

CALIFORNIA NATIVE PLANT SOCIETY MARIN CHAPTER

October 2022 Newsletter



Asclepias fascicularis - narrowleaf milkweed

by Vernon Smith

Marin Chapter Meeting

"Garden Allies: The Insects, Birds, and Other Animals that Keep Your Garden Beautiful and Thriving"

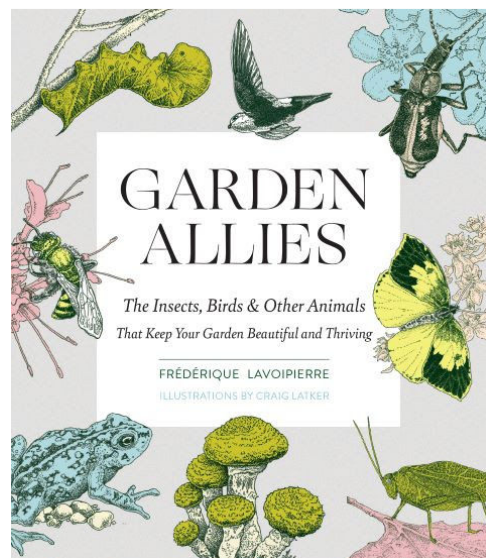
Monday, October 10 @ 7:30 pm

Guest Speaker: Frédérique Lavoipierre



The birds, mammals, reptiles, and insects that inhabit our yards and gardens are overwhelmingly on our side—they are not our enemies, but instead our allies. They pollinate our flowers and vegetable crops, and they keep pests in check. These creatures are the key to keeping our garden's ecology in balance. Frédérique (gardener, author, educator) will show us how to nurture and welcome these valuable creatures into our gardens.

Frédérique Lavoipierre was the director of education at the Santa Barbara Botanic Garden, where she shared her enthusiasm for native plants and insects. Before that she was the founding director of the Sustainable Landscape Professional Certificate Program at Sonoma State University, where she revived the Garden Classroom program and established an entomology outreach program. Frédérique holds a master's in biology, with an emphasis on ecological principles of sustainable landscapes. Prior to her



graduate work which focused on plant/insect interactions, she founded and operated an organic nursery specializing in heirloom vegetables and culinary herbs from around the world. Currently she lectures, teaches, consults, and serves on the editorial advisory group for the American Public Gardens Association magazine, Public Gardens, and is on the board of the Pacific Horticulture Society. Frédérique authored a ten-year long series, Garden Allies, for Pacific Horticulture magazine.

[Register for this Zoom meeting here.](#)

Marin Chapter Field Trips

Field Trip Guidelines:

- **Email Susan Schlosser** at scschlosser52@gmail.com to sign up for a field trip, as we are limiting participants to 20.
- **Electronically sign** the CNPS Liability waiver for the trip (Susan will provide the link.)



Solidago spathulata - dune goldenrod
Laguna Trail Susan Schlosser

San Bruno Mountain: Ericaceae on Kamchatka Point and Other Things

Saturday, October 15, 2022 - 10 am to 1 pm

Leader: Doug Allshouse, Yerba Buena Chapter

The Heather family is well represented on San Bruno Mountain with twelve taxa, and five are endemics. Kamchatka Point—rumored to be the Mountain’s coldest, windiest place— is a greywacke outcrop near the summit with a northern exposure and a great view of Mt. Tam. It is home to four members in two genera, Arctostaphylos and Vaccinium, and three are endemic. The first two endemics are San Bruno Mountain manzanita (*Arctostaphylos imbricata*) and miniature manzanita (*A. uva-ursi* forma *suborbiculata*). We will see California huckleberry (*Vaccinium ovatum*), and a new endemic hybrid of huckleberry (*V. x brunoense*).



Arctostaphylos uva-ursi forma *suborbiculata*
miniature manzanita by Doug Allshouse



Vaccinium xbrunoense - San Bruno Mountain
huckleberry by Douglas Allshouse

We will walk the Summit Trail up the ridge of Cable Ravine to the Point and hang out for a while. Depending on the weather, let’s take a vote on a route back to the parking lot and maybe take a lunch break in the wild. Let’s play it loosely and have fun. The field trip route is about 2 miles in length with a 600-foot elevation change.

Bring: Water, lunch and clothing in layers. Due to the marine influence, the mountain offers box-of-chocolates weather,



Kamchatka Point photo by Douglas Allshouse

bring layers just in case.

Driving directions: From the Golden Gate Bridge take US-101 south to Sullivan Ave. in Daly City. Take Sullivan Avenue exit and bear right and take a right onto Sullivan Avenue. Make a right at the first traffic light (Arco and In-N-Out) and proceed until Washington Street dead ends and make a left. Proceed on that street and it will become a 4-lane country highway, Guadalupe Canyon Parkway. Turn left into SBM State & County Park. The \$6 entry fee.

Ready, Set, Plant!

Purchase some native plants at Marin Chapter's 5-day online plant sale this fall. We make an effort to focus on shrubs in the fall as this is the best time of year to get them in the ground. We hope there will be lots of winter rain to help them put down deep root systems to see them through our dry summers.

- Order online: October 6, 6 pm through October 10, 6 pm
- Order pickup: Saturday October 15 from 10:30 am to 1 pm, Bon Air Shopping Center, Greenbrae

[Check here for a live link to the sale at 6 pm on October 6th.](#)

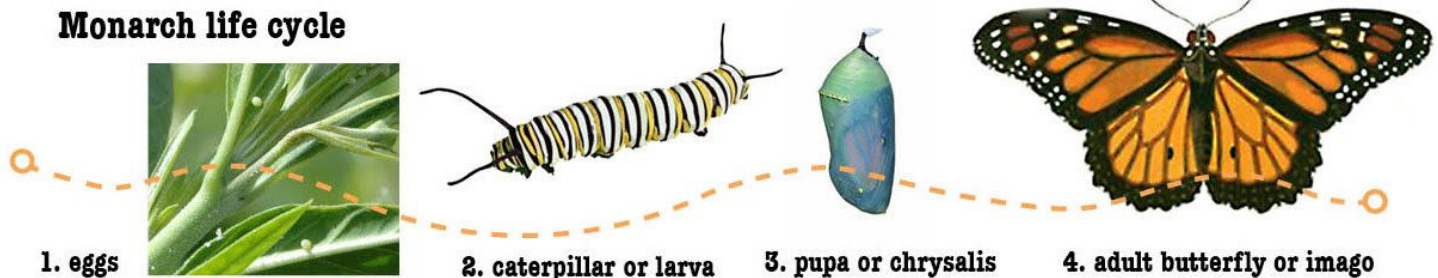
During the sale, check out the **New-Member** Discount for Plant Sale Customers.



Red buckwheat (a pollinator magnet) is one of the many plants being grown for the fall sale.

Concerns About Milkweed and Monarch Butterflies

By Laura Lovett, Gardening with Natives Committee Chair Marin Chapter CNPS



As recently as the 1980s, millions of monarch butterflies overwintered at sites along the California coast, including in Marin. In recent years, citizen scientists have documented a plummeting population, now less than 3% of its historic size. Monarchs have been stressed by habitat degradation, loss of larval host plants, and the use of pesticides. All these factors have also contributed to potential loss of many different beneficial insects important to the food chain, but the Western Monarch, with its bright orange and black coloring, is particularly noticeable in its absence.

Monarch butterflies go through four life stages: the egg, larva (caterpillar), pupa (or chrysalis), and imago or the adult stage—the butterfly. In the pupal stage, the larva undergoes a magical transformation from a caterpillar into a butterfly. At each stage, specific needs must be met for the insect to progress toward the final adult form and begin the cycle anew.

Phase Out Tropical Milkweed

Milkweeds are the only plants that monarch caterpillars will feed on, therefore, the only plants that a female monarch will lay her eggs on. Without these plants, the cycle does not start. Milkweeds contain toxic chemical compounds called cardiac glycosides, which monarch caterpillars can tolerate. As monarch caterpillars consume milkweed plants, they sequester these toxic compounds within their bodies.



Asclepias fascicularis (narrowleaf milkweed) - Photo by Vernon Smith

Of the native milkweeds available here, both showy milkweed (*Asclepias speciosa*) and narrow-leaf milkweed (*Asclepias fascicularis*) grow well in Marin and are sold through local nurseries as well as Marin Chapter CNPS plant sales. California milkweed (*Asclepias californica*) will also grow here, but plants are hard to find. There are wild populations in the East Bay, but not in Marin.



Asclepias curassavica
(tropical milkweed)

Up until now, there has been another alternative available: tropical or Mexican milkweed (*Asclepias curassavica*). Unlike native milkweed species, tropical milkweed does not die back in winter, which can confuse monarchs into breeding when they should be migrating. Tropical milkweed is also a host plant to a protozoan parasite of monarchs called *Ophryocystis elektroscirrha* (OE). OE Spores are carried on adult butterflies as they migrate, and the dormant OE spores are deposited on the tropical milkweed leaves. As caterpillars eat the plant, they ingest the OE spores and become infected. Such infections have been linked to lower migration success as well as reduction in body mass, lifespan, mating success, and flight ability.

As of August 24, Marin County Agricultural Commissioner Stefan Parnay has prohibited the sale of tropical milkweed (*Asclepias curassavica*) by Marin's retail nurseries. This follows on the heels of the California Department of Food and Agriculture designating tropical milkweed as a B-rated noxious weed.

Although some researchers feel that a ban on tropical milkweed will not have much effect on monarch populations, butterfly-loving gardeners may want to take some action. Instead of tearing out existing tropical milkweed, prune the stalks to about 6 inches high no later than the end of October. This encourages monarchs to resume their migration and helps to eliminate OE spores on the plants. Over time, consider replacing your tropical milkweed plants with native milkweed species.

Food Sources for Over-Wintering Adults

Monarch butterflies over-wintering on the coast are in reproductive diapause—a period during which development is suspended. The presence of larval host plants close to an over-wintering site—anywhere within about three miles of Marin's ocean coast—can interrupt the butterfly's natural migratory cycle and encourage attempts at winter breeding that yield poor survival rates. Please DO NOT plant any milkweed species if your garden is within three miles of Marin's ocean coastline.



Monarchs overwintering Photo by J Ting

Now that we have taken care of the caterpillars' food needs, what do the adult butterflies need? Nectar! Specifically, lots of native flowers, especially ones with daisy-like flower heads that make great butterfly resting places. Once the butterflies start to stir themselves in spring, the first thing they must do is recharge their energy for the migration ahead. Please DO plant fall, winter, and early spring blooming species that provide the nectar the adult butterflies need. Among the choices to plant for early spring bloom are Ceanothus and Arctostaphylos species and cultivars, native currants and gooseberries, black sage and other Salvia species, seaside daisy, and annual wildflowers. Blooming in the fall, asters, buckwheats, California fuchsia, coyote brush, goldenrod, gumplant, and yarrow provide resources that support our valuable pollinator populations while filling our gardens with late summer color. If all of us work hard to create gardens with complex and long-blooming habitat that includes both milkweed and floral resources, this endangered species and other pollinators should flourish once again.

Field Trip Report: Laguna Trail/Fire Lane Trail/Coast Camp/Santa Maria Beach/Coast Trail/Laguna Trailhead

By Susan Schlosser: Field Trip Co-Chair

A group of plant lovers hiked the Laguna Trail in the Point Reyes National Seashore on September 10. The route led from the trailhead just beyond the Point Reyes Hostel off to Coast Camp and the nearby beach.

Participants observed wetlands, coastal scrub and the beach on this field trip. Wetlands we saw included year-round flowing creeks (Laguna and Santa Maria), wet, boggy areas amidst coastal scrub, coastal riparian, bulrush-cattail marsh, and a salt/brackish/freshwater gradient at the mouth of Santa Maria Creek. Plants we identified include water parsley, (*Oenanthe sarmentosa*), California bulrush (*Schoenoplectus californicus*), panicled



California bulrush (*Schoenoplectus californicus*) photo by Susan Schlosser

bulrush (*Scirpus microcarpus*), fringed willowherb (*Epilobium ciliatum* ssp. *watsonii*), common slough sedge (*Carex obnupta*), bur reed (*Sparganium eurycarpum* var. *eurycarpum*) and American speedwell (*Veronica americana*). On the beach fresh algae torn from nearby intertidal and subtidal rocky substrates included bull kelp, (*Nereocystis luetkeana*) and feather boa kelp (*Egregia menziesii*) as well as a marine angiosperm, surf grass (*Phyllospadix scouleri*).



Anaphalis margaritacea - pearly everlasting along Laguna Trail by Susan Schlosser



Susan Schlosser
Photo by Stacey Pogorzelski

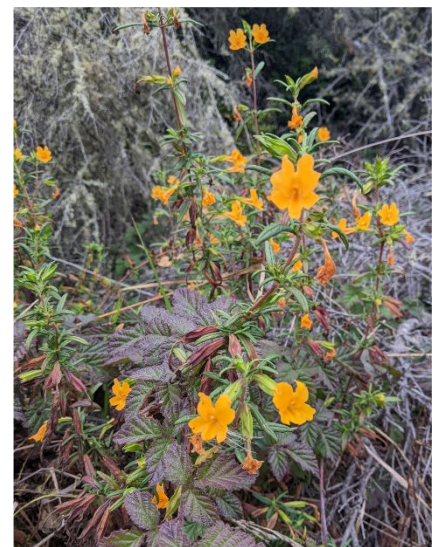


California aster (*Symphyotrichum chilense*) photo by Susan Schlosser

The coastal scrub was diverse and included areas dominated by coyote brush (*Baccharis pilularis* var. *consanguinea*), blue blossom (*Ceanothus thrysiflorus*), and California hazelnut (*Corylus cornuta* ssp. *californica*). A highlight along the Fire Lane Trail was blooming California goldenrod (*Solidago velutina* ssp. *californica*) and spoon-leaved goldenrod (*S. spathulata*). Other flowers on the route were sticky monkey flower (*Diplaucus aurianticus*), pearly everlasting (*Anaphalis margaritacea*), California honeysuckle (*Lonicera hispidula*), seaside daisy (*Erigeron*

glaucus), California aster (*Symphyotrichum chilense*), western morning glory (*Calystegia purpurata* ssp. *purpurata*), coastal tarweed (*Deinandra corybosa*), and lanceleaf selfheal (*Prunella vulgaris* var. *lanceolata*). Many of the other plants we saw had gone to seed or berry.

Elk were in the lower Laguna Creek riparian area and also on the slopes above the Coast Trail. We saw and heard birds throughout this route. This is a fascinating route of habitats and plants. Visiting in other seasons will likely be interesting too.



sticky monkey flower (*Diplaucus aurianticus*) by Stacey Pogorzelski

Check out the plant list for the hike on these trails [HERE](#).

Native Gardening 101: Healthy Soils to Support Native Plants in Drought

Thursday, October 6 at 5:30 pm

Soil health is defined as the continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans. Healthy soil gives us clean air and water, as well as healthy plants. Learn how healthy soil supports a healthy landscape especially during drought.



[Register today](#) A video of the webinar will be available later at [CNPS Naturehood Gardening YouTube channel](#).

2022 ONE TAM Summit: Peak Health

Is Mt. Tamalpais at "peak health"? This question is central to One Tam's work, and to protecting the region's resources into the future. Following a kick-off summit in 2016, the 2022 One Tam Summit: Peak Health will explore how One Tam partners are evaluating Mt. Tam's natural resources and where Peak Health is headed. A series of Summit events are planned, including "**Sneak Peek into Peak Health**" **October 26, 2022**.

[Read more...](#)

[Register here.](#)



First Marin Creeks Symposium

Lessons Learned from People with Boots on the Ground

Saturday, October 29, 2022 10 am to 4 pm

College of Marin, Kentfield Campus

This is a working session for agencies, groups, and individuals who are actively studying, managing, and restoring Marin's creeks. Please join us for a day of information gathering and sharing, as well as networking. Our hope is that we can learn from each other and contribute relevant solutions amongst practitioners. There will be an area available to share posters and resource information.

[Register here.](#)

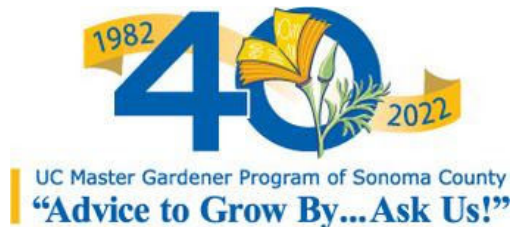


"California's Native Plants and Urban Forests"

Matt Ritter, botany professor at Cal Poly SLO, will give an engaging botanical tour of California, with natural and cultural history stories of our most iconic plants. This lecture is part of the 40th anniversary celebration of the UC Master Gardener Program of Sonoma County.

October 19, 6 to 9 pm at the Glaser Center in Santa Rosa.

[Read more...](#)



Marin Water Continues Watershed Recreation Planning

Community Workshop #4 on Recreation Facilities and Visitor Management is **October 12 5 - 7 pm** via Zoom. Attend and speak up for the plants.

[Read more...](#)

Take Marin Water's [Mt. Tam Watershed Visitor Survey](#).



Frangula californica - coffeeberry
by Ann Elliott



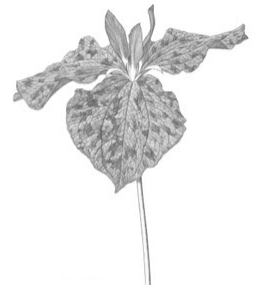
Diplacus aurantiacus - bush monkeyflower
Stewart Trail Point Reyes NS by Ann Elliott

Upcoming Marin Chapter Events

- 10/6 to 10/10 [Fall Native Plant Sale](#). Pick up 10/15
- 10/10 7:30 pm General Meeting "[Garden Allies: The Insects, Birds, and Other Animals that Keep Your Garden Beautiful and Thriving](#)" Guest Speaker: **Frédérique Lavoipierre**
- 10/15 10 am to 1 pm Field Trip [San Bruno Mountain: Ericaceae on Kamchatka Point](#)

Events of Interest

- Now through 10/9 - The [Mount Tamalpais Florilegium](#) exhibition of paintings and drawings continues at Marin Art & Garden Center.
- 10/6 5:30 pm CNPS Native Gardening 101 [Healthy Soils During Drought](#)
- 10/12 5 pm [Watershed Recreation Planning Workshop #4](#) - Marin Water
- 10/17 to 10/21 [Wetland Delineation Training 2022](#), offered by [SF Bay National Estuarine Research Reserve](#)
- 10/19 6 pm "[California's Native Plants and Urban Forests](#)"
- 10/20 to 10/22 [CNPS Conference](#) - San Jose - Join the Waitlist.
- 10/29 10 am [First Marin Creeks Symposium](#)



Trillium chloropetalum
giant wakerobin
Mt. Tam Florilegium
By Kristin Jakob



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California Native Plant Society

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