

EDITOR'S NOTE:

Our cool spring ended late, with night temperatures in the 50's in the foothills through mid-May. My May 14 switch from heating to evaporative cooling seemed almost early, but Albuquerque warmed up like clockwork. Many hikes through mid-May had fewer blooms than in warmer past springs. The Pine Flats hike was delayed because it was cool. It is all part of the adventure of finding native wildflowers!

I hope to see some of you in Taos for the Annual Meeting in July. I went on my first field trip this year on June 29 in the Jemez Mountains. It was lovely!

This issue has an article about native sunflowers, several field trip write-ups to entice you to join one, education outreach you too can help with, as well as upcoming field trips and monthly meetings.

We currently need a volunteer as publicity chairperson, in September, volunteers for communications and vice-president for 2024 and 2025. Carmen Alexander, thank you for all your volunteering!

The more volunteers we have, the easier it is to do everything. You know, "many hands make light work." So whether you just want to volunteer for an upcoming education outreach event or become a board member, we'd love to have you.



While getting back in shape to join field trips this year, Craig and I walked again on the lower Cienega Springs trail June 9; enjoying this yellow swallowtail butterfly nectaring on a New Mexico thistle (*Cirsium neomexicanum*).

Photo © Diane Stevenson

Enjoy!

-Diane

COVER PHOTO

Bearcorn or Groundcone (*Conopholis alpina* var. *mexicana*) along the lower Cienega Springs trail. The creek was running May 27, 2024, when my best friend and I took a walk in the woods. Two weeks later, it was noticeably drier on the trail.

Photo © Diane Stevenson



Carole Price wanted me to thank all the contributors for memories honoring her late husband, George Oxford Miller in the Spring 2024 issue. She said the Native Plant Society meant so much to him.

- Diane

When I First Met George by Carol Conoboy

As I walked down the aisle at the Albuquerque Chapter of Native Plant Society's first Landscape Design Course with Native Plants in February 2011, there was George Miller. He stood up front welcoming people. When I asked if I could sit in the front row he smiled and quietly asked me to leave a few seats for speakers. It was early so we talked a little about the killing frost. When the lights dimmed George spoke.

George talked about becoming citizens of the high desert and landscaping with native plants of the southwest, whether in the Petroglyphs, the bosque or the high mountains. The Native Plant Landscaping philosophy: to repair the environment, use nature's diversity, create a sense of the southwest and make restorations low maintenance. George spoke quietly, but strongly and with passion.

George spoke of preserving diversity in the Chihuahuan Desert and shared photos and names of native plants that could be planted sparsely, giving them room to grow. I don't know whether it was his words or his presence that made me want to design gardens with native plants, but he changed my life. Planting native trees, shrubs, wildflowers, vines, groundcovers, and cacti became paramount that day.

President's Message Tom Stewart

Living things are unpredictable yet hope springs eternal. This year I'll have the best tomato crop ever, right? We garden for wildlife, create backyard habitat, then we'll have a resilient landscape with happy critters, pretty flowers, and beneficial insects. So how is it going for me in my third summer after converting much of my yard?

My weeds, the plants coming up along the curb and edging the sidewalk, are now tufted evening primrose with morning bouquets of white to pink trumpet flowers, and Indian rice grass with airy sprays of rounded grains. I didn't ask for this! My makeshift meadow greened up right away after the rain we received; grama grasses are like that. Among the bunch grasses is a low spreading legume with nice blue-green feathery leaves, now with spikes of little orange flowers. Close up, they are as pretty as any orchid. This is a weed called hog potato (*Hoffmannseggia glauca*). It looks good and its tubers are said to have been baked and relished by native North Americans.

I expected my golden currant bush to fruit again this year. It is a true bumper crop, maybe the result of the long-horned bees pollinating it earlier. Look! Movement under a stem laden with shiny berries. I was only half surprised to find my juvenile box turtle helping herself to some low-hanging fruit. She'd better fill up soon because any day now the robins will catch on to the sweetening bounty and make off with all of it in a day or two.

Lizards have not survived long at my place because the hungry neighborhood roadrunner must eat to survive. This year there is a chubby side blotch lizard who enjoys more protective cover than did his sacrificial predecessors, yet he always finds chances to sun himself on the wall.

Ladybugs were very numerous this spring. A more exciting insect sighting was an immature assassin bug I found clinging to a blackfoot daisy (see photo at right.) They prey upon leafhoppers, including ones that spread plant viruses. I didn't ask for little assassins, but I will let you know how my dreamed-of tomato crop turns out!



Our Native Plant Society chapter is another thing that defies prediction. Will anyone step up and volunteer to be on the board this coming year? Or, with our 40+ year history, will the Albuquerque chapter become a fond memory? Some board members are moving



out of state or turning to other pursuits, having done their good deeds for a long time.

You don't need to know a single Latin name or know what a hog potato is or suffer through endless meetings to become a member of our chapter Board of Directors. We just need volunteers with a little time who want to join in our efforts to increase public awareness, education, and enjoyment of native plants. Let's all keep them growing in our community and in the wild. Our need is real.

Please write to me at abq [at] npsnm [dot] org or catch me at our monthly meetings or on a field trip.

-Tom



Checkered skippers (*Burnsius albescens/communis*) are common on Asteraceae after monsoon rains in central New Mexico
Photo © Elliott Gordon

Education Outreach 2024: August & September Tabling Events Carol Conoboy

Sign up and Save the Dates

We encourage new volunteers to help with education outreach (aka tabling.) Come join the fun!

Summer Wings Program Saturday, **August 3**, Rio Grande Nature State Park 2901 Candelaria Rd. NW, Albuquerque NW, NM 87107. Details will follow.

Build Your Backyard Refuge Day at Oso Grande National Wildlife Refuge, 7851 2nd Street SW Albuquerque, NM 87105. **September 21, 2024**, 9:30 am-1:00 pm.

Watch your e-mail for other events. They will be added as they arise.

Please contact carolconoboy [at] gmail [dot] com or 505 518-2171 to sign up for tabling at these events

Spring 2024 Tabling Event Report Carol Conoboy

Thank you to our volunteers, who made these tabling events successful. These education outreach events are well worth repeating.

Build Your Backyard Refuge Day March 23 at Valle de Oro National Wildlife Refuge was a great success. Many volunteers participated and 275 attended. Many were interested in native plants. The stamps in their booklets toward winning free plants were a great incentive for people to stop, talk to us and ask questions.

The **Third Annual Garden Expo** April 6 at Loma Colorado Public Library in Rio Rancho was a tremendous success. Many groups and hundreds of people participated, well exceeding the 375 participants who attended last year. After four hours of tabling, people of all ages continued to visit our table and ask questions. Girl Scouts asked us the names of our favorite native trees and wildflowers and why they were our favorites.

The **Spring Garden Fiesta** tabling on May 11 at Rio Grande Nature State Park was successful. It was held on the path of the RGNSP plant sales rather than the main visitor path which limited the number of people who interacted with us.

The **World Bird Migration Day** May 11 tabling was done in conjunction with Bird Alliance of Central New Mexico (Audubon Society) at Albuquerque Biological Park. This highlighted the relationships between plants, birds and all of nature. People of all ages participated and asked plenty of questions.

Why I Love Sunflowers in Albuquerque Photos & Story by Elliott Gordon

The genus *Helianthus* (family Asteraceae) may be the most recognizable flower on Earth. These cheery, yellow flowers are a symbol of sunny summer days. Just looking at pictures of them makes me feel happier.

In New Mexico, there are 11 species of Helianthus recognized by *Flora Neomexicana* (Kelly Allred, 2024). Two species, common sunflower (*Helianthus annuus*) and prairie sunflower

(*Helianthus petiolaris*) are found in most counties and habitat types. In fact, *H. petiolaris* is known from 41 states and 4 Canadian provinces, making it one of the most successful plants on the continent. It should be no surprise that it's also one of the most beneficial pollinator plants you can grow.

Quick identification tip: *H. petiolaris* tends to have small, lanceolate leaves and lanceolate phyllaries versus large, ovate leaves and ovate phyllaries on *H. annuus* (*Flora of North America*). In addition, *H. petiolaris* usually branches more/wider and the flowers are smaller in comparison.

I love sunflowers because I support pollinators. In the western United States, there is no better plant to support native bees than *Helianthus*, with 101 documented specialist bees (Jarrod Fowler, 2020), and hun-



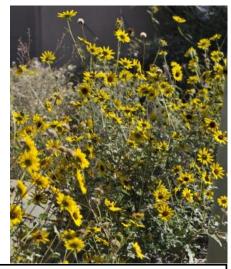
dreds more generalist native bee species you may see. The bordered patch butterfly requires sunflower leaves for its caterpillars and several moths use them as larval food plants. Sphinx moths, flower flies, blister beetles, ants, and plants bugs are all attracted by vibrant stands of sunflowers. And, when the seeds are ripe, goldfinches won't be far away.

Another reason I love prairie sunflowers, specifically, is how they fit into my garden. They germinate easily from seed and require no irrigation, shade, or other effort on my part. They bloom early and often - the first *H. petiolaris* flower was May 23, May 20, and May 29 the last 3 years. After the first hard freeze, the plants wilt and die, and it

doesn't take long before they dry into brown toothpicks that can remain in place as stem-nesting bee habitat or be collected for mulch, compost, or kindling. Watch your feet around last year's stems the next spring, for sprouts emerge as early as March if it's warm enough.

There are more benefits beyond leaves and flowers for attracting wildlife. Worldwide, more than 30 Aphid species are known to feed on *Helianthus* (Aphids on the World's Plants, web). Aphids on native plants in a garden are one of the best signs of success, ironically. First, it means that your plants are chemical-free, which benefits all animals that may visit. Second, the presence of aphids is a sure sign that "good bugs" are on the way, including: green lacewings, hover flies, lady beetles, aphid flies, aphid mummy wasps (parasitic), and aphid hunting wasps (solitary). Aphids are also a food source for hummingbirds! Did you know that "insects and their importance to migratory birds" was the focus of this year's World Migratory Bird Day? I hope you'll plant sunflowers this

year, and please let us know what animals you



Clockwise from top right in my garden: Female green metallic sweat bee, *Agapostemon angelicus*; prairie sunflower plant, *Helianthus petiolaris*; yellow-shouldered drone fly, *Eristalis stipator*, is one of the bee mimic hoverflies.

Join the Yerba Mansa Project's next Bosque Restoration Field Day

Dara Saville

When: Saturday September 21 (9am-noon)

Where: Tingley Beach area

What: Improving habitat and native plant communities through re-planting,

re-seeding, and removal of ravenna grass

Who: Everyone, all-ages are welcome

Why: Come together in community to steward the Bosque and its native

plants

Please RSVP: dara [at] YerbaMansaProject [dot] org

(Let us know how many people and if you are coming with kids or have any mobility issues so we can assign you to an appropriate work group.)

For More Information, See the Yerba Mansa Project webpage:

https://yerbamansaproject.org/

Dara Saville is the founder and instructor at Albuquerque Herbalism

and author of *The Ecology of Herbal Medicine*

https://albuquerqueherbalism.com/



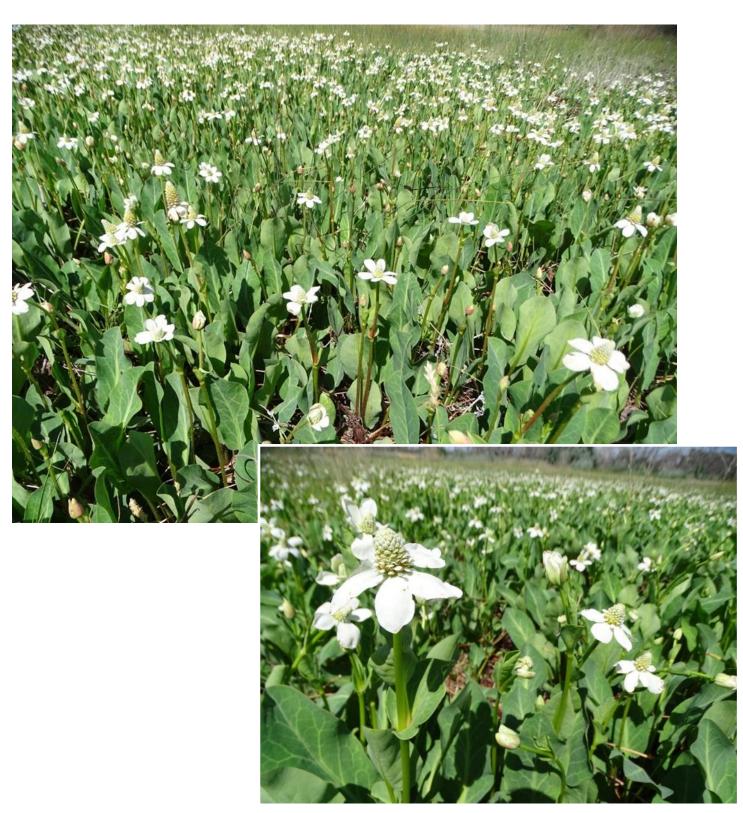
Photo by Madison McClintock



Yerba Mansa,
Anemopsis california,
at Whitfield Wildlife
Conservation Area in
Belen on the June 8
field trip
Photo © Lee Regan

More of Lee's photos of Yerba Mansa, *Anemopsis california*, at Whitfield Wildlife Conservation Area in Belen on the June 8 field trip. What a beautiful wet meadow!

Photos © Lee Regan



Geology Lessons Among the Flora A snapshot of a flower hike with Kent Condie Photos and descriptions by Kent Condie



Every member of our facebook group can learn a little geology while they go on wildflower field trips with Kent Condie. It is worth a bit of facebook annoyance to see what our members post. Kent often uses a pencil for scale in his photos.

June 8 on the Piedra Lisa – Del Agua trail loop in the northern Sandia Mountains. Steep climb, lots of rocks and fallen trees to cross in places, very hot (over 100 degrees by mid-day), 26 species still in bloom, although many are fading rapidly.



Nice outcrop showing the Sandia granite (1.45 billion years in age) intruding and breaking up the Proterozoic metasedimentary rocks.



Spectacular outcrop of migmatitic metasediments. These metasediments, deposited and metamorphosed some 1.7 billion years ago, are shown here partially melted in response to intrusion of the Sandia granite 1.45 billion years ago. The zones of partial melting, known as leucosomes, are the white bands.





Three Gun Springs Field Trip April 28, 2024 By Pam McBride

The timing of this field trip was at least two weeks too early to enable the eight native plant enthusiasts to see many plants in bloom. The most spectacular plant was cliff fendlerbush (*Fendlera rupicola*) pictured at right taken by Elisa Gagliano who was kind enough to capture the rest of us peeking around the edge of this beautiful native. We saw several plants in the beginning stages of bloom including green pitaya (*Echinocereus viridiflorus*). We found a few trumpet gooseberry (*Ribes*)

leptanthum) in bloom as we were beating through underbrush to try to find the spring (we never found it.) We were headed in the right direction because there was a patch of the dreaded Dalmatian toadflax (Linaria dalmatica) growing on the way to the spring the last time we looked for it and it is still there. This plant is native to the Mediterrane-

an area and was introduced sometime in the late 1800s to early 1900s. This should not be confused with the native toadflax in the sandalwood family with an unattractive and frankly insulting common name for a very pretty plant: bastard toadflax (*Comandra umbellata* ssp. *pallida*). The leaves supposedly resemble toadflax, but why bastard? I have encountered this plant in bloom at Pine Flats.

We enjoyed each other's company and had a pleasant day of plant hunting.







Photos & photographers clockwise from top right: field trip group (Elisa Gagliano), close-up of *Fendlera rupicola* flower and cliff fendlerbush in full glorious bloom (Pam McBride), bastard toadflax (Lenore Goodell)

Editor's Field Trip Safety Note: Look carefully where you step off the trail. Behave. Respect wildlife. A rattlesnake was audibly annoyed by a participant who almost stepped on it while looking at a flower during a recent field trip. Last year, several participants were too close to a bear cub, causing it to wail for mom.

Please do not endanger wildlife or the group with your thoughtlessness. Take a few minutes to read our NPSNM bylaws on our chapter webpage to know your responsibilities on field trips.

My ABQ Frontyard Refuge Summer 2024

Photo and Story by Diane Stevenson

When my son was four, we moved to our house on a mostly wooded acre. He wanted to create a bird sanctuary. It is the inspiration for my current gardens, a tiny city lot with about sixty native plants and a few preexisting nonnatives in the front and a few natives with drip-irrigated annual vegetables in the backyard. My spring additions were 3 creeping Oregon grape hollies (*Berberis repens*), another groundcover under the ponderosa pine.

I provide *core* wildlife habitat, year-round-water, for the ABQ Backyard Refuge Program. The Friends of the Valle de Oro National Wildlife Refuge created this program to increase habitat for our wildlife neighbors since we humans create more parking lots and buildings rather than preserve trees and natural areas.

A certified ABQ Backyard Refuge participant, I write an annual report like this one to get my 2024 sticker for my sign and recertification for next year. Wildlife has known where to find water and cover since 2017 under my stewardship. This year's male ladder-back woodpecker chick benefitted from suet I provided its parents in the ponderosa pine shade. Before the chick fledged, each parent would come daily (at about the same times of day), chase off house finches, bushtits and sparrows, then collect food from the tree and suet feeder. Who knew bushtits would eat suet or woodpeckers would eat hummingbird sugar water? The parents made a sharp *chik* sound when I was too close to the tree. Interestingly, nesting robins made the same sound when fussing about our neighborhood roadrunner being too close, so observation was key to identifying maker of the sound. When the suet feeder was empty, I would hear a repeated *chik chik chik* woodpecker complaint to "hurry up and put more suet out!"

After providing native plant habitat for wildlife for 7 years, I enjoy editing (removing weeds, trimming and thinning branches) and using pine needles, aka pine straw, as mulch. I can sit and watch the wildlife show any time in daylight and sphinx moths at dusk. Towards the end of June, I was sitting on the shady front porch after lunch and saw a (female) New Mexico whiptail lizard (*Cnemidophorus* or *Aspidoscelis newmexicanus*) foraging jerkily in the leaf litter under my roses. I had seen baby lizards but not this adult before. It turns out these lizards are parthenogenetic. Aww, look it up in a paper dictionary for fun.

Soon, someone will call or send me an e-mail asking for help getting certified as an ABQ Backyard Refuge participant. It is something *you* can do at your home or office to make a difference to *these* bushtits (their group name is a 'cloud') or *that* hummingbird by providing native flowering plants. Sure, you may have to drive to Plants of the Southwest to buy a few natives, but it doesn't involve a *lot* of driving nor a lot of water. All yards need maintenance. It's easy to pull weeds after an occasional rain and take photos with your phone camera. Try to catch a hummingbird in one place (good luck with that!) I have more stories about wildlife encounters in my yard than pictures; lower blood pressure because it is lovely to relax in my garden.

Get certified as an ABQ Backyard Refuge: friendsofvalledeoro.org

Contact me if you need help with certification, or tell me how your native plant garden is doing.

Happy gardening & wildlife watching.

Diane Stevenson

distevenson331 [at] hotmail [dot] com

call/text 918-207-5335



Summer and Fall Field Trips

June 26, 2024 update

All field trips are subject to revision and details will be sent to your member e-mail address. Always contact trip leaders at least two days ahead of time (48 hours) to learn final arrangements as dates, meeting times, and locations often change after the schedule is published.

For future field trips or to volunteer as leader or coleader, contact Field Trip Coordinator Sharon Miles: sharon [at] seniorcareoptions [dot] net, 505-604-6307.

June 29 (Saturday) Las Conchas Canyon, East Fork of Jemez River, Jemez Mountains. Leader: Lee Regan 505-377-5183, Inbregan2 [at] gmail [dot] com. We leave at 8:00 am, 70 miles. A level, out-and-back walk of 3 miles along riparian habitat; elevation changes are minimal, with several bridge crossings. Bring lunch. We will carpool due to limited parking.



Woods rose (*Rosa woodsii*), its fragrance highlighting the walk down the East Fork of the Jemez River June 29; flower hikers in background. Lee Regan started with Lenore Goodell's 95 item plant list scouted by him & Doris Eng the day before. The next day, monsoon rain came.

Photo © Diane Stevenson

July 13 (Saturday) West Side Garden Tour. Leaders: Janet Mura and Carol Conoboy (201) 952-3653, jimjanetmura [at] gmail [dot] com, carolconoboy [at] gmail [dot] com, 505-518-2171 Start at Carol Conoboy's house in Corrales at 8:30 am, then to Janet Mura's at 10:00am in Rio Rancho.

July 20 (Saturday) Coati Pond Outdoor Environmental Classroom Tour at Sandia High School. Leader: Jason Roback, roback [at] aps [dot] edu, 505-545-7899. The tour will showcase the overall ecological design plan of the pond area, demonstrations of student lessons, exploration of the pond's native flora, fauna, ecologic samples, and greenhouse.

August 3 (Saturday) Zuni Canyon in Zuni Mts. Leader: Lee Regan 505-377-5183, Inbregan2 [at] gmail [dot] com

August 10 (Saturday) Valle Grande/Valles Caldera, Stop and Go car tour, Leader: Lenore Goodell 505-867-5877 (home) 505-717-6078 (mobile), fisheye-of-placitas [at] comcast [dot] net

August 17 (Saturday). Tentative. Picnic in Sandia's at Doc Long Picnic Grounds.

Late August Mushroom Foray in Sandia Mountains with Cleve Sharp. Date to be announced because it depends when mushrooms appear.

August 31 (Saturday) Sulfur Springs Canyon, far west side of Valles Caldera, volcanic rim exposed. Kent Leader: Kent Condie, kentcondie1 [at] gmail [dot] com or leave text at 505-359-8120

September 7 (Saturday) Sandia Mountains. *Tentative—Need a leader*

September 28 (Saturday) Oso Grande Pollinator Habitat at Oso Grande Park, Albuquerque NE Heights. No carpooling needed, early evening before sunset. Leader: Tom Stewart at tomstewart [at] swcp [dot] com or text 505-373-8779.

July - September 2024 Meetings

Scheduled monthly meetings are normally held the first Wednesday of each month (except August and December) at 7:00 pm at the UNM Continuing Education Building, 1634 University Blvd. NE, Albuquerque, NM. Meetings and presentations are free and open to the public.

Meetings start at 7 pm. Please come early for socializing and browsing our native plant books for sale.

For more information, contact Sara Keeney at abq [at] npsnm [dot] org or 505-379-3392.

July 3 Movie Night —Join the group for something different—a chance to view an informative and thought-provoking video together. Biologist Douglas Tallamy uses wonderful graphics to show how it all functions — plants to insects to birds, etc.— to keep this planet alive. He explains the why and how that make you, your property and what you plant nature's best hope. Video created for the Smithsonian Institution. Bring your own popcorn!

July 25 to July 28, 2024 - Annual NPSNM Conference, Taos, NM

August: No Meeting

September 4 Meeting: Lenore Goodell: Native Plants of the Ojito Area—Lenore will share an essay in images -16 years of visits to Ojito Wilderness and vicinity. She says, "I hunt for flowering plants, attempt to understand their habits and habitat, and record in light the beautiful landscapes they are surrounded by."

October 2 Meeting: TBD

November 6 Meeting (tentative:) Matt Hurteau, NM Reforestation Progress - finding enough seeds and growing enough seedlings for extensive reforestation in our state.

December Potluck & Officer Election *Tentative Date*: Saturday, December 7, midday. Location TBD



Twin-berry honeysuckle, *Lonicera involucrata*, showing twin berries maturing on Las Conchas, Jemez Mountains, June 29

Photo © Diane Stevenson

Etcetera

- * The Santa Fe Botanical Garden and Institute of American Indian Arts hosted Citizen Potawatomi Nation botanist and author Dr. Robin Wall Kimmerer to Santa Fe on August 31, 2022. The NPSNM Santa Fe Chapter has a link on their webpage to the one-and-a-half-hour talk entitled: "Braiding Sweetgrass: What does the Earth Ask of us?" (The Opening Prayer begins about 9 minutes into the recording): https://santafebotanicalgarden.org/robin-wall-kimmerer/
- * There is a Xerces Society article about providing water for pollinators here: https://xerces.org/blog/if-youre-thirsty-make-simple-water-source-to-support-pollinators
- * Our website, https://www.npsnm.org/about/chapters/albuquerque/ now hosts the late George Oxford Miller's Wildflowers of New Mexico website: https://www.npsnm.org/wildflowersnm/Home.html
- * Check out the American Red Cross Emergency App. It's best to be prepared for floods, fires & tornados if there is cell & text service where you are out and about: https://www.redcross.org/about-us/news-and-events/news/2022/check-out-the-new-and-improved-red-cross-emergency-app.html

I would LOVE to hear from you!

Feedback, articles, photos, book reviews, and news submissions for the Albuquerque chapter NPSNM Autumn Newsletter should be submitted via e-mail to Diane Stevenson distevenson331 [at] hotmail [dot] com by September 22, 2024. *Thank you!*

Become an NPSNM Member:

Join at https://www.npsnm.org/about/join/

NPSNM is a non-profit organization dedicated to promoting the conservation of native New Mexico flora. The Society, and its local chapters, work to educate its members and promote the conservation of our native flora so future generations may enjoy our valuable resource.

Membership Benefits

Members benefit from regional chapter meetings, field trips, an annual meeting, and four issues of the state newsletter each year. Some chapters also hold plant sales and annual seed exchanges and offer discounts on a variety of books providing information on native plant identification and gardening with New Mexico native plants.

Albuquerque Chapter Benefits

Members who show a valid NPSNM membership card

Qualify for Plant World membership Receive a 10% discount at Plants of the Southwest

NPSNM Albuquerque Chapter 2023 Board of Directors

President: Tom Stewart
Vice President: Carmen Alexander
Program: Sara Keeney
Secretary: Dara Saville
Treasurer: Dan Benton
State Board Rep.: Dana Loy
Membership: Ann-Marie Yaroslaski
Newsletter Editor: Diane Stevenson
Conservation: Pam McBride
Outreach Events: Carol Conoboy

Core Group (essential volunteers)

Books: Lee Regan
Communications: Carmen Alexander
Field Trip Coordinator: Sharon Miles
Publicity: Vacant

Please note: Vice President, & Communications position will be vacant before the end of the year. Information is available in our bylaws about duties. Contact any board member if you are interested in serving our chapter.