



November 2018

# Naturalists

EXPLORE. LEARN. CONSERVE.

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## In the Native Plant Garden

The garden has been spruced up by a killer group of stewardship volunteers. Some flowers are still hanging in our garden, including harebell, Henderson's checkermallow, skyrocket, cut-leaf daisy and alpine daisy. The alpine garden is lovely. The trees planted are doing very well. There is fall color in unexpected places. The garden is a good place to learn to distinguish western from mountain hemlock, grand fir from Douglas fir, and western red cedar (happy cedar) from yellow cedar (sad cedar). Go down and look for blooming plants fooled by the Indian Summer. We are always looking for study group members who would like to devote some time to garden maintenance, planning and planting. It is OUR GARDEN, and native plant gardens are a rarity in our area.



### Naturalist facebook group:



The Facebook Group is a group of Mountaineers who have a passion for the natural world and want to learn more about it.

It is called The Mountaineers Naturalist Group. It is open to Mountaineers Members who are affiliated with the Naturalist Program, either as a current or past student of the Intro to the Natural World course or as a member of the Naturalist Study Group. It provides a place for members to share photos of their hikes and trips, as well as to help with identification of species.

People can search for it on Facebook and ask to join. If they are a current member of The Mountaineers and affiliated with the Naturalist Program, they will be added.

The group is open only to Mountaineers Members as it helps us build camaraderie among our members. (There are many other Facebook groups open to all such as the Washington Native Plant Society and Western Washington Birders.).



[Facebook](#)



[Flickr](#)

# October Naturalist Hikes

SEPTEMBER 29 – MT. SAWYER AND TONGA RIDGE

OCTOBER 5 – BARCLAY LAKE

OCTOBER 3 – MAPLE PASS LOOP TRAIL



Peek-a-boo views hiding at Maple Pass



The march of the larch



Fan moss and haircap moss



Zeller's bolete in 'nest'



Lovely violet corts (continarium violaceous)



Highbush cranberry by Barclay Lake



Red osier dogwood



Mushroom hunter with spoils (bears head mushroom)



Andesite basalt

**OCTOBER 20 – COWICHE CANYON**

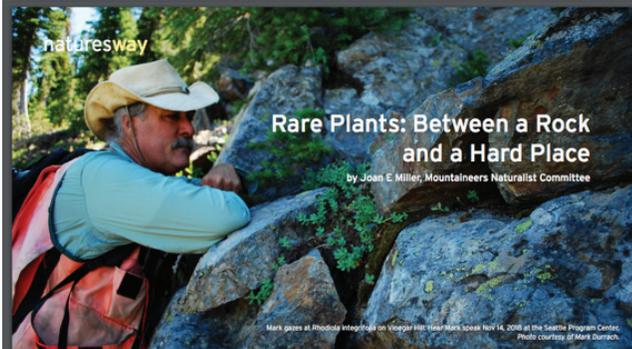


Leucistic robin – a rarity!

## 2018-19 Naturalists Lecture Series

SEATTLE PROGRAM CENTER, 7 PM

Free to Naturalist Study Group members, public welcome – donation



NOVEMBER 14, 2018 (WED) | MARK DARRACH

### Rare Plants: Between a Rock and a Hard Place

Mark, a geologist, botanist, and rare plant conservationist for US Forest Service, and Research Associate at The Burke Museum entertains as he explains the relationship between rare plants and unusual geologic substrates of western US.

**Read about Mark in the Fall Mountaineers Magazine.**

Also in the Fall Magazine an article about Julia and her program

JANUARY 9, 2019 (WED) | JULIA K PARRISH

### Marine Birds and a Warming Ocean: The Power of Citizen Science

Julia is Executive Director of Coastal Observation and Seabird Survey Team (COASST) and a professor of ocean fishery sciences at the UW. The COASST effort is helping scientists see patterns about the effects of climate change and other factors on seabirds.

FEBRUARY 13, 2019 (WED) | CHRISTIAN A SIDOR, PH.D.

### Fossils From the Bottom of The World: Paleontology at the Shackleton Glacier Camp

Chris is Associate Director of Research and Collections Burke Museum and Professor of Biology UW. He will take us on a visual journey to the spectacular landscapes of the Transantarctic mountains where the Triassic rocks he's studying are exposed, as we learn what it's like to do fieldwork in Antarctica.

MARCH 13, 2019 (WED) | GOVINDA ROSLING

### Pigeon Guillemots: A Seabird That Measures The Health of The Salish Sea

Govinda's photo rich account of their life cycle, behavioral habits, quirks and antics will entertain as she explains the Pigeon Guillemot Research Group's 15 year study and why it's important.

## Upcoming Workshop



### Mosses

JANUARY 2019

We will learn about moss and lichen identification using visual keys for common mosses and lichens in our area, followed by a field trip to identify them together. Lecture on Thursday January 24 and field trips Saturday January 26 – organized by Stewart Hougen and Gary Brill. <https://www.mountaineers.org/locations-lodges/seattle-branch/committees/seattle-naturalists-committee/course-templates/moss-workshop-the-mountaineers/moss-workshop-seattle-2019>

## Upcoming Hikes

Sign up online under *Explore, Find Activities* and check exploring nature (or click the register buttons below).

The mountain hiking season is nigh upon us, and we nats have many offerings to enjoy.



### Port Angeles & North Olympic Coast

**OCTOBER 25 - TOM BANCROFT**

Join Tom for birding over in the Olympic peninsula including Ediz Head and the Dungeness. We will look for wintering waterfowl and seabirds as well as land birds.

[Register Here](#)



### Grand Prospect

**NOVEMBER 3 - GARY BRILL**

Enjoy identifying mosses and big trees with Gary at Grand Prospect, on Rattlesnake Ridge. This close to Seattle hike will provide a good workout and show how rain brightens the forest in moss green.

[Register Here](#)



### The Stilly, Skagit & Samish

**NOVEMBER 7 - TOM BANCROFT**

Caravan and walk with Tom as we bird the deltas of the Stillequamish, Samish and Skagit Rivers looking for geese, swans, ducks, raptors and owls

[Register Here](#)



### Cape Lookout State Park

**NOVEMBER 10-11 - LINDA MOORE**

Linda will lead hikes in this state park on both weekend days. Camping and motels are in the area. This is on the northern Oregon Coast so Friday accommodations are recommended as well.

[Register Here](#)



### Wallace Falls Loop

**NOVEMBER 30 - GORDIE SWARTZMAN & STEWART HOUGEN**

Wallace Falls is crowded in the summer, but in the winter it is much less crowded and the falls and river are at their best. Join Stewart and Gordie on this loop trail to the falls and beyond. Mosses and lichens abound and there may still be mushrooms to identify in this warmer than usual fall.

[Register Here](#)



### Discovery Park

**DECEMBER 8 - GARY BRILL**

Moss identification, seabirds and strolling in this gem of a park in Magnolia. Gary is enthusiastic about mosses and has learned a lot he wants to share. This could be a prequel to our moss identification workshop, which will be in January.

[Register Here](#)

# Central Puget Sound Chapter/Washington Native Plant Society Program



## Saving Tarboo Creek

**THURSDAY, NOVEMBER 1, 2018, 7:00PM , SCOTT FREEMAN, SUSAN LEOPOLD FREEMAN**

**Seattle Program Center**

**7700 Sand Point Way N.E., Seattle**

**Refreshments, Public Invited, Admission is free.**

**Donations are appreciated!**

**It takes a village to restore a salmon stream** – In 2004, Scott Freeman and his wife, Susan Leopold Freeman, granddaughter of famed Aldo Leopold, bought eighteen acres of land on the Olympic Peninsula. The property straddles Tarboo Creek, a 7.5 mile-long stream that had been degraded over the previous century through misuse or neglect. Upon buying the land, the Freeman family became part of a large consortium of private land owners, school children, local conservation organizations, tribes, and County, State, and Federal agencies that have been working for the last 14 years to restore the Creek to a high-functioning salmon stream. Scott and Susan Freeman will tell how this story actually began in 1936, when Susan's grandfather Aldo Leopold bought a worn-out farm in central Wisconsin and began the first ecological restoration project ever attempted. The family's legacy continues, as her two sons represent the 4th generation of Leopolds to work on land preservation and restoration.

Scott Freeman received a B.A. in Biology from Carleton College in 1978. After working in environmental education and international conservation for six years, he did graduate work at the University of Washington and received a PhD in zoology in 1991. He was Director

of Public Programs at the Burke Museum. Since the mid-1990s his focus has been on textbook writing, teaching, and discipline-based education research. He is currently a Lecturer in Biology at the UW, where he teaches introductory and upper-division courses and conducts research on how active learning techniques impact student performance. He is a recipient of a UW Distinguished Teaching Award.

Susan Leopold Freeman grew up in Indiana and trained as an artist and musician at DePauw University and the Art Institute of Chicago. As a child she planted trees with her father, Carl Leopold, son of conservationist Aldo Leopold. For the past 14 years, she has played a leading role in a community-based conservation program focused on restoring Tarboo Creek to a high-functioning salmon stream. She illustrated a book about that project called *Saving Tarboo Creek*, and continues to create art, ranging from mosaics to collage to paintings in oil or pastel, at a studio in Seattle's Magnuson Park.

## Upcoming Programs:

- 12-6-18 Holiday Party!  
The Mountaineers, Goodman Room
- 1-3-19 Tim Billo Update on Seattle area fern die-off  
The Mountaineers, Goodman Room
- 2-7-19 Joe Rocchio On peatlands  
The Mountaineers, Cascade Room
- 2-12-19 Lauren Danner Crown Jewel Wilderness:  
Creating North Cascades National Park  
Bellevue Botanical Garden, Aaron Education Center
- 3-7-19 Ray Larson "The Flora of Seattle in 1850: Major  
Species and Landscapes Prior to Urban Development
- 4-4-19 Jon Bakker On prairies  
The Mountaineers, Cascade Room
- 4-9-19 Donovan Tracy "The Alpine Flowers of Mount  
Rainier"  
Bellevue Botanical Garden, Aaron Education Center
- 5-2-19 Andy MacKinnon On the role of endophytic fungi  
in the production of plant chemicals  
The Mountaineers, Goodman Room

## Odds & Ends

### Cowiche Canyon trip report by Gary Brill

OCTOBER 20TH, 2018

On a beautiful Saturday Cheryl Lamberton, Donna Hahn, John Kooch and I enjoyed the warm and sunny fall day on the trust lands of Cowiche Canyon Conservancy <https://www.cowichecanyon.org>, visiting Cowiche Canyon and Snow Mountain Ranch. We first did the longer walk, walking much of Cowiche Canyon from the Uplands Trail. After a short drive, we then visited Snow Mountain Ranch where we enjoyed short hikes on the Garry Oak trail and a part of the East Ditchbank trail. The colors were very beautiful throughout from the subtle pastels of sagebrush and rabbit-brush to the richly colored riparian shrubs and trees nearer the water course of Cowiche Creek; although the leaves in Cowiche Canyon were more dried out than at similar dates on other, wetter, and cooler years. Cowiche Canyon Conservancy has done a marvelous job in acquiring and maintaining the shrub steppe and riparian habitats of the Conservancy trust lands. Besides this enduring conservation effort on these habitats, the Conservancy has built over thirty miles of trails and has provided wonderful recreational and educational programs that serve especially communities of the Yakima Valley. I highly recommend not only visiting in spring for flowers and in fall for fall colors, but also making a small donation to the Conservancy when one is privileged to visit to support their marvelous work. The Cowiche Canyon Conservancy Fall Newsletter with an article on pollinators and the Monarch Butterfly rearing program:

[https://www.cowichecanyon.org/wp-content/uploads/2018/10/Fall\\_2018\\_CCC\\_Newsletter.pdf](https://www.cowichecanyon.org/wp-content/uploads/2018/10/Fall_2018_CCC_Newsletter.pdf)

Besides the shrub steppe and riparian ecology, Cowiche Canyon is interesting in that it has some great displays of the columnar basalts of the Columbia River Basalts, which are up to three miles thick in Central Eastern Washington, comprised of many dozens of individual flows from around 22 million to around 15 million years ago. I understand that the flows came primarily from Eastern Oregon from numerous faults and can be traced by their chemical composition from point of origin to ultimate destination when exposed near the surface. While the southern rim of Cowiche Canyon is composed of these basalts, conversely the northern rim is made up of an Andesite Flow that came from the vicinity of the Goat Rocks and flowed 46 miles down canyon to its termination at the mouth of Cowiche Canyon. This flow is the longest known Andesite flow in the world and took place 1.64 million years ago. The andesite rocks of the north rim lack the columnar nature of the Columbia River Basalts.



At Union Bay last Monday – an American Bittern! Trying to look elusive.

### Mushroom Weekend at Meany Lodge by Anita Elder

OCTOBER 5-7, 2018

Each year, The Mountaineers pair up with the Puget Sound Mycological Society to host a mushroom weekend at Meany Lodge. This special weekend offers attendees a great space to learn about foraging mushrooms in the northwest, both for in food and for other purposes. Besides a bed at the lodge, guests are treated to a wide range of mushroom treats and entrees, making this much-anticipated weekend an event not to be missed!

Friday nights of mushroom weekend include an identification lecture (usually with Jerry Stein and Danny Miller) along with mushroom canapes and dessert. The food is worth bragging about; we enjoyed mushroom dip, popcorn with truffle oil, champignons flambés, and wine baked pears filled with orange mascarpone cheese and a



A conifer bolete.



Strange-looking birds nest mushrooms.

wine reduction. Tea, coffee, and hot chocolate were also available at all times.

We were given keys to help us identify mushrooms – you can buy one of your own at <https://fungi.com/products/easy-mushroom-identification-charts>

Saturday, we broke into groups to forage for mushrooms all day. I opted to forage close to the lodge, because I wanted to try and find another huge matsutake (almost 2 pounds) and hedgehog mushroom (about a pound) like I had four years ago. Matsutakes are prized and can run more than \$47/lb in a grocery store, so when I found one last time, I took it home and ate it. Yum! These fungi also have a very distinct odor, which helps you identify them from a similar looking mushroom (once you smell it, you'll never forget it).

When everyone returned from foraging, we all dropped our mushroom finds off at the “zoo,” a large garage where tables were set up. Danny and Jerry would be sorting and labeling all the various mushrooms throughout the evening so that we could view them the next day.

Happy hour appetizers were served at 6pm in the ping-pong room downstairs (while the upstairs was set for dinner). There were tasty, flaky tartlets with wild mushrooms, spinach parmesan cheese-stuffed mushroom caps, crab-parmesan cheese stuff-caps, and some breaded, fried mushrooms. I paced myself, though, because I knew there would be a lot of food at dinner.

Dinner was served at 6:30pm. The first course was mushroom parmesan pepper focaccia (homemade) and a mushroom bouquet salad. The main course was green beans laced with mushrooms, chanterelle pilaf, a sweet potato coin topped with a mushroom butter star, and flank steak roulade and mushrooms (the pilaf was stuff inside). Did I mention that the reason I keep coming back to mushroom weekend is because of the food?!

After dinner, Danny gave a presentation about mushrooms, giving us an easier way to remember some

of the more common types. He's such a good speaker and had everyone enthralled!

Breakfast Sunday morning consisted of a fruit medley, scrambled eggs with chanterelle mushrooms, tater tots with truffle oil, and sausage patties. Notice that all the meals have a mushroom theme?

Danny & Jerry were doing more identification in the zoo, sorting and labeling the foraged mushrooms. While all that was going on, I talked to a woman who was setting up displays of fashion items, blankets, and more which had been dyed using mushrooms or lichen. I found it very fascinating and now can't wait to take a class and try some dying on my own! I found that you can take some classes at <http://mycopigments.com/upcoming-events/>.

Right before lunch, we were given a cooking demonstration (using mushrooms, of course). Then it was



Me holding a king bolete (porcini) that was found by Jerry Stein.

time to eat our last meal of the weekend. More mushroom tasties, mushroom bisque (best mushroom soup I've ever eaten!), a green salad dusted with mushrooms, hazelnuts & cranberries, and dessert (leftovers from the grand dessert buffet and candy cap mushroom sugar cookies). The cookies were very good and had a unique flavor unlike any other cookie I've eaten.

After clean-up and on our way out, everyone was given a shiitake mushroom growing kit, mushroom salt, and a pack of sprouted quinoa and brown rice (I've already harvested my first, large crop of shiitake mushrooms).

So, even if you don't care for foraging mushrooms, you can still have lots of fun eating all the delicious food over the weekend...it's what keeps me coming back for more!

## Poetry

### WEDDING POEM

By Ross Gay for Keith and Jen

Friends I am here to modestly report  
seeing in an orchard  
in my town  
a goldfinch kissing  
a sunflower  
again and again  
dangling upside down  
by its tiny claws  
steadying itself by snapping open  
like an old-timey fan  
its wings  
again and again,  
until, swooning, it tumbled off  
and swooped back to the very same perch,  
where the sunflower curled its giant  
swirling of seeds  
around the bird and leaned back  
to admire the soft wind  
nudging the bird's plumage,  
and friends I could see  
the points on the flower's stately crown  
soften and curl inward  
as it almost indiscernibly lifted  
the food of its body  
to the bird's nuzzling mouth  
whose fervor  
I could hear from  
oh 20 or 30 feet away  
and see from the tiny hulls  
that sailed from their  
good racket,  
which good racket, I have to say  
was making me blush,  
and rock up on my tippy-toes,  
and just barely purse my lips  
with what I realize now  
was being, simply, glad,  
which such love,  
if we let it,  
makes us feel.

### THE DEATH OF THE BEE

By Linda Pastan

The biography of the bee  
is written in honey  
and is drawing  
to a close.

Soon the buzzing  
plainchant of summer  
will be silenced  
for good;

the flowers, unkindled  
will blaze  
one last time  
and go out.

And the boy nursing  
his stung ankle this morning  
will look back  
at his brief tears

with something  
like regret,  
remembering the amber  
taste of honey.

### BELIEVING GREEN

By Christian Wiman

Solitary as a mast on a mountaintop,  
an ocean of knowing long withdrawn,  
she ditted the days, grew fluent in cat,  
felt, she said, each seed surreptitiously split  
the adamantine dark, believing green.

It was the town's torpor washed me to her door,  
it was the itch existence stranded me on that shore  
of big-lipped shells pinked with altogether other suns,  
random wall-blobs impastoed with jewels and jowls  
sometimes a citizen seemed to peek through,  
inward and inward all the space and spice  
of her edible heavens.

O to feel again within the molded dough  
wet pottery, buttery cosmos, brain that has not cooled;  
to bring to being an instant  
sculpture garden: five flashlit jackrabbits locked in black.  
From her I learned the earthworm's exemplary open-  
mindedness,  
its engine of discriminate shit.

From her I learned all the nuances of neverness  
that link the gladiola to God.

How gone she must be, graveless maybe,  
who felt the best death would be for friends to eat you,  
whose last name I never even knew:  
dirt-rich mouse-proud lady who Rubied me  
into a life so starred and laughed there was no need  
for after.

### NIGHT ON THE MOUNTAIN

by George Sterling

The fog has risen from the sea and crowned  
The dark, untrodden summits of the coast,  
Where roams a voice, in canyons uttermost,  
From mid-night waters vibrant and profound.  
High on each granite altar dies the sound,  
Deep as the trampling of an armored host,  
Lone as the lamentation of a ghost,

Sad as the diapason of the drowned.  
The mountain seems no more a soulless thing,  
But rather as a shape of ancient fear,  
In darkness and the winds of Chaos born  
Amid the lordless heavens' thundering—  
A Presence crouched, enormous and austere,  
Before whose feet the mighty waters mourn.

## WANDERED LONELY AS A CLOUD

William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.  
The waves beside them danced; but they  
Outdid the sparkling waves in glee;  
A poet could not but be gay,  
In such a jocund company;  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:  
For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
When is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

## MORE MUSHROOMS BY ANITA ELDER





by Anita Elder

## Seattle Naturalists Committee Officers and Subcommittee Chairs

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