



CALYPSO CHAPTER
Coeur d'Alene, Idaho

Calypso Companion

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The Calypso Chapter of the Idaho Native Plant Society meets on the first Wednesday of March, April, May and October. The Chapter schedules field trips during the Spring, Summer, and Fall. The Calypso Chapter of the INPS was founded in 1991. We continue our efforts in promoting interest in native plants and native plant communities, collecting and sharing information on all phases of botany concerning this flora. Membership is open to all interested in the native plant community.

Next Meeting

The next meeting is **Wednesday, October 1, 2014**, at 7:00 p.m. at the **Idaho Fish and Game Building** at 2885 W Kathleen, Coeur d'Alene, directly across from US Forest Service Nursery on the west end of Kathleen near Atlas Road

Agenda

Business meeting

Minutes from last meeting

Treasurers report

Old business

Clark Fork River Delta Restoration

Whitebark Pine Presentation on Sep 18

New business

Idaho Wildflower Viewing Guide
McKuen Park Native Plant Garden
2015 Annual Meeting

Photographic Review of Calypso Field Trips

Discussion of Field Trips for 2015

COME AND BRING A FRIEND!!

Meeting Notes of April 2, 2014

Derek Antonelli, President of Calypso Chapter of the Idaho Native Plant Society opened the 7 pm meeting and introduced our guest speaker, Archie Gray of the Idaho Department of Lands. The business section of the meeting was abbreviated to give adequate time for the speaker.

The focus of the program was a new forest practices rule. The new “shade rule” is being implemented to protect water quality for salmonids due to increasing water temperatures in Idaho streams. The shade rule will leave buffer zones with adequate “leave trees” in class I and Class II streams. No mechanized logging equipment is allowed in these zones. Streams are designated Class I if they are used as a domestic water supply or by fish any time during the year. Tables have been developed to guide foresters to determine the size and number of trees needed in the buffer zones based on forest type. Although there is no penalty for non-compliance a report will be generated which will be available to the public. Variances will be allowed by providing proof of equal stream protection. Tools have been developed and are available to landowners to facilitate implementation of the new rule.

The information was greatly appreciated by the group. Thank you Mr. Gray. Derek said he is compiling information for the summer field trip season and will be sending it out to members.

Respectfully Submitted,
Karen Williams, Secretary

Featured Plant For September:

Showy Milkweed, *Asclepias speciosa*

Showy Milkweed is a rhizomatous perennial 40-120 cm tall. It is softly greyish-hairy throughout, stout. The stems are hollow with milky juice.

The leaves are opposite, oblong lance-shaped with a pinkish midrib and conspicuous cross veins.

The pink to reddish purple flowers have five petals, bent sharply backwards. There are five stamens, joined to form a tube with five erect, horn-like appendages. The flowers are arranged on downy stems in large umbrella-shaped heads.

Showy Milkweed is widely scattered and common at low elevations in dry climates. Its home is in moist, sandy or gravelly open areas near streams and ditches and along roadsides and railways.

The intricate flower structure of the milkweeds is arranged to attract insects and then hold their feet in such a way that they will pick up masses of pollen as they escape. Milkweed stems produce a milky sap that contains poisonous resinoids and cardiac glycosides.

Monarch butterflies lay their eggs on milkweeds. As the larvae feed on the plants, they accumulate the glycosides, to which they are immune. The glycosides, however are distasteful to birds, which learn to avoid eating the monarch larvae and butterflies. The toxins are destroyed by heat, so milkweeds should always be cooked before they are eaten. The roots are considered poisonous. Narrow-leaved milkweeds are more toxic than broad-leaved species.

As food, the young shoots, unopened flower buds and immature seed pods are eaten fried in oil. Milkweed was often added to soups and stews to thicken broth and tenderize meat. It was usually boiled with the water thrown away and then repeated 2-3 times to reduce bitterness. The young plants could be used like asparagus and young firm pods like okra. The sweet buds and flowers were boiled down to make a thick syrup or brown sugar.

As medicine the milky sap was used to treat skin problems. It was applied to cuts and burns and to a wide range of infections and irritations, including warts, moles, ringworm, poison ivy rash, measles, corns and calluses. The plant tips were boiled to make a wash for treating blindness. The powdered roots were boiled to make medicinal teas for use as a sedative and as a treatment for stomachaches and asthma. Fresh roots were boiled to make teas for treating bowel problems, kidney problems, water retention, rheumatism, intestinal worms, asthma and venereal disease and for use as a temporary contraceptive. Seeds were boiled to make a solution for drawing poison from snake bites, or they were powdered and added to salves or treating sores.

The Seewepeme treated warts with the milky sap, and the Nlaka'pmx used it as a face-cream.

Dried juice from broken stems provided chewing gum. The seed silk was used to stuff pillows, mattresses and comforters and was even woven (with other fibers) into cloth.

The genus *Asclepias* is named for the Greek physician and god of medicine, asklepios.

