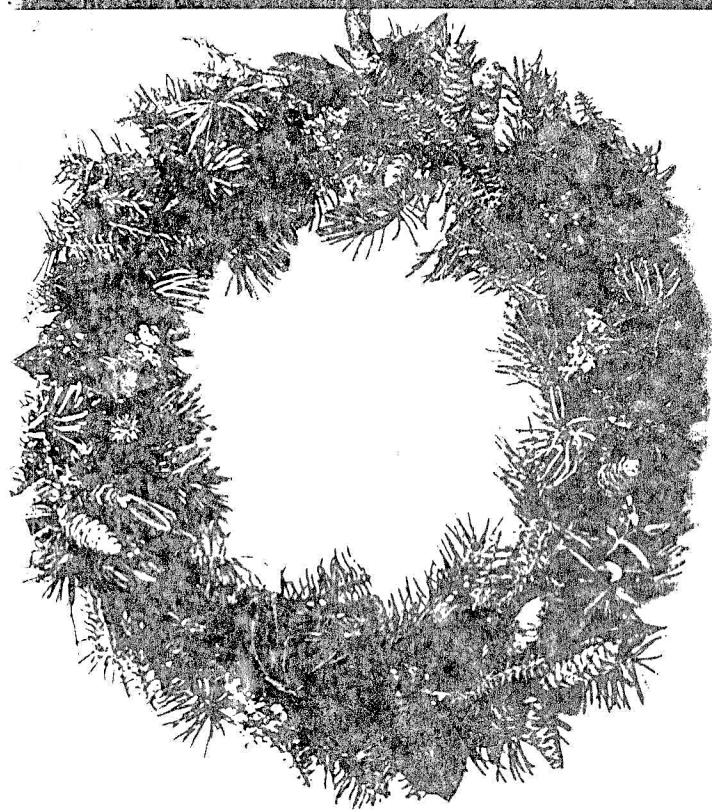
**Sarsaparilla.** This is a good source of natural plant hormones that stimulates the glands to actually purge the body of fatty poisons.

**Capsicum.** "This herb equalizes circulation," said D'Amelio. "Capsicum enables the blood to move easily throughout the circulatory system to pick up fatty wastes along the way and just wash them out of your body."

**Hawthorn Berries.** As with kola nuts, they help reduce both fatty deposits and blood cholesterol excesses.

**Bladderwrack.** "A natural source of iodine, this herb reduces fatty or cellulite deposits under the skin."

**Chickweed.** A natural diuretic, it helps discourage your appetite---and keeps you from going into the kitchen in between meals for snacks.



100% ALASKAN CHRISTMAS CARDS

by  
Verna Pratt

Our full color Alaskan Christmas Cards are made from original designs compiled of Native Alaskan Flora, photographed and reproduced locally. Specially priced at \$11.00 for 20 cards with envelopes. Available through the artist and many local merchants. Oct. 29 thru Nov. 1, Poniface Center; Oct. 31, Vmea; Nov. 2, Ak "Pioneer" Center and St. Richardson; Nov. 11, Anch. Junior Center and Palmer Home School. Nov. 14 & 15, W/way Mall. Nov. 17 thru Nov. 19, Sears Mall; Nov. 21 & 22, Grand Center; and Nov. 23 & 24 Viking Hall. Verna Pratt

This is a paid advertisement

Alaskan plant material used in this design:  
White Spruce and cones, Labrador Tea,  
Leather Leaf, Fireweed leaves, Bunchberry  
leaves and berries, Elderberries, Hypogym-  
nia Physoides (lichen), Still Clubmoss.

AN ORIGINAL ALASKAN GREETING  
Anchorage, Alaska

Happy  
 Holidays

*As snow and ice adorn the hills,  
And frost bedecks the trees,  
Let memories still linger on,  
Proud plants before the freeze.*

Member Jean Tam, is looking for someone to help her reduce the cost of plane fare to New Zealand. Cost for 1 person is \$1500.00, but for 2 it is only \$945.00. It is not necessary to travel together while there, just leave and return on the same plane. She plans to go during Jan. and Feb., and to remain there for 6 to 8 weeks. Arrangements need to be made with her by Dec. 1. Contact her at \_\_\_\_\_ (home) or \_\_\_\_\_ (work), if interested.