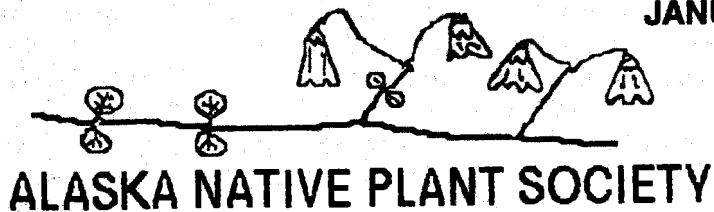


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ALASKA NATIVE PLANT SOCIETY

P.O. BOX 141613, Anchorage, Alaska 99514

MEETING NEWS

The January meeting of the Anchorage Chapter will be on **Monday, January 8th**, at 7:30PM at the Muldoon Library. The library is located in the west end of the Carr's Muldoon Shopping Mall, corner of Muldoon Road and Northern Lights. The library will be closed, so enter by the door at the rear of the building.

BOARD OF DIRECTORS MEETING

At 6:45PM immediately preceding the general meeting. All board members please note the date and time.

Board Members are:

President-----Lynn Catlin

Vice President-----Dorothy Emmnos

Secretary-----Carol Hoblitsel

Treasurer-----Dr. Ram Srinivasan

General Program Chairperson--Cindy Williams

Field Trips-----?

Representative to State Board---Frank Bogardus

PROGRAM

Carl Hild, a biologist who lived in Barrow for many years, will present *Wandering the North Slope*. While on the Arctic coast, he roamed far and wide in search of wildflowers to photograph.

PLANT FAMILY

The plant family to be discussed is the Rubus genus of the Rose (Rosaceae) Family. Roxanne Warner will lead the discussion. This genus is represented in Alaska by 7 species including Nagoon Berry (*Rubus arcticus*), which is probably the most widespread, most commonly seen, and has 3 subspecies. *Rubus leucodermis*, and *Rubus parviflora* (Thimbleberry), are found only in Southeastern Alaska. *Rubus spectabilis* (Salmonberry) and *Rubus pedatis*, are restricted to Southeastern, coastal Southcentral (into Cook Inlet area), and the Aleutian Chain. *Rubus arcticus* (Nagoonberry), *Rubus chamaemorus* (Cloudberry) and *Rubus idaeus* (Raspberry) are found throughout Central Alaska and most of the rest of the State. By now you have undoubtedly noticed that these all have aggregate (raspberry-like) fruit. This multiple type of fruit is derived from a single flower and has many small, soft, fleshy fruits attached to soft central (gynoecium) tissue that holds them together. These are easily recognized by most people as they are used for food by many. All members of this genus have toothed leaves that are lobed or divided into 3 to 5 leaflets. At least one member is found in all parts of Alaska.

MYSTERY PLANT

This conspicuously tall perennial (up to 2-1/2 Meters <7.5 feet> high) is found in wet meadows in montane; and, occasionally, lowland regions. Large, coarse, clasping leaves are heavily ribbed, may be as large as six inches wide by a foot long, and the insignificant flowers on drooping branches are greenish yellow. Leaves are wooly-pubescent below. The ovary is superior with 3 styles and the sepals are the same color as the petals.

The plant contains a poisonous alkaloid, which causes vomiting, purging, general paralysis and death from asphyxia, if consumed. Yet, the Dena'ina of Upper Cook Inlet used the plant as their strongest medicine. Their name for it was 'ch'ishkena' meaning "stinging root". They mashed the roots and then boiled or soaked it in hot water and used it as an effective medicine for body aches and pains, sores, rashes, and other skin problems. When a person was sick, a small potion of the liquid was given to the person to drink. Had to be careful or it would poison the patient.

Submitted by Gary Davies



Mystery Plant

LOTIONS, NOTIONS & POTIONS--by Old Doc

This month, since we are still in the cold and flu season, I think that we'll take a look at some interesting information from

Janice Schofield's new book, *Discovering Wild Plants*. Those who attended the last meeting had the opportunity to meet Jan and hear her very interesting presentation.

The plant that we'll consider is Coltsfoot (*Petasites sp.* also known as *Tussilago sp.*). It's habitat is extremely variable, from stream banks and wet tundra to moist meadows and alpine slopes. Several species are seen in Alaska. It is famous for its cough-relieving properties.

The flowering stems make a tasty spring vegetable when steamed and dressed with garlic butter or cheese sauce. Some folks saute the young buds and mix with grayling, while others dry the herb for tea-making.

Of her first use of Coltsfoot, long-time ANPS member Janice says, "I was alone in the bush with a relentless, hacking cough that made sleep impossible. Knowing that Coltsfoot is reputed to sooth a cough, I headed for the moist spruce woods by the river, and collected Coltsfoot to make a syrup. After two small doses, the coughing ceased and I was able to enjoy some regenerative sleep."

Coltsfoot syrups, teas, and tinctures are all recommended for whooping cough, asthma, bronchial congestion, and shortness of breath. Externally, Coltsfoot decoctions are a wash for skin eruptions and leg ulcers. Poultices of leaves or grated root are traditional for running sores, insect bites, swelling, and arthritic pain.

Here is a recipe from Jan's book:

" Coltsfoot Cough Syrup

1 cup fresh Coltsfoot leaves
2 cups water
1 cup honey

Simmer leaves in water until 1 cup of fluid remains. Strain, discarding leaves. Add honey and heat until mixture becomes thick and syrupy. Take 1 teaspoon as needed to soothe cough or sore throat. Keep leftover syrup in a cool place."

For more on Coltsfoot, and a wealth of information about herbal remedies, wilderness medicines, plants to use in making balms and lotions, and green goodies for a salad in the wilds, get a copy of Jan's, *Discovering Wild Plants*.

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 the agency's commission, at no added cost to you. 3701 E. Tudor Rd. 561-1212

FIELD TRIP PLANNING

It is not too early to be thinking about the 1990 Summer Field Trip schedule. How about some input from the readers on this. How can the planning committee come up with a good schedule to please everyone, if they don't know what you want to do?

Let's hear from the members. We've had some outstanding trips in prior years, let's come up with a really good plan to start out this last decade of this century.

(The Editor suggests a trip to check out the flora of the Sandwich Islands in March.)

QUIZ ANSWER

Veratrum viride Ait. (False Hellebore)

FROM THE PRESIDENT:---

Happy New Year! Welcome the new Anchorage Chapter officers by generously offering your help. Vice-President, Dorothy Emmons is taking charge of Mini-Botany. Go out on a limb and sign up to do a Mini-Botany. Branching out can be fun, and you'll become

Dorothy's bud...dy. Mini-Botany is guaranteed to leaf no scar. Larry Read continues to be head of the Plant Families Division. Help him out by taking a taxon on and become a Plant Family A.C.E. Cindy Williams is our new program chairperson. If you know of a speaker skilled in flowery language, tell Cindy. ANPS speakers don't have to know all the anthers, they don't have to have achene sense of humor, all they need is enthusiasm and a few slides. Being a speaker carries no stigma---give it a try. Sally K graciously agreed to another season as Hospitality Chairperson. For a refreshing change, volunteer to bring goodies to a meeting---give it a whorl. It is adventitious that Frank continues to do the toughest ANPS job of all---the Newsletter. We should all be rooting for him by sending in articles. Your writing need not be of a professional vein. As you can see from this cilia pre-pubesence column, Frank accepts the chaff as well as the seedy. Blossom into an active ANPS member this year. Ring in 1990 with growth ring for ANPS.

In florescence,

Lynn Catkin, Pres.Anch.Chap.

(Editor's Note: Sheeeeeeeesh!)

DUES NEWS

It's that time of year, again. Yep, Dues is due! Surely you don't want to miss out on any of the fun as outlined in Lynn's letter, above. Pay dues at the January meeting, or send in to the Society's P.O. box. Students-----\$5, Individuals-----\$10, and Families-----\$15.