

RADICLE

April 2023

spring + summer

volume 4

Celebrating Nature Stewards



a semiannual publication
from the
Winnie Palmer Nature Reserve

Flora & Fauna checklist

date

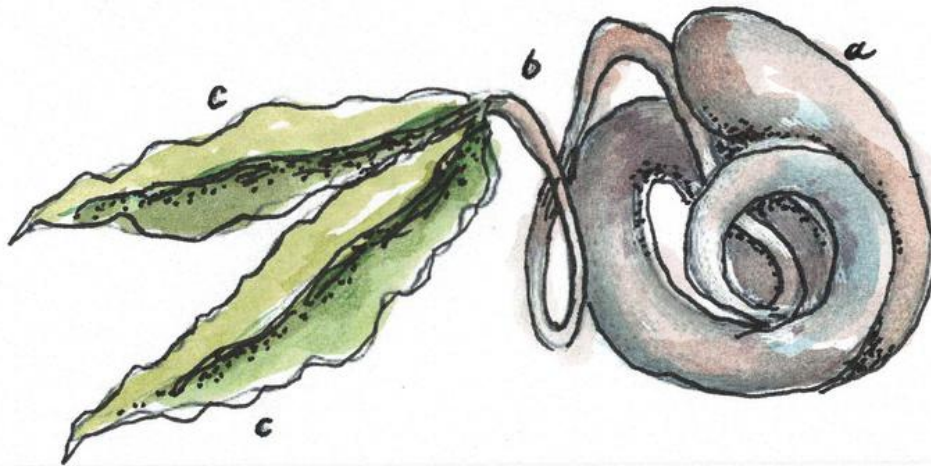
species observed

Radicle?

"What IS this?" you might be asking. What you are holding is issue #4 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 4: Bloom + Grow, spring/summer 2023*. 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.

Happiness Haiku

In January, we celebrated a Hunt for Happiness Week. As part of our hunt, we asked our visitors, staff, and friends to write a nature inspired haiku. Since we love collaboration, we're sharing all of the super creative (albeit wintry) poetry that was created that week. We hope you enjoy them!



A red cardinal
Sits on a snow-covered pine
Branch, singing his song
~Sarah



Winter is barren
This is true, but also bright
Brilliant frozen light
~Frank

Water moves down slow
Grinding footsteps all around,
Making memories
~Ellen

Feathers float from the sky
Bringing words from the heavens
Calm joy memories
~Angela

Dandelion sun
Once withered, grew deep sweet roots
Hollow stem, broad smile
~Jenn



The warm colored floors
Of the "reclaimed" barn building
A welcome entry
~Bob (with one o)

Trees hanging over
Branches speaking words of joy
Whispering rapture
~Cara

Dripping down the side
Of the window I watch as
Water droplets race
~Mary Claire

Longing for flowers
I choose the brown dry teasel
Form over color
~Jenn

Hiking through the ferns
Fronds swishing in our shadows
Single-file delight
~Cara

Snowflakes on my toast
Sweet snowflake flavored frosting
Sprinkles from the sky
~unknown

Jubilant creatures
Nature hums the mortal song
Yellow flowers bloom
~Mycha

High on a mountain
True silence all around us
Happiness abounds
~Cara

Like toadstools we rise
From mycelium entwined
Rich damp earth, reborn
~Jenn

Cold air tickles nose
Horses whinny warm hello
Woman breathes in all
~Tammy

Snowy peaks on high
The mountains are calling me
And so is Lennon.
~Polly

Winter needs some snow
I don't mind shoveling,
My husband does it!
~Jessica



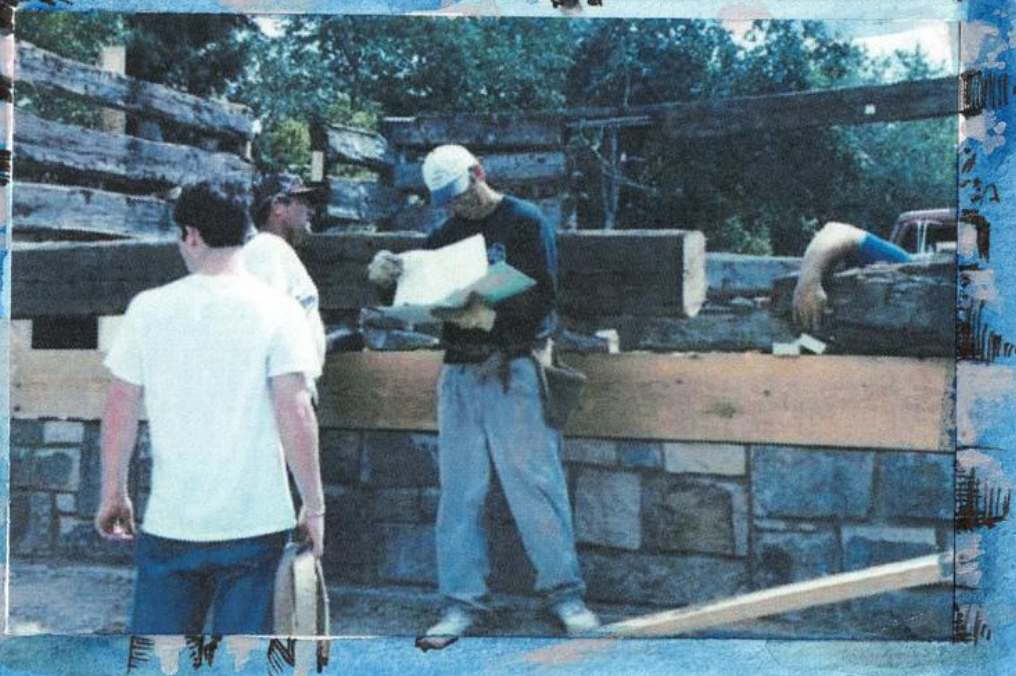
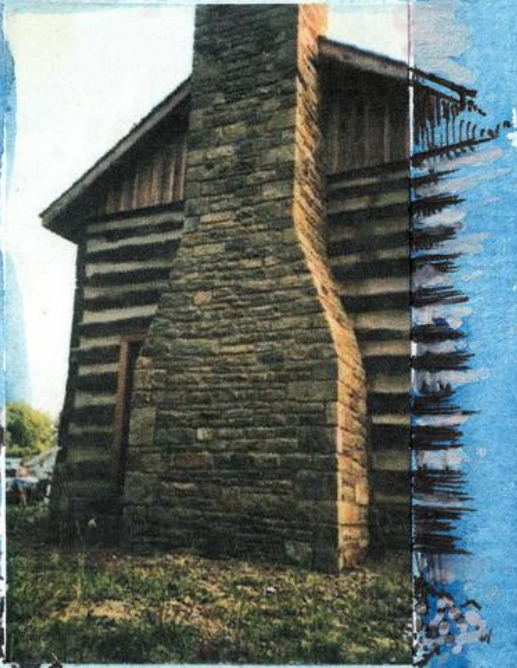
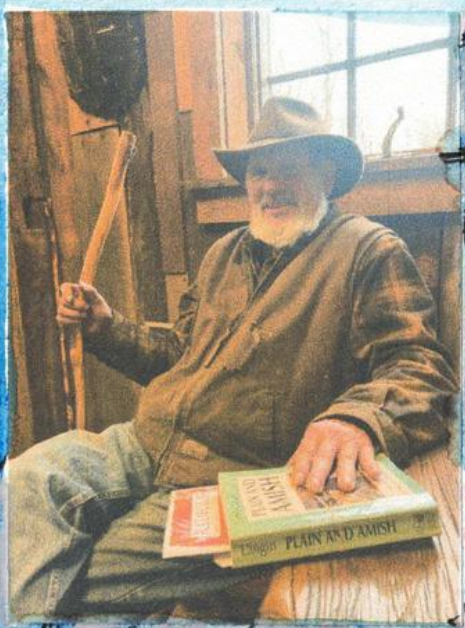
A Heart for History: Bob Reintgen

Historic Rehabilitation Carpenter

If you have an appreciation for the historic Lochry Blockhouse at the Winnie Palmer Nature Reserve, you have its rehabilitator, Bob Reintgen to thank for it. The blockhouse was built in 1780 by Irish-born Archibald Lochry, on his property which is now home to WPNR, and although it was never used as its intended purpose of an armory, the complete history of the house is unknown. It appears to have stood empty for a time and later modernized and occupied by various families as a homestead until it eventually fell into disrepair and the land tried to reclaim it. In early 2000, Bob, and his friends Bruce Long, and Dave McMahan, and a team of high school students from Derry and Latrobe set out to complete what Bob calls historic rehabilitation on the structure. He describes it as "using similar materials to rehabilitate and protect the integrity of buildings, giving them a second chance to survive another 100-200 years." It proved to be an arduous task that only a skilled craftsman with a deep passion for history could complete.

The students worked tirelessly in teams of 4-5 scraping and wire brushing the logs, hauling materials, and doing any general labor that was needed. The team disassembled the house, removing the roof, and all the siding, labeling, and removing the logs from the original structure, and preparing the site for reassembly. They rebuilt the blockhouse from the crumbling foundation up, restacking the logs, applying chinking in between using historic methods and reinstalling all of the windows. They deconstructed and moved a chimney from an historic structure near Mountain View, brought the stones to the reserve, and put it back together again on the side of the blockhouse. Period appropriate hardware was installed and Bob even donated furniture for the interior to complete its authenticity. Today, the blockhouse is used for demonstrations, and educational purposes here at the reserve, and plans are currently underway to create historic displays to document the history of the structure as well as to honor the indigenous people who originally inhabited the land. Along with the staff at WPNR, Bob continues to serve as a consultant and caretaker of the structure.

Bob began his love of carpentry in high school and college, building backgammon tables for friends. Fast forward to the 80s, when he and his wife purchased a farmhouse in Latrobe and used the directions from a Reader's Digest book for remodeling the home. They are now the owners of seven historic buildings that he has disassembled, moved, and reassembled on their beautiful 83-acre property. To date, he has 38 historic building rehabilitation projects under his belt and counting.





Naturally Sweet **aguas frescas** is popular in Latin American countries and is not only amazingly flavorful hydration, but it might become your new favorite way to make the most of your garden herbs and flowers. Once you make your first batch, you'll probably think up an endless list of creations to try - it's wildly addictive! Get creative with herbs and don't forget to muddle them before adding all of the fruits and water to release their essential oils.

Agua De Pina

6 cups fresh or frozen pineapple
6 cups filtered water
Juice from ½ lime
fresh mint: spearmint, peppermint, pineapple mint, or hyssop
¼ cup sugar, maple syrup, or honey (optional)

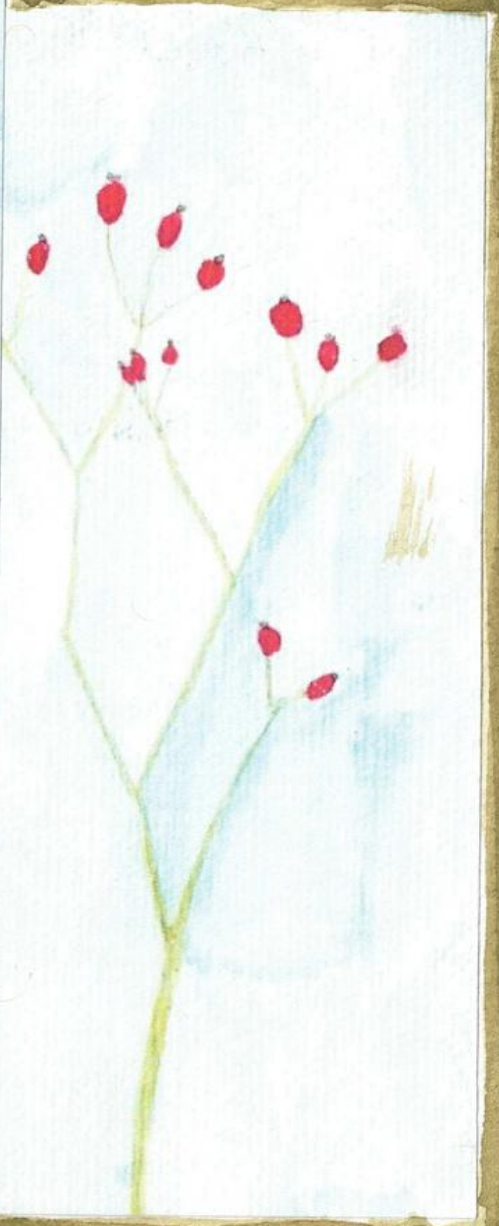
Muddle fresh herbs with the lime juice and sweetener in a pitcher. Add the pineapple and water to a blender and puree until smooth. Strain the pineapple pulp through a mesh strainer into the pitcher with the herbs. Serve over ice and garnish with lime slices, or mint leaves. Try adding a splash of clear seltzer for a little fizz.

Art submitted by Aster Cepull-Stanley, age 11



Milkweed Pods in the Snow

Rose Hips



Bringing in the Wild

Cultivating wild plants and trees for food and medicine is an age old practice learned from the first peoples. While they preferred to harvest from the wild as needed, sometimes the plants were too far away from their home sites to utilize regularly, so they would resort to planting some species in close proximity for ease of use.

Getting to know the wild plants in your area is beneficial in so many ways. Observing the often overlooked plants that are typically thought of as weedy can help you to observe the change of the seasons more closely. Once you find the ones that speak to you and learn about their growing habits, you can feel more comfortable and confident bringing them into your garden and landscape for minor first aid and culinary needs. You can either buy them from a nursery, transplant them from the wild, propagate from cuttings, or purchase seeds, as many wild varieties have been cultivated for their best qualities in a controlled environment. They still retain their valuable medicinal constituents, but are often heartier, better quality plants. Check out the list below for some of the most widely used wild plant allies.

Broadleaf plantain, *Plantago major*
Ribwort Plantain, *Plantago lanceolata*
Upland Cress or Creasy Greens, *Barbarea verna*
Burdock, *Arctium lappa*
Dandelion, *Taraxacum officinale*
Wild Garlic, *Allium canadense*
Wild Onion, *Allium vineale*
Sassafras, *Sassafras albidum*
Chickweed, *Stellaria media*
Purslane, *Portulaca oleracea*
Stinging Nettle: *Urtica dioica*
Wild Mint: *Mentha arvensis*



Word Search

p l a n t a i n d v h i k t c
u o q p w s t r a w b e r r y
e g c x g w y z u o l z o d h
i s r e u p i n e a p p l e o
c h i c k w e e d u l w m b n
k r a i n b o w h g z h e j e
h t h u n d e r s t o r m e y
a v t f z a l y b i j g j e s
w f u l o p p u r s l a n e u
t i r o e s r a l l i u m l c
h r k c m k s w p p f p f o k
o e e u r m z i e q a g c b l
r f y s i o s j l t d o g c e
n l b t t s y d s b e x g t n
u y s e c s m u d w l a j a o

thunderstorm

strawberry

pineapple

chickweed

plantain

purslane

rainbow

turkey

fossil

allium

honeysuckle

firefly

hawthorn

locust

moss



Weird Nature Facts:

from boredpanda.com

Dolphins can identify humans by checking our skeletal structure through their sonar. They often help shipwreck victims stay afloat, because as a mammal, they understand drowning.

The turkey is called 'India' in Turkey, 'Peru' in India, 'French Chicken' in Cambodia, 'Dutch Chicken' in Malaysia, and 'Western Chicken' in Vietnam. All of these names refer to its mistaken exotic origins.

Sometimes, when bees are out gathering nectar, they fall asleep in flowers.

Crows have prodigious memory, and are capable of recognizing individual human faces for their entire lives.

Research has shown that dogs appreciate music and have their own individual music preferences. While taste can vary dog to dog, it turns out that reggae is a "firm favorite in the canine world."

Iceland is the only country without mosquitoes.

Owls have unique feathers that break down turbulence, into smaller mini-currents which reduces sound to the point where they basically fly silently.

Raccoons were able to open 11 of 13 complex locks, in fewer than ten tries and they had no problems repeating the action, and they had no problem when the locks were rearranged and/or turned upside down.

COLOR THESE BOTANICAL SHAPES
FOR A ZEN MOMENT IN YOUR DAY.



Celebrating Women in Science:

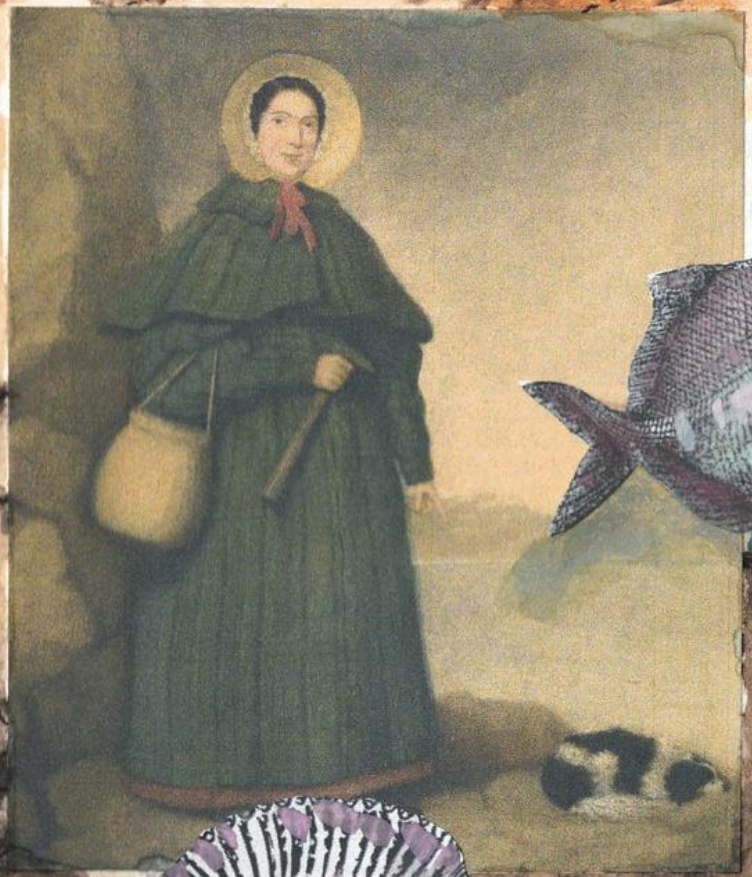
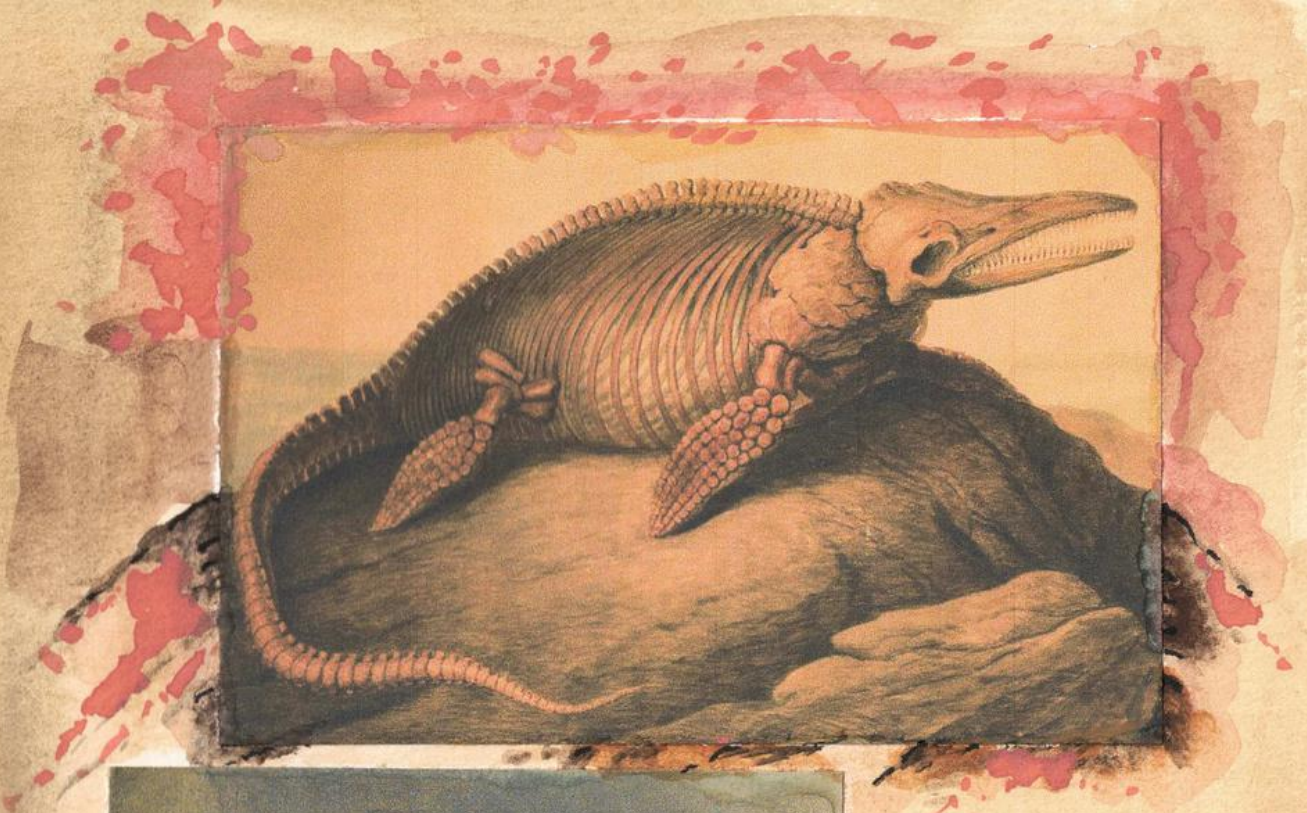
Mary Anning, English Paleontologist

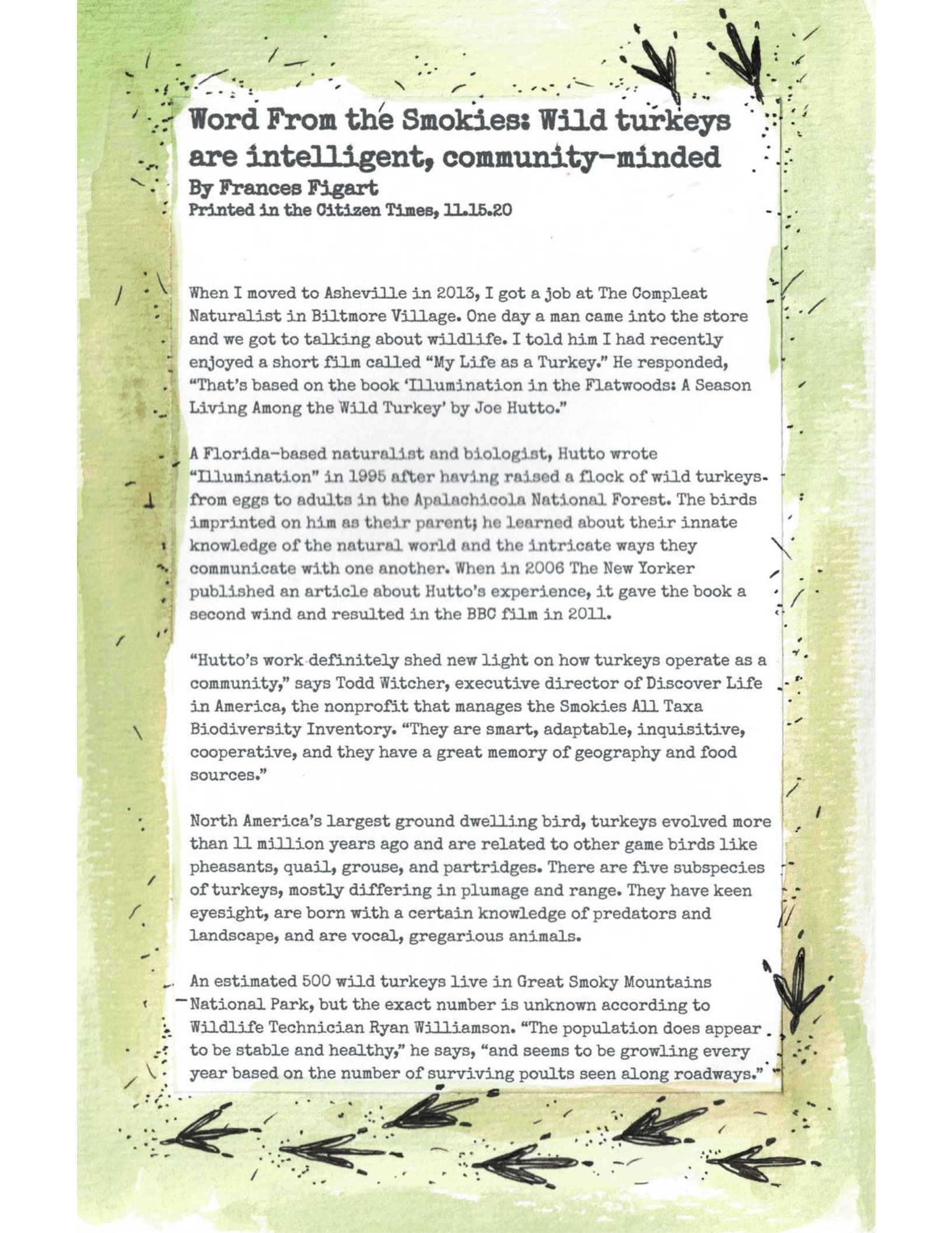
Article by Ellie Madden, WPNR work study. English, 2024

Mary Anning was a paleontologist and a pioneering woman in science who made many incredible contributions to the worlds of geology and paleontology. She paved the way for future female scientists through her discoveries, advancing the field of geological studies of her time. Mary was born May 21st, 1799, in Lyme Regis, Dorset, England and lived her whole life there. From the time she was young, Mary would explore the cliffs and beaches for fossils with her brother and father. After her father died, Mary and her family supported themselves by finding and selling fossils. She made her first big discovery at the age of twelve, when her brother found the head of an ichthyosaur, and she found the rest of it, making it the first correctly identified skeleton of its kind. She later found more ichthyosaur skeletons, plesiosaurus skeletons (including the first complete one), the first pterosaur skeleton to be found outside of Germany, and various prehistoric fish and shark skeletons. Though she was never allowed to join any geology societies or study at a university because she was a woman, Mary never stopped learning as much about fossils and geology as she could. She was never afraid to share her knowledge with others which made her well known across Europe. She became widely accepted as a fossil expert, and her fame and reputation continued to grow even after her death. Mary Anning worked tirelessly her entire life, doing what she loved, and we celebrate her life as a female scientist.

**Celebrate Mary Anning's birthday with us!
Tuesday, May 23rd at the Winnie Palmer Nature Reserve**

Check our website and social media for details





Word From the Smokies: Wild turkeys are intelligent, community-minded

By Frances Figart

Printed in the Citizen Times, 11.15.20

When I moved to Asheville in 2013, I got a job at The Compleat Naturalist in Biltmore Village. One day a man came into the store and we got to talking about wildlife. I told him I had recently enjoyed a short film called "My Life as a Turkey." He responded, "That's based on the book 'Illumination in the Flatwoods: A Season Living Among the Wild Turkey' by Joe Hutto."

A Florida-based naturalist and biologist, Hutto wrote "Illumination" in 1995 after having raised a flock of wild turkeys from eggs to adults in the Apalachicola National Forest. The birds imprinted on him as their parent; he learned about their innate knowledge of the natural world and the intricate ways they communicate with one another. When in 2006 The New Yorker published an article about Hutto's experience, it gave the book a second wind and resulted in the BBC film in 2011.

"Hutto's work definitely shed new light on how turkeys operate as a community," says Todd Witcher, executive director of Discover Life in America, the nonprofit that manages the Smokies All Taxa Biodiversity Inventory. "They are smart, adaptable, inquisitive, cooperative, and they have a great memory of geography and food sources."

North America's largest ground dwelling bird, turkeys evolved more than 11 million years ago and are related to other game birds like pheasants, quail, grouse, and partridges. There are five subspecies of turkeys, mostly differing in plumage and range. They have keen eyesight, are born with a certain knowledge of predators and landscape, and are vocal, gregarious animals.

An estimated 500 wild turkeys live in Great Smoky Mountains National Park, but the exact number is unknown according to Wildlife Technician Ryan Williamson. "The population does appear to be stable and healthy," he says, "and seems to be growing every year based on the number of surviving poults seen along roadways."

Male and female wild turkeys spend much of the year together in a flock. But in spring the males begin their "lek" or group-based breeding rituals.

Once bred, the female will lay an egg each day for 14 days and then incubate the eggs for 28 days until they all have hatched. The poults are raised by their mother without any fraternal care. The male poults, or jakes, will generally be kicked out of the group the following spring by dominant gobblers.

"I marvel at seeing hens with poults in the late spring near our office at Twin Creeks Science and Education Center," Witcher says. "They emerge from nesting with maybe ten babies. But the number goes down each week. It seems only about four to six can survive. They are most vulnerable during the time before they can fly."

This strategy of producing larger numbers of offspring seems to ensure at least a few will make it to adulthood. Another survivalist tactic that turkeys have adopted is moving considerable distances to escape from hunters.

"It has also been documented that they will reduce their spring gobbling to near silence to elude hunting pressure," says Williamson. "So, they are aware of the presence of predators and adjust accordingly to survive. I think there is a fair amount of intelligence in that."

In the Florida panhandle, Hutto went to great lengths to learn to "talk turkey," mastering what he calls "a language of not just 13 basic sounds that some experts had identified but many subdivisions within those categories of sound, a vocabulary of at least 50 different kinds of verbal instruction."

If you enjoy watching turkeys and learning about their behavior, you can find "My Life as a Turkey" on YouTube. I like to watch it from time to time with that man who came into The Compleat Naturalist to talk turkey with me back in 2013. I married him and moved to his East Tennessee homestead which we share with black bear, white-tailed deer, coyote, and a variety of bird species, including a community of beautiful and intelligent wild turkeys.

Celebrate Every Month!

we'll be observing these days for reflection, growth, and for fun!

April + May

Pink Moon, Flower Moon, Lunar Eclipse

April 5th - National Walking Day

April 22 - Earth Day

May 4th - Bird Day

May 14th - Mother's Day

May 16th - Love a Tree Day

June + July

Strawberry Moon, Buck Moon

June 6th - Gardening Exercise Day

June 17th - Eat Your Vegetables Day

June 21 - Summer Solstice

July 4th - Independence Day

July 20th - National Pennsylvania Day

August + September

Sturgeon Moon, Blue Moon, Harvest Moon

August 19th - World Honey Bee Day

August 31st - National Eat Outside Day

September 21 - National Pawpaw Day

September 22 - Autumnal Equinox



Nature Notes

April flower: Sweet Pea
May flower: Hawthorn
June flower: Honeysuckle
July flower: Water Lily
August flower: Poppy
September flower: Morning Glory



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Sharing this helps it grow. Pass it on!