

FRIENDS OF FOREST HILL PARK

The Forest Hill Park Post



February 2018

President	Patricia Wood
Vice President	Terry Fitzgerald
Treasurer	Lee Shewmake
Secretary	Carolyn Paulette

www.friendsofforesthillpark.org

Ghost Plant in the Park

Suzette Lyon

In biology class you learned that plants make their food from water, CO₂, and energy from the sun. The powerhouse for this process (photosynthesis) is the chloroplast; it's also what makes plants green. So if you see a "plant" that's not green you might assume it's a mushroom or fungus, but that's not necessarily so. There are a few flowering plants that do not have chloroplasts and cannot make their own food. They depend on handouts from others! And you might just see some in our own Forest Hill Park.

Meet *Monotropa uniflora*, also called Indian pipe or ghost plant. These small, white or slightly pink plants can be found in good quality wooded areas where the soil is rich in organic matter and therefore, rich in life. There is a lot going on down there under the ground. One important activity is the symbiotic relationship between mycorrhizal fungi and tiny root tips of trees. The fungus helps the tree roots absorb more water and nutrients while the tree provides the fungus with carbohydrates. The Indian pipe is a parasite, getting food from the tree via the mycorrhizal fungus. This has been confirmed by exposing a host tree to carbon dioxide containing a carbon isotope. The tree incorporates this isotope into the sugars that it makes; the isotope can then be found in the fungus and the Indian pipe.

The flowers of Indian pipe are pollinated by bees and other insects seeking nectar. They also make seeds just like all other flowering plants.

Wander through Forest Hill Park during the summer and you just might see Indian pipe. While you're there consider what is going on underground and the fact that this only occurs where the soil is healthy and rich. These soils support complex communities and protect water quality as well and so they deserve our respect and care. Tread lightly, take only pictures, enjoy your walk.



Blue Curls Flower



During September 2017, Bill Shanabruch found this native wild flower growing in Forest Hill Park. Its formal name is *trichostema dichotomum* and it's a member of the mint family. Notice how the reproductive parts—stamens and styles—are long and curl. The flowers are small and last for just one day, but others appear throughout its long blooming season, which is early summer until early autumn.

Park Yields Another Relic

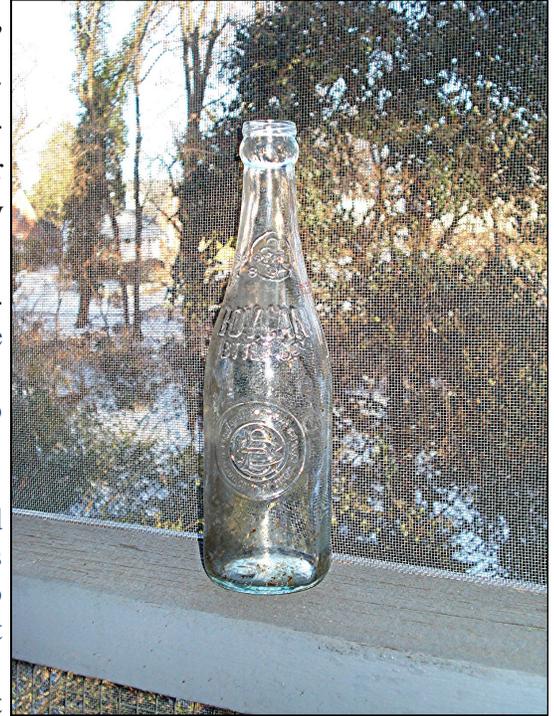
During December, a volunteer was removing layers of English ivy from the base of a tree trunk on the high ground south of the lake. The area is about 30 feet from the nearest trail and is not well travelled so we were surprised when he found an unusual looking glass bottle.

When the bottle was cleaned up a bit, “Boylan Bottling Co.” was visible. A “google” search led to a company outside of Virginia. Boylan is an American gourmet soft drink manufacturer located in New York City. Boylan's first product was birch beer, their recipe having been formulated in 1891 in Paterson, New Jersey, by pharmacist William Boylan. Our discovery was not that old.

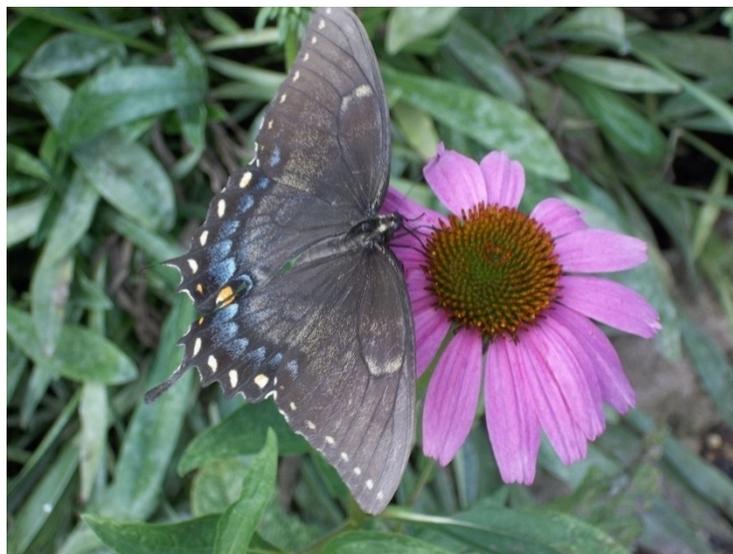
The marketing department at Boylan responded to our inquiry: “Wow, that is one of our bottles from awhile back. We love recollecting our old glass bottles to display here in our NYC office. Are you guys looking to keep the bottle? If not we would love to have you send it to us:

Our address is 6 East 43rd Street, 15th Floor, New York, NY 10017
Our in-house historian has reviewed your photo and is very pleased to let you know that the bottle is most likely from the early 2000s and probably contained our cane cola. During that time we used to paint the labels and ingredients on to each bottle. It appears the paint has worn off over several years.”

We returned the Boylan bottle to the NYC office where it will reside in the company museum. That’s a nicer fate for a gourmet soft drink bottle than languishing under English ivy away from the public eye.



We Promised and Here It Is



Conservation Landscaping Workshop

Sponsored by Friends of Forest Hill Park

Saturday, March 10, 1:00 – 4:00 pm

Stone House in Forest Hill Park

Come and learn what you can do to make your landscape more sustainable and wildlife-friendly. We will discuss:

- Native plants and their vital role in healthy ecosystems
- Native plants of **local ecotype** vs. cultivars
- Conservation landscapes serve many purposes (e.g. wildlife habitat, ease of maintenance, improved water quality, aesthetics, carbon storage, saving money)
- Conservation landscapes are flexible (size, soil and light conditions, plant types, formal vs. informal, etc.)
- Identification and removal methods for non-native invasive plants
- Considerations in selecting a site for conservation landscaping
- Site preparation to ensure success and minimize maintenance
- Resources to select the native plants that will work for your purposes
- Establishment and maintenance of a successful conservation landscape

The workshop will also include a walk in Forest Hill Park to identify common invasive plants and a hands-on demonstration of proper planting and mulching techniques.

This workshop is FREE for members of Friends of Forest Hill Park and costs \$10 for non-members. All participants will receive a complimentary native plant from Reedy Creek Environmental. Advanced Registration is required. Workshop size is limited to 20 participants. Registration deadline is March 2nd.

If you are not a member of Friends of Forest Hill Park, register by visiting www.friendsofforesthillpark.org and click on Upcoming Events on the main page, then March 10th Workshop. If you are a member of Friends of Forest Hill Park, email your name and address to info@friendsofforesthillpark.org.

About the Instructor:

Bill Shanabruch is an aquatic biologist and active member of the Reedy Creek Coalition leadership. In his free time, he cultivates a beautiful biodiverse native garden on his property. Bill's business, Reedy Creek Environmental, is devoted to watershed restoration through the use of native plants of local ecotype, education, and resource assessments.

Park Champions



On December 30th four volunteers worked in one area of Forest Hill Park removing English ivy, Japanese honeysuckle and euonymus vines from tree trunks and canopies. A fifth volunteer worked pulling up English ivy growing along the ground. Great work on a cold day!

Dusty, Landon, Mary and Marc



These volunteers, plus ten more who arrived a few minutes after we took this picture, spent three hours in Crooked Branch Ravine Park on January 13th pulling up about 5 miles of English ivy, vinca and Japanese honeysuckle. Crossroads Coffee provided complimentary muffins and coffee to the workers. One volunteer filled a giant leaf bag with trash from Reedy Creek. The community effort was outstanding.