ADKINS ARBORETUM
NATIVE SEED

THE MISSION OF ADKINS ARBORETUM IS TO PROMOTE THE APPRECIATION AND CONSERVATION OF THE NATIVE PLANTS OF THE DELMARVA PENINSULA.

The Arboretum of the Delmarva Peninsula

Volume 13, Number 2, Spring 2008

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PROGRAM LISTING INSERT

Illustrations by Barbara Bryan and photos by Ann Rohlfing

The Wild Beauty of American Azaleas

By Sylvan Kaufman, Conservation Curator

"Species for species, the American azaleas are probably unparalleled for sheer beauty."

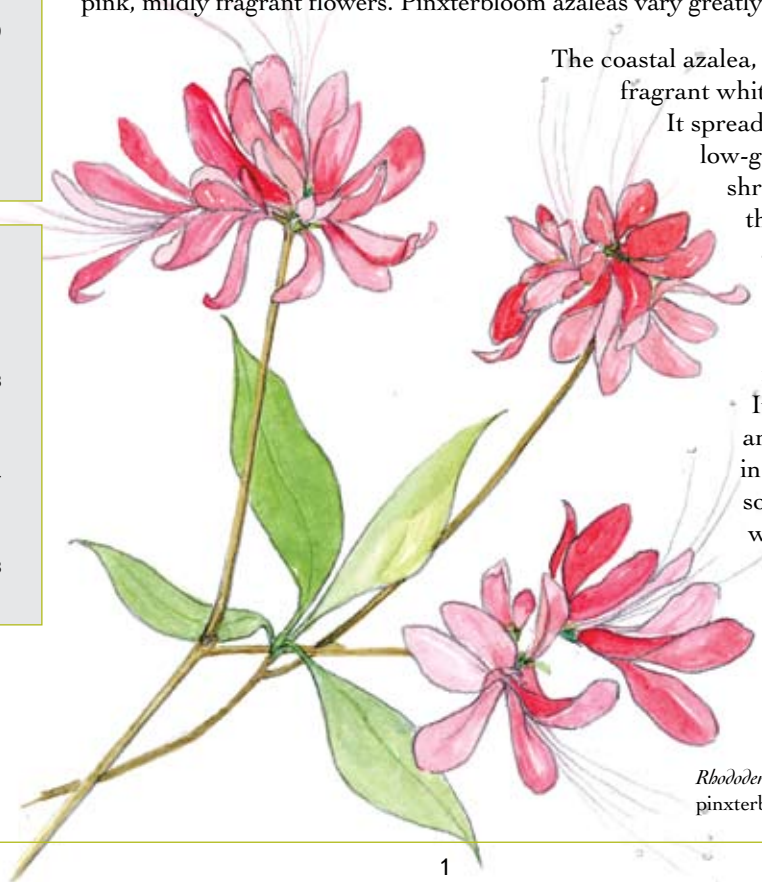
—Hal Bruce, *How to Grow Wildflowers and Wild Shrubs and Trees in Your Own Garden*

In the shrub section at the Arboretum's spring plant sale, the fragrant pink, white, and yellow flowers of azaleas draw many shoppers' eyes. For most people, "azalea" conjures an image of bright blossoms covering small mounded shrubs with evergreen leaves, but American azaleas are mostly deciduous and the flowers vary from white to pink to bright yellow and orange. All azaleas are in the *Rhododendron* genus and family Ericaceae. The Ericaceae, or heath, family includes blueberries, laurel, and bearberry. Like most members of this family, azaleas prefer acidic (pH 5–6) well-drained soils.

Fifteen species of azaleas grow in the wild in the United States, but only three are native to the Delmarva. These include the pinxterbloom, coastal, and swamp azaleas. The name pinxterbloom comes from the early Dutch settlers. "Pinxster" was their name for Whitsunday, the seventh Sunday after Easter, a date close to when this species flowers in early May. It has the lengthy Latin name of *Rhododendron periclymenoides* and is the most common species found in our region, with light to dark pink, mildly fragrant flowers. Pinxterbloom azaleas vary greatly in height, ranging from 4 to 10 feet tall.

The coastal azalea, *R. atlanticum*, has wonderfully fragrant white flowers, often suffused with pink. It spreads via underground stems, forming a low-growing (3–5 feet), densely branched shrub. Even after the flowers have faded, the fine bluish green foliage makes this an appealing shrub.

Swamp azalea, *R. viscosum*, known locally as swamp honeysuckle, does not flower until June or early July. It prefers the wet soils of stream banks and swamps, as its name implies, but in the garden tolerates average garden soils as well as the other azaleas do. The white flowers stand out in the shade of early summer, and the sweet scent travels on the warm air. Swamp azaleas grow to be 5–8 feet tall. They look beautiful planted with wax myrtles or around sweet bay magnolias. *(continued on page 7)*



Rhododendron periclymenoides
pinxterbloom azalea

410.634.2847

Adkins Arboretum is operated by the not-for-profit Adkins Arboretum, Ltd. under a 50-year lease from the Maryland Department of Natural Resources.

The Arboretum's mission is to promote the conservation and appreciation of plants native to the Delmarva Peninsula.

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HOURS
10 a.m. to 4 p.m. daily
(except major holidays)

ADMISSION
$3 for adults
$1 for students ages 6–18
free to children 5 and under.
Admission is free for members.

Dear Members and Friends:

Patterning itself after nature. Reflecting nature's diversity. Adapting, growing, and evolving.

I'm at play with catchy slogans for the Arboretum and falling victim to embarrassingly trite descriptions of Arboretum programs that mimic nature. What happens daily at this special place reflects a rich and diverse array of programs, services, and activities—like nature's best.

The towering protective forest canopy of oaks, hickories, and beech (annual events, gardening series for adults, and publications) rises above the middle canopy of smaller woody plants, ironwoods, dogwoods, viburnums, paw paw, and hollies (children's programs, art exhibits, and docent guided walks) and is rooted in the forest floor with mosses, spring wildflowers, and mushrooms thriving in a generous layer of decaying leaf litter and rotting debris—home to its own universe of microorganisms we've hardly begun to understand. Here beneath the layers of the forest is the earnest daily work of volunteers, staff, Board trustees, members, and donors, all of whom provide time, energy, talent, money, and dedication that hold together this teeming riot of life we know as Adkins Arboretum.

What makes it all work? The Arboretum did not spring from an unprecedented miraculous and exponential flight into the stratosphere. A plodding, nudging, hoisting, deliberative, determined, and persistent push forward is responsible for taking a fledging group of 37 members and leveraging these relationships over the course of a decade to create a network of 1,400 generous individuals who make it possible for the Arboretum's doors to open every day to children and adults, local residents, passersby, and travelers from distant places, as well as those seeking respite or exploring this vast country on foot, on a bicycle, or in the easy comfort of a car.

Defying the odds with resources that don't compute—the output far exceeds the input. How do six full time employees tend 400 acres, a native plant nursery, and four miles of paths while managing eight seasonal events and classes for preschoolers, school-age children and adults 363 days (364 days in this leap year) a year? The secret is you, the members, supporters, and volunteers—the Arboretum's most treasured assets. A visitor arriving at the reception desk is greeted graciously by staff or volunteers, and because of you that visitor is oblivious to the hard work that makes it all seem seamless and easy, and just natural.

To all of you who help make the Arboretum a place to cherish, where people of all ages, persuasions, preferences, origins, and ways and means can enjoy nature and learn how to be stewards of our habitat—the land and waterways of the Eastern Shore—thank you.

Best wishes,

Ellie Altman
Executive Director

Rhododendron flammeum
oconee azalea

Caring for the Land, Restoring the Chesapeake

By Amy Blades Steward and Carol Jelich

In 1984, the State of Maryland designated the Chesapeake Bay Critical Area, the 1,000-foot-wide ribbon of land around the Bay and its tidal tributaries, and set criteria to minimize adverse effects on water quality and natural habitats. This law was enacted because human activity within 1,000 feet of tidal waters has direct and immediate impact on the health of the Chesapeake Bay.

The state requires that a vegetated buffer be established and protected along the banks of the Bay and the tidal waters of its tributaries. Native plants are recommended for restoring and enhancing a buffer to reduce erosion, to filter pollution, and to provide food and cover for wildlife. To better serve Critical Area property owners, who often contact Adkins Arboretum for advice and sources of native plants, the Arboretum initiated the Shore Land Stewardship Council (SLSC) with funding from the Town Creek Foundation, the Chesapeake Bay Trust, and the Department of Natural Resources Coastal Zone Management Program.

Arboretum Executive Director Ellie Altman comments, "Critical Area property owners are often confused about the regulations they must follow, and what are the best landscaping practices. Shore Land Stewardship Council was formed to provide technical support to property owners so that they can make informed decisions about changes to their properties, ultimately impacting the Bay in a positive way."

Mid-Shore contractors, state and local regulatory agencies' staff, realtors, developers, representatives of conservation organizations, and private landowners meet regularly at the Arboretum to discuss best landscaping practices and how to provide this information to Critical Area property owners. SLSC's first public information campaign is called the ***First Stop Campaign***.

The ***First Stop Campaign*** encourages property owners to first contact their county or municipal planning office for advice before embarking on a landscaping project, such as removing trees or grading a shoreline. Many landscaping practices that cause disturbance in the Critical Area require permits from local, state, and federal agencies. Planning office staff can determine what permits will be required, recommend best shoreline erosion protection strategies, and provide resources for additional information on best landscaping practices.

As part of a pilot project, SLSC is targeting new homeowners in Talbot County. Information about the ***First Stop Campaign*** is distributed to these individuals through title companies at the settlement conference for their new home purchase.

SLSC next plans to give landowners the skills and information they need to implement stewardship practices consistent with the Critical Area law through the publication of an illustrated guidebook on how to enhance their land to protect water quality. Best landscaping practices include reducing lawn area to reduce pollution from the use of fertilizers, pesticides, and mowing; properly planting and pruning trees and shrubs; using native plants; minimizing irrigation; creating wildlife habitat; and establishing "living shorelines." The guidebook will be published this year.

Shore Land Stewardship Council's goal is to create a land stewardship ethic among Critical Area property owners to improve the Bay's water quality, both for us and for generations to come.

For general questions or information about the Critical Area Program, contact the Maryland State Critical Area Commission: e-mail Mary Owens at mowens@dnr.state.md.us *or call 410-260-3480.*

For further information about Shore Land Stewardship Council and the First Stop Campaign, visit www.firststopforthebay.org *or call Adkins Arboretum at 410-634-2847, ext. 0.*

A shoreline is protected from erosion by planting native wetland grasses to create a "living shoreline." Photo by Environmental Concern, Inc., St. Michaels, MD, www.wetland.org.

Leave No Child Inside

By Coreen Weilminster, Children's Program Coordinator

He walks with purpose along a deer path. Jeans cuffed, neck sweaty, supplies bound up in a blue bandanna, canteen of cool mine water swinging at his side. Into the woods for another day of carefree exploring with his dog, Tuffy, building forts, climbing trees, and, if he can find his crew, a game of baseball in the vacant lot near the mines. The year is 1957, and this is the summerland of my father.

Fast-forward to 1981. I am up to my thighs in the cool stream on the mountain behind my house, slowly and carefully turning over rocks to look for crayfish. "Got one!" my sister yells from farther up the streambed. We add it to the others in the coffee can hanging by a string from her bike handle. My bike has a bucket of newts. The dinner bell rings in the distance, and we tear through Blanch Herring's backyard to get home in time for a hot meal. After dinner I walk to my spot and climb the sticky aromatic branches of the giant hemlock in my neighborhood just to listen to the crickets and the gentle "plinking" of dropping hemlock needles as the evening descends. Tomorrow my dad will take me fishing.

Fast-forward once more. A group of sixth-graders is engaged in a wetland exploration at the Arboretum. We net a crayfish. Pulling the wiggly crustacean from the mucky net, I ask the group, "Who knows what this is?" One child raises his hand. To my dismay, he is the only kid (over the course of two days) in the field trip's 100 students who knows. How can it be that children today know so little of their own "backyard"? What are the consequences of a generation of young people who are out of touch with their regional "natural" heritage, who cannot see their connection to wilderness, or who have no wilderness to connect to?

In 2005, author and father Richard Louv put his finger on the pulse of childhood today in his book *Last Child in the Woods: Saving our Children from Nature-Deficit Disorder*. The book sparked a national conversation about the diminishing connection between children and nature, and launched the "Back to Nature Movement." In the book, Louv takes a hard look at how children have become disconnected from nature, citing a combination of factors that include zoning laws that prohibit access to natural areas from neighborhoods; the loss of rural areas to development; the increase in time spent by children on video games and watching television; and the unprecedented fear of parents who are so fearful of everything from child abduction, lawsuits, and even insect-borne diseases that allowing the children to roam freely outdoors is considered poor parenting. In addition, schools assign more and more homework, and parents schedule more after-school activities.

Nature-deficit disorder is not an official diagnosis but a way of viewing the problem, and describes the human costs of alienation from nature, among them: diminished use of the senses, attention difficulties, and higher rates of physical and emotional illnesses. The disorder can be detected in individuals, families, and communities.

—Richard Louv, *Last Child in the Woods*

What is created from this disconnect is a condition Louv has coined "Nature-Deficit Disorder." While not a medical condition, it describes "the human cost of alienation from nature" and connects the decline in outdoor experiences in childhood to the disturbing rise in childhood trends in obesity, depression, and attention deficit disorder. He cautions that if today's children do not have "transformational experiences in the outdoors," they are unlikely, as adults, to care about the natural world and environmental issues.

Henry David Thoreau wrote, "In wilderness is the preservation of the world." While I am certain that Thoreau was not thinking about children playing when he penned this, *Last Child in the Woods* examines the truth in this belief evident in existing research. The book considers several studies that show that direct exposure to nature is essential to healthy physical, emotional, and spiritual development in children. With this research, Louv gently implores parents, guardians, schools, and communities to provide children

with unscheduled, unstructured playtime—playtime that is free from undeserved fears of dangers—in the outdoors.

The buzz generated by *Last Child in the Woods* has resonated so profoundly across the country that people are taking action. The Children & Nature Network, a direct branch out of the book, was created "to encourage and support the people and organizations working to reconnect children with nature," essentially to bring the "Back-to-Nature" movement together. Programs are popping up across the country through conservation organizations, recreation groups, and city, state, and federal agencies to help parents and communities get kids outdoors. California has officially created a *California Children's Outdoor Bill of Rights*, a fundamental list of ten experiences every child in California would benefit from before entering high school. The movement has even gained political momentum, with Congressman John Sarbanes of Maryland and Senator Jack Reed of Rhode Island having introduced legislation that strengthens and expands environmental education in America's classrooms and reconnects children with nature. These bills, each called the No Child Left Inside Act, were introduced in the House (H.R.3036) and the Senate (S.1981) in 2007.

Now let's back up a bit. It's May, and I am planting in my garden. I dig a spot on the wooded side of my house for some native wild ginger. I look up from my digging to watch my girls. My six-year-old is leaning against a tree examining a June bug in her hand. My four-year-old is kneeling in the leaf litter near an overturned log, peering into the black earth, hands moving gingerly to gather earthworms. Several quiet minutes pass as they are lost in their discoveries. Then laughter. "They're so cold and slimy!" and "Look! Mine has tiny hairs all over it." "Cool!" my four-year-old pipes up, "Hey, Brooke! I'll trade you my earthworm for your June bug."

Observing this exchange fills me with hope (and pride) as I recall something I read in an article by David Sobel titled *Beyond Ecophobia: Reclaiming the Heart in Nature Education*: "If we want children to flourish, to become truly empowered, let us allow them to love the earth before we ask them to save it. Perhaps this is what Thoreau meant when he said, the more slowly trees grow at first, the sounder they are at the core, and I think the same is true of human beings." Now gather up the kids. Grab a jacket and go outside. Better yet…bring them to the Arboretum for a walk in the woods. It'll do a world of good.

GET OUT THERE!

What can you and your family do in the outdoors? The answer is, LOTS! Here are engaging outdoor activities to pursue for fun and for learning.

"There is no such thing as bad weather, only inappropriate clothing." **(Ben Zander)**

THE GREEN HOUR—Participate in the National Wildlife Federation's campaign to help parents encourage their children to spend one hour a day in nature. For more information and ideas, visit www.greenhour.org and use the NatureFind tool to find parks and natural areas near you.

NATIONAL GET OUTDOORS DAY—the U.S. Forest Service and the American Recreation Coalition have designated June 14 as National Get Outdoors Day to build on the success of the Forest Service's initiative More Kids in the Woods, which promotes nature-based activities for children. National Get Outdoors Day aims to reach non-traditional audiences to broaden appreciation for and interest in the great outdoors. www.americantrails.org/resoruces/kinds/getoutdoorsday.html

GEOCACHING (pronounced "geocashing") is a treasure-hunt game where participants use GPS receivers to hide and seek containers with "treasure." Individuals and organizations set up caches all over the world and post coordinates on the Internet to help others find their cache. To learn how to participate, visit www.geocaching.com

ENVIRONMENTAL EDUCATION BACKPACK KITS—At the Arboretum, check out one of the four nature-themed (Forest, Stream, Wetland, and Wildlife) backpacks designed for families, homeschoolers, and small groups to use to explore the Arboretum grounds. Each backpack contains lessons, activities, and equipment that touch upon concepts of environmental stewardship and nature studies and are geared toward a variety of ages. The use of the backpacks is free for members or with admission. This project was generously supported by the Salmon Foundation.

TAKE A WALK IN THE WOODS—Participate in an Arboretum program, such as a Saturday guided walk, Soup 'n Walks, preschool programs, and summer camp, or invest in a family membership to the Arboretum and have access to the paths every day to explore the beauty of the Arboretum for good health, wholesome fun, and rewarding learning for all ages.

From the Bookshelves

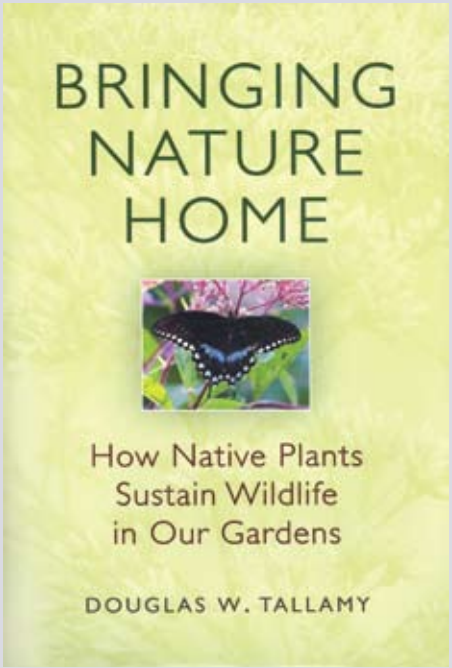
Carol Jelich, Arboretum Volunteer

Adkins Arboretum promotes the appreciation and conservation of the region's native plants. ***Bringing Nature Home*** by Douglas W. Tallamy makes a compelling argument that using native plants in the suburban garden is mandatory, not optional, if we want to save our local ecosystems.

Traditionally, gardeners have selected plants based on color, texture, shape, and size—that is, their aesthetic value—without much thought about how these plants might, or might not, support the local ecology. Tallamy contends that a mass extinction looms unless American gardeners change their ways.

We tend to think that there is plenty of "natural" land "out there" to support native wildlife. However, the author calculates that less than 3 to 5 percent of "pristine" natural land remains in the continental United States. Much of the rest has been converted to agricultural or other human use. What remains has largely been invaded by alien species.

Tallamy cites research to explain how alien plant species do not function well ecologically, primarily because they are not a food source for native insects. Ironically, many exotic ornamentals are prized for their resistance to insect damage. However, insects are an essential part of the food web. For example, most songbirds feed their nestlings insects, not seed or fruit. If the insects can't find food, they will no longer exist. If the insects are gone, the young birds will not grow to adulthood; and so it goes. However, all is not yet lost. Suburban gardeners can step in and save the day. How? By planting native plants.



There is a good chapter on biodiversity and why it is important. Another chapter describes how a balanced system is created when there is a variety of plants to support a variety of insects, including both plant eaters and insect predators. Advice is offered in another chapter on how to get along with neighbors who might question replacing lawn and traditional shrubbery with diverse plantings.

Of practical interest is a chapter devoted to woody plants that support Lepidoptera species. Twenty woody plants are ranked. In first place is the oak, which supports an astounding 517 species of butterflies and moths. Photographs and detailed descriptions of each woody plant species are included.

A chapter titled "What Does Bird Food Look Like?" is devoted to insects, with excellent photographs and fascinating stories of their life cycles and adaptations. Consider the female lace bug, which watches over her eggs and young, fanning her wings at approaching predators. Or the case of a long-horned beetle, which emerged from a piece of furniture 40 years after it was carved from a tree that must have contained a young larva. This chapter is intended to help the reader adopt a new, more conserving attitude toward the insects that play such a critical role in our world.

An appendix lists "native plants with wildlife value and desirable landscaping attributes" for the Mid-Atlantic and other regions. The plant lists are helpfully arranged both by plant type and by habitat. A second appendix lists the host plants of butterflies and showy moths. The final appendix tabulates the data from a number of studies that demonstrate how insects consistently prefer native over alien plants as food.

This book is very readable and has excellent photographs. It will prove a helpful resource for explaining to friends and family why to use native plants, and why to be happy to see those plants being eaten by insects.

Note: Author Douglas Tallamy will be a keynote speaker at the Adkins Arboretum Spring Symposium on Friday, May 16.

(Azaleas continued from page 1)

Most of the other native azalea species occur in the Appalachian mountains, but they grow quite well on the Delmarva. One of the largest pink-flowered species is the Piedmont azalea, *R. canescens*, which can reach a height of 15 feet. Very closely related to pinxterbloom azalea, it is most common in the Deep South but is hardy to zone 6.

For yellow- to red-flowered azaleas, Florida azalea, *R. austrinum*, flowers the earliest, in late April to early May. It has bright yellow flowers and is the most fragrant of the yellow- to red-flowered species. It is closely related to Piedmont azalea and also reaches a height of 15 feet.

Oconee azalea, *R. flammeum*, first found along the Oconee River in Georgia, is very heat tolerant and grows 6–8 feet tall. The flower color varies from yellow to orange to red. Because of the Latin name, it is often confused with flame azalea, *R. calendulaceum*. Flame azalea has very showy orange to red flowers, often 2" in diameter. Many forms have orange blotches on the petals or a blush pink overtone.

Because of the wide variation in flower color and plant size within azalea species and their tendency to hybridize in the wild, plant collectors have selected many varieties of native azaleas. *Rhododendron atlanticum* 'Marydel' was named for Marydel, MD, in northern Caroline County, and *R.* 'Choptank Rose', a wild hybrid between *R. atlanticum* and *R. periclymenoides*, was originally found along the Choptank River. 'Marydel' features dark pink buds that open to white flowers suffused with pink. 'Choptank Rose' has beautiful rose and white flowers with a golden blotch toward the center. This year a hybrid called 'Snowbird', bred by Biltmore Garden from *R. atlanticum* and *R. canescens*, will also be offered at the spring plant sale. 'Snowbird' has very fragrant white flowers blushed with pink and a compact habit from its *atlanticum* parent.

The key to success in planting native azaleas is to provide them with acidic, well-drained, moist, humus-rich soils. If, after testing your soil, the pH is too high, add ferrous sulfate or sulfur to lower the pH. For any soil, adding a shovelful of compost or finely ground pine bark will give the plant the organic matter it needs. Thoroughly water the shrubs in summer until they are well established. It is also important when transplanting potted azaleas to make sure that the root ball is loosened and spread out before planting. If the azalea is pot bound, cut off the bottom third of the root ball and cut the ball from top to bottom in two or three places to loosen it. If the azalea is very tall, it is best to cut it back severely to under three feet so the roots can support the top growth. Azaleas appreciate a 2–3-inch covering of mulch to protect the roots.

Vaccinium macrocarpon Bearberry

Groundcovers such as Christmas fern, foamflower, or bearberry can be planted under taller azaleas. Interplant azaleas with other acid-loving shrubs such as summersweet or blueberries. Small flowering trees like Carolina silverbell and redbud will bloom at the same time as the azaleas and provide the light shade favored by the shrubs. Evergreens such as pines and hollies provide a beautiful backdrop to native azaleas.

Look for a new azalea for your home and its companion plants at the Arboretum's spring plant sale!

For more information:

Clarence Towe. 2004. *American Azaleas*. Timber Press, Portland.

Hal Bruce. 1976. *How to Grow Wildflowers and Wild Shrubs and Trees in Your Own Garden*. The Lyons Press, New York.

Summer Camp

Summer belongs to children. For the past three years, Adkins Arboretum's Creative Kids Camp has given children the opportunity to enjoy their precious summer the old-fashioned way – outdoors! This year, campers will experience the Arboretum in a variety of ways. Preschoolers can join Camp Pollywog's Salamander Summer to learn about the amphibians that call the Arboretum home. Preschoolers can also express themselves in the Kids Only! Funshine Garden during Camp Bumblebee's Green Thumb's Garden Safari.

Of course, you already know that the Arboretum is magical, and this summer, campers ages 6–8 will embark on an adventure of Forest Fantasy during Camp Paw Paw. They'll explore the mysteries of the Arboretum and hunt for dragons, fairies, and toadstools. Camp Egret campers will also do in-depth exploring. As eco-sleuths, campers ages 9–12 will conduct water quality analysis, wildlife and biological assessments for biodiversity, and examine watershed and land use issues. Eco-Inquiry Camp will use some hard science, with a bit of fun, to engage campers in discovering how they fit into the ecosystem.

The Arboretum's Creative Kids Camps provide children access to a truly enchanted place. For more information about the camps, visit www.adkinsarboretum.org and download a camp brochure. Space is limited and advance registration is required. Sign up your young adventurer to grow with the Arboretum. Give the gift of summer camp with an easygoing, relaxed atmosphere in which creativity and a sense of fun can flourish.

There is a garden in every childhood, an enchanted place where colors are brighter, the air softer, and the morning more fragrant than ever again.

—ELIZABETH LAWRENCE

Teach interpret plant enjoy!
VOLUNTEER OPPORTUNITIES

Weekly Opportunities

Visitor's Center Receptionist
Help greet and orient visitors at the Visitor's Center. Training provided.

Nursery Work Crew—Tuesdays

Outdoor Work Crew—Thursdays

School Field Trips and Summer Camp
Be creative and help teach children about nature and conservation. Volunteers assist instructors as well as plan and lead classes.

Preschool Children's Programs
Classes are offered for children ages 3 – 5. Volunteers help with setup and cleanup, assist with crafts, join the singing, set out snacks, and read.

Other Opportunities

Arboretum Events
Volunteers are welcome to assist staff in preparing for the Arboretum's spring and fall Native Plant Sales, the Spring Symposium, Halloween Haunted Hayride, Fall Family Festival, and Greens Sale.

Arboretum Outreach
Help promote the Arboretum's mission at community events.

Membership Promotion Team
Join a team of volunteers working to promote the benefits of Arboretum membership.

Program Hosts and Hostesses
Hosts/hostesses are needed to assist with refreshments and to greet and register participants at education programs and art receptions.

Special Volunteer Projects
Propose your own volunteer project. Ongoing projects include writing articles and teaching the public about native plants and sustainable horticultural and gardening practices.

For more information, including volunteer schedules, contact Erica Weick, Coordinator of Volunteer Programs, at 410-634-2847, ext. 27, or at eweick@adkinsarboretum.org. Application forms can be obtained at the front desk or downloaded from www.adkinsarboretum.org. *Click on the Volunteer link to access the forms.*

The e-newsletter Volunteer Seed is published eight times a year with information by and for Arboretum volunteers. Sign up to receive it by e-mailing Erica. Hard copies are also available.

Arboretum Volunteer Basic Training

"Why Go Native?"

Save the dates: September 11, 18, 25, October 2, 9, and 16, 9:30 a.m. – 2:30 p.m.

The Arboretum announces a new training program open to prospective and current Arboretum volunteers. Space is limited, so register early!

Learn about the Arboretum's mission to promote the appreciation and conservation of the plants native to the Delmarva Peninsula. Discover the ecology and history of the Arboretum grounds. Examine the intricacies of the region's geology, soils, and plant communities. Practice basic plant identification skills. Arboretum staff, docents, and area experts will lead the sessions.

Following the training, participants are encouraged to contribute 40 volunteer hours to the Arboretum in 2009. Materials fee - $30.

September 11, History and Mission of Adkins Arboretum

September 18, Ecology Themes at the Blockston Branch

September 25, Geology, Soils, and Evolutionary History at the Arboretum

October 2, Native Plants, Plant Communities

October 9, Native plant identification practice, Plant/animal/human interaction

October 16, Arboretum conservation and restoration projects

Children's teacher Debbie Johnson leads a wetland program.

Docent Naturalist Volunteer Training

"The Show is On"

October 30, November 6, 13, and 20,
9:30 a.m. – 2:30 p.m.

Pursue your dream, share your passion, and discover nature's richness by becoming an Arboretum docent naturalist. Arboretum docents lead thematic walks and outreach programs, and contribute as ambassadors and interpreters for the Arboretum.

The Docent Naturalist Training Program will include four weekly sessions. While learning about the Arboretum's conservation mission, you will also explore ways to engage your audience through theater, themes, and storytelling.

Participants are required to attend all sessions, to complete a team research project, to prepare and lead tours and outreach programs, and to attend monthly training sessions. Completion of the basic volunteer training program ("Why Go Native?") or a docent training program is a prerequisite.

October 30, Principles of Interpretation

November 6, Knowing Your Audience

November 13, Themes and tour techniques

November 20, Resources and practice

Registration is necessary for both training programs. Applications for the "Why Go Native?" and "The Show is On" volunteer training programs can be obtained at the Visitor's Center front desk or by contacting Erica Weick, Coordinator of Volunteer Programs, at 410-634-2847, ext. 27 or eweick@adkinsarboretum.org.

The Arboretum welcomes and gratefully acknowledges our new members.

Accokeek Foundation
Talbot County Department of Parks & Recreation
Ms. Liz Ahmann
Mr. Frank B. Anastasia
Mr. Malcolm Bahrenburg
Mr. and Mrs. Kenneth W. Ball
Mr. and Ms. William J. Baron
Mr. James Barton III
Mr. James Beck and Ms. Linda Sherry
Ms. Marguerite Beebe
Ms. Helen Blumberg and Mr. Bob Burke
Ms. Karen Booze
Ms. Lea F. Brooks
Mr. and Mrs. Diego Calderon
Mr. Trippe Callahan
Ms. Cheryl Campbell
Ms. Judith Conley
Ms. Rita Connolly
Ms. Diana Coslick
Mr. and Mrs. Allen Councell
Ms. Heather Crenshaw
Mr. and Mrs. James H. Davis
Mr. Raymond Delfosse
Mr. and Mrs. Jack Dillon
Ms. Sydney Doehler
Ms. Mary Dominique
Ms. Lauren Dutton
Ms. Lee Edgar
Ms. Beryl Eisweier
Mr. David Endicoff
Mr. Steve Farr
Ms. Miriam Feyerhern
Ms. Rhodana Fields
Mr. Sean Fitzpatrick and Ms. Katrina Kehlet
Mr. John Fitzroy
Ms. Sandra Frazier
Mr. and Mrs. Kevin Friedel
Mr. and Mrs. Patrick Gaffney
Ms. Karen Gaspers
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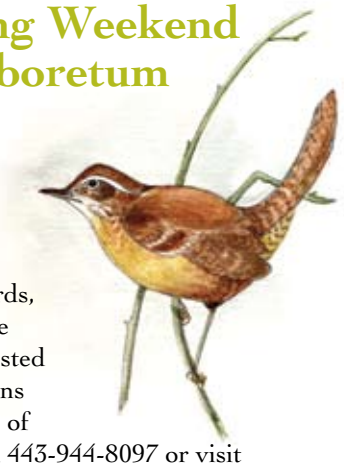
BAY DAY

Visit Adkins Arboretum's booth at
Bay Day at the Chesapeake Bay Maritime Museum
Saturday, April 19, 10 a.m. – 5 p.m.

Delmarva Birding Weekend Comes to the Arboretum



Birds and BayScapes
Friday, April 25, 8 – 11:30 a.m.
Fee: $15

Delmarva Birding Weekend celebrates the migration of thousands of warblers, shorebirds, waterfowl, and raptors. Explore the Arboretum's meadows, forested streams, and native plant gardens and learn about the importance of "bayscaping" for the birds. Call 443-944-8097 or visit www.skipjack.net/le_shore/birdingweekend/ to register. Boxed lunches will be available for $10/each.

Native Plant Lore

A Hummingbird in the Woods

By Margie Steffens, Arboretum Docent

The walk was over and we had gathered at the bridge to chat about the visit to the Arboretum. It was a bright, cool, sunny day in May, and the songs of birds were all around us. As people chatted, the docent heard a staccato buzz close by. She realized there was a ruby-throated hummingbird in the trees. Then she saw it, darting rapidly to and fro. At first, she thought that the group had startled it, but the little bird seemed to be after something. When the bird sped by, she managed to spot it with her binoculars. The bird perched not 20 feet away in an ironwood tree. Assuming the bird was feeding on insects from the skunk cabbage below, the docent expected it to dart quickly out of the woods. Instead, she saw that the bird was at work. What she carried in her long beak was a bit of lichen from the trees nearby. The tiny bird was building a nest.

Back and forth the bird flew, each time with something else in her beak. A bit of moss, a little leaf matter, and with each trip to the nest, she used her flexible body to firmly tamp down the material. Diligently she worked until she finally had what she wanted. Then the bird darted out and brought back a long strand that appeared to be spider web, and secured the nest to the ironwood tree. The docent stood in awe of the miniscule bird's handiwork and immediately turned to the group to get them interested. She took advantage of this special teaching moment to talk about hummingbirds and the Arboretum. She commented on the healthy ecosystem, evidenced by the many nesting birds identified here, and the combination of trees, plants, and insects that make it possible for birds to live and breed at the Arboretum.

This hummingbird observed in the Arboretum woods hatched two birds. Research indicates that the female often returns to the same site year after year.

It is a popular notion that hummingbirds feed exclusively on nectar from flowers or the feeders that we supply. In fact, however, the birds feed on insects a large portion of the time, especially when raising young. The protein is absolutely necessary for healthy baby birds. Scientific studies tell us that a favorite food of hummers is tiny spiders. It was obvious to the docent that the spider web was important to the hummer as well.

The ruby-throated hummingbird is a neo-tropical migrant that visits Delmarva during spring and summer to breed and raise young. It is the only species of hummingbird that breeds in our area. These birds arrive here from their winter habitat in early April.

One of the best places to observe hummingbirds is at the perennial garden in front of the Arboretum Visitor's Center. A variety of attractive flowering plants bloom there in spring and summer, and they are magnets for hummingbirds. The location is just right, for in addition to the bed of blooming plants, the nearby marsh offers insects and nectar from jewelweed for the little birds.

In the Arboretum's perennial garden, the coral honeysuckle, bee balm, gay feather, milkweed, columbine, and Joe-pye are a special feast for hummingbirds. Nature provides a healthy way to feed birds. Feeders need regular cleaning and refilling, and male hummers tend to be territorial, guarding feeders to the disadvantage of the immature birds that try to feed. Feeding hummers as nature intended, in a pesticide-free environment and with a succession of red-flowering plants and other plant varieties, will surely draw hummers to your garden. If you still want to

(continued on page 11)

(Native Plant Lore continued from page 10)

use feeders, hang several to minimize aggressive behavior by males, who simply cannot defend all of the feeders at once. And remember to keep them clean, especially in hot weather, to minimize the buildup of mildew and bacteria. With this combination of flowers and feeders, you can sit back and enjoy your garden as it hosts these tiny flying jewels.

These plants, offered at the Arboretum plant sales, are helpful in attracting hummers to your garden.

Phlox *(Phlox* spp.*)*

Cardinal flower *(Lobelia cardinalis)*

Blue lobelia *(Lobelia siphilitica)*

Coral bells *(Heuchera* spp.*)*

Bee balm *(Monarda* spp.*)*

Coral honeysuckle *(Lonicera sempervirens)*

Blazing star *(Liatris spicata)*

Milkweed *(Asclepias* spp.*)*

Bleeding heart *(Dicentra eximia)*

Guided Walks

April to November, Saturdays, 11 a.m.

Join a guided walk led by a trained Arboretum docent naturalist. Saturdays are days to walk in the woods, along the meadows, and around the Arboretum wetland and landscaped gardens. No reservations are necessary unless you have a group with more than ten participants. Saturday walks are free for members and are included with admission for the general public. All tours start at the Visitor's Center and last approximately one hour.

Docents Julianna Pax and Shirley Bailey discover spring ephemerals on a Saturday walk with Arboretum visitors.

Explore the Arboretum's diverse plant communities while walking through the meadows; exploring the coolness of the bottomland forest and the upland paths; meandering through the majestic old beech trees; and following the narrow Tuckahoe Creekside path to glimpse the creek waters and wildflowers.

Observe how understory plants adapt to the shade. Imagine what butterflies look for when they go "shopping"—whether for food or a place to lay their eggs. How do the creeks and wetlands of the Arboretum help the health of the Chesapeake Bay? By observing native plants in their natural habitat, you'll get a better insight into which adapt most easily to the mini-environment of your own garden. And you'll come away with ideas about what you can do to protect and enhance the habitat where you live.

Group Tours and "On the Road" Programs

Call to schedule your docent-guided group tour for more than 10 participants and for "Adkins Arboretum on the Road" community outreach presentations. Arrangements can be made to combine indoor presentations and tours. Call 410-634-2847, ext. 0 or visit the "What We Offer" link at www.adkinsarboretum.org for themes and fees.

ADKINS ARBORETUM

MEMBERSHIP FORM

By becoming a member of the Arboretum, you are making a significant contribution to the conservation of the Delmarva Peninsula's natural heritage. For your convenience, you may join online at www.adkinsarboretum.org/members_online.html.

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- ☐ INDIVIDUAL $45
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I WOULD LIKE TO PAY BY CREDIT CARD:

NUMBER _____

EXP. DATE ____/____

SIGNATURE _____

coral honeysuckle
Lonicera sempervirens

Plant Sale Preview Walk

Wednesday, May 7, 1 – 2 p.m.
Free

Join Conservation Curator Sylvan Kaufman on a stroll around the plant sale area. See what new plants are offered and learn about perennial favorites. Plants won't be for sale yet, but this is a great opportunity to ask questions and plan your garden.

Spring Native Plant Sale

Friday, May 9, 10 a.m. – 4 p.m.
(Members-only preview sale. ALL members welcome. Advance or minimum order not required.)

Saturday, May 10, 9 a.m. – 1 p.m.
(Members and General Public)

Spicebush with prolific light yellow flowers, fragrant native magnolias, bright Carolina pinks, and many more flowers, ferns, and grasses will be ready to plant! Twine a coral honeysuckle vine up a trellis to entice the hummingbirds. A grove of white oaks, maples, and beeches will attract wildlife and provide shade and a forest for future generations. Entice frogs and dragonflies by planting cardinal flowers, Joe-pye, and ferns by a stream or pond.

Master Gardeners will be on hand to answer plant and gardening questions, and there will be a sale of gently used nature-themed books and magazines. The Arboretum gift shop will be open and will offer books and other great gifts for gardeners.

Donations of garden books, field guides, and gardening/landscaping magazines for the used book sale are greatly appreciated. The sale helps support the Arboretum's library. Books may be dropped off at the Visitor's Center between 10 a.m. and 4 p.m. daily.

The Arboretum Board of Trustees welcomed five new Board members at its January meeting: Lynn Jarrell of Denton; Alicia Siegrist of Queenstown; and Larry Blount, Kelly Phipps, and Greg Williams of Centreville. Pictured left to right are Trustees Wayne Bell, Margaret Worrall, Kelly Hardesty Phipps, Kathy Carmean, Lynn Jarrell, Board Vice President Joe Weems, Alicia Siegrist, Greg Williams, and Board President Peter Stifel. Not pictured is new Trustee Larry Blount.

ADKINS ARBORETUM

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