

Plant Native Berries For Birds (continued from page 1)**NATIVE BEAUTYBERRY** (*Callicarpa americana*)

Small pink to light lavender flowers that are very attractive to many pollinators, blooming from June to August. The fruit of native Beautyberry is an almost metallic purple, providing highly nutritious food for 40 species of birds through the fall and winter. It is easy to grow, tolerates a wide range of soil conditions, once established does well with just normal rainfall. It does well in full sun or partial sun/shade, needing little maintenance. It is 3-6 feet in height and similar width, and will produce the best when planted in groups. Beautyberry is a bird magnet during the winter months.



Beauty Berry

NEW JERSEY TEA (*Ceanothus americanus*)

Attractive to butterflies, hummingbirds and pollinators, this small shrub is 3-4 feet in height and width, prefers dry to medium moisture soil, tolerates shallow, sand or rocky soil and drought, grows in full sun to part shade, and will grow near black walnut trees. The plant historically was used medicinally by Native Americans; the name comes from its use as a caffeine-free tea substitute during the Revolutionary War.

GOOSEBERRY (*Ribes missouriense*):

Another small, easy to grow fruit-bearing shrub is the native Gooseberry, reaching 2 – 4 feet in height and width. Gooseberry prefers full sun for best production, but will also do well in part shade. The flowers attract butterflies and pollinators, and birds love the berries.



Cornus Florida Berry

DOGWOODS

Native Flowering Dogwood (*Cornus florida*) and Pagoda Dogwood (*Cornus alternifolia*), Red Osier Dogwood (*Cornus sericea*) and Grey Dogwood (*Cornus racemosa*): A hardy native that has luxuriant flowers in early spring, nutritious berries, or drupe fruits that attract birds, followed by very showy red and purple fall foliage. While the flowers of native species may not be as big as some of the cultivars, birds prefer the more nutritious fruits of the native species. The Grey Dogwood is suited for damp areas, a good selection for rainwater or stormwater areas. All species of dogwood are benefited by a location where there is some shade from hot afternoon sun. Poorly drained soil, exposure to wind, and drought stress will weaken dogwood to diseases such as anthranose, canker, leaf infections, dogwood borer and scale insects. Care for healthy dogwoods includes mulching to keep their shallow root system cool and provide moisture. Be careful not to pull the mulch up to the trunk. Deep watering should be done when there is prolonged period with no rain. Prune when the tree is dormant to remove dead and damaged branches.

FLOWERING CRAB APPLES (*Malus spp.*)

Abundant spring blooms attract insects prized by insect eating birds, and also produce fruit that many species of birds love. Crab apple is vulnerable to a number of fungal diseases, so be sure to select a variety that has resistance to diseases such as apple scab, fireblight, powdery mildew, apple rust.

SERVICEBERRY (*Amelanchier spp.*)

Serviceberry, also known as Juneberry, Saskatoon, shadblow serviceberry: tolerates a wide range of soils, preferring full sun to partial shade, and is a hardy native that is easy to grow. It may be a shrub or small tree, 15-30' in height.



Cornussericea

(continued on page 3)



Have you visited our website lately?

www.krvfpd.org



Northern Mockingbird on Winterberry



Redosier Dogwood



Serviceberry



Winterberry

Plant Native Berries For Birds (continued from page 2)

WINTERBERRY (*Ilex verticillata*)

As the name suggests, there is a showy display of red berries in the winter. This medium sized shrub reaches 3-12' in height, providing showy bright red berries through the winter, a valuable winter feed for birds. It is easy to grow as a hedge, as a group in shrub borders, and in rain gardens or bird gardens. It is a good choice for group plantings near stream banks or in moist or low spots, as it needs a moist acidic soil. It requires both male and female plants to produce fruit. Easily grown once established, it does well in full sun or part shade.

VIBURNUM (*Viburnum spp*)

There are many species to choose from; native species are well adapted to dry to medium loamy soils that are well drained, and are easily grown. Typically viburnum are larger shrubs that are easily grown, thriving in full sun and in part shade. Select those species that have flowers and fruit that attract butterflies, pollinators and birds. A good place to research for the best varieties is the Missouri Botanical Gardens website: www.missouribotanicalgarden.org

RASPBERRIES (*Rubus spp*)

Reaching 4-5 feet in height, native raspberry blossoms in early spring and will attract pollinators and butterflies. In the fall, the fruits are prized by birds and wildlife as well as humans. Raspberries thrive with little care. Raspberry needs full sun to part shade, in rich, slightly acidic moist yet well -drained soil. If soil is heavy clay often found in the greater Chicago area, plant them in raised beds filled with a good organic garden soil.

The berry crop is produced on two year old canes that have overwintered from the prior year; the older canes that have already produced fruit will not bear any more fruit. To keep summer-bearing raspberries producing, remove all the canes that have fruited immediately after the fruit is harvested, leaving only the new, non-fruiting canes to overwinter. Also remove any weak, or diseased canes and trim off any that are growing in undesired directions. In late winter, remove any canes that have been damaged by winter and thin as desired. Trim the height of canes back, removing the weaker tips to keep fruit off the ground.

ELDERBERRY (*Sambucus canadensis*)

This native shrub is one of the easiest shrubs to grow, and is prized by birds, butterflies and pollinators. Growing 5-12 feet in height and width, Elderberry tolerates a wide range of soil and moisture conditions, growing in full sun or part shade. In June the large clusters of flowers have a delicate lemon scent, with abundant black fruits in late summer. Both flowers and berries have traditionally been used medicinally; and if picked before the birds get them, the berries are used for jams, pie fillings and elderberry wine.

RESOURCES:

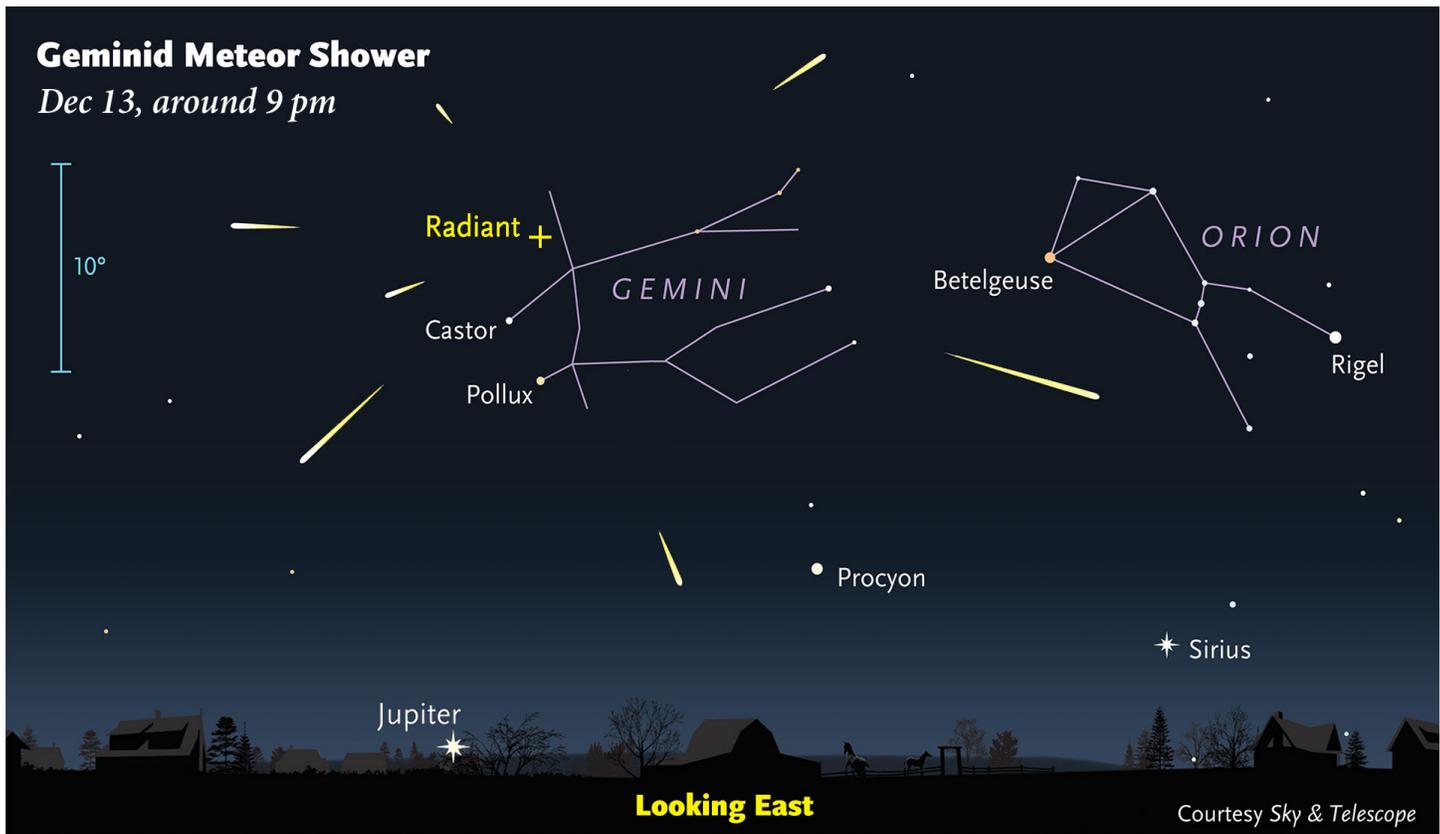
- www.illinoiswildflowers.info/trees/tree_index.htm#sw_dgwd
- www.audubon.org/news/migratory-birds-native-berries-best
- www.audubon.org/news/yards-non-native-plants-create-food-deserts-bugs-and-birds
- www.missouribotanicalgarden.org/
- www.content.yardmap.org/learn/great-berries-great-birds/?region=midwest

Nature's peace will flow into you as sunshine flows into trees.

The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

– John Muir

Geminids Meteor Shower



The Geminids are one of the best of the year's meteor showers, near the intensity of the August Perseids, with as many as 120 per hour. This year's Geminids meteor shower will reach its peak display December 13-14. While the bright waxing gibbous moon will dim the display for much of the night, by the time the moon sets around 3 - 4 am., there will be dark skies for viewing the Geminids meteor shower.

Viewing the late season meteor showers during the cold winter nights suggest a bit of preparation in order to be comfortable for spending some time watching the array of "shooting stars". Hope for clear skies, and consider throwing a viewing party with some friends at a rural location away from light pollution. Be prepared with a supply of hot chocolate, a warm sleeping bag and even a lawn chair to better relax while looking upward. Do avoid looking at cell phones or other light

sources in order to keep night vision. Naked eye viewing is better than using binoculars or telescopes.

The radiant, or origin, of the Geminids is located in the area of the sky known as the constellation Gemini, and the shower emanates from that constellation as it crosses the sky throughout the night. As the stars night sky move westward, follow the radiant as time passes. Early in the night, look to the Northeast; by 10 pm., look to the East. By 2 am., the direction will be to the South, moving to the Southwest and West with the approach of dawn.

Most meteor showers are from comets, their tail of icy debris showing as meteors as they burn through Earth's atmosphere. The Geminids are believed to originate from a mysterious object called 3200 Phaethon, a 3 mile wide asteroid-type body. This that is sometimes called a rock comet. 3200 Phaethon passes between

Mercury and the Sun every 1.43 years; intense heat causes the rocky body to fracture, shedding rubble into its orbital path. Every year, bits of debris from 3200 Phaethon reach Earth's upper atmosphere at velocities of 80,000 miles per hour, vaporizing into fiery streaks across the night sky.

Three other Class I meteor showers – those that are the most easily seen with relatively large numbers of meteors per hour – occur in the fall; the Orionids in late October, the Leonids in mid-November, and the Ursids, which appear around the time of the winter solstice on December 21, reaching their peak December 17-26. While the Ursids average a modest 10 meteors per hour, there are brief bursts of as many as 100 per hour. This year, the Ursids will be obscured by the light from a waning gibbous moon.

RESOURCES:

www.blogs.nasa.gov/Watch_the_Skies/2021/

www.earthsky.org/astronomy-essentials/rock-comet-3200-phaethon-geminid-meteor-shower/

A Bracing Mint Tea for Cold Weather

This tea has a robust flavor, just right served hot on a cold Fall or Winter day. There are many plants in the mint family to choose from; some favorites are Lemon balm (*Melissa officinalis*), spearmint (*Mentha spicata*), Peppermint (*Mentha x piperita*), or even bee balm (*Monarda fistulosa* or *M. punctata*). For a milder taste, reduce the amount of yarrow, or steep for a shorter time.

Mint has many health benefits, containing a high amount of antioxidants. Its soothing and cleansing properties are treatment for nasal and bronchial congestion and soothes a sore throat. Mint is good for digestion, stimulating salivation and production of digestive enzymes. Due to its relaxing effect, mint is a traditional treatment for asthma.

Yarrow grows wild throughout the Midwest, and has many health benefits. It is best to use the native variety with the white flowers rather than the cultivars with various flower colors. Yarrow was a traditional treatment for wounds, used as a poultice, as a disinfectant and to staunch bleeding. Used as a secondary herb in a digestive tea, it is a bitter tonic with anti-inflammatory, antispasmodic, and antibacterial properties. It will help reduce fever and is used as a secondary herb in tea for colds and flu.

As with many medicinal herbs it has a bitter taste, and is usually blended with sweeter herbs such as the mint in the following recipe. Honey is often added to balance the bitter taste. Reduce the amount of yarrow or steep for a shorter time if the taste is too strong.

INGREDIENTS:

1/4 cup dried yarrow leaves and flowers

1/4 cup dried elder flowers

2 tablespoons dried rose hips, cut and sifted, or 1/4 cup dried whole rose hips

Big pinch of dried mint, any type

2 cups water

Honey, to taste (optional)

Place all of the herbs in a pint jar.

Bring 2 cups of water to a boil. Pour the water over the herbs, cover, and let steep for 30 minutes.

Yield: 2 cups



REFERENCE:

Wild Remedies: How to Forage Healing Foods and Craft Your Own Herbal Medicine - by Rosalee de la Forêt and Emily Han (Hay House, 2020)

On Trail At The Forest Preserve

FOR INFORMATION ON PROGRAMS:

Forest Preserve Facebook Page
www.facebook.com/KRVFPD

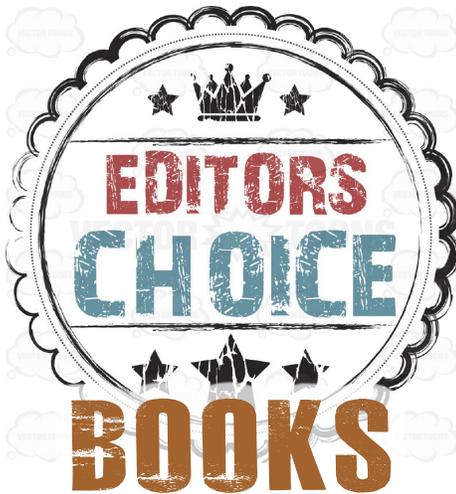
University of Illinois Extension
Service, Kankakee County
815-933-8337

or contact the
Forest Preserve Office
815-935-5630



Look at the trees, look at the birds, look at the clouds, look at the stars... and if you have eyes you will be able to see that the whole existence is joyful. Everything is simply happy. Trees are happy for no reason; they are not going to become prime ministers or presidents and they are not going to become rich and they will never have any bank balance. Look at the flowers - for no reason. It is simply unbelievable how happy flowers are.

- Osho



On Nature and the Environment:

- Lorax* – a children’s book by Dr. Seuss, his personal favorite. Published in 1971, it is a story concerning the destruction of the environment; “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”
- The Book of Nature – Wordsworth’s Poetry on Nature*
- American Primitive* – by Mary Oliver
- Devotions* – by Mary Oliver
- Having Faith: An Ecologist’s Journey to Motherhood* – by Sandra Steingraber
- Raising Elijah: Protecting Children in an Age of Environmental Crisis* – by Sandra Steingraber
- Living Downstream: A Scientist’s Personal Investigation of Cancer and the Environment* – by Sandra Steingraber
- Silence of the Songbirds* – by Bridget Stutchbury
- The Dying of the Trees* – by Charles E. Little
- Hope for the Land* – by Charles E. Little
- Gaia: A New Look at Life on Earth* – by James Lovelock
- Our Stolen Future* – by Theo Coburn
- Sacred Lands of Indian America* – Jake Page, editor
- Invasive Plant Medicine* – by Timothy

Lee Scott with forward by Stephen Harrod Buhner

The Tallgrass Restoration Handbook for Prairies, Savannas and Woodlands – edited by Stephen Packard and Cornilia F. Mutel

Restoring Prairie Wetlands, an Ecological Approach – by Susan M. Galatowitsch & Arnold G. van der Valk

The Breath of a Whale – by Leigh Calvez

Also, www.half-earthproject.org

Field Guides:

Tom Brown’s Field Guide to Living With the Earth – by Tom Brown Jr., with Brandt Morgan

Tom Brown’s guide to Healing the Earth – by Tom Brown Jr., with Randy Walker, Jr.

Tom Brown’s Field Guide to City and Suburban Survival – by Tom Brown Jr. with Brandt Morgan

Tom Brown’s Field Guide to Wild Edible and Medicinal Plants – By Tom Brown, Jr.

Nature Smartt, a Family Guide to Nature – by Stan Tekiela and Karen Shanberg

A Field Guide to Your Own Backyard – by John Hanson Mitchell

A Practical Guide for the Amateur Naturalist – by Gerald Durrell with Lee Durrell

Peterson’s Field Guides

Stokes Field Guides

Audubon Field Guides

Little Golden Books Field Guides

Mammal Tracks and Sign – by Mark Elbroch

Bird Tracks and Sign – A Guide to North American Species – by Mark Elbroch with Eleanor Marks

Field Guide to Amphibians and Reptiles of Illinois – by Christopher A. Phillips, Ronald A. Brandon & Edward O. Moll

The Encyclopedia of Reptiles and Amphibians – edited by Dr. Tim Halliday and Kr. Kraig Adler

Grasses An Identification Guide – by Lauren Brown

TallGrass Prairie Wildflowers – by Doug Ladd

Botany in A Day, the Patterns Method of Plant Identification – Thomas J. Epel’s *Herbal Field Guide to Plant Families of North America*

Forest Trees of Illinois – Illinois Department of Natural Resources Division of Forest Resources

Edible Wild Plants, Wild Foods from Dirt to Plate – by John Kallas, PhD

Medicinal Wild Plants of the Prairie, An Ethnobotanical Guide – by Kelly Kindscher

Finding Your Way Without Map or Compass – by Harld Gatty

Natural History:

Botany in a Day – by Thomas J. Elpel

All the Light in High Places – by Joe Hutto

Touching the Wild – by Joe Hutto

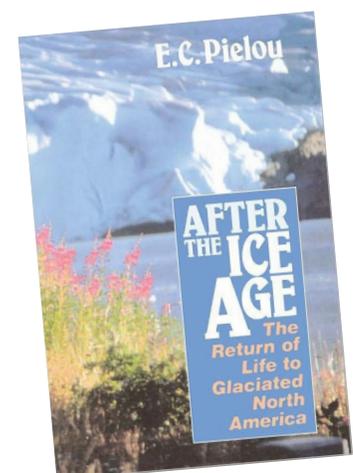
Illumination in the Flatwoods – by Joe Hutto

A Sand County Almanac – by Aldo Leopold

The Secret Life of the Forest – by Richard M. Ketchum

The Crow Planet – by Lyanda Lynn Haupt

After the Ice Age, the Return of Life to Glaciated North America – by E.C. Pielou



Continued on page 7

One Hundred Books About Nature and Conservation:

Birds:

- The Genius of Birds* – by Jennifer Ackerman
- The Beak of the Finch: A Story of Evolution in Our Time* – by Jonathan Weiner
- The Thing With Feathers: The Surprising Lives of Birds and What They Reveal About Being Human* – by Noah Strycker
- Beaks, Bones, and Bird Songs: How the Struggle for Survival Has Shaped Birds and Their Behavior* – by Roger Lederer
- The Homing Instinct: Meaning and Mystery in Animal Migration* – by Bernd Heinrich
- H is for Hawk* – by Helen Macdonald
- Rare Encounters with Ordinary Birds* – by Lyanda Lynn Haput
- The Urban Birder* – by David Lindo
- The Most Perfect Thing: Inside (And Outside) a Bird's Egg* – by Tim Birkhead
- What the Robin Knows: How Birds Reveal the Secrets of the Natural World* – by Jon Young
- Avian Architecture: How Birds Design, Engineer, and Build* – by Peter Goodfellow
- The Song of the Dodo: Island Biogeography in an Age of Extinction* – by David Quammen
- The Birds of Pandemonium* – by Michele Raffin

Plants

- Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* – by Robin Wall Kimmerer
- The Cabaret of Plants: Forty Thousand Years of Plant Life and the Human Imagination* – by Richard Mabey
- Lab Girl* – by Hope Jahren
- The Invention of Nature: Alexander*

von Humboldt's New World – by Andrea Wulf

The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses, and Pips Conquered the Plant Kingdom and Shaped Human History – by Thor Hanson

The Drunken Botanist: The Plants That Create the World's Great Drinks – by Amy Stewart

The Reason for Flowers: Their History, Culture, Biology, and How They Change Our Lives – by Stephen Buchmann

The Forest Unseen: A Year's Watch in Nature – by David Haskell

The Tree: A Natural History of What Trees Are, How They Live, and Why They Matter – by Colin Tudge

The Botany of Desire: A Plant's – Eye View of the World – by Michael Pollan

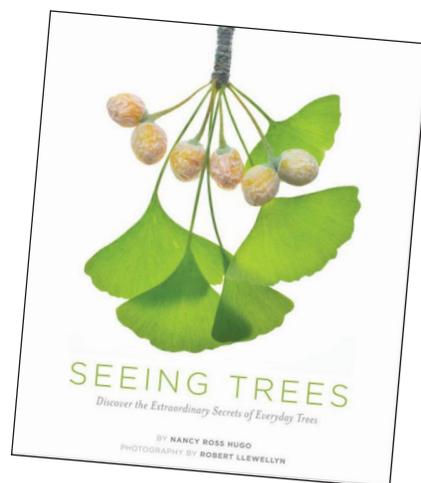
Mycophilia: Revelations from the Weird World of Mushrooms – by Eugenia Bone

Pawpaw: In Search of America's Forgotten Fruit – by Andrew Moor

The Hidden Forest: The Biography of an Ecosystem – by Jon Luoma

American Canopy: Trees, Forests, and the Making of a Nation – by Eric Rutkow

Seeing Trees: Discover the Extraordinary Secrets of Everyday Trees – by Nancy Ross Hugo



Animals

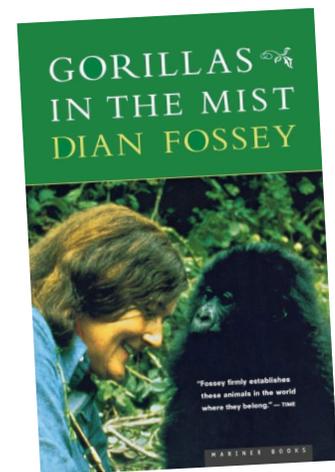
A Primate's Memoir: A Neuroscientist's Unconventional Life Among the Baboons – by Robert M. Sapolsky

My Life with the Chimpanzees – by Jane Goodall

Grizzly Years: In Search of the American Wilderness – by Doug Peacock

Horseshoe Crabs and Velvet Worms: The Story of the Animals and Plants That Time Has Left Behind – by Richard Fortey

Gorillas in the Mist – by Dian Fossey



The Animal Dialogues: Uncommon Encounters in the Wild – by Craig Childs

Clever as a Fox: Animal Intelligence and What it can Teach us About Ourselves – by Sonjo Yoerg

Of Wolves and Men – by Barry Lopez

Are We Smart Enough to Know How Smart Animals Are? – by Frans de Waal

Land of the Tiger: A Natural History of the Indian Subcontinent – by Valmik Thapar

Bugs

Sweetness and Light: The Mysterious History of the Honeybee – by Hattie Ellis

Pandemic: Tracking Contagions from Cholera to Ebola and Beyond – by Sonia Shah

Continued on page 8

A Sting in the Tale: My Adventures with Bumblebees – by Dave Goulson

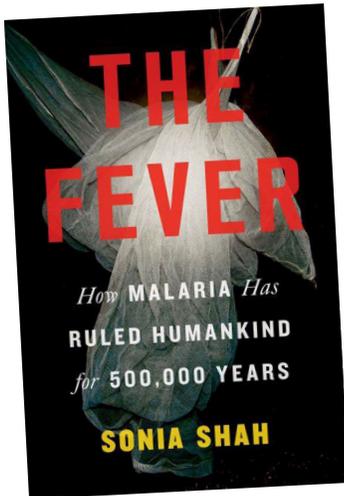
The Butterfly Isles: A Summer in Search of Our Emperors and Admirals – by Patrick Barkham

Spineless Wonder: Strange Tales from the Invertebrate World – by Richard Conniff

Four Wings and a Prayer: Caught in the Mystery of the Monarch Butterfly – by Sue Halpern

Rabid: A Cultural History of the World's Most Diabolical Virus – by Bill Wasik and Monica Murphy

The Fever: How Malaria has Ruled Humankind for 500,000 Years – by Sonia Shah



Oceans

The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness – by Sy Montgomery

The Ocean of Life: The Fate of Man and the Sea – by Callum Roberts

Poseidon's Steed: The Story of Seahorses, from Myth to Reality – by Helen Scales

Voyage of the Turtle – by Carl Safina

The Whale: In Search of the Giants of the Sea – by Philip Hoare

Kraken: The Curious, Exciting, and Slightly Disturbing Science of the Squid – by Wendy Williams

The Dolphin in the Mirror: Exploring Dolphin Minds and Saving Dolphin Lives – by Diana Reiss

The Secret Life of Lobsters – by Trevor Corson

Listening to Whales: What the Orcas have Taught Us – by Alexandra Morton

The World is Blue: How Our Fate and the Ocean's Are One – by Sylvia Earle

Eels: An Exploration, from New Zealand to the Sargasso, of the World's Most Mysterious Fish – by James Prosek

The Odyssey of KP2: An Orphan Seal, a Marine Biologist, and the Fight to Save a Species – by Terrie M. Williams

How Our World Works

Seven Brief Lessons on Physics – by Carlo Rovelli

Rain: A Cultural and Natural History – by Cythnia Barnett

Sapiens: A Brief History of Human Kind – by Noah Yuval Harari

The Gene: An Intimate History – by Siddhartha Mukherjee

Power, Sex, Suicide: Mitochondria and the Meaning of Life – by Nick Lane

Life's Greatest Secret: The Race to Crack the Genetic Code – by Matthew Cobb

The Story of Earth: The First 4.5 Billion Years, From Stardust to Living Planet – by Robert Hazen

The Disappearing Spoon: And Other True Tales of Madness, Love, and the History of the World from the Periodic Table of the Elements – by Sam Kean

The Emperor of All Maladies: A Biography of Cancer – by Siddhartha Mukherjee

Your Inner Fish: A Journey into the 3.5 Billion Year History of the Human Body – by Neil Shubin

The Origin of Species – by Charles Darwin

The Tree of Life: Charles Darwin – by Peter Sis

The Immortal Life of Henrietta Lacks – by Rebecca Skloot

The Double Helix – by James Watson

The Third Chimpanzee – by Jared Diamond

Cosmos – by Carl Sagan

The Greatest Show on Earth: The Evidence for Evolution – by Richard Dawkins

Genome: The Autobiography of a Species in 23 Chapters – by Matt Ridley

Conservation

The Sixth Extinction: An Unnatural History – by Elizabeth Kolbert

Our Only World: Ten Essays – by Wendell Berry

Silent Spring – by Rachel Carson

This Changes Everything: Capitalism vs. The Climate – by Naomi Klein

Where the Wild Things Were – by William Stolzenburg

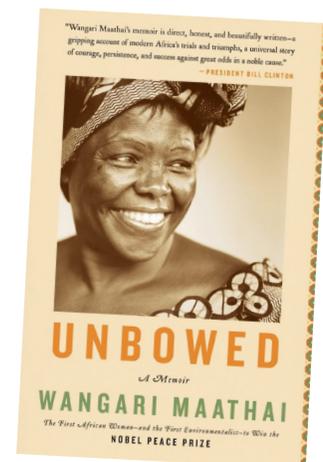
Half Earth: Our Planet's Fight for Life – by Edward O. Wilson

The New Wild: Why Invasive Species Will Be Nature's Salvation – by Fred Pearce

The End of Nature – by Bill McKibben

The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope – by William Kamkwamba

Unbowed – by Wangari Maathai



Memoirs On Nature

The Solace of Open Spaces – by Gretel Ehrlich

Desert Solitaire – by Edward Abbey

Refuge: An Unnatural History of Family and Place – by Terry Tempest Williams

A Walk in the Woods: Rediscovering America on the Appalachian Trail – by Bill Bryson

Walden – by Henry David Thoreau

Pilgrim at Tinker Creek – by Annie Dillard

Trace: Memory, History, Race and the American Landscape – by Lauret Savoy

Mississippi Solo: A River Quest – by Eddy Harris

Tales from Concrete Jungles: Urban Birding around the World – by David Lindo

Nature's Beauty

Black Nature: Four Centuries of African American Nature Poetry – by Camille Dungy (ed.)

Intimate Nature: The Bond Between Women and Animals – by Linda Hogan (ed.)

Sisters of the Earth: Women's Prose and Poetry about Nature – by Lorraine Anderson

The Woman Who Fell from the Sky: Poems – by Joy Harjo

After and Before the Lightning – by Simon Ortiz

Local Natural Areas

- The Kankakee National Wildlife Refuge and Conservation Area - www.friendsofthekankakee.org
- Kankakee Valley Park District - www.kvpd.com
- Bourbonnais Township Park District - www.btpd.org
- Kankakee River State Park - www.dnr.state.il.us/lands/landmgt/parks/r2/kankakee.htm
- Forest Preserve District of Will County - www.fpdwc.org
- Mskoda Sands - www.nature.org/ourinitiatives/regions/northamerica/unitedstates/illinois/placesweprotect/kankakee-sands-1.xml
- Hooper Branch Savanna Nature Preserve - dnr.state.il.us/lands/landmgt/PARKS/R3/Iroquois.htm
- Goose Lake Prairie State Natural Area - www.dnr.state.il.us/lands/landmgt/PARKS/I&M/EAST/GOOSE/HOME.htm

Regional Natural Areas

- Forest Preserve District of DuPage County - www.dupageforest.com
- Forest Preserve District of Cook County - www.fpdcc.com
- Chicago Park District: Welcome - www.chicagoparkdistrict.com
- Starved Rock State Park - www.dnr.state.il.us/lands/landmgt/parks/i&m/east/starve/park.htm
- Turkey Run State Park in Indiana - www.turkeyrunstatepark.com
- Shawnee National Forest - www.stateparks.com/shawnee.html

Local Links

- The Daily Journal - www.daily-journal.com
- City of Kankakee - www.citykankakee-il.gov
- Village of Bradley - www.bradleyil.org
- Village of Bourbonnais - www.villageofbourbonnais.com
- Village of Aroma Park - www.villageofaromapark.org
- Kankakee County - www.visitkankakeecounty.com
- Kankakee County Soil and Water Conservation District - www.agr.state.il.us/Environment/LandWater/swcddirectory.pdf
- Kankakee County Chamber of Commerce - www.kankakeecountychamber.com
- Kankakee Community College -Sustainability - www.kcc.edu/Community/sustainability

WEB RESOURCES

ASTRONOMY & METEOROLOGY

www.noaa.gov	National Oceanic & Atmospheric Administration
www.ngdc.noaa.gov	National Geophysical data center
www.hubblesite.org	Hubble Telescope
www.nasa.gov	National Aeronautics and Space Administration
www.skyandtelescope.com	Astronomy site
www.skyandtelescope.com/observing/skychart/article_1220_1.asp	(daily local sky chart)
www.usno.navy.mil	U.S. Naval Observatory (including moon phases)
www.tycho.usno.navy.mil/vphase.html	Virtual Reality Moon Phase Pictures
www.mlo.noaa.gov/	Mauna Loa Observatory
www.whoi.edu/institutes/occi/currenttopics/ct_abruptclimate.htm	Climate Change

GEOLOGY

www.usgs.gov	United States Geological Survey
www.scotese.com	Paleo map Project
www.vulcan.wr.usgs.gov	Cascades Volcano Observatory
www.drgeorgepc.com	The Tsunami Page

FEDERAL AND STATE AGENCIES

www.dnr.state.il.us/	Illinois Department of Natural Resources
www.fws.gov/	U.S. Fish and Wildlife Service
www.fs.fed.us/	USDA Forest Service
www.nps.gov/	National Park Service

CONSERVATION & PRESERVATION

www.amrivers.org/	American Rivers
www.nature.org	The Nature Conservancy
www.naturalarea.org	Natural Areas Association
www.lta.org/	Land Trust Alliance
www.oceanconservancy.org	Ocean Conservancy
www.audubon.org/	Audubon

SUSTAINABLE

www.theresiliencyinstitute.net/	Permaculture & medicinal herbal classes
www.buildinggreen.com/	Green construction design
www.rmi.org	Rocky Mountain Institute - Transforming the global energy system to secure a clean, prosperous, zero-carbon future for all



University of Illinois Extension, Kankakee County Master Naturalists:
www.extension.illinois.edu/gkw/kankakee-county-master-naturalists

Becoming an Outdoors-Woman (Bow) – giving women introductory experiences and instruction in various outdoor activities. Three-day workshop activities include recreational activities, shooting sports, and outdoor crafts and hobbies:
www.dnr.illinois.gov/recreation/BOW/Pages/default.aspx

REI Classes and Events near Chicago, Illinois:
www.rei.com/events/p/us-il-chicago

Wild Nature Project - Nature, Animal Tracking, Medicinal Plants, Youth Programs, Teen Camps, Wilderness Survival Skills, Leadership - Located in Bloomington, Indiana: www.wildnatureproject.com/index.html

FOREST PRESERVE SITES

Shannon Bayou Environmental Education Center and Administrative Office

This 46-acre preserve is located at 3301 Waldron Road in Aroma Park, along the Kankakee River. The Center provides space for programs about natural history, ecology and preservation of open space in the Kankakee River Valley. The walking trail features plantings of many native trees and plants, including native tallgrass prairie species and a butterfly garden of native plants. The site includes 3/4 mile asphalt and fine gravel walking trail, a picnic shelter, and picnic tables.

The Storybook Trail at Shannon Bayou combines reading with physical fitness. The trail takes you around the perimeter of the Shannon Bayou savanna; pages from a picture book are framed and posted along the path. To read the whole story, the reader must walk (or run) from one sign to the other. The project was made possible by the George See Memorial, University of Illinois Extension, Kankakee County, and the Kankakee River Valley Forest Preserve.

3301 Waldron Rd • Aroma Park, IL 60910
41°04'47.61"N
87°48'44.31"W

Aroma Land and Water Reserve

One of the best sites in the area for woodland wildflowers, this 140 acre site is located on Hieland Road, 1.4 miles south of Highway 17 East. A 1.2 mile walking trail winds through several different types of natural areas, including high quality forest, prairie, and wetland ecosystems. It also has nearly 1/4 mile of Kankakee River frontage and the associated floodplain forest.

The Forest Preserve mows a loop trail that branches off the existing 1 1/4 mile trail that meanders through the main body of the Aroma LWR. In the summer of 2011, 49.5 acres of mixed pine and hardwood forest was added.

Approximately 40 percent of the Aroma Preserve is a wetland and lies within the flood plain of the Kankakee River. In the spring, the wet oak forest gives a spectacular wildflower display while the wetland and sand prairie are the most colorful in the summer. There is ample parking in the parking lot on Hieland Road next to the playground.

1578 S. Hieland Rd. • St. Anne, IL 60964
41°06'02.90"N
87°45'24.08"W

Gar Creek Trail and Prairie Restoration

Approximately 85 acres, this site is located about one-half mile east of Route 45 on River Road adjacent to Kankakee Community College. The 16-acre restored tall grass prairie was planted in 1992. A 3/4 mile trail begins at the prairie and winds along Gar Creek through oak woodland and down to the banks of the Kankakee River.

At river's edge, the trail connects with the Kankakee Riverfront Trail Project, which starts at the River Road Ball Diamonds. It then continues through Kankakee Community College, Kankakee River Valley Forest Preserve, and Shapiro Developmental Center. The trail connects through the City of Kankakee and runs through the Perry Farm which is a part of the Bourbonnais Township Park District.

501 River Road • Kankakee, IL 60901
41°05'30.84"N
87°51'32.78"W

Waldron Arboretum

Located 1.1 miles south of Interstate 57, this site was once a landscape nursery. On this 90 acre site, there is a fine gravel hiking trail suitable for bicycling and cross country skiing. The trail winds through 30 acres of woods, including a small prairie restoration area. In the winter of 2008, the District acquired the other 60 acre parcel which had been primarily in agriculture. Future development plans are pending based on the district's needs and funds available through federal and state grants.

2755 Waldron Rd. • Aroma Park, IL 60910
41°05'36.28"N
87°49'26.51"W

Hieland Lakes Nature Preserve

The Hieland Lakes Nature Preserve is located on Route 17, 6.6 miles east of Kankakee city center. The new site is 64 acres, including two connected lakes. An aquatic survey will be conducted to determine the fish population; meanwhile, limited fishing is allowed. Bluegill may be kept by anglers - all other fish are catch-and-release.

Plans for the site include planting native wildflowers, prairie restoration and creation of a walking path. At this time,

there is a mowed walking path, a parking lot, and a bridge at the point where the two lakes connect.

The site is a former sand gravel quarry, and while at this time before restoration gets underway, there is not much in the way of native ecosystem remaining. The site offers a sparse population of native plant life and the area is abundant with wildlife such as deer, fox, coyote, and waterfowl including wood ducks, great blue heron and egret.

6692 Route 17 East • St. Anne, IL 60964
41°7'02.23"N
87°44'24.82"W

Strasma Grove

Nestled adjacent to Sunnyside neighborhood in Kankakee, this site is 2 acres of mature native trees with a mowed trail.

Duane Boulevard • Kankakee, IL 60901
41°06'28.33"N
87°59'43.56"W

Limestone Reforestation Site

This site is a 30 acre preserve and reforestation site, with mixed trees and grasses. The site is presently being managed by the Limestone Park District as part of an intergovernmental agreement.

County Road 3750 West
Kankakee, IL 60901
41°08'38.96"N
87°56'51.08"W

Zeedyk Meadows

Four acre sanctuary, although wet, contains many young trees and grasses that hold some songbirds and migrant species in the spring and fall. The Forest Preserve is still working on a long range development plan for this property. Located across the street from Station 2 of the Aroma Fire Protection District.

Warren Street • St. Anne, IL 60964
41°06'24.92"N
87°44'35.77"W

Snake Creek Preserve

Four acre finger of property running parallel to Snake Creek as it meets the Kankakee River. The creek and small woods are full of birds, owls, ducks and heron. There are also beaver, muskrat, frogs and is a great place to fish or just relax.

5800 Darline Dr. • St Anne, IL 60964
41.109752"N
87.756308"W



**Kankakee River Valley Forest
Preserve District**

3301 Waldron Road • P.O. Box 13
Aroma Park, Illinois 60910
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But when I consider that the nobler animals have been exterminated here - the cougar, panther, lynx, wolverine, wolf, bear, moose, deer, the beaver, the turkey, etc., etc. - I cannot but feel as if I live in a tamed, and as it were, emasculated country... I listen to a concert in which so many parts are wanting... for instance, thinking that I have here the entire poem, and then, to my chagrin, I hear that it is but an imperfect copy that I possess and have read, that my ancestors have torn out many of the first leaves and grandest passages.

- Henry David Thoreau, *Journal*, 1856

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