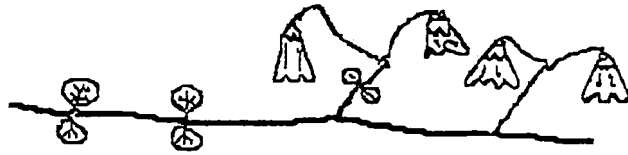


BOREALIS

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ALASKA NATIVE PLANT SOCIETY

P.O. BOX 141613, Anchorage, Alaska 99514

MEETING NEWS---The March meeting of the Anchorage Chapter will be held on Monday, March 6th at 7:30PM in the cafeteria meeting room of the National Bank of Alaska, corner of Northern Lights and C Street. The parking lot is behind the building with access from No. Lts. or C St. Enter the building through the back door off the parking lot, sign in, and take elevator to 2nd floor. Turn left to cafeteria.

BOARD OF DIRECTORS MEETING---
The Board of Directors will meet at 6:45PM immediately prior to the general meeting.

SPEAKER---ANPS Anchorage Chapter Vice-President Marilyn Barker will present a program on "Cold Climate Adaptations in Plants". Come and learn how plants survive in cold climates by adapting to conditions.

PLANT FAMILY---ANPS member Sally Karabelnikof will lead the discussion on the TYPHACEAE (Cattail Family) with one species *Typha Latifolia* L. in Alaska.

The cattails are plants of shallow water ponds and marshes and found in the Central Yukon River area from Northway to Fairbanks to Galena. The plant grows 2-1/2 to 9 feet high with a stout stem. Leaves are long, narrow (6-15mm), flat, slightly longer than stem, and sheathing at the base. Flowers are in spikes, the male flowers (staminate) uppermost on the stem are light brown or tawny; the female flowers (pistillate) just below the male flowers are dark- brown to reddish-brown.

The cattail plants are one of the few plants of which the spikes, stems and

root stock can all be eaten. In late autumn, and throughout the winter, the short thickened leading shoots of the underground root stock are filled with starchy material. In the past, western Indians have used these shoots for food, eaten either boiled or roasted. In Russia on the Don River, the stems are picked, the first 18 inches just above the root stalk, and peeled and eaten raw.

The green flower spikes have also been recommended as a food. They should be collected before the yellow pollen shows. They are boiled in salted water, and can be eaten by scraping off the flowers or by eating much as we do corn-on- the-cob.

The stands of cattails provide a unique ecosystem for a variety of living creatures; insects attach their eggs to the stems of the plants above and below the water level. These provide a food supply for birds such as the yellow-winged blackbird, which finds the cattails an ideal setting to build its nest and raise young.

Ed. Note: (Our sincere thanks to ANPS member Garry Davies who has volunteered to do the plant family write-ups each month).

Said the female mushroom to the male mushroom, "I like you, 'cause your a real fungi".

MYSTERY PLANT---This aquatic plant found growing in the mud and shallow margins of lakes forms large masses of bright yellow flowers that appear to be floating on the surface of the water. The small, flat, deeply dissected, alternate leaves are submerged. The flowers which are borne on 2"-8" stems are held above the water by large (up to 2-1/2") bladders that are on separate leafless stems. Numerous short rootlike branches can also be seen floating in the water. The irregular shaped flowers are made up of a broad triangular upper lobe and a large 3-lobed lower lip. This is an insectivorous plant that grows throughout most of Alaska, and is circumpolar.



BIG NEWS---ANPS members will be interested to know that a major project is under way to produce a Flora of North America (FNA). This will be a treatment of the vascular plants found in North America north of Mexico and including Greenland. This multi-authored, multi-volume, all inclusive treatment of our plants will appear in a series of hardbound volumes to be produced by Oxford University Press of New York. It will contain dichotomous keys for identification, a brief description of each taxon, notes on ecology, distribution, chromosome number, and such things as whether rare, poisonous, or economically useful (as food or medicine). There will also be a fully searchable computerized database containing all of the descriptive information from the published volumes as well as additional, more detailed information on the plants.

David Murray (ANPS member and Curator of the Herbarium at the University of Alaska Museum) is on the FNA editorial committee as a regional coordinator for Alaska and as taxon editor for volume 10 on the Cyperaceae, the sedge family. FNA is largely a binational effort (USA and Canada), but experts have been sought for treatments or reviews from all over the world. The 12 volumes will treat an estimated 17,000 species of flowering plants, gymnosperms, ferns, and fern-allies; thus we will have an up-to-date inventory, or catalogue, of our higher plants. Since this sort of thing is already available for Europe and the Soviet Union and similar projects are under way in Australia and China, many have thought "it's about time."

Contributions in kind from the Missouri Botanical Garden and grants from the Pew Charitable Trust and the National Science Foundation are making this work possible, but the success of FNA really depends upon the countless hours of labor to be volunteered by the extended work force of contributors, reviewers, and editors.

The editor-in-chief, Nancy Morin, and "FNA-Central" reside at the Missouri Botanical Garden in St. Louis. She and her staff are directing and coordinating the "cast of thousands" as we roll forward toward volume 1, which is scheduled to appear in about another year. Manuscripts for that volume are appearing at this very moment.

The editorial committee has been meeting twice a year to decide on technical matters, but they can maintain daily contact with FNA-Central via computer and modem. The project is relying on computers to ease production chores. For example, manuscripts will be loaded on the computer at the Missouri Botanical Garden and, when necessary, massaged to conform with editorial standards. Then each editor can download to their own pc a manuscript at a time for technical review and editing. Messages and manuscripts can be exchanged among editors through the same system, so that everyone is instantly in touch with one another. Marvelous stuff.

Submitted by Dr. David F. Murray

DUES---The 1989 dues are now payable. Please check the date on your mailing label. If it is "89", thank you for your support. If it is other than "89", you are not listed as a paid-up member; and this is your last newsletter.

BERRIES FROM

PARADISE—I recently returned from Hawaii. In the lush tropical forests of tree ferns and Ohia trees, two species of berries looked like they'd be more at home in Alaska than in the tropics. One was a raspberry—a species endemic to Hawaii & bearing the appropriate name of *Rubus hawaiiensis*. Hawaiian raspberry looks similar to salmonberry, with pink flowers and large succulent berries. Hawaiians eat the berry and use it for dye. In the old days, bark cloth was made from the stems, which grow up to 12 feet long.

The second berry took me quite by surprise when I saw it both in flower and in fruit. It looks like a giant version of lowbush cranberry! *Vaccinium reticulatum* is known as 'ohelo and is a shrub about 2 feet high. 'Ohelo is a tenacious little plant growing on barren lava, even within the smoking caldera of Kilauea volcano! 'Ohelo should be comfortable in the volcano, for it is the sacred plant of Pele, the goddess of fire. 'Ohelo is a popular berry, used for jams, jellies, wines and sauces. When picking 'ohelo berries, the first berry is offered to Pele. Berry laden branches are tossed into the crater before eating any of the juicy fruits.

Surrounded by exotic, unfamiliar tropical species, it was a nice surprise to find two familiar plants while I was so far from home. ---Lynn Catlin

If you feed Alaska's birds, you may be interested in this tip from the USDA Forest Service. Since birds scatter almost as much seed as they eat, much of it falls to the ground where it germinates in the spring. These unwanted plants can be a problem in our lawns. To kill seed so it doesn't sprout, spread about 1/4 inch deep on a cookie sheet and bake for eight minutes in a 300°F. oven. Let seed cool before feeding birds.

A Blackbird Suddenly

Heaven is in my hand, and I
Touch a heart-beat of the sky,
Hearing a blackbird's cry.

ARTICLE--- The Use of Medicinal Plants by the Alaska Natives by Robert Fortune, M.D. (illustrated by Sandra Fongemie)

Alaska Natives have had a rich tradition of using plants for healing. This recently published article (in the November/ December issue of Alaska Medicine) provides a detailed history of the medicinal plants used by principle Alaska Native cultures. Described are the preparation of plant remedies, their uses and a compendium, by family, of plants used. Many references are provided along with an excellent index. Copies of Alaska Medicine are available at Loussac Library or the Health Sciences Library at UAA. ---Mark Catlin

ELECTION RESULTS---The recent election of STATE officers of the Alaska Native Plant Society resulted in election of the following listed persons for the 1989-1990 term.

President-----Forrest Baldwin
Vice-President-----Jean Poore
Secretary-----Jean Tam
Treasurer-----Larry Haller

ANCHORAGE CHAPTER OFFICERS are:

President-----Lynn Catlin
Vice-President-----Marilyn Barker
Secretary-----Peggy Pletcher
Treasurer-----Larry Haller

WILDFLOWER

CLASSES---Biology 075-Alaskan Wildflowers-Dr. Marilyn Barker. UAA Spring Semester-class will meet Tuesdays May 6 thru May 30, 9:30AM to 1:00PM in Room 248 of the Sciences Building. Introductory meeting Sat. April 29, 9AM, Bldg C, Room 109.

Easy Identification of Alaskan Wildflowers-Verna Pratt. Classes will meet Wednesdays April 26 thru May 17, 7-10PM, plus field trips on one Saturday and 2 evenings. Sign up thru Rogers Park Community School.

LOTIONS, NOTIONS and POTIONS--by Old Doc

Doc would like to acquaint our readers with an interesting book that recently joined many others on his bookshelves. "Heinerman's Encyclopedia of Fruits, Vegetables and Herbs" by John Heinerman was published in 1988 by Parker Publishing Company. The volume, compiled by a noted medical anthropologist, is a compendium of natural remedies ranging from an 8th century Chinese treatment for insect bites to a Jewish remedy from Brooklyn that quickly knocks out cold and flu miseries.

Here's an example: "Fantastic Mouth Wash

In place of Listerine try another antiseptic mouthwash that really does 'kill germs on contact.' Half a teaspoonful of tincture of cinnamon added to half a tumbler of warm water makes an excellent mouth wash when breath is unpleasant and teeth decayed.

To make a tincture, combine 10-1/2 tbsp. powdered cinnamon in 1-1/4 cups vodka. Add enough water to make a 50%

alcohol solution. Put in a bottle and let set somewhere for two weeks, shaking once in the morning and again in the evening. Then strain and pour the liquid into a bottle suitable for storage. This tincture will last a long time."

and another: "Cold and Flu Fighter

To make an effective French folk remedy for colds and flus, combine 2 cups of water, a small stick of cinnamon and a few cloves together in a saucepan and bring to a slow boil for about 3 minutes. Remove and add 2 tsp. lemon juice, 1-1/2 tbsp. dark honey or blackstrap molasses and 2 tbsp. of good quality whiskey. Stir well, cover and let steep for 20 minutes or so. Drink 1/2 cup at a time every 3 or 4 hours. It's pleasant tasting and really breaks up fever and congestion accompanying either the common cold or influenza."

What about the Jewish remedy from Brooklyn? Well, maybe you should buy the book. It's such a deal!

BOTANICAL NAMES---

Botanical names often are hard to pronounce and difficult to learn. Sometimes a little clue as to what the name really means can make learning names a little easier. Plant names are usually not randomly applied (as it may sometimes seem), but are often descriptive as to size, color, habitat, etc.

Here are some names which pertain to seasons--look for them on some of your favorite plants in Hulten. It is interesting to note that there are more specific names for spring and summer than for fall and winter.

Spring: vernalis, vernus

Summer: aestivalis, aestivus and solstitialis

Autumn: autumnalis

Winter: hiemalis

Submitted by Marilyn Barker

Alaska Botanical Garden

Update by Debbie Brown, Vice President, ABG Board of Directors

Another monumental step has been made to establish a botanical garden in Alaska. On January 31, 1989, the land use agreement was signed between the Municipality of Anchorage and Alaska Botanical Garden, Inc. (ABG). ABG now has two years to draw up the master plan and have it approved. When the master plan is approved we will be able to begin construction of trails and parking areas, and install utilities.

The parcel of land that was set aside for the botanical garden is still about 130 acres; however, the boundaries have been moved south of the original proposal. The site now includes both sides of the North Fork of Campbell Creek and part of a hill to the south of the creek. The western boundary is Campbell Airstrip Road.

This site includes a diversity of habitats and views. Extensive "ground truthing" will be necessary to identify the habitats, views, and other special features for the master plan.

At this time, there is a proposal to have about a third of the land fully developed into demonstration and exhibition gardens, ultimately including a conservatory, botanical library, and support buildings. Another third is envisioned as "transition gardens".

These would be a blending of the natural habitat and species with introduced species and planned landscaping. The remaining third would probably be the most beautiful and/or special areas left natural, with only trails and interpretive information added.

The time for your input as to how the botanical garden will be developed has arrived. The ABG Master Planning Committee is now open to ideas. Individuals and organizations interested in having certain types of features and/or gardens are asked to present their wishes in the next few months.

Educational and site-seeing tours are periodically planned throughout the year. If you are interested in seeing the site, knowing more about ABG, want to volunteer your talents, get into the master planning process, or join ABG, let us know. Send information to: Alaska Botanical Garden, Inc., P.O. Box 202202, Anchorage, AK 99520-2202. Or call an ABG board member such as Cathy Wright () or myself ().

WINTER FIELD TRIP---Russian Jack Springs Park Leader---Verna Pratt Meet at Russian Jack Ski Chalet Sunday, March 12, 1:30PM, and allow 2 to 3 hours for the tour. Bring your cross-country skis and enjoy an afternoon botanizing the winter flora along the trails and pathways in this popular local park.

SUMMER FIELD TRIPS--- We are still in need of volunteers to lead summer field trips and/or ideas on places to visit. Now is the time for planning the schedule so that it can be available in early May at the latest. Contact Cathy Wright at

QUIZ ANSWER---The mystery plant is *Utricularia intermedia*, or bladderwort.

For those still wondering about the hidden plant in last month's puzzle, it was Kamchatka fritillary, also known as Chocolate Lily.

SANCTUARY TRAVEL **A FULL SERVICE TRAVEL AGENCY**

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Dedicated to the financial support of non-profit organizations.

Remember that when you arrange your travel through Sanctuary, you can designate ANPS to receive a portion of their commission.

EDITOR---Over the past few years, several readers have inquired as to the identity of Old Doc. We thought that interest had dwindled or else everyone had figured it out, but a recent rash of inquiries has broken out (pun intended, why not?)

Yes, Dear Readers, Old Doc is, in fact, your newsletter editor, Frank Pratt, a local pharmacist, and husband of ANPS founder Verna Pratt.

Q. Why has his column been missing quite a few times in the last year, is he lazy?

A. Well, yes; however, he belongs to: Alaska Native Plant Society, Alaska Society of Outdoor and Nature Photographers, Associated Photographers International, Anchorage Amateur Radio Club, Radio Amateur Satellite Corp (AMSAT), Alaska Woodcarvers, National Carvers Museum, Alaska Sportfishing Assoc., Alaska Fly Fishers, American Legion, National Rifle Assoc., Alaska Knifemakers, Audobon Society, Nature Conservancy, and, undoubtedly, 2 or 3 others that don't come to mind right now.

Q. Is he really that versatile a guy?

A. No, but let's just say that he's an old duffer that's looking forward to retirement someday when he'll have time for all these interests.

Do I hear laughter from you retirees out there???

Alaska Native Plant Society

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