

# Woods of Wisconsin

Newsletter  
of the  
Forest Preserve  
District  
of the Kankakee  
River Valley

"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"

## Woodpeckers in the Neighborhood

Backyards can attract a colorful and agile bird we all know as the woodpecker. They like ants; that is, the Northern Flicker does. He digs a hole in the dirt where the ant nest is, defecates in the hole, and comes back later to find the ants out and mad. His tongue quickly sticks to all ants and brings them in. I've seen other birds use ants to rub over feathers in an attempt to rid themselves of parasites. Ants are pungent smelling. Whew!

Flickers are loud, "Wicka, wicka, wicka, wicka" which is a similar call of the much noisier Pileated woodpecker, the real Woody Woodpecker Disney character. Not many homes have this member of the Picidae family, though I have seen them in the Mommence wetlands come to home feeders. Pileated can destroy old wood and limbs to get at insects. Nest holes are two fists size, enough for a wood duck. Big trees attract big woodpeckers.



**DOWNY WOODPECKER**

My apple tree had a dead limb almost half of the upper branches. My wife said to cut it down, but knowing what birds like, I left it alone with some improvements. A .375in drill bit, 8 holes 2in deep, facing the back window and Voila' or you might say "wahlah". A woodpecker feeder. To date only two species of woodpeckers have come to the PB suet offerings, the Red-bellied and Downy. Starlings love it, as do English sparrows. But so do White-breasted nuthatch, Northern cardinal, Blue jays, and in the spring the Gray catbird.

If you are careful and quiet and can commune with the woodpecker, it won't be afraid when you lower the window for a close look or pic. Fear is the real drawback to bringing in bird species. God put the fear of man into all creatures and it takes some effort to undo that with woodpeckers.

You never see the Red-headed woodpecker in town. It needs habitat, which is plentiful in Kankakee County, oaks and the insects on the ancient trees. It's declining all over the state, the chain saw and expressways are seeing to it. Its red is the deepest and richest color you can think of, like a velvet St. Valentine decorated card. A neighbor in Kankakee at the edge of town had the Red-headed woodpecker nest in her backyard using a power pole to drill a hole into. I heard it call from across the street, "Queer, Queer, Queer" a hoarse call. She said they nested and had young that came to the feeder. Not usual in town. Having a river through our city with trees and bushes and open habitat makes all the difference. Woodpeckers can survive and thrive here.

— John Baxter

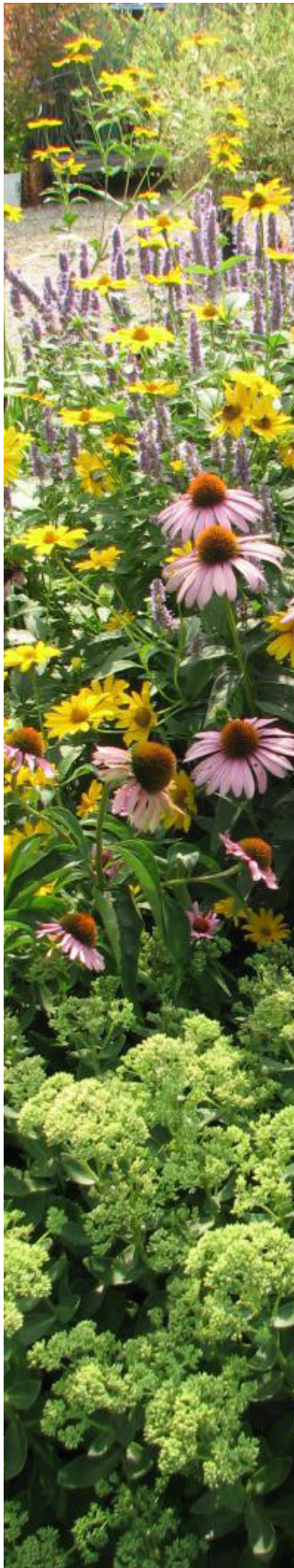
*Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.*

— John Muir



# Urban Stewardship

## Landscape with These Great Native Plant Alternatives



What is an *invasive* plant, and why should we care? Invasive plants are aggressive and tend to overtake an ecosystem, crowding out native plant communities. Locally, garlic mustard, purple loosestrife and bush honeysuckle are some of the introduced plant species that overrun our natural areas. Often invasive species have been introduced from other areas of the world because they are very attractive, have fragrant blossoms, or will thrive in highly disturbed ground such as new housing developments. Some, like crown vetch, have been used to control erosion. Many of these exotic species are notorious for spreading outside of garden boundaries, causing havoc on natural areas. Honeysuckle shrubs smother woodland wildflowers; purple loosestrife and sweet clover spread and take over our natural areas. Introduced plants often have no natural enemy in our local ecosystem - neither insect nor disease - and the aggressive ones often will quickly produce abundant offspring, some spreading by more than one method such as by seeds, root runners and/or re-sprouting shoots. Many invasive plants are unpalatable to deer and quickly take over where deer are abundant. In order to eradicate unruly invasives from your gardens, replace them with some new choices to your plant inventory. Leaving old garden standards behind is difficult but necessary if our natural parks, forests, and fields are to have a future.

That said, any of our favorite garden plants, both vegetables and flowers are not native to our region, yet are not invasive and will not overtake a local ecosystem. Conversely, not all native plants will do well in a home landscape, and certainly some native plants are both highly undesirable and aggressive - poison ivy is an example everyone is familiar with. For most home gardeners and landscapers, it is not practical - or necessary - to be a purist in the sense of having all native plantings in the yard. Many favorite non-native plants are not likely to rampage across the landscape crowding out the native plant communities. There is no reason to remove a favorite plant that isn't aggressive. As for those plants that are invasive, The Chicago Botanical Garden lists those aggressive plants that are a problem in the greater Chicago region, along with native species that can replace the undesirables with attractive and hardy native plants.

When choosing a native plant alternative, think about the characteristics that you love about the invasive plant you are replacing. Using Japanese Wisteria as an example, its sweet fragrance and showy flowers might be the desired characteristics. So, replace the wisteria with fragrant summer bloomers like woodland phlox, or American wisteria, *Wisteria frutescens*. If you like the vine habit, add Trumpet Honeysuckle Vine, *Lonicera sempervirens*, a native summer-blooming native that is highly attractive to hummingbirds and butterflies. The new combination gives you everything you liked about the Japanese Wisteria without its devastating "weediness".

If you're ready to look for some great native plants, the following list of hardy alternatives should help. Though the list includes very resilient perennials and shrubs, they still must be cared for in their first year or two, and then they can tough it out with minimal care. Here is the key to the Chicago Botanic Garden Conservation Science Department Status:

R = Remove as soon as possible, including all cultivars, and/or do not add to collection in future;

P = Phase out (species that pose a lesser invasive risk, form significant structural features in landscape, and will be time-consuming to replace and will be phased out over a five-to-ten-year period);

E = Evaluate species and cultivars, then remove invasive varieties;

W= Watch list (varieties not posing a serious invasive risk in the Chicago area currently, but may do so in the future.

## HERBACEOUS PLANTS

Problem Species	Common names	Status	Alternatives
<u><i>Aegopodium podagraria</i></u>	Goutweed; Bishops weed; Snow in the Mountain; Ground elder	R	<i>Asarum</i> (wild ginger), <i>Epimedium</i> spp. (barrenwort), <i>Glandularia canadensis</i> (mock rose vervain), <i>Hosta</i> (hosta)
<i>Carduus nutans</i>	Nodding plumeless thistle	R	<i>Echinacea</i> spp. (coneflower), <i>Silphium</i> spp. (rosinweed, prairie dock, compass plant)
<u><i>Centaurea maculosa</i></u>	Spotted knapweed	R	<i>Echinacea</i> spp. (coneflower), <i>Silphium</i> spp. (rosinweed, prairie dock, compass plant)
<u><i>Cirsium arvense</i></u> <u><i>Cirsium palustre</i></u> <u><i>Cirsium vulgare</i></u>	Canada thistle Marsh plume thistle Bull thistle	R	<i>Echinacea</i> spp. (coneflower), <i>Silphium</i> spp. (rosinweed, prairie dock, compass plant)
<u><i>Conium maculatum</i></u>	Poison hemlock	R	<i>Achillea</i> spp. (yarrow), <i>Aruncus</i> spp. (goatsbeard), <i>Actaea racemosa</i> (black cohosh), <i>Filipendula</i> spp. (meadowsweet)
<u><i>Coronilla varia</i></u>	Crown vetch	R	<i>Asarum</i> spp. (ginger), <i>Epimedium</i> spp. (barrenwort), <i>Glandularia canadensis</i> (mock rose vervain), <i>Hosta</i> (hosta), <i>Viola</i> (violet)
<u><i>Daucus carota</i></u>	Queen Anne's lace	R	<i>Aruncus</i> spp. (goatsbeard), <i>Achillea</i> spp. (yarrow)
<u><i>Dipsacus laciniatus</i></u> <u><i>Dipsacus sylvestris</i></u>	Cutleaf teasel Teasel	R	<i>Echinacea</i> spp. (coneflower), <i>Rudbeckia</i> spp. (black-eyed Susan)
<i>Echinops sphaerocephalus</i>	Globe thistle	R species E cultivars	<i>Liatris</i> spp. (blazing star), <i>Monarda</i> spp. (bee balm), <i>Phlox</i> spp. (phlox), <i>Salvia</i> spp. (sage), <i>Thalictrum</i> spp. (meadowrue), <i>Veronica</i> spp. (speedwell)
<i>Epilobium hirsutum</i>	Hairy fireweed	R	(see <i>E. sphaerocephalus</i> )
<i>Euphorbia cyparissias</i>	Cypress spurge	R	<i>Origanum laevigatum</i> (ornamental oregano), selected <i>Sedum</i> spp. (stonecrop)
<u><i>Euphorbia esula</i></u>	Leafy spurge	R	<i>Aurinia saxatilis</i> (basket-of-gold)
<i>Glechoma hederacea</i>	Ground ivy	R	<i>Ajuga</i> spp. (bugleweed), <i>Ceratostigma plumbaginoides</i> (leadwort), <i>Plumbago auriculata</i> (cape leadwort)
<i>Gypsophila paniculata</i>	Baby's breath	W	<i>Boltonia asteroides</i> (boltonia), <i>Panicum virgatum</i> cvs. (switch grass),
<i>Hemerocallis fulva</i> (locally invasive)	Tawny daylily	R	<i>Hemerocallis</i> hybrids (daylily), <i>Lilium</i> spp. & cvs. (lily), <i>Papaver orientale</i> (Oriental poppy)
<i>Hesperis matronalis</i>	Dame's rocket	R	<i>Liatris</i> spp. (blazing star), <i>Monarda</i> spp. (bee balm), <i>Phlox</i> spp. (phlox), <i>Salvia</i> spp. (sage), <i>Thalictrum</i> spp. (meadowrue), <i>Veronica</i> spp. (speedwell)
<i>Houttuynia cordata</i>	Chameleon plant	W	<i>Alchemilla mollis</i> (lady's mantle), <i>Asarum</i> spp. (ginger), <i>Chrysogonum virginianum</i> (green and gold)
<u><i>Hypericum perforatum</i></u>	Common St. Johnswort	R	Other <i>Hypericum</i> spp. (St. Johnswort)
<u><i>Iris pseudacorus</i></u>	Yellow flag iris	R species E cultivars	<i>Iris fulva</i> 'Lois Yellow' (copper iris), <i>Iris virginica</i> var. <i>shrevii</i> (interior blue flag iris)
<u><i>Lespedeza cuneata</i></u>	Chinese bush clover	R	<i>Baptisia</i> spp. (wild indigo)
<u><i>Linaria vulgaris</i></u>	Butter-and-eggs	R	<i>Antirrhinum majus</i> cvs. (snapdragons), <i>Calibrachoa</i> cvs. (million bells), <i>Digitalis</i> spp. (foxglove), <i>Nemesia fruticans</i> cvs. (nemesia)
<i>Lysimachia nummularia</i>	Moneywort	R	<i>Chrysogonum virginianum</i> (green and gold), <i>Origanum laevigatum</i> (ornamental oregano)

<u><i>Lythrum salicaria</i></u>	Purple loosestrife	R	<i>Asclepias incarnata</i> (swamp milkweed), <i>Liatris</i> spp. (blazing star), <i>Physostegia virginiana</i> 'Vivid' (obedient plant)
<u><i>Melilotus alba</i></u>	White sweet-clover	R	<i>Baptisia</i> spp. (wild indigo)
<u><i>Melilotus officinalis</i></u>	Yellow sweet- clover	R	<i>Baptisia</i> spp. (wild indigo)
<i>Perilla frutescens</i>	Beefsteak plant	R	<i>Hibiscus acetosella</i> (red leaf hibiscus), <i>Ocimum basilicum</i> cvs. (basil), <i>Solenostemon scutellarioides</i> (coleus)
<i>Polygonum cuspidatum</i> = <i>P. japonicum</i>	Japanese knotweed	E	<i>Actaea racemosa</i> (black cohosh), <i>Aruncus dioicus</i> (goatsbeard), <i>Polygonatum</i> spp. (Solomon's seal), <i>Smilacina racemosa</i> (false Solomon's seal), <i>Tricyrtis</i> spp. (toad lily)
<i>Polygonum sachalinense</i>	Giant knotweed	R	(see <i>P. cuspidatum</i> )
<i>Portulaca oleracea</i>	Purslane	R species E cultivars	<i>Aurinia saxatilis</i> (basket-of-gold), selected <i>Sedum</i> spp. & cvs. (stonecrop)
<i>Potentilla argentea</i>	Silver cinquefoil	R	<i>Chrysogonum virginianum</i> (green and gold)
<i>Rorippa sylvestris</i>	Creeping yellow-cress	R	<i>Aurinia saxatilis</i> (basket-of-gold), selected <i>Sedum</i> spp. & cvs. (stonecrop)
<i>Rumex acetosella</i>	Garden sorrel	R	<i>Beta vulgaris</i> 'Bright Lights' (Swiss chard) <i>Solenostemon scutellarioides</i> (coleus)
<u><i>Saponaria officinalis</i></u>	Bouncing bet	R species E cultivars	<i>Liatris</i> spp. (blazing star), <i>Monarda</i> spp. (bee balm), <i>Phlox</i> spp. (phlox), <i>Salvia</i> spp. (sage), <i>Thalictrum</i> spp. (meadowrue), <i>Veronica</i> spp. (speedwell)
<u><i>Sonchus arvensis</i></u>	Field sow-thistle	R	<i>Coreopsis</i> spp. (coreopsis); <i>Helianthus</i> spp. (sunflower)
<i>Valeriana officinalis</i>	Common valerian	R	<i>Liatris</i> spp. (blazing star), <i>Monarda</i> spp. (bee balm), <i>Phlox</i> spp. (phlox), <i>Salvia</i> spp. (sage), <i>Thalictrum</i> spp. (meadowrue), <i>Veronica</i> spp. (speedwell)
<u><i>Verbascum thapsus</i></u>	Flannel mullein	R	<i>Digitalis</i> spp. (foxglove)
<i>Verbena bonariensis</i>	Purpletop verbena	W	See <i>Valeriana officinalis</i>
<i>Wisteria floribunda</i>	Japanese Wisteria	R	woodland phlox, <i>Phlox divaricatus</i> American wisteria, <i>Wisteria frutescens</i>

## GRASSES

Species	Common Name	Status	Alternatives
<i>Agropyron repens</i>	Quack grass	R	<i>Panicum virgatum</i> cvs. (switch grass), <i>Sporobolus heterolepis</i> (prairie dropseed)
<i>Miscanthus sacchariflorus</i>	Amur silver grass	R	<i>Panicum virgatum</i> cvs. (switch grass), <i>Sporobolus heterolepis</i> (prairie dropseed)
<u><i>Miscanthus sinensis</i></u>	Chinese silver grass	R var.	<i>Panicum virgatum</i> cvs. (switch grass), <i>Sporobolus heterolepis</i> (prairie dropseed)
<u><i>Phalaris arundinacea</i></u>	Reed canary grass	R	<i>Spartina pectinata</i> 'Aureomarginata' (variegated prairie cordgrass)
<u><i>Phragmites australis</i></u>	Common reed	R	<i>Erianthus ravennae</i> (Plume grass)

## SHRUBS

Problem Species	Common Name	Status	Alternatives
<i>Buddleia davidii</i>	Butterfly Bush	R	<i>Eupatorium</i> (Joe Pye Weed) Native Asters <i>Geranium maculatum</i> (Wild Geranium) <i>Solidago</i> (Goldenrod) <i>Lupinus</i> (Wild Lupine)
<u><i>Berberis thunbergii</i></u>	Japanese barberry	R species E cultivars	<i>Physocarpus opulifolius</i> (ninebark), <i>Ribes odoratum</i> (clove currant)

<i>Berberis vulgaris</i>	European barberry	R	See <i>Berberis thunbergii</i>
<i>Cotoneaster multiflorus</i>	Many-flowered cotoneaster	P	See <i>Berberis thunbergii</i>
<i>Elaeagnus angustifolia</i>	Russian olive	W	<i>Aesculus parviflora</i> (bottlebrush buckeye), <i>Aronia melanocarpa</i> (black chokeberry), <i>Corylus americana</i> (American filbert)
<i>Elaeagnus umbellatus</i>	Autumn olive	R	See <i>Elaeagnus angustifolia</i>
<i>Euonymus alatus</i>	Winged euonymus; burning bush	R	<i>Lindera benzoin</i> (spicebush), <i>Euonymus americanus</i> (American strawberry bush), <i>Itea virginica</i> (Virginia sweetspire), <i>Rhus copallina</i> var. <i>latifolia</i> 'Morton' (Prairie Flame shining sumac)
<i>Euonymus europeus</i>	European spindle tree	R	<i>Euonymus americanus</i> (American strawberry bush), <i>Itea virginica</i> (Virginia sweetspire)
<i>Ligustrum obtusifolium</i>	Border privet	P	<i>Physocarpus opulifolius</i> (ninebark), <i>Ribes odoratum</i> (clove currant)
<i>Ligustrum vulgare</i>	Common privet	P	<i>Physocarpus opulifolius</i> (ninebark), <i>Ribes odoratum</i> (clove currant)
<i>Lonicera x bella</i>	Bell's honeysuckle	R	<i>Amelanchier</i> spp. & cvs. (serviceberry), <i>Calycanthus floridus</i> (Carolina allspice), <i>Diervilla</i> spp. (bush honeysuckle)
<i>Lonicera maackii</i>	Amur honeysuckle	R	<i>Amelanchier</i> spp. & cvs. (serviceberry), <i>Calycanthus floridus</i> (Carolina allspice), <i>Diervilla</i> spp. (bush honeysuckle)
<i>Lonicera morrowii</i>	Morrow's honeysuckle	R	<i>Amelanchier</i> spp. & cvs. (serviceberry), <i>Calycanthus floridus</i> (Carolina allspice), <i>Diervilla</i> spp. (bush honeysuckle)
<i>Lonicera tatarica</i>	Tatarian honeysuckle	R	<i>Amelanchier</i> spp. & cvs. (serviceberry), <i>Calycanthus floridus</i> (Carolina allspice), <i>Diervilla</i> spp. (bush honeysuckle)
<i>Rhamnus cathartica</i>	Common buckthorn	R	<i>Alnus rugosa</i> (speckled alder), <i>Carpinus caroliniana</i> (American hornbeam), <i>Corylus americana</i> (American filbert), <i>Thuja occidentalis</i> (American arborvitae) and <i>Thuja plicata</i> (giant arborvitae)
<i>Rhamnus frangula</i>	Glossy buckthorn	R	<i>Alnus rugosa</i> (speckled alder), <i>Carpinus caroliniana</i> (American hornbeam), <i>Corylus americana</i> (American filbert), <i>Thuja occidentalis</i> (American arborvitae) and <i>Thuja plicata</i> (giant arborvitae)
<i>Rosa multiflora</i>	Japanese rose	R	<i>Rosa</i> spp. & cvs. (hardy shrub roses)
<i>Spiraea japonica</i>	Japanese meadowsweet	W	<i>Clethra</i> spp. (summersweet), <i>Hydrangea</i> spp. (hydrangea), native <i>Spiraea</i> (spirea)
<i>Syringa reticulata</i>	Japanese tree lilac	W	<i>Clethra</i> spp. (summersweet), <i>Hydrangea</i> spp. (hydrangea)
<i>Viburnum opulus</i>	European cranberrybush viburnum	R species E cultivars	<i>Viburnum dentatum</i> cvs. (arrowwood viburnum), <i>Viburnum trilobum</i> (American cranberrybush viburnum)

## TREES

Problem Species	Common Name	Status	Alternatives
<i>Acer ginnala</i>	Amur maple	P	<i>Acer rubrum</i> (red maple), <i>Quercus alba</i> (white oak)
<i>Acer platanoides</i>	Norway maple	R species E cultivars	<i>Acer x freemanii</i> 'Marmo' (Marmo maple), <i>Acer miyabei</i> (Miyabe maple), <i>Acer rubrum</i> (red maple), <i>Quercus alba</i> (white oak)
<i>Ailanthus altissima</i>	Tree-of-heaven	R	<i>Fraxinus</i> spp. (ash species)
<i>Alnus glutinosa</i>	European black alder	P species E cultivars	<i>Celtis laevigata</i> (sugarberry), <i>Celtis occidentalis</i> (common hackberry), <i>Nyssa sylvatica</i> (black tupelo)
<i>Malus</i> spp. (crabapple)	Crabapple	E	<i>Crataegus</i> spp. (hawthorn species), <i>Prunus serotina</i> (black cherry)
<i>Morus alba</i>	Mulberry	P	<i>Crataegus</i> spp. (hawthorn species), <i>Prunus serotina</i> (black cherry)
<i>Phellodendron amurense</i> (except male cultivars)	Amur corktree	R	<i>Acer rubrum</i> (red maple), <i>Phellodendron amurense</i> (male cvs.), <i>Quercus alba</i> (white oak)
<i>Populus alba</i>	White poplar	P	<i>Betula nigra</i> (river birch), <i>Catalpa speciosa</i> (Northern catalpa), <i>Platanus occidentalis</i> (American sycamore)
<i>Prunus mahaleb</i>	Mahaleb cherry	P	<i>Crataegus</i> spp. (hawthorn species), <i>Prunus serotina</i> (black cherry)
<i>Pyrus calleryana</i>	Callery ornamental pear	W	<i>Chionanthus virginicus</i> (fringetree), <i>Crataegus</i> spp. (hawthorn species), <i>Prunus serotina</i> (black cherry)
<i>Robinia pseudoacacia</i>	Black locust	R species E cultivars	<i>Catalpa speciosa</i> (Northern catalpa), <i>Gleditsia triacanthos</i> (honeylocust)
<i>Ulmus pumila</i>	Siberian elm	R	Dutch-resistant cvs. of <i>Ulmus americana</i> (American elm)

## VINES AND GROUND COVERS

Problem Species	Common Name	Status	Alternatives
<i>Ampelopsis brevipedunculata</i>	Porcelainberry vine	R	<i>Clematis</i> spp. (clematis)
<i>Celastrus orbiculatus</i>	Oriental bittersweet	R	<i>Aristolochia durior</i> (Dutchman's pipe), <i>Celastrus scandens</i> (American bittersweet)
<i>Dioscorea batatas</i>	Chinese yam	R	No ornamental alternative; medicinal purposes only
<i>Euonymus fortunei</i>	Wintercreeper	E	<i>Asarum</i> spp. (ginger), <i>Helleborus</i> spp. (hellebore)
<i>Lonicera japonica</i>	Japanese honeysuckle	R	<i>Clematis</i> spp. (clematis), native <i>Lonicera</i> spp. (native honeysuckles)
<i>Vinca minor</i>	Common periwinkle	E	<i>Asarum</i> spp. (ginger)
<i>Wisteria sinensis</i>	Chinese wisteria	W	<i>Wisteria macrostachya</i> (Kentucky wisteria)

For more resources and information on invasive plants in your region, please check out the following web sites:

- Chicago Botanical Gardens: <http://www.usna.usda.gov/Gardens/invasives.html>
- University of Illinois Extension: <http://urbanext.illinois.edu/wildflowers/nativeplants.cfm>
- U.S. National Arboretum, Invasive Plants Article: <http://www.usna.usda.gov/Gardens/invasives.html>
- Lady Bird Johnson Wildflower Center: <http://www.wildflower.org/>
- Ecosystem Gardening: <http://www.ecosystemgardening.com>
- Illinois Natural History Survey: [http://www.inhs.illinois.edu/animals\\_plants/prairie/plants/](http://www.inhs.illinois.edu/animals_plants/prairie/plants/)
- Illinois' Best Plants <http://www.bestplants.org>

To find sources for purchasing native plants, check out these growers:

- Possibility Place: <http://www.possibilityplace.com>
- Cardno JF New: <http://www.cardnojfnew.com>
- Midewin Alliance annual native plant sale: <https://sites.google.com/site/midewinalliance/>



# Do-It-Yourself All Natural Healing Salve

## Ingredients:

- 1 Cup Coconut Oil (not fractionated)
- 1 Cup Extra Virgin Olive Oil
- 5 T. Organic Beeswax Pastilles

## Containers:

8 each 2 ounce jars or containers \*\* or \*\* 4 each 4 ounce mason jars

## To each 2 ounce jar add:

*(double if you are using 4 ounce Mason jars)*

- 5 drops **Lavender** essential oil
- 5 drops **Rosemary** essential oil
- 5 drops **Peppermint** essential oil
- a few drops of Vitamin E (optional)

1. Put a pot of water on the stove to simmer. While the water is heating, put the coconut oil, olive oil and beeswax pastilles in a heatproof jar or measuring cup.

2. Set the jar filled with the coconut oil, olive oil, and wax into the water and leave it there until it melts, giving it a stir from time to time. You want a slow, gentle melt so take your time. It could take 15 or 20 minutes depending on the temperature of the water bath.

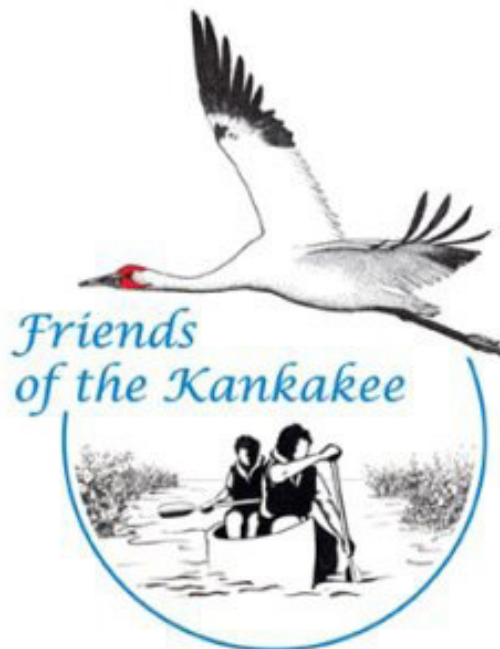
3. While the ingredients are melting, drop your essential oils into each of the containers. Hint: I have found that it is easier to use a glass medicine dropper than the dropper that comes with the bottle of essential oil. This is optional and a matter of personal preference.

4. Pour the melted oils into each of the smaller jars containing essential oils. There is no need to stir unless you want to since the oils will mix up on their own.

5. Cover the jars with a paper towel or cloth and set them aside for up to 24 hours. Although the salve will start to firm up within minutes, it takes at least 12 hours to complete the firming process. (The purpose of the cover is to keep out dust, bugs and other nasties that may be floating around.)

## About the Ingredients

Coconut oil is a natural moisturizer and is antibacterial. Olive oil is chock full of anti-oxidants and has anti-inflammatory properties. Lavender is a natural antibiotic, antiviral, antifungal and antiseptic. It is a master healer that also helps to prevent scarring. Rosemary is also antiseptic and an excellent treatment for muscle aches. Peppermint is an anti-inflammatory and is also antiseptic. The optional Vitamin E is an antioxidant and is also used as a natural preservative



## Supporting A Refuge In The Historical Grand Marsh

The Friends of the Kankakee is a local not-for-profit organization that has been formed to promote the establishment of a Refuge as proposed by the U.S. Fish and Wildlife Service in 1997. Since 2003, the Friends of the Kankakee has focused on the acquisition of natural lands for a proposed Refuge to protect and preserve some of the ecosystem once known as the Grand Marsh, the "Everglades of the North". The proposed footprint in Illinois is to be near Willow Slough Fish and Wildlife Area and Iroquois County State Wildlife Area, and along the Kankakee River as it runs through Indiana. To date, the Friends of the Kankakee has purchased land which will be donated when the refuge is established. To find out more about this organization, go to the organization's website:

<http://thefriendsofthekankakee.org/>

**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**



# Spring Wildflowers

## at the Hieland Land and Water Preserve

**PRAIRIE TRILLIUM**

This early spring, look for woodland wildflowers at the Hieland Land and Water Preserve. These are some of the native woodland species that bloom in the wet woodlands in the early spring before the trees fully leaf out. They capture the early spring sunlight filtering through the overhead canopy, and complete their blooming season by the time the trees have fully leafed out.

Some of the species that you will find in early spring are Columbine, Cut Leafed Toothwort, Downy yellow Violet, Dutchman's Breeches, Jack in the Pulpit, May Apple, Prairie Trillium, Spring Beauty, Wild Geranium, Wild Ginger, Wood Anemone, Woodland Blue Phlox, and Wooly Blue Violet.

**DUTCHMAN'S BREECHES****WOOD ANEMONE**

## Plants of Concern Volunteer Training Workshop

In 2015 Plants of Concern will be the 15th season of rare plant monitoring. Coordinated through the Chicago Botanic Garden, Plants of Concern has worked with landowners and a dedicated corps of over 700 volunteers since 2001. Trained citizen scientists used standardized protocols to gather invaluable data on thousands of rare plants in the greater Chicago Region. Plants of concern workshops are your opportunity to learn about monitoring rare plants through this unique, region-wide, volunteer-driven program. The workshop is free and open to anyone interested in monitoring rare plant populations in the Chicago Wilderness Region. The workshop will run on Sunday, April 26 from 9:30 a.m. to 3:00 p.m. Space is limited, and registration is required. The workshop is currently filled; to be added to the wait list, send an email to Anna: [abraum@chicagobotanic.org](mailto:abraum@chicagobotanic.org).

# 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 area features plantings of many native trees and plants, including native tallgrass prairie species, a butterfly garden of native plants. The site includes  $\frac{3}{4}$  mile asphalt and fine gravel walking trail, a picnic shelter, and picnic tables.

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

## **Aroma Land and Water Preserve**

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  $\frac{1}{4}$  mile of Kankakee River frontage, and the associated floodplain forest. There is ample parking in the parking lot on Hieland Road, and a playground, maintained by the Kankakee River Valley Park District, for children.

In 2008, the District added a 30-acre piece of property adjacent to the Aroma Land and Water Reserve (Aroma LWR). This area has been seeded back to prairie species indicative of the dry sand prairie found within the current preserve. The Forest Preserve mows a loop trail that branches off the existing  $\frac{1}{4}$  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.

1578 South Hieland Road  
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 2.5 mile trail, suitable for hiking, bicycling, and cross country skiing, is a cooperative project with the Kankakee Valley Park District. The trail begins at the prairie, 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 will start at the Aqua Illinois property at Hawkins and Water Streets, go through Shapiro Developmental Center, Kankakee River Valley Forest Preserve, Kankakee Community College, and connect with River Road Park and Splash Valley, of the Kankakee Valley 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 I-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 an additional 60 acre parcel which had been primarily in agriculture. Future development plans are pending based on the districts needs and funds available through federal and state grants.

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

## **Strasma Grove**

Nestled in a neighborhood on in Kankakee, this site is 2 acres of mature native trees.

Duane Boulevard  
Kankakee, Illinois 60901  
41°06'28.33"N  
87°50'43.56"W

## **Limestone Reforestation Site**

This site is a 30 acre preserve and reforestation site, with mixed trees and grasses.

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

## **Zeedyk Meadows**

This is our newest Forest Preserve site, consisting of four acres of trees and grasses.

Warren Street  
St. Anne, Illinois 60964  
41° 06' 24.92" N  
87° 44' 35.77" 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](http://www.krvfpd.org)  
e-mail: [forest@krvfpd.org](mailto:forest@krvfpd.org)

**Return Service Requested**

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U.S. POSTAGE  
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Permit #135  
Kankakee, IL

## **ON TRAIL...**

For information about current nature programs at your forest preserve, please call Jean Hurrle at 815-549-9072. You can also find our programs in the outdoor section of the Daily Journal, or check out the programs page on our website: <http://www.krvfpd.org>.

If you would like to subscribe to this free Newsletter, or to send an article, contact the Nature Center at 815-935-5630

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 lived 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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