



NATIVE PLANTS, NATURAL LANDSCAPES

# OZARK CHAPTER

Spring 2023 **JOURNAL** Vol 4 - No 2



**A VOICE FOR THE NATURAL LANDSCAPING MOVEMENT**



Est. 2019

Promoting environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration and establishment of native plant communities.

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Established in 1977, Wild Ones is a national not-for-profit organization of members who teach the benefits of growing native plants while working together to grow and restore natural landscapes.

Wild One's definition of a native plant: A native plant is a species that occurs naturally in a particular region, ecosystem and/or habitat and was present prior to European settlement.

## PRESIDENT'S COLUMN

Wild Ones,

Welcome to spring! Usually winter is a bit slow for us plant people, but things have been hopping for our chapter, so I predict an extra busy spring and summer this year. Why, you ask? Well, just do an internet search for "native plant gardening trend" and you will see dozens of recent articles on the topic. That's great news!

Our first in-person program of the year, Native Plant Landscaping for Beginners, presented by Eric Fuselier, attracted over 100 people! Our Site Visit program has blossomed with over 30 site visit requests so far in 2023. Our board members have also been busy bees, working on several new programs to help develop the chapter and inspire and educate the public about native plants. Stay tuned!

I hope you get a chance to join us at some of our in-person programs and field trips, or maybe you can volunteer on a site visit or event or join a committee this year.

Happy planting! And remember that you and your garden might be the inspiration for your neighbors to also plant more natives!

Pam Morgan  
President, Wild Ones Ozark Chapter



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Submission of manuscripts and illustrations are welcome. Wild Ones does not pay for articles, photos, or illustrations.

For up to date submission guidelines visit <https://ozark.wildones.org/journal/>. Photos not otherwise marked are from Canva.com with permission.

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*Speyeria diana* (Diana fritillary) caterpillar photo credit: <https://www.hindawi.com/journals/psyche/2011/940280/>

**“In my mind, this chapter activity (*site visits*) is the epitome of what Wild Ones wants to promote – members sharing and learning about landscaping with native plants.”**

Steve Alarid

# Announcing the launch of our new page on the Ozark Wild Ones website!

<https://ozark.wildones.org/books/>

This page is a great resource for anyone who is interested in learning more about how to use native plants in their landscaping. The books on this list offer a variety of perspectives and approaches to landscaping with native plants, and they are sure to provide you with the information you need to create a beautiful and sustainable landscape that supports wildlife.

We hope you will visit our new page and check out the recommended books. We are always looking for new resources to share with our readers, so if you have any favorite books on landscaping with native plants, please let us know by dropping a line to [editor.wildonesozarkchapter@gmail.com](mailto:editor.wildonesozarkchapter@gmail.com)

Thank you for your continued support of the Ozark Wild Ones!

*This advertisement was written with the help of "Bard, a large language model from Google AI"*

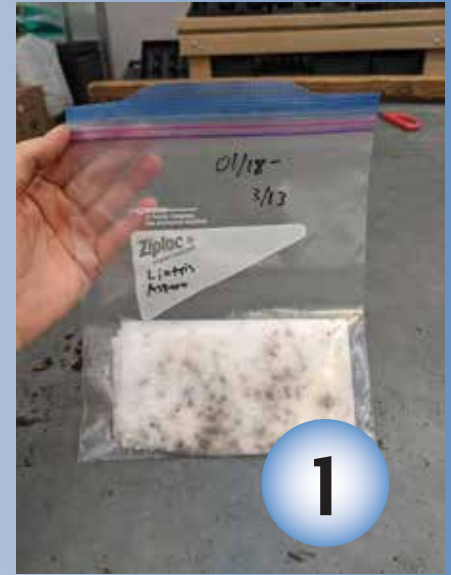


# Cold Stratification

Bethany Douglas

Have you ever wondered how seeds know when to start popping up in early spring? How do they know to wait until the threat of frost has (usually) passed? Do they have little walkie-talkies they use to listen to the weather report? As cool as that sounds, they do not (that we know of). Seeds go through a process known as cold stratification, after which they begin to sprout. This is an extended period of the seed being cold and wet, basically living through winter. Many native seeds will not sprout if they do not go through this process, but often we pick up seeds in the early spring, so how can we get them to germinate? If you've planted native seeds before you will definitely know how to cold stratify your seeds at home, but if you haven't, read on! Because it is really fun!

Cold stratifying at home is extremely easy and satisfying. There are some different ways to do it, we'll discuss the paper towel method first. **First**, you will need your seeds, a paper towel, and a plastic bag. Get your paper towel slightly damp and lay your seeds out on it. Once you have your seeds out, gently fold the paper towel and put it in a plastic bag. After that you just stick the bag in the fridge, super easy!



The **second** way is almost the same, but instead of a paper towel you can use soil or sand. In this version you can wet your sand or soil to the point of it being damp, but not sopping wet. After this put it in your plastic bag and sprinkle your seeds in afterwards. Mix it up however you want so the seeds are mixed into the soil well. Then you can go ahead, and, you guessed it! Stick the bag in the fridge!

As you can tell, this is a very simple process that basically just helps us mimic seasons. The length of time you will want your seeds in the fridge varies from plant to plant. Some call for 30 days, some call for 90. You can google it, or usually, the seed packet if you have one, will have planting instructions that will include the cold stratification period. However, I have noticed that some seed packets do not have any information on stratification or even say that they need this! So if you're planting natives be sure to double check online if you don't already know. *Happy planting!*

## Bethany Douglas, Ozark Wild Ones Editor

My name is Bethany Douglas, and I have lived in Northwest Arkansas for 6 years now. I love hiking, swimming, biking, kayaking, and all things outdoors! I have a bachelor's degree in English but decided to shift gears when I moved here 6 years ago and have been working in agriculture since then. I have learned a lot about farming/gardening as well as native plants working at several non-profits and Crystal Bridges Museum of American Art. Additionally, I currently work for the City of Fayetteville on the Square Gardens horticulture team where I get to plant native beds throughout Fayetteville.



# INTERESTED IN CREATING OR IMPROVING POLLINATOR HABITAT ON YOUR FARM OR RANCH?

## POLLINATOR PARTNERSHIP CAN HELP!

Looking for technical or financial assistance to help you reach your land stewardship goals?

Our liaisons can share resources and assist you in connecting with your local field office.

There are many programs available to help you apply conservation practices that can improve soil health, biodiversity, and production on your lands. Let us help you get started!

VISIT  
[WWW.POLLINATOR.ORG/NRCS-LIAISONS](http://WWW.POLLINATOR.ORG/NRCS-LIAISONS)



### *Pollinator Partnership Arkansas*



**Sara Wittenberg**  
NRCS Pollinator Liaison

Have Questions?  
Contact Sara at  
[sw@pollinator.org](mailto:sw@pollinator.org)



# 2023 Program Schedule

**Saturday, April 8**

**11:30am-1pm**

FIELD TRIP: Spring Ephemeral Hike at Lake Wilson,  
4668 S Lake Wilson Rd, Fayetteville

**Saturday, May 13**

**11:30am-1pm**

FIELD TRIP: Compton Gardens & Arboretum  
in Bentonville

**Saturday, April 1, 2023**

**11:00 am**

IN-PERSON PRESENTATION

Double Feature: "Gardening in the Spring" &  
"Native Plants for the Birds" in Eureka Springs



# The Best Way to Learn How to Grow Native Plants

Pam Morgan, Wild Ones Ozark Chapter President

*Wild Ones offers many resources for learning about native plants and how to grow them, including our monthly programs, the information on our website, videos, and more.*

## **The best way.**

So you might be wondering what's the best way to learn about growing native plants? Arguably, the best way is to grow something yourself. You will become an expert on a variety of native plants . . . but only the plants that you're growing, and only after several years of watching them grow.

**Better than the best way.** So what might be even better than the best way is to learn from other people who are growing native plants on their properties. All the learning that comes from more plants, more yards, and different conditions, and none of the work or time.





## How do I get in on that?

Through our chapter's Site Visit program, we go out to people's yards and advise them on growing native plants. The Site Visit program is extremely popular. We did 45 site visits in 2022, and we've had over 30 site visit requests so far in 2023, and it's still early springjandu! Did you know that you can come along on a site visit as an observer and learner? It's a new educational opportunity we're starting this year as a way to provide more personalized learning.

## What to expect.

During site visits, we start by asking the homeowner what their goals are and what questions they have. We typically talk about which native plants would work in certain conditions on the site (shade, sun, dry, wet, etc.), how to remove lawn and add natives, how to remove invasives that are there, and more. As an observer, you may have some advice to share based on your own experience, or you may just want to listen. Usually 2 or 3 people go out on the site visit.

## How do I start?

If you're interested in going out as an observer on a site visit, just send an email to [wildonesozarkchapter@gmail.com](mailto:wildonesozarkchapter@gmail.com) and let us know what towns you would be able to go to and what your general availability is (weekends, weekdays, evenings, etc.). Someone will contact you when we have a site visit that fits. So far this year we've done site visits in Bella Vista, Bentonville, Centerton, Fayetteville, Little Flock, Rogers, Siloam Springs, Springdale, and West Fork, so you can see we get requests from all over!



### **President, Wild Ones Ozark Chapter**

Originally from Connecticut where she was a member of Wild Ones' Mountain Laurel Chapter, Pam spent about 8 years converting her 0.5-acre lawn into a mostly native yard. Pam's professional background is in business and marketing. She has an MBA and was a marketing manager at Kodak for 15 years, a position she left to move to Northwest Arkansas.



Don't miss a thing!



## Keep in Touch!

Sign up for the newsletter to receive updates and reminders & follow us on your favorite social media!



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<https://www.facebook.com/OzarkWildOnes/>

# Site Visits

As people transition to using more native plants in their landscapes, they often need support and advice. The Ozark Chapter of Wild Ones is now offering the service of onsite visits in Northwest Arkansas.

The role of the Site Visits Committee is to offer guidance, encouragement, resources, and professional connections to homes and non-profits.

Our services will be offered in a manner that does not compete with professionals.

If you would like to sign up for a visit, fill out the short form at <https://ozark.wildones.org/visits>.

# Native Plant Sources

Visit our website for an up to date listing of Ozark specific native plants:

[https://ozark.wildones.org/plant\\_sources\\_allied\\_orgs/](https://ozark.wildones.org/plant_sources_allied_orgs/)

# Members Only Access

Members of Wild Ones have exclusive access to abundant resources on the national Wild Ones website. Registration gives you access to files, publications, and articles only available to members. On the upper right-hand corner of the main page is a “member login” button that will give you instructions for registering. You’ll be able to access archived Journal articles, vote on the annual photo contest, sign up for the discussion group, and much more!

<https://ozark.wildones.org/>



The Arkansas state butterfly *Speyeria diana* (Diana Fritillary) aka The Diana



## **FREE OZARK CHAPTER T-SHIRTS FOR MEMBERS WHO VOLUNTEER!**

A wide variety of sizes are available!

### **Volunteer opportunities include:**

- Service on the board of directors or on one of our committees
- Lake Springdale Trailhead Raingarden & Bioswale
- Participation in Wild Ones Site Visits
- Invasive species removal at Lake Wilson in Fayetteville
- Planting natives and removing invasives at Callie's Prairie in Fayetteville
- Planting, maintenance, and invasive species removal at Compton Gardens in Bentonville
- Planting, maintenance, and invasive species removal at Osage Park in Bentonville
- Participation in the Eureka Springs Native Plant Collaborative project

Contact [WildOnesOzarkChapter@gmail.com](mailto:WildOnesOzarkChapter@gmail.com) to learn how you can get involved!

# Site Visits Project Update

Steve Alarid, Wild Ones Ozark Chapter Member

The Site Visits Project has been pretty active during the months of January, February, and March. Thanks to some recent great publicity and public presentations by Chapter members, more people are finding out about our unique offer. The Site Visits team accepts requests to go to properties within the NWA region to advise owners on selecting AR native plants for home landscaping. This service has been very popular, and demand is “growing.”



Eric Fuselier (left) and Pam Morgan (taking the photo!) recently provided guidance to Lynn West (right) and Tyler Vanden Heuvall (center) on a rain garden in their backyard.

## To illustrate how these visits work, here are a couple recaps:

### Bella Vista

Pam Morgan and I visited with a retired couple who had recently moved from Kansas City. Their property was typical for Bella Vista – very gravelly, sloped urban lot recently cleared of mature oak/hickory forest cover. Construction had created a drainage problem, with street runoff pooling in the front yard. They also wanted to create a privacy hedge along the road and to attract bird and pollinator traffic.

For the runoff pooling area, we suggested two approaches. First, this was an obvious opportunity for a rain garden. We discussed ideas for construction and plant choices. Several perennial species seemed like good starters: Cardinal flower (*Lobelia cardinalis*), Blue lobelia (*L. siphilitica*), Swamp milkweed (*Asclepias incarnata*), Mist flower (*Conoclinium coelestinum*), and any sedge (*Carex* spp.) Second, we also suggested an above-ground terrace and drainage system which channeled water slowly away from the house and allowed more percolation into the soil, as opposed to an underground perforated pipe which would rush water downstream as quickly as possible.

For the privacy hedge, we recommended a row of Eastern red cedar (*Juniperus virginicus*) transplanted from their yard, supplemented with other flowering shrubs and prairie grasses for both wildlife attractions and visual appeal.

## Site Visits Project Update, continued

The rest of the property had a variety of small niches of light and slope for which were able to recommend several Arkansas native deer-resistant perennials and grasses to attract wildlife and help restore healthy ecological function.

### Springdale

Danny Barron and I visited a couple who have lived on their rural property for over 30 years. They had done a great deal of previous landscaping and now wanted to incorporate more AR natives into the mix, as well as remove invasive non-natives. Rather than being a teaching session, this was a very productive 2-way conversation about many issues at their place. Highlights for me were their perennial stream/pond area and the Bermuda grass lawn.

The riparian (streamside) area was a thicket of privet. We were able to discuss alternatives for removal and replacement of these aggressive invasives, including seasonal cutting and targeted herbicide stump treatment.

We also discussed native trees and shrubs to reclaim the area, such as sycamore (*Platanus occidentalis*), River birch (*Betula nigra*), Ninebark (*Physocarpus opulifolius*), or Silky dogwood (*Cornus obliqua*).

The ubiquitous Bermuda lawn gave a chance to suggest ways of both eliminating the evil weed and replacing it with healthy alternatives. I always get satisfaction from describing the most common ways of eradicating lawn: cardboard smothering, plastic sheet solarizing, and - yes – glyphosate (Roundup, et al.) This conversation was most gratifying because this client, like many others, was more or less resigned to never being able to get rid of the scourge.

Of course, the objective of removing the bad guys is to re-introduce the good guys. So we were able to discuss many AR prairie and woodland plants to add across their 2-acre mini-farm.

This client has since reported that they are already adding some of the grasses we suggested and whacking away at their privet in preparation for a summer herbicide attack.



Laurie Scott (center) sketches out some ideas for native plants for the yard of Susan Thrasher (right) as Randy Jackson (left) observes.

Randy is a Wild Ones member who recently had a site visit to his own home and went along on a few more to learn even more.



# My Sensory Garden

Pam Morgan, Wild Ones Ozark Chapter President

Native plants can provide more than just food and habitat for pollinators, birds, and other wildlife. They can be good for people too! Before I moved to NWA in 2021, I had about a half acre in Connecticut that became my refuge during the pandemic. I would walk around the yard, usually more than once a day, using the sights, smells, sounds, tastes, and even the textures of the plants to forget my worries and “be in the moment.” Without even realizing it, over the years I had planted my own sensory garden using native plants. A sensory garden is a garden that stimulates the five senses, sometimes created to be therapeutic or educational. My yard was both. (Note: All the plants included here are native to Arkansas.)



**Yellow sunflowers grew tall in early fall.**

## SIGHT

From spring through fall, the garden exploded with color. In the spring, I enjoyed the early yellow blossoms of the sassafras (*Sassafras albidum*) and spicebush (*Lindera benzoin*), plus the bright red flowers of columbine (*Aquilegia canadensis*) and abundant, multicolored flowers of the violets (*Viola spp.*). I especially loved watching the bumblebees fly all the way into the white, tubular flowers of the foxglove beardtongue (*Penstemon digitalis*) until only their little bee butts were sticking out. As the days got warmer, I tried to follow the many different butterflies flitting about on the pinkish purple flowers of the Joe Pye weed (*Eutrochium fistulosum*) and purple coneflower (*Echinacea purpurea*) and the hummingbirds visiting the scarlet blooms of the cardinal flowers (*Lobelia cardinalis*). In the fall, bright yellow sunflowers (*Helianthus annuus*) grew tall next to the driveway, and various goldenrods (*Solidago spp.*) and asters (*Symphyotrichum spp.*) swarmed with bees while the leaves of the sassafras trees turned every color from yellow to red that you can imagine.





**Wild bergamot is a member of the mint family, so it's no surprise it has very fragrant leaves.**

## SMELL

I like to think that removing a few leaves from my plants every day to crumble up and smell was good for them, because it was sure good for me. My favorites were sassafras, spicebush, and wild bergamot (*Monarda fistulosa*), but I smelled everything. I had a non-native mint that I liked to smell, and we have several native mints here in Arkansas that would be good substitutes. My favorite flower scent was probably that of common milkweed (*Asclepias syriaca*), and it's a good thing I liked it because it spread like crazy! Some people don't like the smell of pawpaw flowers (*Asimina triloba*), but I think it's interesting, so definitely worthy of smelling.

# HEARING

Once I started planting native plants, my yard was full of birdsong. I finally learned to recognize certain birds just by listening, and I would always smile when I would hear the goldfinches as they picked at the purple coneflower and sunflower seeds and the catbirds as they stole berries from my black elderberry (*Sambucus canadensis*) and highbush blueberry (*Vaccinium corymbosum*) shrubs. It was a treat to hear the cedar waxwings that came once a year for only a few days to eat the berries of my eastern red cedar tree (*Juniperus virginiana*). One of my favorite sounds was the loud buzzing of the bumblebees on the yellow partridge pea flowers (*Chamaecrista fasciculata*). There were so many bees and they were so loud that you could hear them from 20 feet away!



**The partridge pea patch was buzz city.**

# TASTE

I originally planned my yard as a “food forest,” so there was a lot to taste. Walking around the yard doubled as snack time at certain times of the year. Along with several non-native fruit trees, an herb garden, and a vegetable garden, my yard had highbush blueberries, blackberries (*Rubus allegheniensis*), black elderberries, pawpaws, and wild strawberries (*Fragaria virginiana*). I even made homemade root beer from sassafras roots one year.



Jewelweed is also called “touch-me-not.”

## TOUCH

Every plant has its own unique texture, and it’s fun to feel your way through a garden. I planted field pussytoes (*Antennaria neglecta*) just to see if the flowers were as fuzzy as they looked (they are). I would shake the dried pods of blue wild indigo (*Baptisia australis*) to feel the seeds rattle around and tear apart the pods of common milkweed to feel the silk inside. Of course I couldn’t resist touching all the pods of the touch-me-not plants, aka orange jewelweed (*Impatiens capensis*), to watch the seeds go flying!

I don't feel like I really know a plant until I've observed it through the seasons, smelled it, felt it, and (if I'm positive it's safe) tasted it. I hope my native plant sensory garden has inspired you to enjoy nature with all of your senses!



One of the butterfly garden areas of the yard in full bloom.



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