

**Bedford Farmers Club**  
**Minutes of the Meeting of June 13, 2018**  
**Fellowship Hall, St. Matthew's Church**  
**Bedford, New York**

The afternoon began with a tour of Phillis Warden's lovely and extensive garden, which was led by Phillis's husband, John. Afterwards, Club members walked across the street to the St. Matthew's Church Fellowship Hall, where Club President **Mary Farley** called the meeting to order at approximately 4:15 pm.

Mary began the meeting by acknowledging the passage of long-time Club member and volunteer Muriel Ten Dyke on May 23, 2018. Muriel died peacefully in her sleep at home. Muriel will be sorely missed, and the Club's members extend their heartfelt sympathy to Dick and his family. All those present participated in a "moment of silence" in which to remember Muriel. Mary concluded this interlude by solemnly noting that, "We will miss her."



**Muriel Ten Dyke**

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**Roger Vincent** offered the Treasurer's Report and again requested that all Club members pay to him their \$10 annual dues, which surely represent a "wonderful bargain."

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First-time visitors to a Club meeting were introduced. They were:

- Leslie Needham
- Ruth Derow
- Ben Branch
- Marilyn Heaney
- Paul Mlinar
- Stephen Hutcheson

Mary reiterated that once anyone has attended two meetings they can be voted in as a member. Subsequently, Lorraine Reeder, Wendy Mlinar, and Aimee Whitman were voted in as members!

Mary warmly acknowledged the presence of former BFC Historian Elizabeth Levin and welcomed back George Pouder, who for many years presented each meeting's Timely Tips.

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**Sheila Crespi** read the minutes of the May 2018 meeting, when the Club visited Bluestone Farm in Brewster, New York.

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**Pam Sorkin** presented Timely Tips:

Meadowroot is a deer resistant native plant.

We should not be planting the common impatiens, which is susceptible to downy mildew. An alternative to the common impatiens is the bounce impatiens, which blooms profusely and is more drought-resistant. Another good alternative is coleus.

Buttonwood Tree is a common name for the American Sycamore. It is used for canoes and butcher blocks, as it does not crack easily. On May 17, 1792, 24 stockbrokers met under a buttonwood tree to develop the Buttonwood Agreement. A sycamore tree is easily identified by its bark, which resembles a camouflage pattern. These trees can grow to a diameter of 5 feet, throw off their bark in the fall and have seed balls. They are a hardy species.

The spotted lantern fly is an invasive species that was first found in Pennsylvania in 2014. It has since been found in New Jersey and Virginia, and a dead bug was found in Delaware County last fall. It also has been seen in Nassau County and western New York State. This fly lays its eggs on stone and metal and can be transported on equipment and planters. They do substantial damage to maple trees, as they are attracted by the syrup.

The latest bug to be on the lookout for is the jumping worm, which disrupts the ecology of the forest floor by rapidly and thoroughly consuming leaf litter.

New York State is going to be celebrating its 5<sup>th</sup> Invasive Species Week from July 8-14. The Mianus River Gorge Preserve will be offering an invasive species identification walk during this period.

Club Historian **John Stockbridge** found three discussions regarding native plants in past minutes of the BFC:

- (1) May 16, 1888, at the home of A. Mead Clark., when James Wood II presented on *Hardy Flowers & Old-Fashioned Gardens* – including both native plants and those introduced by the early settlers.
- (2) 1924, at Maaikenshof, the home of Moyca Newell, when Lena Minns presented on *The Home Flower Garden*.
- (3) 1942, at “Bedford House,” the home of Mr. & Mrs. Arthur Iselin. The speaker was Eloise Luquer, who spoke on the subject of the *History of Plants*. Luquer was born in 1866 and was a founder of both the Bedford Garden Club and the Garden Club of America. Luquer noted that botany was a life-long interest of hers, and as a young child she would identify wild plants found in the area. She noted that Aristotle started the practice of naming plants in 370 B.C.

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Mary introduced the afternoon's keynote speaker, **Barbara Fischer**, a member of the Steering Committee of the Native Plant Center (NPC), which is located on the campus of Westchester Community College. The NPC is the first national affiliate of the Lady Bird Johnson Wildlife Center in Austin, Texas.

Barbara noted that she did bring along some literature, which Club members can take home with them. She also recommended two books on the subject of native plants:

- *Bringing Nature Home*, by Douglas Tallamy
  - *Designing Gardens with Flora of the American East*, by Carolyn Summers
- Summers has a home in the Catskills that is open for free tours.

Barbara began her presentation by emphasizing that she is not asking us to go home and tear out all of our non-native plants. She is asking that people incorporate native plants into their gardens and landscaping. Native plants have evolved over millennia and are region/location-specific. They grow without cultivation; they just "pop up."

By encouraging and planting native plant species, we are reconnecting to the web of life. Different species of butterflies, for example, are nurtured by certain native plants. The Monarch and Karner Blue Butterflies thrive on the Eastern Lupine. Native plants attract many pollinators (four times as likely!) and native birds. Native bird species require certain species when nesting and migrating, for example. Native shrubs often are superior at hiding nests -- for example, meadowsweet and climbing hydrangea. Only ten percent of non-native plants are attractive to pollinators, as opposed to eighty percent of native species.

Of the 4,000 species of native bees, of many sizes and colors, some are generalists and some specialists in terms of their pollen needs. Some native bees require native flowers. And as some need to go into the ground, we should not use too much mulch in our gardens.

We definitely must avoid all pesticides and should not buy plants that have been treated with pesticides.

Bees are not the only pollinators. The hummingbird moth and other moths pollinate plants as well. As a result, do not squish caterpillars! They should be protected.

Gardeners also should learn the scientific names of plants, as common names are not consistent and give no clues as to a plant's origins. We also should understand a plant's reproductive strategies. If planting a non-native plant, only plant male plants.

Invasive plants – including wisteria, porcelain berry, Japanese knotweed – displace and smother native species and disrupt natural processes.

A relatively new New York State law (as of March 2015) bans New York nurseries from selling 69 listed flora. They cannot be bought or transported. Examples include porcelain berry, Japanese barberry, Japanese honeysuckle, golden bamboo, and yellow iris. Do not plant or share them. Dig them up and put them in black garbage bags. Do not compost them. Prune their roots so that they cannot send out runners.

Native species can be aggressive but are not invasive – e.g., poison ivy and Virginia creeper. Be sure to avoid non-native species of ivy and any non-native plants that spread vegetatively.

Also avoid purchasing plants that are recently introduced to new habitats -- such as the non-native lupines, which have resulted in endangerment of the Mission Blue Butterfly. Don't avoid the rush to

buy plants that are so new to the environment that no one knows much about how they grow. The Korean dogwood, for example, is apt to become invasive.

We should encourage native spring ephemerals -- those plants that grow before tree leafing. They are finished with their life cycles by the time the leaves emerge. These include spring beauties, Virginia bluebells, native columbine, bloodroot, and trillium. Bloodroot appears in April and May, as do bleeding heart, marsh marigolds, and ragwort.

In May, the May apples appear. Turtles love the fruit Also appearing is Canada ginger, which does not have shiny leaves. In June we begin to see milkweed, blue iris, mountain laurel, native geranium, ferns, coreopsis, primrose and blue-eyed grass. July sees coneflowers, black-eyed Susan, turk's cap lily, and bee balm/monarda. Goldfinches love coneflowers. August sees purple skullcap, blazing star, obedient plant, and mountain mint. Deer won't eat the latter, and it smells great. Late summer and fall see beardtongue, New York ironweed, and white turtlehead.

We also should plant such native shrubs as buckeye and ninebark (with different colored leaves). Trumpet vine is also a good choice.

Barbara's favorites include hibiscus, oak leaf hydrangea, swamp azalea, smoke bush, and aronia/Chokeberry. A wonderful combination to consider is native ferns with non-native lilies. Consider creating visual "interest" all year long -- with an assortment of leaf colors and berries. Amsonia, for example, turns gold in the fall. The New York Botanical Garden's native plant garden is gorgeous all year long and especially in the winter!

In short, sustainable gardening is up to each of us. When choosing a plant for your garden, always think of natives. If all backyards had native species, migrating birds and other animals and insects would be helped.

Also consider becoming a member of the Native Plant Center. A new garden has recently been introduced -- the New American Cottage Garden -- on the campus of Westchester Community College.

Other dates of interest:

July 29: Open Garden Day tours

Sept 8 and 9: the Rosedale Nursery plant sale

Sept 28: Go Native U at the NPC

Sept 29: perennials for summer and fall

The NPC also offers classes, details of which can be found on their website.

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As a final piece of business for the afternoon, Mary asked Jim Wood to come forward to be recognized for his 18 years of service as Club president. Jim was the 4<sup>th</sup> generation of the Wood clan to serve as Club president, beginning with his great-great grandfather. Mary then spoke of Jim's enthusiasm, capability and cheerfulness, with which he led the Club into the modern world of farming and into exploring new subject matter, such as gardening and ecology. Mary then asked Jim to say a few words. He thanked the membership for the wonderful testimony and cited Mary as an able successor, noting that the Club is in very good hands, with a "marvelous and bright future."

Champagne was then distributed and the following toast proposed: "To Jim Wood, who is so deserving of a champagne toast and to many more years of his involvement with the Bedford Farmers Club."

The meeting was then adjourned, and the members once again enjoyed a wonderful selection of refreshments.



Mary Farley & James Wood III



Club Members Toast Jim Wood

## Barbara Fischer's Handouts

### Incorporating Native Plants in the Garden

Plant list of plants, in order of mention. Common name – *Latin name*

Trout lily – *Erythronium americanum*  
Spring beauties – *Claytonia virginica*  
Dutchman's breeches – *Dicentra cucullaria*  
Virginia bluebells – *Mertensia virginica*  
Columbine – *Aquilegia canadensis*  
Wake robin the yellow is *Trillium luteum*, the white is *Trillium catesbaei*  
Mountain laurel – *Kalmia latifolia*  
Twinleaf – *Jeffersonia diphylla*  
Bloodroot – *Sanguinaria canadensis*  
Fringed bleeding heart – *Dicentra eximia*  
Crested iris – *Iris cretata*  
Foam flower – *Tiarella cordifolia*  
Marsh marigold – *Caltha palustris*. Avoid lesser Celandine the non-native invasive  
Moss phlox – *Phlox subulata*  
Golden Ragwort – *Packera (Senecio) aurea*  
Bluestar – *Amsonia ciliata* – nectar source for Mourning Cloak Butterfly  
Blue wild indigo – *Baptisia australis* – only food for larva of Wild Indigo Dusky wing  
Rue Anemone – *Anemonella thalictroides* "Schoaf's Double Pink"  
Goldstar – *Chrysogonum virginianum*

Perennial Black eyed Susan – *Rudbeckia fulgida*  
Turks cap lily – *Lilium superbum*,  
Bee balm – *Monarda didyma* "Raspberry wine"  
Cardinal flower – *Lobelia cardinalis*  
Purple skullcap – *Scutellaria incana*  
Culver's root – *Veronicastrum virginicum*  
Blazing star – *Liatris spicata*  
Mountain mint – *Pycnanthemum muticum*  
Obedient plant – *Physostegia virginiana*  
Beardtongue – *Penstemon digitalis*  
NY Ironweed – *Vernonia novaboracensis*  
Turtlehead – *Chelone glabra* White turtlehead is one of the two larval food plants for the brown Baltimore Checkerspot  
Great Blue lobelia – *Lobelia siphilitica* – nectar plant and beloved of hummingbirds  
Buckeye – *Aesculus parviflora*,  
Sweet pepperbush – *Clethra alnifolia*,  
"Diablo" Ninebark – *Physocarpus opulifolius* "Diablo"  
"Blue Smoke" Witch alder – *Fothergilla gardenia* "Blue Smoke"  
Oak leaf hydrangea in fall – *Hydrangea quercifolia*,  
Swamp mallow – *Hibiscus moscheutos*,  
Swamp azalea – *Rhododendron viscosum*  
Winterberry – *Ilex verticillata* "Winter Gold"  
Red chokeberry – *Aronia arbutifolia*  
Winterberry – *Ilex verticillata*

**Websites for reference:**

[www.nativeplantcenter.org](http://www.nativeplantcenter.org) (The Native Plant Center)

[www.wildflower.org](http://www.wildflower.org) (Lady Bird Johnson Wildflower Center)

[www.newfs.org](http://www.newfs.org) (New England Wild Flower Society)

<http://plants.usda.gov> (USDA Natural Resources Conservation Service)

Here are web sites for state invasive plant committees:

CT: [www.hort.uconn.edu/cipwg](http://www.hort.uconn.edu/cipwg)

NJ: [www.ma-eppc.org](http://www.ma-eppc.org)

NY: [www.ipcnys.org](http://www.ipcnys.org)

[www.monarchwatch.org/](http://www.monarchwatch.org/)

Printable List of Prohibited and Regulated Plant Species with Color Photos:

[http://www.dec.ny.gov/docs/lands\\_forests\\_pdf/isprohibitedplants2.pdf](http://www.dec.ny.gov/docs/lands_forests_pdf/isprohibitedplants2.pdf)

Printable List of Prohibited and Regulated Species, Inclusive of Non-Plant Species:

[http://www.dec.ny.gov/docs/lands\\_forests\\_pdf/islist.pdf](http://www.dec.ny.gov/docs/lands_forests_pdf/islist.pdf)

**Suggested reading (these are just personal favorites):**

- "Designing Gardens with Flora of the American East" by Carolyn Summers, Rutgers University Press, 2010
- "Bringing Nature Home. How Native Plants Sustain Wildlife in Our Gardens" by Douglas W. Tallamy, Timber Press, 2007
- "Growing and Propagating Wildflowers of the United States and Canada" by William Cullina, The New England Wild Flower Society, A Frances Tenenbaum Book, Houghton Mifflin Company, 2000 (*and others in this author's series*)
- "Noah's Garden. Restoring the ecology of our own backyards", by Sara Stein, Houghton Mifflin Co., 1993
- "Native Perennials. North American Beauties", Brooklyn Botanic Garden, Handbook #146, 1996
- "Native Alternatives to Invasive Plants", Brooklyn Botanic Garden All-Region Guides, C.Colston Burrell, Janet Martinelli and Bonnie Harper-Lore, Editors, Handbook #185, 2006
- "The Wildlife Gardener's Guide", Brooklyn Botanic Garden All-Region Guides, Janet Marinelli, Handbook #189, 2008