

"All ethics so far evolved rest upon a single premise: that the individual is a member of a community of interdependent parts. The land ethic simply enlarges the boundaries of the community to include soils, waters, plants and animals, or collectively, the land... a land ethic changes the role of Homo Sapien from conqueror of the land community to plain member and citizen of it... it implies respect for his fellow members, and so also respect for the community as such."

— Aldo Leopold, "Sand County Almanac"

Nutritional Powerhouse

Growing near you!



Nettle

Laportea canadensis - Wood Nettle

Urtica dioica - Stinging Nettle

Urtica gracilis - Slender Ne

Urtica urens - Dwarf Nettle or Dog Nettle

Urtica procera - Tall Nettle

Urtica pilulifera - Roman Nettle

Nettle is one of the most nutritional herbs in North America, abundant and easily found in the early Spring as tender young greens in the moist, rich soil of wet woodlands and along stream banks, preferring shade or partial sun. There are many species of nettle; those listed above are among the most common. A field guide is a good way to tell the difference; however all of the species are believed to be similar for use as food or medicine.

Harvesting in the spring is easy as the young shoots are tender and have not yet developed the "sting". Later in the season, the plant can be harvested by reaching the stem at the base of the leaves and picking the plant. That said, most people will prefer to harvest the plant with gloves. The stinging hairs are gone once the plant is cooked, there is no sting.

Nettle is richer than most vegetables in minerals and vitamin B-2, C, A and K. The protein content of a serving equals that of half an egg. For cooked greens that are more nutritious than spinach, pick the young shoots in early spring, before flowering. Boil for 15 minutes and serve right away, as cooked nettle will spoil quickly. To store extra freshly harvested nettle, keep the uncooked harvest in the refrigerator where it will last for up to a month. The cooking water can be strained and drunk as a tea.

(continued on page 2)



Whole Nettle

Woods of Wisconsin
Newsletter of the Forest Preserve District of the Kankakee River Valley

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

(continued from page 1)

One of the easiest way to get the nutritional value of nettle is to make a long infusion with dried nettle. An infusion of nettle is nutritional and valuable on a daily basis. It strengthens and tonifies the kidneys, cardiovascular system, digestive system, hormonal system and lungs. Its rich mineral content benefits the hair, and makes a beneficial rinse.

To make a long infusion of nettle for daily nutrition:

In glass quart, glass canning jar or glass french press, add 1 ounce of dried nettle herb. Pour a quart of boiling water to fill. Cover and let it sit for 2-8 hours, or overnight. Drink 2-4 8 oz cups per day.

Using dried nettle is convenient; it can be kept year-round. As it will take quite a lot of fresh nettle to harvest enough to make ounce of dried, it is convenient to purchase the dried nettle online or at a local health food store, so as to have plenty for year-round use.

SOME ONLINE SOURCES FOR DRIED NETTLE INCLUDE:

Strictly Medicinal Herbs www.strictlymedicalseeds.com
 Mountain Rose Herbs www.mountainroseherbs.com
 Star West Botanicals www.starwest-botanicals.com
 Pacific Botanicals www.pacificbotanicals.com

SOURCES:

Tom Brown's Field Guide Wild Edible and Medicinal Plants – by Tom Brown Jr.

Wild Remedies – by Rosalee De La Foret & Emily Han

Healing Wise – by Susun S. Weed

Rosemary Gladstar's Medicinal Herbs: A Beginners Guide – by Rosemary Gladstar

Rosemary Gladstar's Herbal Recipes for Vibrant Health – by Rosemary Gladstar

Peterson Field Guides: Eastern/Central Medicinal Plants – by Steven Foster & James A. Duke

Peterson Field Guides; Edible Wild Plants, Eastern/Central North America – by Lee Allen Peterson

Herbal Antivirals – by Stephen Harrod Buhner

An Eagle Named Freedom – by Jeff Guidry

Invasive Plant Medicine – by Timothy Lee Scott

The Hidden Life of Trees – by Peter Wohlleben

Wild Remedies – by Rosalee De La Foret & Emily Han

Tom Brown's Field Guide – Wild Edible and Medicinal Plants – by Tom Brown, Jr.

Rosemary Gladstar's Medicinal Herbs: A Beginners Guide – by Rosemary Gladstar

Rosemary Gladstar's Herbal Recipes for Vibrant Health – by Rosemary Gladstar

Healing Wise - by Susun S. Weed

Peterson Field Guides: Eastern/Central Medicinal Plants – by Steven Foster & James A. Duke

Peterson Field Guides; Edible Wild Plants, Eastern/Central North America – by Lee Allen Peterson

Herbal Antivirals – by Stephen Harrod Buhner



Have you visited our website lately?

www.krvfpd.org

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.who.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

Outdoors Skills Programs

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



The Bald Eagle

By Kathleen Harro Steffen

The Eagle sours,
he does not fly.
When he's observed
I can only sigh.

As our country's symbol
He seems so regal
But to he and his mate
They are "just" an Eagle.

They raise their young
at the top of tall trees,
Mating for life
in their broad aeries

To us he is Noble,
Grand and True,
But he's affected
By all we do.

Though top of the food chain
He's still not safe
Man made dangers
Can be his fate.

Pesticides, wind farms
And DDT
Leave their mark
For all to see.

It's up to us
To care enough
Though changes are often
Very tough

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



Pollinator Rain Garden

Benefits of a rain garden are many – rain gardens conserve water through the dry months of late summer and during drought years; water running from roof gutters is diverted and absorbed by the garden soil and plants, the plants absorb water that otherwise would remain as standing water where mosquitoes breed; hopefully there are no pesticides being applied to the yard, but if so, these toxins are absorbed rather than entering the storm water drains and polluting local surface streams or retention ponds. A valuable additional benefit is gained when the rain garden is filled with native plants that attract pollinators, insuring critical habitat for these threatened species.

Native perennial plants are needed for a well-functioning rain garden, as their deep roots are necessary for the rain garden to be effective in water abatement. Native plants are adapted to the local climate conditions for thousands of years – once they are established, they will thrive without additional water or nutrients. The deep roots of native plants are 80% of the plant's total mass. This root system, over three quarters of the total plant, is adapted to the very wide range of conditions typical of the Midwest. Native plants are not only able to survive periods without rain but are also able to trap and filter water runoff from heavy seasonal rains.



The Soil Science Society of America defines a rain garden as “used to slow, collect, infiltrate, and filter storm water.” The first decision is to plan the location. A common use for a rain garden is to handle the flow from roof gutters. The rain garden would need to be placed nearby,

but at least 10 feet from the building. It should also be placed away from tree roots and underground utilities. Not only do you want to avoid breaking into utilities, but should repairs or replacement be needed, it would be a shame to have to destroy the rain garden to get at the underground lines.

The structure of the rain garden can be small or large, and may range from dry to a boggy ephemeral wetland during heavy rains. A logical placement would be in a natural depression. Watch for areas in the yard that remain wet for a day or more following rainfall.

Lacking a natural basin, create a small basin of no more than 1.5 inches deep or less; enough to catch water for small rain events with an overflow to let larger rains flow through without being retained. Construct the depression with a gentle slope to the sides and a flat bottom. Designers recommend that before beginning, outline the area with a rope or hose to visualize how it will look on the landscape, including the best view from favorite viewing windows in the house.

At least 150 square feet is recommended in order to have enough space for a variety of plants and suitable shelter & habitat for the pollinators that will come. The ambiance of the garden is enhanced by choosing a rounded, natural shape; shapes such as kidney, oval or teardrop have the informal look that is harmonious with the variety of shapes and sizes of the most beautiful native rain garden plants.

(continued on page 5)



(continued from page 4)

FORBS AND SEDGES THAT WILL DO WELL INCLUDE:

- *Acorus calamus* – Sweet flag
- *Agastache foeniculum* – Anise Hyssop (attracts birds, butterflies, pollinator hot spot)
- *Asclepias incarnata* – Swamp Milkweed (butterfly host plant, pollinator hot spot)
- *Carex stricta* – Common Tussock Sedge
- *Carex Vupinoidea* – Brown Fox Sedge
- *Echinacea purpurea* – Purple Coneflower (butterfly host plant, pollinator hot spot)
- *Eutrochium maculatum* – Joe Pye Weed (butterfly host plant, pollinator hot spot)
- *Eutrochium purpureum* – Sweet Joe Pye Weed (butterfly host plant, pollinator hot spot)
- *Eupatorium perfoliatum* – Boneset (butterfly host plant, pollinator hot spot)
- *Filipendula rubra* – Queen of the Prairie (pollinator hot spot)
- *Helenium autumnale* – Sneezeweed (pollinator hot spot)
- *Helianthus grosseserratus* – Sawtooth Sunflower (pollinator hot spot) Very tall; 6-8 ft.
- *Heuchera richardsonii* – Prairie Alumroot (pollinator hot spot)
- *Iris virginica shrevel* – Blue Flag Iris
- *Juncus effusus* – Common Rush
- *Liatris spicata* – Marsh Blazing Star (butterfly host plant, pollinator hot spot)
- *Lobelia cardinalis* – Cardinal Flower (pollinator hot spot)
- *Lobelia siphilitica* – Great Blue Lobelia (pollinator hot spot)
- *Mertinsia virginica* – Virginia Bluebells (pollinator hot spot) – shade
- *Mondarda fistulosa* – Wild Bergamot (butterfly host plant, pollinator hot spot)
- *Oenothera macrocarpa* – Missouri Evening Primrose (pollinator hot spot)
- *Phlox divaricata* – Wild Blue Phlox (pollinator hot spot)
- *Phlox glaberrima interior* – Marsh Phlox or Smooth Phlox (pollinator hot spot)
- *Pycnanthemum virginianum* – Mountain Mint (butterfly host plant, pollinator hot spot) aggressive spreader
- *Pycnanthemum tenuifolium* – Slender Mountain Mint (butterfly host plant, pollinator hot spot) aggressive spreader
- *Rudbeckia laciniata* – Cut-Leaf Coneflower (pollinator hot spot) this and the following Rudbeckia are longer-living than the other varieties which may be annual or biannual.
- *Rudbeckia subtomentosa* – Sweet Black-eyed Susan (butterfly host plant, pollinator hot spot) needs full sun
- *Scirpus fluviatilis* – River Bullrush
- *Scirpus validus* – Soft-stem Bulrush
- *Silphium integrifolium* – Rosin Weed (loved by birds, butterfly host plant, pollinator hot spot) this is a tall one, 3-6 ft., needs full sun
- *Silphium perfoliatum* – Cup Plant (loved by birds, butterfly host plant, pollinator hot spot) another tall one, 3-6 ft., needs full sun
- *Silphium terebinthinaceum* – Prairie Dock (loved by birds, butterfly host plant, pollinator hot spot) another tall one 3-6 ft, needs full sun
- *Solidago flexicaulis* – Zig-Zag Goldenrod (butterfly host plant, pollinator hot spot)
- *Symphyotrichum novae-angiae* – New England Aster (Butterfly host, pollinator hot spot)
- *Tradescantia ohiensis* – Ohio Spiderwort (pollinator hot spot)
- *Verbena hastata* – Blue Vervain (butterfly host plant, pollinator hot spot) full sun

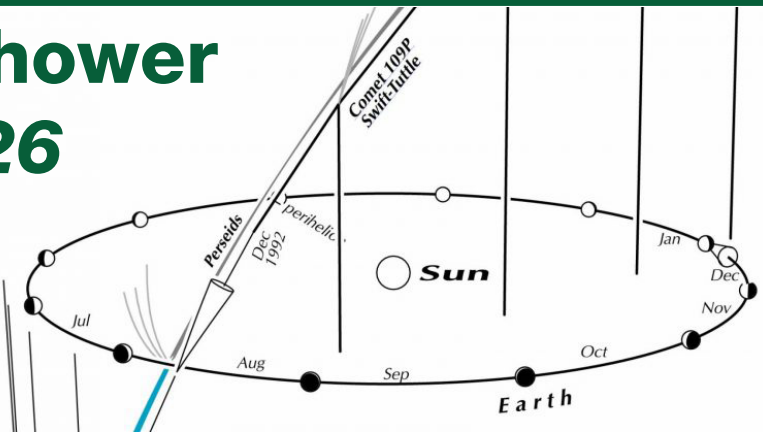
TREES AND SHRUBS THAT DO WELL INCLUDE:

- *Amorpha fruticosa* – Indigo Bush (loved by birds, butterfly host plant, pollinator hot spot) nitrogen fixer, needs full sun – 6 ft. height
- *Aronia arbutifolia* – Red Chokeberry (pollinator hot spot) – needs full sun. Berries not eaten by birds; 5 ft. height
- *Aronia melanocarpa* – Black Chokecherry (pollinator hot spot) - needs full sun. Berries not eaten by birds till late fall; 6 ft. height
- *Betula nigra* – River Birch (Butterfly host, loved by birds) – Best in groups in moist to wet soil. Not drought tolerant, will tolerate standing water for a month or two. 30' tall, with interesting exfoliating cinnamon/brown colored bark, a great feature tree for a consistently wet area.
- *Cephalanthus occidentalis* - Buttonbush - (pollinator hot spot, loved by birds) morning sun or full sun; 8 ft. height
- *Hydrangea arborensceus* – Smooth Hydrangea (pollinator hot spot, loved by birds) 3 ft. height
- *Hydrangea querifolia* – Oak Leaf Hydrangea (pollinator hot spot, loved by birds) 5 ft. height; needs a protected location and part shade to shade
- *Prunus virginiana* – Chokeberry (loved by birds, butterfly host plant, pollinator hot spot) 8ft. height
- *Rosa palustris* – Swamp Rose (loved by birds, butterfly host plant, pollinator hot spot, edible fruit) 4ft. Height; needs full sun
- *Sambucus canadensis* – Elderberry (loved by birds, pollinator hot spot, edible fruit, medicinal) 8 ft. height
- *Sambucus racenisa*– Red Elderberry (loved by birds, pollinator hot spot) 10 ft. height
- *Spiraea alba* – Meadowsweet (pollinator hot spot) 2 ft. height
- *Spiraea tomentosa* – Hardtack (Steeple Bush) (pollinator hot spot) 2 ft. height, needs full sun
- *Viburnum cassinoidesa* – Withe Rod Vibirnum (lpollinator hot spot) 5 ft. height
- Sources for native plants:
- Possibility Place Nursery, Monee, Illinois – www.possibilityplace.com
- The Growing Place, Naperville & Aurora – www.thegrowingplace.com

Perseid Meteor Shower

July 17 - August 26

One of the best meteor showers of the year will peak this late summer on the night of August 11-12. At its peak, it will show 50 -75 per hour. The Perseids are a favorite due to the high number of "shooting stars" per hour, and the time of year offering warm summer weather perfect for viewing. The best time to see the most meteors is in the early hours of the morning before dawn. The greatest number will be at its peak on the night of August 11-12, but there will be a high number on the couple of nights before and after the peak, with reduced numbers for the ten days or so before and after peak. This year, moonlight will be at 47% full during the peak, which will somewhat dim the view of the meteors but not enough to spoil the view. By August 17th or so, the moon will set early in the evening, and the night sky will be full dark.



The Perseids are named after the constellation Perseus the Hero, where they appear to originate in the night sky. The Perseids meteor shower is a trail of debris composed of bits of debris in the trail of the comet Swift-Tuttle. This comet orbits the sun every 133 years; Earth's orbit crosses the orbit of Comet Swift-Tuttle each year in July and August. Perseus is in the Northeast sky in August, its radiance appearing near the horizon in early evening.

Choose a location free of light pollution for the best viewing. The meteors begin to appear in late evening and increase in number towards midnight and are at the most intense in the hours before dawn. Plan to have a comfortable chair, maybe even some snacks, and plan your viewing time to be at least an hour, as the Perseids tend to occur in pulses.

Some great resources on the internet, some of which have graphic models of annual meteor showers:

earthsky.org: www.earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide#perseids

amsmeteors.org: www.amsmeteors.org/meteor-showers/meteor-shower-calendar

space.com: www.space.com/39469-best-meteor-showers

On Trail At The Forest Preserve

Due to COVID-19 restrictions, programs are suspended until further notice. For questions, contact the Forest Preserve Office at 815-935-5630, or the University of Illinois Extension Office at 815-933-8337.

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

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 Forest Preserve has a new site located about three miles east of Kankakee on Route 17. 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

Nested 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

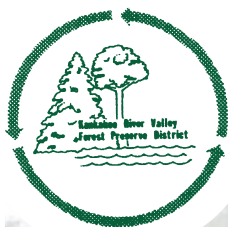
Four acre sanctuary, although wet, contains many young trees and grasses that hold some songbirds and migrant species in the spring and fall. The Forest Preserve is still working on a long range development plan for this property. Located across the street from Station 2 of the Aroma Fire Protection 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
815-935-5630

Web address: www.krvfpd.org

E-mail: forest@krvfpd.org

Facebook: www.facebook.com/KRVFPD/

PRSRT STD
U.S. POSTAGE
PAID
Permit #135
Kankakee, IL

Return Service Requested

Board of Commissioners

Michael Quigley.....President
Amy Ciaccio-Jarvis.....Secretary
Sharlene Parr.....Treasurer
Steve Worth.....Commissioner
Tim Wilhelm.....Commissioner

Staff

Dale Huizenga..... Administrator
Mike Morgan Maintenance
Doug Short Restoration Ecologist,
Site Development Director
Jean Hurtle Editor

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*,

**If you would like to subscribe to this
free Newsletter, or to send an article,
contact the Forest Preserve Office
at 815-935-5630**

