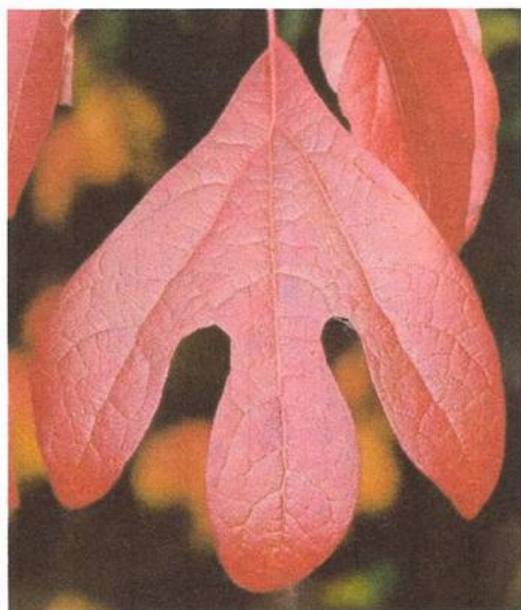


RADICLE

September 2022

issue 3

AUTUMNAL FLASH



Winnie Palmer Nature Reserve
at Saint Vincent College

FLORA & FAUNA CHECKLIST

DATE

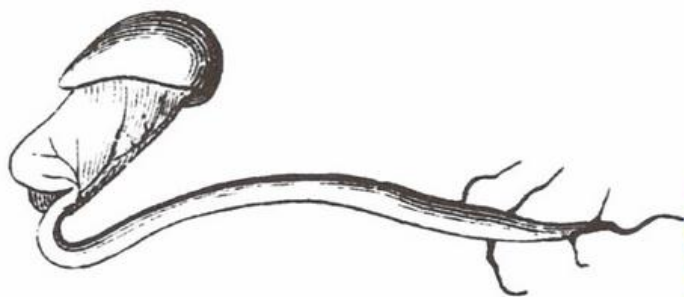
SPECIES OBSERVED

RADICLE?

"What IS this?" you might be asking. What you are holding is issue #3 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 3: Autumnal Flash*. 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

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.

OWL.

THE DIET OF THE OWL IS NOT
FOR DELICATE DIGESTIONS.
HE GOES OUT ON A LIMB TO HOOT
UNANSWERABLE QUESTIONS.
AND JUST BECAUSE HE PREENS LIKE MEN
WHO UTTER GRAVE ADVICE,
WE THINK HIM FULL OF WISDOM WHEN
HE'S ONLY FULL OF MICE.

-X. J. KENNEDY

Photo by Jim Jeffries



jim jeffries



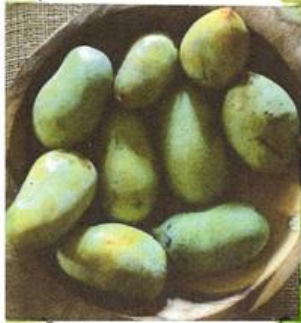
Nature Journaling. Try it.

Go outside. Look around you. What thing makes you smile? Draw it. Now write a thank you note to it, and tell it why it makes you smile.



For the Love of a Tree: PawPaw

One of our favorite native Pennsylvania trees on the reserve is the glorious Pawpaw. *Asimina triloba*, the largest tree fruit in North America, is host to the Zebra Swallowtail butterfly and the Pawpaw sphinx moth. This tropical-leaved deciduous wonder grows by streambanks and in the forest understory all across Pennsylvania. Inside the delicate skin of the fruit, you'll find soft, creamy flesh that tastes like banana, and mango with hints of vanilla, riddled with massive hard brown seeds. Pawpaws have an extremely short shelf life and bruises easily, which is why you hardly ever see them in markets. If you visit the reserve, you'll see that we are carefully guarding our expanding patch in hopes that we can one day share a bountiful harvest with our visitors. Rumor has it, there's a fairy that lives here, but use caution - she may be small, but she is fiercely protective of her private shady grove!



OBSERVE. DRAW. CREATE.



LETTUCE TURNIP THE BEET...

Though these three ubiquitous vegetables are the heavy hitters in the fall garden, there are many other fast growing garden crops you can plant now and enjoy through early winter. Some of these cold-hardy veg all-stars not only tolerate the dip in temperature, but actually thrive when the frost nips their margins. A light freeze, and even some snowflakes cause their starchy cells to get slushy and convert to sugar, making them even sweeter!

Try your hand at growing something new like our Japanese Giant Red Mustard seeds available now in the WPNR Little Free Seed + Book Library.



- Radish
- Lettuce
- Spinach
- Turnip
- Collards
- Kale
- Rainbow Chard
- Mustard Greens
- Beets
- Carrots
- Peas
- Broccoli Raab
- Cilantro



Herbal Ice Cubes

This time of the year, herbs are lush and plentiful. Whether in your home garden, at farmers markets, or foraged from your back yard, there's always a way to get your hands on some aromatic, colorful herbs and flowers. Even though summer is melting into fall, there are still many hot days ahead and what better way to capture the essence than with simple-to-make herbal ice cubes! Keep these on hand to add some flavor and flash to your sparkling or still water, tea, or cocktails!

You'll need:

Ice cube tray: Large square silicone looks best, but any kind will do!

Herbs and edible flowers: Try calendula, rose, lavender, chamomile, or violets. Pineapple sage, lemon balm, lemon verbena, rosemary, spearmint, and peppermint are all great choices that provide flavor and health benefits. Fruits like blueberries, raspberries, and strawberries add color and texture, while zested peels from citrus fruits like grapefruit, orange, and lime pack a powerful flavor punch.

Water: Boiling your water and allowing it to cool before freezing it makes a less cloudy cube. Whether you boil or not, your ice cubes will be pretty, so no fussing is required.

Add your choice of ingredients to each cell, then fill to the top with water, tea, or diluted juice and freeze. The combinations are endless!

Cheers!





Word Search

WMUNHSPHREFPPMA
DTWDSUEUAPOOMTJ
FGUOSEMRANFVOAK
LKWROFQMAVEDPSZ
ONGYNDSDUIDPGLKV
RAKOVISPINIRPB
ASFBLGPTANGCZEY
TTAEADSLWOBLVT
KEUEURELECPXIEH
CRNTTPLNUTKAURB
CSAUUNYBRUTLWDD
SJTVMXLXCLOBUZSQ
TCWANGKTTEDOCUN
UREBBARNOWLEDEC
CWUMQOAL TZYXNB

hummingbird

goldenrod

woodstock

flora

radicle

lettuce

barnowl

beet

equinox

pawpaw

turnip

aster

egret


autumn

fauna



PENNSYLVANIA NATIVE Wildflower Favorite: Goldenrod










Goldenrod is a highly underappreciated and underutilized plant. Unfairly blamed for seasonal allergy woes, the solidago species encompasses over 100 different herbaceous perennials of varying sizes and shapes. Most of those species are native to North America and provide important pollen, nectar, and resins for bees and other beneficial insects. Foraged for centuries, this cheerful late-bloomer has been used for both food and medicine, as well as a utilitarian ingredient in dyes and decor.



It's pine-scented leaves make a pleasant tea when used either as a vehicle for herbal medicine, or pure enjoyment. Use caution, though, as goldenrod has many poisonous dupes like ragwort and fireweed. Never consume any plant unless it has been positively identified first! Unless you're a trained professional, it's probably best to err on the side of caution and only enjoy goldenrod as the floral centerpiece at your next picnic.

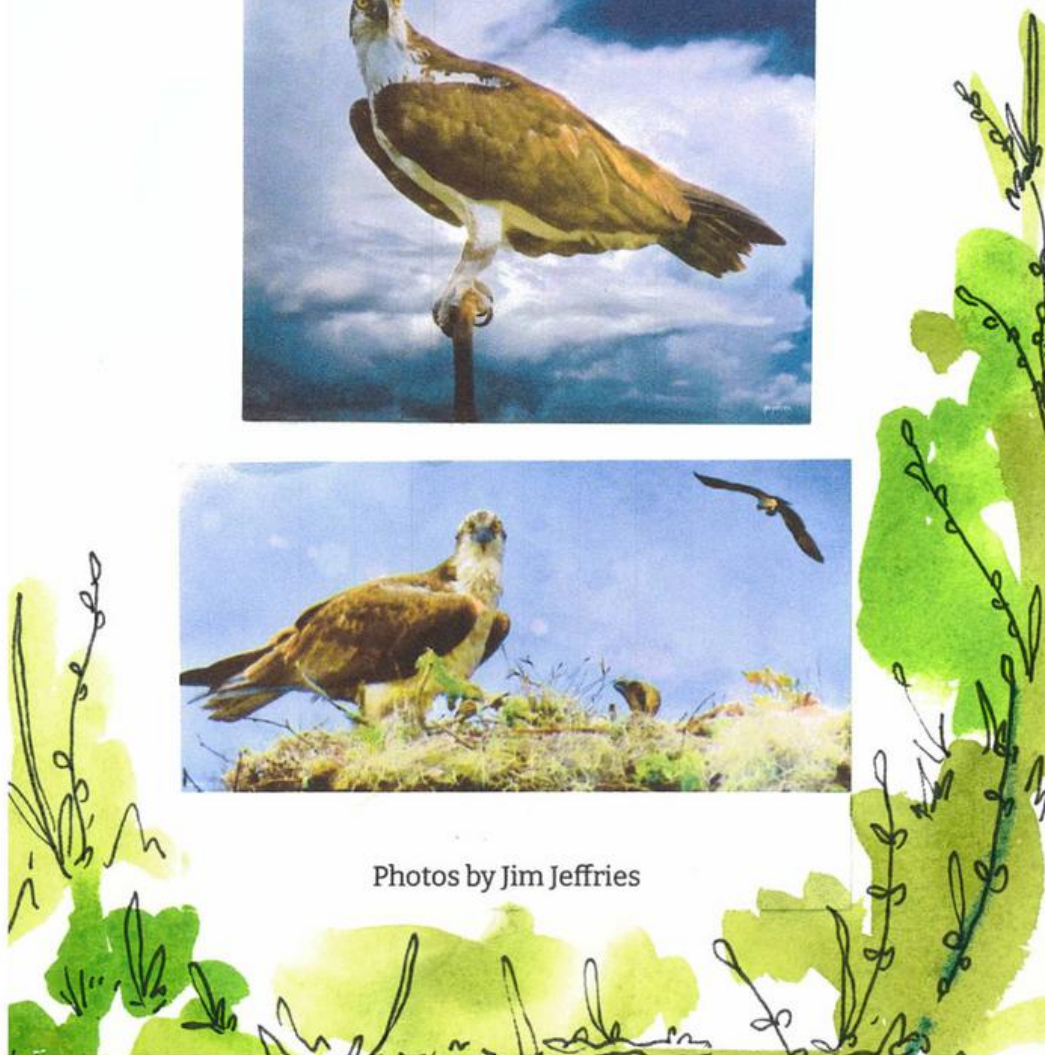


By the way, goldenrod pollen is so heavy it can't easily travel by wind, and usually falls to the ground before having a chance to make it into your nasal passages. Ragweed, which blooms inconspicuously at the same time of the year, and has lightweight micro-fine pollen grains, and is most-often the irritating culprit. Follow the bees lead - embrace goldenrod!





Photos by Jim Jeffries



OSPREY

By: Jim Jeffries

In medieval Latin "avis praedae" meant "bird of prey." Over the centuries "avis praedae" mutated linguistically into its present form...Osprey.

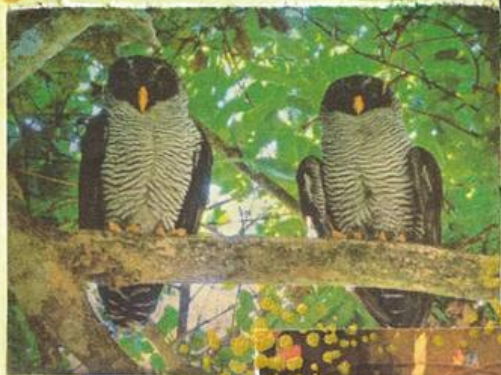
The awe-inspiring Osprey can be found in our area in the spring, summer, and early fall.

Native Americans, in their own language, referred to the Osprey as the "Fish Hawk"...an apt description because fish make up 99% of this raptor's diet.

Ospreys can be found feeding and nesting along Pennsylvania rivers and lakes. I have seen them along fresh water creeks as well. With a six-foot wingspan, the Osprey can easily be mistaken for our local Bald Eagles. During the winter months they migrate South, and some Ospreys fly as far south as Central and South America.

The Osprey's giant curved talons with barbed gripping pads help it pluck fish out of the water. It also has reversible outer toes that help orient its catch aerodynamically while in flight. It is able to move a fish to a "head first" position that helps streamline its flight and cut wind resistance.

The Osprey builds its nest in trees. In recent times, many have come to favor man-made platforms. Osprey nests are constructed with large sticks and clumps of sod. They will return to the same nest year after year to lay eggs and raise their young. It's large yellow eyes are built for clear vision...even when diving into the water chasing down a fish! A sight, if seen, that you will never forget.





THE SPIRIT OF THE HUMMINGBIRD

FEATURED ARTIST EXHIBIT BY JIM JEFFRIES

In case you didn't get a chance to see the magical art of naturalist and photographer, Jim Jeffries, that has been on display in the Learning Center Barn, we chose some of the highlights to showcase here, along with some new favorites from his private collection. We recently corresponded with Jim to discuss his art and inspiration. Below, he shares a glimpse of his process and his immense patience for capturing the essence of these beautiful creatures. You can view his video "Spirit of the Hummingbird" on our Winnie Palmer Nature Reserve YouTube channel. Our sincere thanks to Jim for this extraordinary contribution to WPNR.

"When I found myself in the Navy at a young age, world travel made me realize the importance of having a good camera. I started taking photos of exotic landscapes...and today I'm still in love with landscape photography. I now realize that landscape photography only shows the big picture. Later in my life, I became more interested in what made up the landscape itself...the flora, the fauna and the one animal that connects them both...birds. Birds exist around us in an almost parallel universe but we must be patient observers of their world. Photography has given me the chance to observe the Natural World at a distance and with my hummingbirds portraits...birds not often seen in the natural environment...extremely close up!"

AUTUMNAL FLASH





Autumn Reflections

By Allison Selitto

Reflecting on a year gone by,
The seasons morph before my eye.

Winter is sleepy, taking a rest.
Spring is regrowth, blooms at their best.

Summer is slow, sun shining with might.
But Autumn erupts, a crisp, fiery sight.

As the air cools, but the sun still shines,
birds flock and the leaves turn divine,

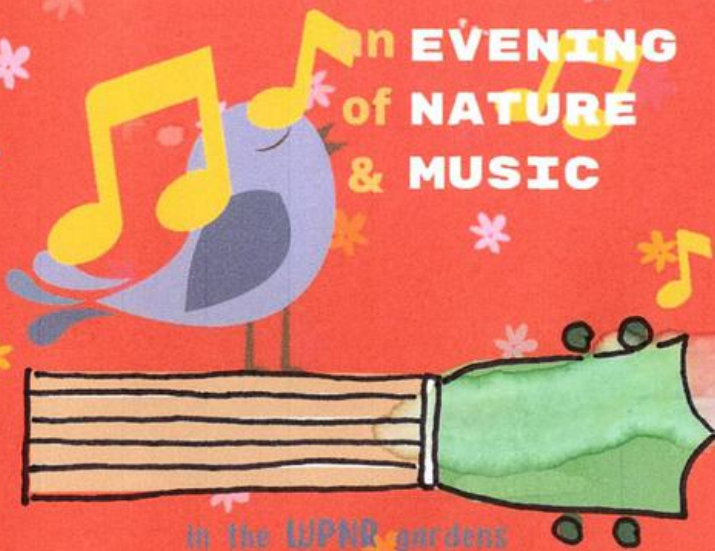
The forest resets, the season reveals,
a year to start over, reflect, grow, and heal.



Winnie's mini

WOODSTOCK

an EVENING
of NATURE
& MUSIC



in the LUPNR gardens

September 23, 4:00-8:00pm

2022

NATURE NOTES

SEPTEMBER FLOWER: ASTER





 @wpnratsvc

 @wpnr



SHARING IS IN OUR NATURE. PASS IT ON!