

# RADICLE

May 2022

issue 2

## FLORA FOR FAUNA



**Winnie Palmer Nature Reserve**  
at Saint Vincent College

# FLORA & FAUNA CHECKLIST

DATE

SPECIES OBSERVED

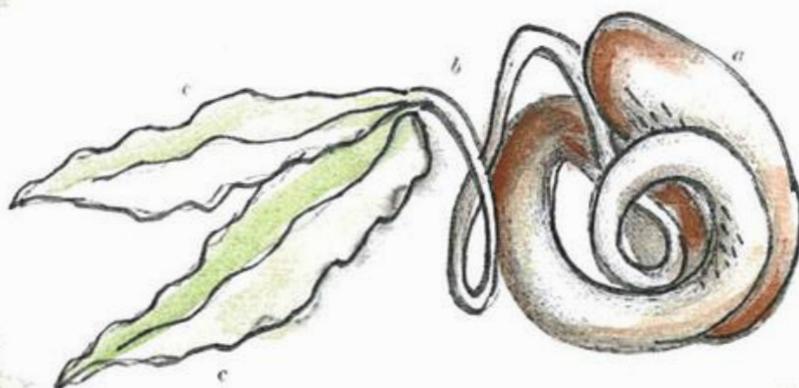


# RADICLE?

"What IS this?" you might be asking. What you are holding is issue #2 of Radicle 'zine. A 'zine, short for magazine, is a small, self-published work of art, words, and ideas created for the sole purpose of spreading information. This is ours.

Botanically, the radicle is the first part of the seed to develop, growing into the main root, and feeding the plant. A metaphor for the environmental education we so strongly believe in, we hope that Radicle will be the root of many inspiring nature ideas to come.

Radicle is a radical new way of reaching our community with all things earth-centric. We hope you enjoy Radicle *issue 2: Flora For Fauna*. If it inspires you, share it with friends, family, or strangers, let us know on social media, send an email, or just stop by to say hey!



Have an idea you'd like to share?  
Email your ideas to: [jennifer.eppolito@stvincent.edu](mailto:jennifer.eppolito@stvincent.edu)

This zine is published quarterly by  
The Winnie Palmer Nature Reserve at Saint Vincent College.

Find us in our Little Free Seed + Book Library,  
the Learning Center Barn, the Saint Vincent College Library,  
and in digital form at [www.wpnr.org](http://www.wpnr.org).

# CELEBRATING INDIGENOUS POETS

*Tanaya Winder is an author, singer-songwriter, and motivational speaker, whose written works include the poetry collections *Words Like Love* and *Why Storms are Named After People* and *Bullets Remain Nameless*. She comes from an intertribal lineage of Southern Ute, Pyramid Lake Paiute, and Duckwater Shoshone Tribe, where she is an enrolled citizen. She currently lives on Ute, Cheyenne, and Arapaho lands in Colorado.*

## Stone Mother

I.

I was born in the desert  
learned to cherish water  
like it was created from tears.  
I grew up hearing the legend, the lesson  
of the Stone Mother who cried  
enough cries to make an entire lake  
from sadness. From her, we learned  
what must be done and that the sacrifices  
you make for your people are sacred.  
We are all related  
and sometimes it takes  
a revolution to be awakened.  
You see, the power of a single tear lies in the story.  
It's birthed from feeling and following  
the pain as it echoes into the canyon of grieving.  
It's the path you stumble and walk  
until you push and claw your way through to acceptance.  
For us, stories have always been for lessons.

II.

I remember my grandmother was well versed in dirt,  
the way the earth clung to her hands as if it were a part of her.  
We come from the earth. So she tended the seeds  
as living beings, planted her garden full of foods  
traditional to the land and handled them with care.  
Every tree, plant, or rock has a spirit, she said "hear it."

III.

I listen.  
When my mother says words are seeds and to be careful  
of the words you say, I pray. For I know each seed  
carries a story.  
My mother taught me that water is the source  
of all living things and to honor life like the circle  
we sit in for ceremony. From the doorway in  
to the doorway out, life is about all our relations.



## Stone Mother cont'd.

### IV.

Before I was born, they tried to silence us,  
pierced our tongues with needles then taught  
our then-girl-grandmothers how to sew like machines.  
You see, colonialism has always been  
about them not seeing us as human but as object,  
a thing. Conquest meant they saw our bodies as land,  
full of resources waiting to be extracted and exploited.  
Our land was stolen.

Our language. Our grandmothers, grandfathers,  
fathers, sisters, mothers, brothers, daughters, sons, children,  
nieces, nephews, aunts, uncles, and ancestors.

Our Mother Earth holds our histories in her dirt.

But today, she burns not in the traditional ways once taught,  
controlled and deliberate. Today she burns desperate,  
for all to resist fossil fuels, the drilling, and the black snake named  
greed that swallows everything.

### V.

When you lose something, you hope it will be found.  
When something is stolen, you want it returned.  
We've had our land stolen and we're losing it again  
unless we all take action for the climate to change.

### VI.

Land back is a demand, a stand  
against the Age of Exploration and Extraction,  
a call for the Time of Reconciliation, the Now of Restoration  
Land back is an understanding  
that tomorrow isn't promised, but today we can return  
the power to the earth and her stewards.

And those who wish to stand with us  
must take action beyond the performative  
where Indigenous consulting isn't just a costume of free  
and informed consent, where consulting with tribal nations  
isn't just a box one checks without due diligence, where  
co-management isn't co-opted  
just for the optics of equity, diversity, and justice.  
Stand with us as accomplices.

Follow our lead for we have always been well versed in survival.

We were shaped by fire, made from lightning and  
dirt-covered hands that know when to ignite healing.

Now is the time. Let us not drown in Mother Earth's tears.

Mother Earth has a spirit and she's asking us to listen.



## FLORA FOR FAUNA

May, June, and July bring a plethora of blooms - some well known, others a little more inconspicuous. Bees, birds, and other pollinators are destined to find lots of flowers as the months progress, but these trees and shrubs are full of nectar and fill in the gaps between successions of flowers.

Maple, Locust, Crabapple, Sourwood, Blackhaw, and Willow bloom during the late spring to mid-summer and support native pollinators with their showy blooms. Because they're specifically PA natives, and have evolved alongside the native they're highly capable of catching the eye of even the most specialized pollinators. The list of reasons for planting Pennsylvania natives just keeps getting longer!



# You can draw flowers.

Just follow the steps, then practice!

STEP 1



STEP 2



STEP 3



# **EAT YOUR WEEDIES!**

**Garlic Mustard**  
*Alliaria petiolate*



## **Non-native noxious weed**

Biennial forb, 1st year basal rosette, bolts in 2nd year  
Heart shape leaf becoming more triangular and toothed  
White four petal flower, blooms April—June  
Slender green pods  
Invades shaded floodplains, roadsides, woodlands

## **WILD FOOD: GARLIC MUSTARD HUMMUS**

**Tackle this weedy plant by foraging it for your next meal!**

**Hummus gets a spring update and a healthy dose of vitamins, minerals, and fiber with this pungent green allium. Mix ahead and store in the fridge. Serve with crackers, raw vegetables, or atop roasted potatoes.**

**(Use an ID guide or consult an expert before consuming any wild plant.)**

### Ingredients

2 cups (480 ml) chickpeas

1 teaspoon of sea salt

3.5 ounces fresh leaves and young stems of garlic mustard (about 2 large handfuls)

½ cup (120 ml) of tahini

2 cloves of garlic

Juice from ½ lemon

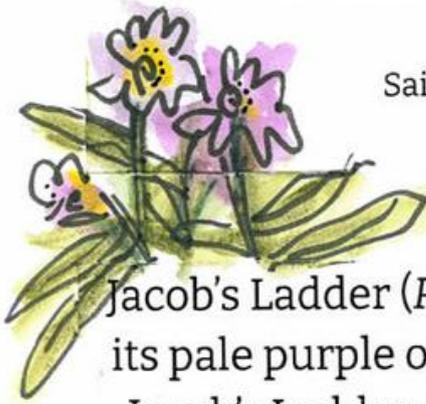


Blend all ingredients in a food processor. Add a tsp. of water or extra virgin olive oil as needed, and blend until a creamy consistency is reached. Spoon into a dish and drizzle with olive oil and crushed red pepper flakes and a few chopped raw garlic mustard leaves.

# Pennsylvania Native Wildflower Favorite: Jacob's Ladder

By: Sarah O'Toole

Saint Vincent College WPNR Work Study  
Junior, Environmental Science



Jacob's Ladder (*Polemonium reptans*) welcomes April with its pale purple or blue bell-shaped blossoms. A blanket of Jacob's Ladder covers the WPNR Butterfly Garden in the spring. Its small green leaves, positioned on each side of the stem, look like rungs on a ladder. The name is a reference to a Bible story where Jacob has a dream about a ladder reaching from earth to heaven. Maybe the ladder represents the connection between the natural world and the spiritual world. Jacob's Ladder is considered a spring ephemeral, which is an early-blooming plant on the forest floor. Ephemerals are a crucial source of nectar for the first native bees and butterflies that emerge in the spring.



## Mandalas for the zen!

Whether you create a design in nature, or spend a few quiet moments coloring a nature-themed one, the soothing nature of these historically significant mandalas are lovely, and meditative. Try it out!



# BROWN-HEADED COWBIRD

By: Tom Kuehl

Brown-headed Cowbirds winter across the southern US and Central America, and breed in the northeast and central US and southeastern and south central Canada. Brown-headed Cowbirds are often found at dairy farms, where they are, like European Starlings and English House Sparrows, taking advantage of scraps available among feeding cows.

Historically ornithologists think that Brown-headed Cowbirds were once restricted to the Great Plains and followed the American Bison herds as they provided feeding opportunities as the bison churned the thick prairie sod and disturbed the soil. Brown-headed Cowbirds are brood parasites, which means that they lay their eggs in the nest of another species and play no part in raising their young. While they could have been pre-adapted to this strategy, it has been hypothesized that cowbirds developed these breeding habits as they needed to follow wandering Bison herds to feed. In Pennsylvania, they lay eggs in the nests of our native flycatchers, thrush, sparrows and warblers.

Smaller bird species are negatively impacted by the Brown-headed Cowbird as their larger nestling out-compete the smaller species. In Michigan, management for the once critically threatened Kirtland's Warbler included removal of cowbird eggs (and cowbirds) to bring this very habitat-specific species back from a path towards extinction. As a threat to so many appealing species the Brown-headed Cowbird is widely disliked among Birders, much like the invasive European Starling and English House Sparrow; however, it is a native species and its impact is more about human-induced habitat changes than about this bird.

References: David Allen Sibley Guides to Birds and to Bird Life & Behavior



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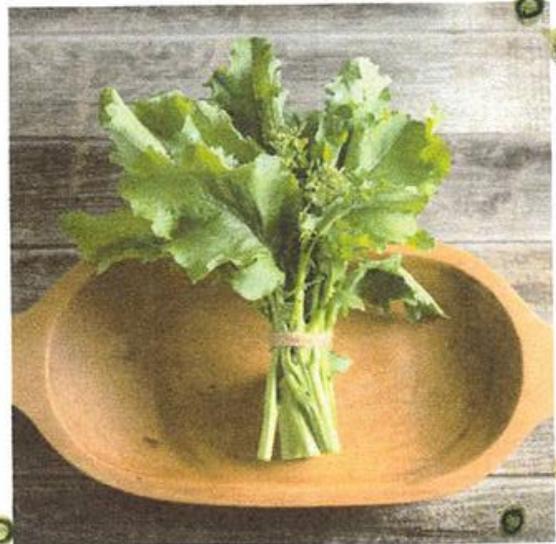
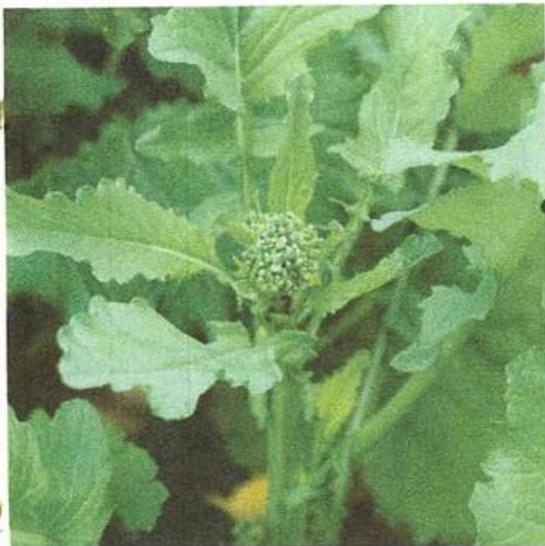
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# **BITTER IS BETTER.** Broccoli Raab

Once common in most meals, bitter foods have been shunned by the Standard American Diet because they're, well, *bitter*. One of the five tastes, bitter foods aid in digestion, promoting immune function, and general good health. Just google "bitter foods and health" for a flood of research! Many of our parents and grandparents ate spring greens like dandelion, burdock, or cress, Appalachia's "creasy greens". Another amazing spring tonic green related to the turnip, and often favored in Mediterranean cuisine is Broccoli Raab. Known by many names like rapini, rabe, rapa, or rappone, this mildly bitter green is definitely worth trying. Often, these greens are cooked improperly, yielding something more fibrous and unpalatable, than appetite stimulating fresh veg. This spring, commit to your health by trying raab and other bitter greens. You can use our recipe below, or experiment on your own.

We have a limited number of broccoli rabe seedlings available in our Little Free Seed + Book Library for those who want to explore the world of bitter greens. You can plant these now in your garden or pots on the patio, and harvest as you need, or all at once. As with lettuce or other greens like kale, swiss chard, or bok choy, you can harvest the largest leaves from the outside edges, leaving the inner smaller ones to mature. When the nighttime temps stay warmer, raab will "bolt" or send up a flower stalk. You can eat this part like broccoli, or if you wait a bit, the flowers open and turn yellow. They're still edible at this stage, or you can leave them for the pollinators if you wish. The best way to eat it is to rinse the leaves and thinner parts of the stalk and lightly stir fry in olive oil with a little garlic, salt, pepper, a squeeze of citrus, and chili flakes. A dash of nutritional yeast gives it some extra umami flavor. In case you miss out on the plants, you can start your own from seed, but wait until fall since these greens prefer cool spring and crisp autumn temps.



OBSERVE. DRAW. CREATE.

Environmental Heroes Spotlight:  
**Westmoreland Cleanways and Recycling**



The folks at this local recycling center are a wealth of information and are doing so many environmental good deeds including recycling, cleanup, and education. Check out their website for all of the information on how you can do your part to assist them in keeping Western Pennsylvania healthy and clean!

Westmoreland Cleanways and Recycling is a non-profit 501(c)(3) organization whose mission is to protect, restore, and maintain the environmental qualities of our county for the benefit of all who live, work, and visit herein.

Westmoreland Cleanways and Recycling accomplishes its mission by sponsoring and promoting programs that address the proper disposal of solid waste through recycling, special collections, and the cleanup of illegal dumpsites and littered areas. We educate the public through presentations, print media, and the web.

Learn more about how and what to recycle:

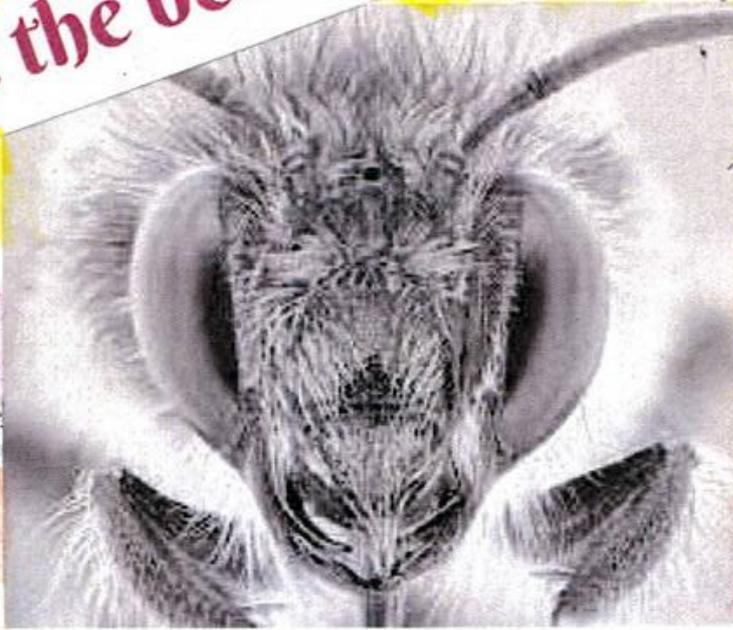
<https://www.westmorelandcleanways.org/>

Visit the recycling center to drop off your recyclable materials at:  
355 Pleasant Unity Mutual Road, Greensburg PA 15601

You can see all of the materials they accept including glass, paper, cardboard, magazines, metal, and more!

<https://www.westmorelandcleanways.org/wp-content/uploads/2021/03/Recycling-Guide-original.pdf>

# What the bees see.



With five eyes, and a totally different perception of color than humans, , bees see things very differently from us! They can't see the color red, but they can see in the ultraviolet spectrum. Many flowers look like landing zones to them with their intricate showy patterns much like the up close versions of these common flowers. See if you can figure out which flowers they are!





## CELEBRATE EVERY MONTH!

WE'LL BE OBSERVING THESE DAYS FOR  
REFLECTION, GROWTH, AND FOR FUN!

### MAY

- 1ST - MAY DAY
- 8TH - MOTHER'S DAY
- 16TH - LOVE A TREE DAY
- 23RD - WORLD TURTLE DAY
- 24TH - ASPARAGUS DAY
- 29TH - LEARN ABOUT COMPOSTING DAY
- 30TH - WATER A FLOWER DAY

### JUNE

- 6TH - WEED YOUR GARDEN DAY
- 19TH - JUNETEENTH
- 20TH - FIRST DAY OF SUMMER
- 27TH - GREAT AMERICAN PICNIC DAY

### JULY

- 4TH - INDEPENDENCE DAY
- 12TH - NATIONAL SIMPLICITY DAY
- 20TH - NATIONAL MOON DAY
- 24TH - NATIONAL PARENT'S DAY

# NATURE NOTES

MAY FLOWER: HAWTHORN



HAWTHORN (*Crataegus oxyacantha*)  
A. Flowering branch. B. Flower, with parts marked. C. Fruit. D. Section of fruit.

 @wpnratsvc

 @wpnr



SHARING IS IN OUR NATURE. PASS IT ON!