

# FronD Forum

Florida Native Plant Society  
Cuplet Fern Chapter :: Seminole County

Volume 7, Number 3 :: July – September 2017

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## Cuplet Fern Chapter

Florida Native Plant Society

PO Box 150021

Altamonte Springs, FL 32715

## Meeting Location:

200 Fairmont Drive

Sanford, FL 32773

## Spring Blooming Flowers Bring in the Pollinators

90% of all plant species pollen is transferred by animals, and not just bees. A good pollinator moves around to many flowers and to the same species. The best are flyers. The pollinators need structures to hold the pollen, for example, hairs or scales.

So, who are these pollinators?

### Birds

There are about 500 bird species in Florida including resident, migratory, and over-wintering; however, the most common pollinator is the hummingbird. We have only one in Florida, the ruby-throated hummingbird. Hummingbirds burn a lot of energy rapidly by typically beating their wings 50 beats per second, fly about 34mph, and fly backwards. Since they hover, a flower landing pad is not necessary. Tubular flowers are typically visited; although, they do not feed exclusively



*Ruby-throated Hummingbird*

on tubular flowers; however, they do need lots of nectar. Stamens and stigma usually protrude on a flower so that the pollen is dusting on the head and body of the bird while feeding. Hummingbirds are attracted to scarlet, orange, red, and white. No scent needed.



*Gulf-fritillary Butterfly*

### Butterflies

Because they have longer legs than bees, which is where they collect pollen, butterflies collect less pollen. There are 176 butterfly species in Florida, including skippers. They prefer flat and broad flowers to land on and with a pleasant smell. Butterflies go to all kinds of flowers during the day with many petal designs. They like clusters so they can suck the nectar without having to fly among singular flowers expending more energy. They are attracted to

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## Spring Blooming Flowers Bring in the Pollinators—continued



*Hummingbird Clearwing Moth*



*Syrphid Fly*



*Scarab Beetle*

bright colors, blue, yellow, including red and purple. Flowers need to have nectar.

### Moths

Most are nocturnal so they visit night-blooming flowers which are typically white with shorter corolla tubes and often smaller flowers. They are attracted to a heavy sweet scent often only after sunset.

### Flies

Surprised? These are not houseflies, but bee look-alikes. They can travel longer distances than bees and visit small blossoms. They are attracted to dull whites, greenish or brown and some with a foul odor.

### Beetles

Beetles like large, single and open flowers as well as small, aggregated flowers. They like strong odors that are fruity or spicy, similar to the foul odor of fermentation, not a sweet odor. Beetles have a more

developed sense of smell as to compared to their vision. They are attracted to white or dull colors, except the dung beetle which prefers purple or maroon flowers.

### Bees

Of the 300 native bees in Florida, most are solitary, except bumblebees and some sweat bees. Most nest in the ground while some prefer hollow stems and holes in wood. Typically their entire life exists within 300 yards = 900 ft = ½ tennis court. The only ones that sting are bumblebees. These bees collect pollen on purpose while others do it accidentally. Bees go to one flower consistently, some only one species. They like a landing platform, see ultra violet nectar guides. Nectaries below the corolla are accessible to specialized organs of bees. Bumblebees with long tongues often visit tubular or spurred flowers. To attract bees, use blue, white, and yellow showy petals, not red. Although color is what attracts them first, they need a pleasant, sweet smell.

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*Sweat Bee*



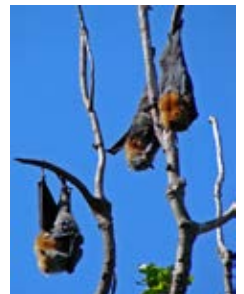
*Paper Wasp*



*Mosquito*



*Bats*



## Spring Blooming Flowers Bring in the Pollinators—continued

### Wasps

The wasps' diet is usually insects but they do regularly collect nectar and inadvertently collect pollen.

### Mosquitoes

Not a major, but occasional pollinator as the male feeds on nectar. The female mosquitoes are the ones who feed on blood.

### Bats

Most of the 13 species of bats in Florida hang from tree branches or use its cavities because Florida

doesn't have as many caves for them. And our weather is mild so they don't need to hibernate from the cold. They eat fruit, pollen, nectar, and insects. They are nocturnal and feed on dull color large blossoms which produce copious amounts of nectar with a strong or fermenting fruit-like odor. They have elongated muzzles and long, extensible tongues so they feed on tubular flowers

The best strategy to attract pollinators, for reproduction, is to plant a diversity of blooming plants. Support our Florida native pollinators with Florida native plants.

## Strategies to Add Florida Native Plants into Your Yard

*A selection from the May Member Meeting Presentation*

As a Cuplet Fern Chapter member, you already have an interest in Florida native plants and most likely have some in your yard. Here are a few tips to add more.

- **Check HOA Covenants and Restrictions**

If you are completely redesigning and installing your landscape, most HOAs require a layout for compatibility with the neighborhood. If you are just spot adding them, usually a layout is not required, but check your HOA rules anyway.

- **Have a General Plan**

Visualize what you want to see for different areas and how you want to gradually achieve your goal. Is your goal to have a pollinator garden,

attract birds, or sit in a shady quiet hideaway on a bench?

- **Start Your Plant Wish List**

Browse Florida native books with pictures. Visit gardens with native plants.

- **Know the Plant Culture and Behaviors**

Two recommended books are *Florida's Best Native Landscape Plants* by Gil Nelson and *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio.

- **Consider Plant Maintenance**

If you don't want a lot of maintenance, match the plant culture and behavior to the compatible area in your yard. You may need to modify your desired

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## Strategies to Add Florida Native Plants into Your Yard—continued



plant selection after finding out the tree you want grows to 100 feet and won't fit into your yard. As a plant grows, trim back the lawn increasing the beds to accommodate the plants. Perennials are the most maintenance. Place them in the backyard so if you don't tend to them right away, the neighbors won't complain.

- ◆ **Use Anchor Plants**

Select a few evergreen plants and strategically place them to fill voids when deciduous trees look bare and perennial flowers die back.



- ◆ **Be Patient—Establishment & Evolution**

Space the plants properly for needed air circulation. Most landscapers squeeze plants together so the yard looks fuller but as they mature, it can cause maintenance problems. Spacing makes the yard look empty but planted properly, they will be healthier in the long term. You can add temporary plants in between which will die back as your permanent plants grow larger.



- ◆ **Structural Enhancements**

These can also fill empty spaces as plants grow in and can be moved around the yard—benches, pots, birdbaths, yard art.



There are many places to buy Florida native plants. Here are just a few.

At festivals

- ◆ Annual Leu Botanic Garden plant sale in March
- ◆ Seminole County Garden EXPO in March
- ◆ FNPS Annual Conference in May
- ◆ Annual Backyard Biodiversity Day in October at Mead Gardens



At native plant chapters

- ◆ Cuplet Fern Chapter has native plants at monthly meetings and events
- ◆ Other local chapters usually have native plants at their monthly meetings



At native plant nurseries

- ◆ Many are not close but worth a road trip, [www.plantrealflorida.org](http://www.plantrealflorida.org)
- ◆ Seeds are sold by Florida Wildflower Growers Cooperative

At other plant nurseries

- ◆ Ask where their plants are from. Buy locally grown.

## Yarborough Nature Center, Geneva Wilderness Area, Native Plant Garden Field Trip



Bishop's-weed growing in among the rocks. Water is clear and small minnows can be seen darting from plant to plant. The garden containing the pond has

Red Bay, Wild Coffee, Fringe Tree, Hercules Club, Dahoon Holly, saw palmetto, Rosinweed, Narrow leaved sunflower, Spiderwort, False Indigo, and Scorpion-tails.

Our April field trip saw our members visit the Yarborough Nature Center that is part of Seminole County Natural Lands. The goal was to visit the native plant garden in the spring and perhaps compare to fall flowering. Members shared techniques used in the native garden and learned how easy it is to make a small pond that is truly "Green" in every way. The surrounding habitat consists of scrub oak mixed with sand and slash pine with understory of saw palmetto. The soil is a mix of a variety of sands, well drained and with a thin layer of oak and pine needle.

The garden consists of a small self-contained pond and part of an old scrub habitat. The pond is lined with heavy plastic and is held in place with coquina rock for effect. The water is cleaned by natural process from aquatic plants. The hardest part of any garden of this nature is to determine what works. Once leaf letter was added to retain moisture in the gardens, plants improved.

In and around the pond are Floating Hearts, Pickerel Weed, Water Hemlock, *Coreopsis leavenworthii*, Blue Flag Iris, Royal Fern, and Lizard's-tail along with



The rest of the garden is more open to direct sun and well drained. Major plants are Simpson Stopper, Firebush, Wild Lime, Carolina Willow with Leather Flower growing on it, Coral Bean, Coral Honeysuckle, and Beautyberry. Ground cover consists of *Mimosa strigillosa*, Sand Blackberry (Ouch! when we garden), Muhley Grass, Elliott's Love Grass, and Dune Sunflower. Summer-Fall flowering will show the area covered with Spotted Horse Mint, Blue Curls, and Scarlet Sage. It is always exciting when making a mixed native garden. In your backyard, just a small area can be your Florida native sanctuary. Let it grow and insects, bees, butterflies, and perhaps hummingbirds will come. A small pond will bring in the dragonflies and birds looking for some water.

## Sugarberry (*Celtis laevigata*)

Sugarberry, also known as sugar hackberry or hackberry, is a good sized native tree, which can reach 60 to 80 feet in height. The lance shaped leaves are reminiscent of elm leaves. It was thought that this tree was in the elm family until DNA testing revealed that it is a closer relative to hemp (*cannabis sativa*). It can often be found near water and usually will be growing among other hardwoods. One



Photo by Larry Korhnak,  
 University of Florida

of Sugarberry's identifying characteristics is the warty appearance of its gray bark.

The Sugarberry tree had been used for food, dye, and medicine by Native Americans. More recently, it has been used commercially, but the reason we are highlighting it here is the benefit to wildlife. Small greenish flowers appear in spring, followed by fruit

which is eaten by many birds. The broad crown with spreading branches makes good nesting habitat



Photo by Lynn Marie

as well. Sugarberry is also a source of nectar for butterflies, and is a larval host for the hackberry emperor, tawny emperor, and question mark butterflies, among others. Deer will also eat the leaves and fruit.

A note for the gardener: Sugarberry can be propagated by seeds or cuttings and prefers soil that is not alkaline. It will grow in sun or partial shade and is drought tolerant once established.



Photo by Ed Gilman

A thank you for attending the City of Altamonte Springs Earth Day Celebration at Lake Lotus Park

Hello Earth Day Participants,

The City of Altamonte Springs Events Management staff and Lake Lotus Park Rangers wish to thank you for your participation during the Earth Day Celebration at Lake Lotus Park on Saturday, April 22<sup>nd</sup>.

We hope that you were pleased with the exposure for your products and services. The estimated attendance for the event was 3500 people and the response from the public has been very positive regarding the event and the booth sponsors.

Please let us know of any comments, or suggestions you have to improve this event for next year. Mark your calendars for Sunday, April 22, 2018 and plan to join us again.



*April 22, 2017. Earth Day at Lake Lotus Park hosted 3500 attendees.*



*In addition to talking to attendees, Cuplet Fern gave a native plant presentation and helped plant some milkweed in the butterfly garden.*

## Meet Our Newest Cuplet Fern Board Member—Jim Hoopper

Jim hails from Baltimore City, received a BS in botany from FSU then went off to Malaysia to be a Peace Corps teacher of maths and science for grades 7–9. After that President Nixon thanked him by drafting him into the US Army where he was a preventive medicine specialist in Okinawa, Japan. He received post-graduate degrees in agronomy from UF and for 12 years was a rice research agronomist with the International Rice Research Institute working in Indonesia and Madagascar. He

worked with World Vision International and lived in Asia and Africa as either a consultant, agriculture officer, or program officer in North Korea, the Philippines, Kosovo, Zambia, Swaziland, Lesotho, Malawi, Tanzania, and East Timor (Timor Leste). He retired in 2011 and lives in Chuluota where he and his wife have a house on 1.1 acres where he seems to excel at growing Florida native weeds. He also has a 5-acre U-pik fruit farm (citrus, peaches, and persimmons) which does not earn a profit.

## Native Plants from Cuplet Fern Chapter

Members over the years have worked to propagate a variety of native plants to support scholarships for Seminole County youth. Each year we are active in the Seminole County Plant Expo. Through educational outreach the public becomes knowledgeable on local plants that are water wise and how to encourage butterfly and bird life in their backyard giving them a little piece of Florida.

A portion of the proceeds are used to sponsor scholarships for Seminole County youth to attend a one week Eco Camp at the Ed Yarborough Nature Center in Geneva Wilderness Area.



## Native Plants Grown by Members / Donations to Chapter

A portion of the proceeds go to sponsor Seminole County youth to attend Seminole County Adventure Eco Camp at Yarborough Nature Center at Geneva Wilderness Area

Members: Email Barbara Whittier (whittierh@bellsouth.net) to schedule pick up.

### Trees (1 gal. \$4, 2–3 gal. \$6–8)

- 1 Red Cedar, 2 gal., 3–4'
- 3 Red Buckeye, 3 gal., 3'
- 1 White Stopper, 2 gal., 6'
- 3 Sweet Gum tree, 1–3 gal.
- 1 Red Maple, 3 gal., 4–6'
- 1 Cherry Laurel, 2 gal., 5'
- 1 Forestiera/Swamp Privet, 2 gal., 3–5'
- 1 Hackberry, 3 gal., 4–5'
- 3 Simpson Stopper, 2 gal., 4–5'
- 2 Red Bays, 2 gal., 4–5'
- 3 Beauty Berry, 2 gal., 3–4'
- 2 Winged Elm, 3 gal., 5–6'
- 1 Eastern Hophornbeam, 1 gal., 2–3'
- 2 Scrub Hickory, 2 gal., 3'
- 2 Florida Elm, 3 gal.

### Shrubs (small trees 1 gal. \$3, 2–3 gal. \$4–7)

- 2 Highbush Blueberry, 3 gal. 2–3'
- 3 Elderberry, 1 gal. 4'
- 1 Yaupon Holly, 3 gal., 6'
- 3 Walter's Viburnum, 3 gal., 2–3'
- 2 Hercules Club, 1 gal., 2'
- 2 Wild Coffee, 3 gal., 3–4'
- 2 Sweet Shrub, 1 gal., 1–2'
- 2 Firebush, 2 gal., 2–3'
- 3 Fringetree, 2–3 gal., 2–4'

### Flowering Plants

- 4 Blue Flag Iris, wetland/ponds, 1 gal. (\$2–3)

### Vines (1 gal. \$3–6, based on size)

- 4 Coral Honeysuckle, 1 gal., 3 on small trellis, bushy with red orange flowers
- 3–4 Corkystem Passion Flower, 1 gal.

To order:

1. Email Barbara and she will respond to availability
2. Pick up will be at a monthly meeting before program
3. Payment to Chapter based on quality and size of plant

A portion of the proceeds go to help support Seminole Natural Lands Eco Camp Scholarships. edited: 6/17



**Upcoming Meetings**—All meetings are free and open to the public. Florida Native Plants are available at all meetings for a donation.

### UCF Landscape and Natural Resources

*July 10, 2017, 7PM* 407-302-7616

As Director of UCF Landscape and Natural Resources (LNR) and Arboretum, Dr. Patrick Bohlen is responsible for the management on the main campus, Lake Nona medical campus, and other UCF facilities. He will explain how he manages these urban environments to develop a more resilient and sustainable system in human-dominated ecosystems.

### Florida's Edible Native Plants

*August 14, 2017, 7PM* 407-302-7616

Cuplet Fern Chapter, FNPS will host Scott Davis who will teach about what native plants are edible in our natural lands. Scott is an active member of the Florida Native Plant Society, Lead partner with FDOT for the Monarch Butterfly Project, a grower of palms, and Park Ranger at St Marks National Wildlife Refuge.

### Moths are Awesome

*September 11, 2017, 7PM* 407-302-7616

Butterflies are beautiful but moths are awesome and overlooked. See some of the more spectacular moths found in Florida and how we can provide for them.

### Celebrate Florida Native Plant Month

*October 3, 2017, 7PM* 407-302-7616

Joint meeting with Tarflower Chapter  
Harry P. Leu Botanical Gardens, 1920 N Forest Ave, Orlando  
Join in observance and celebration of Florida Native Plant Month with Dr. Patrick Bohlen, University of Central Florida's Biology Department and Director Landscape and Natural Resources (LNR) and Arboretum. He will present 'Bringing Biodiversity Back into Urban Yards'. Learn about how valuable your own green space is in the larger picture of nature and positive change. Light refreshments available.

### Protecting Seminole County Watersheds with Native Plants

*November 13, 2017, 7PM* 407-302-7616

Elizabeth Stephens shares the environmental restoration and education projects that the Seminole County Lake Management Program & the Seminole Education, Restoration, and Volunteer (SERV) Program conduct to protect our watersheds. These waterway projects, many of which are volunteer-based, involve planting native aquatic plants to improve water quality and removing invasive plants to protect biodiversity. Ms. Stephens is the Coordinator of the SERV Program (Seminole County Public Works, Watershed Management Division), and she studied Conservation Biology at the University of Central Florida.

### Holiday Potluck

*December 11, 2017, 6:30PM* 407-302-7616

End of year Holiday Party. Bring a covered dish to share, and invite your friends and family. The Chapter will provide the main entrée and activities.

### How to Identify an Invasive Plant

*January 8, 2018, 7PM* 407-302-7616

Do you know what's lurking in your yard? Those invasive plants whose seeds are ready to sprout and have stems spreading underground just waiting to wreck havoc in your yard and in our natural lands. Learn to identify these invaders and how to control them.



## Upcoming Field Trips and Activities

### No Field Trip Scheduled

*July 15, 2017*

### Foraging for Edible Florida Native Plants

*August 19, 2017, 9AM* 407-302-7616

Trip Leader: Stacy Madrazzo  
747 Machette Trail, Oakland, Oakland Nature Preserve  
Stacey Madrazzo will lead us through Oakland Nature Preserve on a foraging trip for tasty edible native plants. Free, but reservations required.

### Native Trees Up Close

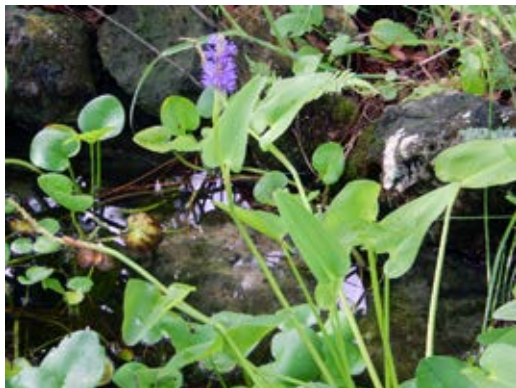
*September 16, 2017, 9AM* 407-302-7616

Trip Leader: Dr. Bill Grey  
598 Guise Road, Osteen  
We will venture to Hickory Bluff Preserve located just east of Osteen. The 150 acre preserve overlooks the St Johns River and contains a variety of natural communities including mesic and scrubby flatwoods, oak hammock, cypress domes, floodplain swamp, and wet prairie. This preserve is home to many vegetative communities, hence lots of tree species. Free, but reservations required.

### The Bug Closet at UCF

*October 14, 2017, TBD* 407-302-7616

Trip Leader: Shawn Kelly  
4000 Central Florida Blvd, Bldg. 20, BIO301, Orlando  
The UCF Bug Closet is one of the largest completely



databased collections in the world with over 560,000 specimen records for insects and other arthropods, with more being added daily. It started in 1993 when Stuart Fullerton, a research associate, decided to create a more formal research collection. Along with many undergraduate volunteers they began collecting insects on UCF campus focusing on major micro eco-zones defined by vegetation representative of native Central Florida ecosystems. Collections Manger, Shawn Kelly, will lead us through this amazing world of local insects.

### Kewannee Lake Restoration

*November 18, 2017, 9AM* 407-302-7616

Trip Leader: Elizabeth Stephens  
Details TBD

### Lake Apopka Wildlife Drive

*December 16, 2017, 9AM* 407-302-7616

Trip Leader: Beth Jackson  
Meet at Magnolia Park, 2929 S Binion Road, Apopka  
We will caravan along the Lake Apopka Wildlife Drive, a one-way 11-mile drive beginning at Lust Road and ending on Jones Road. We will stop along the way into “pull over” areas to observe and discuss what we see. The former farmlands that make up the Lake Apopka North Shore includes marsh and floodplain restoration and the creation of a marsh flow-way that filters Lake Apopka’s waters by circulating lake water through restored wetlands, returning cleaner water to the lake. The wildlife drive is along a portion of the former farm fields. After our drive, we can return to picnic at Magnolia Park. Free, but reservations required.

### Remove Invasive Plants Event

*January 2018* 407-302-7616

Date and location to be determined  
747 Machette Trail, Oakland, Oakland Nature Preserve  
Join in this community activity to make a difference in our natural lands. Free.