

# 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"

## Look Who's Growing in the Summer Prairie - Summer Sunflowers and More

As the season rolls towards midsummer, the golden colors of native Sunflowers stand tall in fields and roadsides. The golden yellows, blues and purples are at the height of their glory, recalling historic accounts of the beauty of the summer prairie in full bloom. The Sunflower family, sometimes called the Aster family or asteraceae, is the second largest of Earth's plant families, the mostly tropical orchid family being the largest. One might easily say it is the largest plant family in the northern temperate zone. There are 2,687 species in the U.S and Canada.

The asters, goldenrods, daisies, sunflowers, and dandelions of the aster family have a unique flower arrangement. The showy flower that we see is actually composed of a few to several hundred tiny flowers, surrounded by bracts at the base. There is no calyx, it is comprised only of bristles, scales or hairs. There are two kinds of these tiny flowers; disk flowers and ray flowers. The corollas of ray flowers are single, often brightly colored "strap" that looks like a petal but is actually the whole flower. Disk flowers are small tubular corollas, typically with five lobes. In some species, each flower head may be all ray flowers, all disk flowers, or a combination of the two. When both are present, as with

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**Chickory**

*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



a Sunflower, there is typically a central circle or cone of disk flowers – the darker cone at the center of a sunflower where the seeds are formed – surrounded by one or more series of ray flowers – the “petals” of the Sunflower, each of which is a separate flower. The bracts may be in several layers.

#### FLOWER HEAD OF SUNFLOWER FAMILY

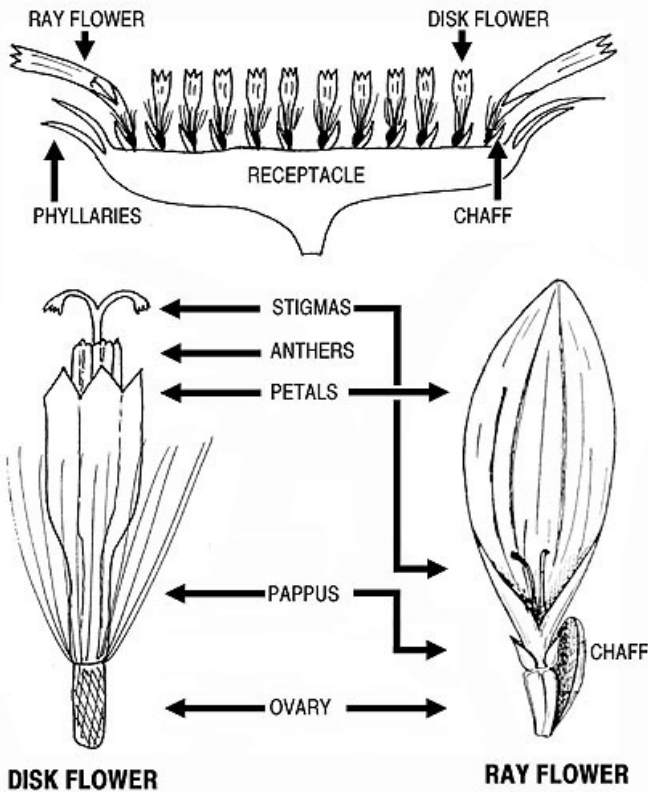


Photo credit: <http://www.inhs.illinois.edu>

Gardeners are familiar with the old favorites in the family asteraceae, with a long history of domestication; Marigold, Chrysanthemum, Calendula and Zinnia are all familiar garden flowers in the aster family. In the edible garden, the family asteraceae is represented by lettuce, endive and artichoke. Also familiar is the much mistreated dandelion, as well as its blue roadside cousin, chickweed.



The name “aster”, or “asteraceae”, comes from the starry shape of the large aster subgroup. We see these first appear in the spring as small white daisy-like flowers of Daisy Fleabane (*Erigeron strigosus*).

Late spring and early summer bring the blue and purple blooms of Purple Coneflower (*Echinacea purpurea*), Western Ironweed (*Veronica baldwinii*), and Spotted Joe Pye Weed (*Eupatorium maculatum*). Midsummer brings the golden-hues of the Black-Eyed Susan (*Rudbeckia hirta*), and a profusion of some of the tallest members of the Aster family: several species of Goldenrod, including Tall Goldenrod (*Solidago Canadensis*), Coreopsis (*Coreopsis grandiflora*), Compass Plant (*Silphium laciniatum*), Gray-headed Coneflower (*Ratibida pinnata*), Rosin Weed (*Silphium integrifolium*), Cup Plant (*Silphium perfoliatum*) and Prairie Dock (*Silphium terebinthinaceum*),

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Tall *Coreopsis* (*Coreopsis tripteris*), and many varieties of sunflower, including Maximilian Sunflower (*Helianthus maximiliani*), Common Sunflower (*Helianthus annuus*), Ashy Sunflower (*Helianthus mollis*) and the goldenrods.

Nestled among the taller grasses and wildflowers of the prairie, there is a thriving community of “understory” plants of the aster family, including Wild lettuce (*Lactuca Canadensis*), and wild Yarrow (*Achillea millefolium*) blooming from late spring through early fall.

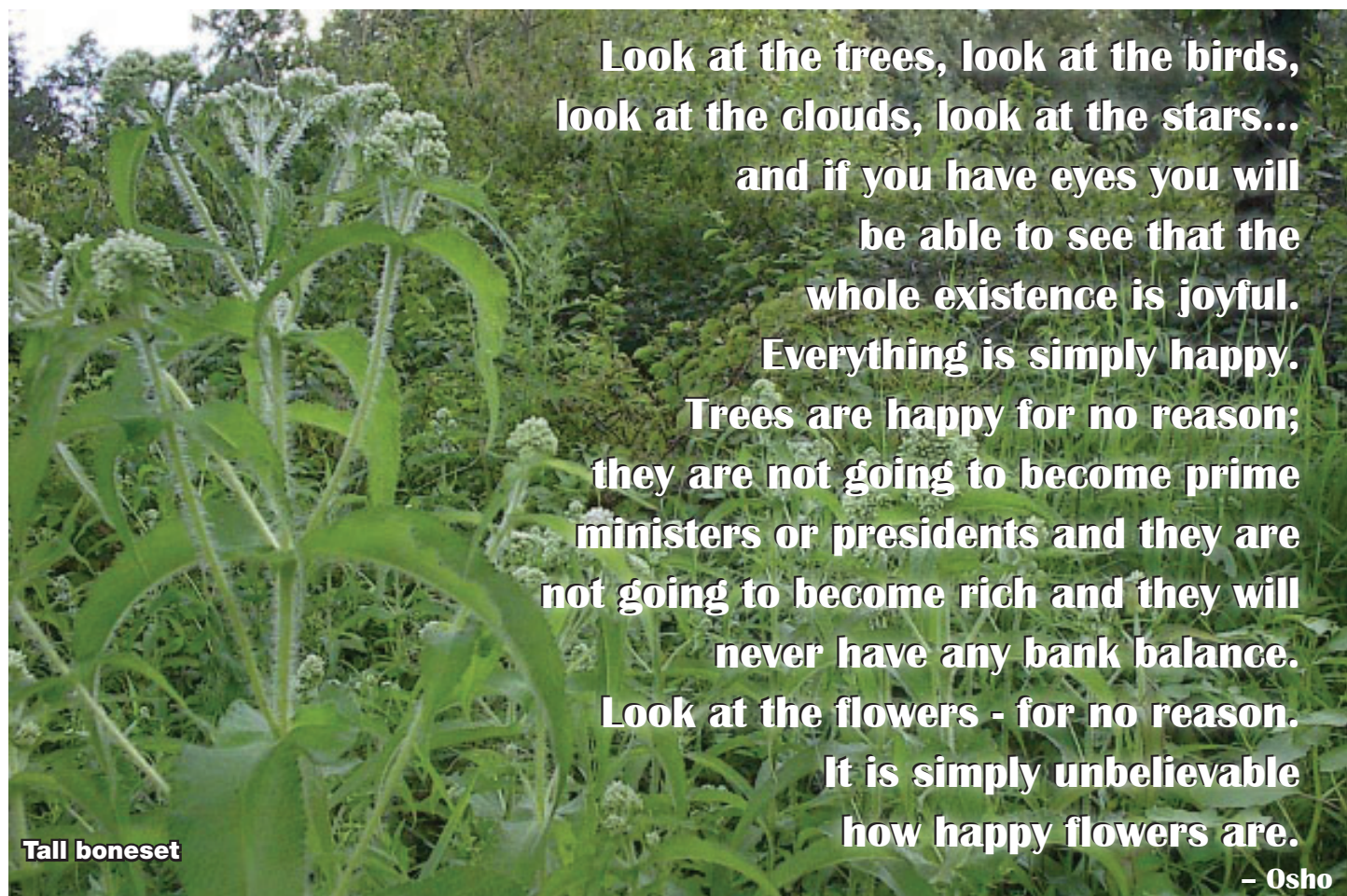
Midsummer to Fall, look for the brilliant blue and purple blooms of Aster family plants such as Common Ironweed (*Veronica fasciculata*), several species of Blazing Star (*Liatris* spp.), as well as New England Aster (*Aster Novae-angliae*). Many of the white asters also appear midsummer to late fall, including Heath Aster (*Aster ericoide*) and Common Boneset (*Eupatorium perfoliatum*).



**Purple coneflower**



**Cup plant**



**Tall boneset**

**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**



*"Can anyone believe it is possible to lay down a barrage of poisons on the surface of the earth without making it unfit for all life?"*

– Rachel Carson

Although many so called weeds have their own virtues – often unappreciated – there are still some times when removal is necessary. Here are some ideas for removal, without using toxic chemicals:

### 6 Ways to Kill Weeds

- Pull them; just a little elbow grease
- Put the kettle on. Boiling water kills any plant.
- Vinegar, a few drops of eco-friendly dish liquid and some sunshine.
- Mow them before they flower to reduce spreading.
- Torch them with a weed torch.

### Weeds Be Gone

- 1 gallon vinegar
- 2 cups Epsom salt
- 1/4 cup eco-friendly dish soap

It will kill anything you spray it on; just mix and spray in the morning, after the dew has evaporated. Walk away; go back after dinner and the weeds are done for! This is good for paved areas where you don't want greenery breaking up your concrete. Avoid frequent application in established garden beds, as the vinegar and Epsom salts will change the pH of the soil.



## I DIED TODAY

*I was found by a kind, sweet woman who does wildlife rescue.*

*I was so sick, I could barely open my eyes. She took me inside, cradling me in her warm arms, and made me warm and comfortable.*

*I opened my eyes and looked at her and thanked her for making my last few minutes as comfortable as possible.*

*But I was too sick to keep fighting anymore.*

*I had eaten a mouse that was poisoned, and it made me very sick.*

*I closed my yellow eyes for the last time and went somewhere else.*

*Please, all I ask is never use poison to kill the mice.*

*Poison kills owls, like me.*

*All I wanted was a mouse for dinner.*

*I died today...*

– Dave Rees



Please **SHARE** this for poison awareness. Stop the use of poison for rats or mice. Live traps are the best to use.

Catch and release.

Please... save a precious life today, because all life is precious.

It only takes one-share to spread the word.

# University of Notre Dame Grads Need Your Input!

Undergraduate students in the Hellman Lab at the University of Notre Dame are conducting a research study on societal perceptions of land use ecosystem services and climate change adaptation. We would like your opinion to help us determine the value of different land uses including ecosystem services that you may receive from agriculture, hunting, and recreation. We would also like your opinion on changing land use practices to fight climate change. The results of the survey may help inform land use planning, policy, and educational outreach programs.

The following questions involve your personal preferences and behaviors regarding land use and dealing with the effects of climate change. You may learn about fighting climate change in your life as a result of taking this survey. While climate change may sometimes be political, we do not anticipate any risk to you participating beyond those encountered in your daily life. Your responses will not be identifiable to you. Completed surveys will be compiled and stored within the Hellman lab at the University of Notre Dame.

Participation is voluntary and only requires your response to a series of questions. The survey should take 10-15 minutes to complete. You may discontinue the survey at any time and your incomplete survey will not be included in the study. Your participation will not affect your relationship with the University of Notre Dame. For further information regarding this survey, contact Tamatha Patterson at Tamatha.A.Patterson.66@nd.edu. If you have questions about your rights as a research participant, please contact the University of Notre Dame Institutional Review Board (IRB), Office of Research Compliance, (compliance@nd.edu), phone (574-631-1461).

[http://nd.qualtrics.com/jfe/form/SV\\_6PZTI2gCHnbD97n](http://nd.qualtrics.com/jfe/form/SV_6PZTI2gCHnbD97n)

Sustainable, Environmentally Safe Cleaning Products		
	Home	Personal Care/Beauty
<b>Lemon Juice</b>	Clean glass & mirrors Brighten whites Disinfect cutting board Brighten toilet bowl	Remove sun spots Highlight your hair Reduce wrinkles Shrink pores
<b>Coconut oil</b>	Polish wood furniture Replace WD-40 Remove shower scum	Hair serum Lip gloss Deodorant Prevent wrinkles
<b>Apple cider vinegar</b>	Repel fleas Clean microwave Deodorize laundry	Sooth sunburn Wash hair Treat acne Aftershave
<b>White vinegar</b>	Polish silver Clean windows Neutralize odors Unclog drain	Cure an upset stomach Sooth a bee sting Condition your hair
<b>Baking soda</b>	Put out fires Scrub toilets and tubs Clean oven or grill	Deodorant Toothpaste Relieve diaper rash Treat heartburn
<b>Castile soap</b>	All purpose cleaner Dish soap Mop floors	Body wash Pet shampoo Toothpaste Prevent eczema
<b>Castor oil</b>	Discourage rodents Lubricate kitchen scissors Restore health of plants	Strengthen eyelashes Relieve cracked heels Soften cuticles
<b>Borax</b> (sodium tetraborate)	Flea killer Repel cockroaches, ants and earwigs Antifungal and disinfectant to clean smelly basement Combine with laundry soap for cleaner laundry	

For more ideas for safe, non-toxic recipes for cleaning your home that you can easily make yourself (and save money) by using simple ingredients: [http://eartheasy.com/live\\_nontoxic\\_solutions.htm](http://eartheasy.com/live_nontoxic_solutions.htm)

# Most Pesticides Are Broad and Indiscriminate

A message from  
the desk of The  
Audubon Society  
of Rhode Island

As I was checking my voice-mail this morning, there was one from a caller who said that she had her trees sprayed for caterpillars – trees occupied by three bird feeders – and now, she is upset that there are no birds at all for her to watch. She wonders if the spray could possibly have something to do with it. (Yes, spraying pesticides on your trees will have an effect on the songbirds.) It is not uncommon for us to get inquiries such as these, and it is with great frustration and sadness that we often are faced with educating people after the damage has been done. So, please let me take a moment to reach out to our Facebook friends and family and be proactive about this topic. All pesticides are designed to kill. Some are very targeted, such as B. T. (*Bacillus thuringiensis*) which primarily affects Lepidopterans (moths and butterflies), but most pesticides are broad and indiscriminate. When you make the choice to treat your house or landscape



with rodenticides or grub treatment or mosquito foggers or any other pesticide treatment, you have an intent of ridding yourself of a specific creature that you find distasteful. However, nothing in nature exists in a vacuum. Everything is connected. When you affect one population, it has a ripple effect across the populations that depend upon and coexist with it. When you spray insecticide, for instance, it does not just kill the ‘bugs’ you don’t like, but kills all insects, including honeybees, butterflies and ladybugs. Likewise, when you spray, the insects do not simply disappear off the face of the earth. Many live a short time before they perish. In this time, they may be consumed by natural predators, like songbirds, small mammals and other insects. Pesticides may have a direct toxicity to these animals or may build up in their fat or blood and cause illness or death over time. Even so-called “green” chemicals are still intended to kill, and though they may be derived from natural sources or biodegrade quickly, they are still highly toxic to you and other organisms.

Friends, it is so very important in this day and age, with the steady decline of bird populations and the utter devastation of pollinator populations that we humans take a serious, proactive look at the choices we make and the practices we support – either directly or indirectly. It is vital that we do not go blindly into the world, but make ourselves informed and educated about products and practices and about science, industry and nature. Here at the Audubon Society of Rhode Island, we very much want to help people become educated and able to make informed choices. We are here to answer your questions and point you in the direction of reliable and scientifically accurate information. But we also encourage you to think and question BEFORE you act. Your actions have consequences. Thanks for listening!

(Photo Credit <http://www.yorku.ca/bstutch/research.htm>)

Source: Facebook page for Audubon Society of Rhode Island



# 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, and 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°04'47.61N  
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. Approximately 40 percent of the Aroma Preserve is a wetland and lies within the flood plain of the Kankakee River. There is nearly  $\frac{1}{4}$  mile of Kankakee River frontage, with several acres of riparian woodland at the river's edge. 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.

A 1.2 mile crushed limestone walking trail winds through several different types of natural areas, including high quality forest, prairie, and wetland ecosystems. The Forest Preserve mows a loop trail that branches off the existing  $1\frac{1}{4}$  mile trail that meanders through the main body of the Aroma LWR.

There is ample parking in the parking lot on Hieland Road, and a playground, maintained by the Kankakee River Valley Park District, for children.

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 district's 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 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)  
Email: [forest@krvfpd.org](mailto:forest@krvfpd.org)

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Permit #135  
Kankakee, IL

# **ON TRAIL...**

## ***at the Forest Preserve***

For information on times and dates for current programs at your forest preserve, call Jean Hurrell at 815-549-9072. Our programs include moonlight hikes, wildflower and native prairie walks, and local natural history. You can also find our programs advertised in the Outdoor section of The Daily Journal, or check out "programs" on our website: <http://www.krvfpd.org>

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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