

# HEP Happenings

## Holton Eco-Preserve Newsletter

A Community Outreach Program of the Unitarian Universalist Church of Fort Myers



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*"story" to pegger103@hotmail.com*

### COMMUNITY GARDEN NEWS BILL BREWER FAMILY GARDENS BEGINS 2ND AMAZING SEASON

We are starting our 2nd season at the Bill Brewer Family Gardens and invite our friends and neighbors to join us by becoming a Holton Eco-Preserve members and renting a garden bed. Last year we were fortunate to meet so many of our South Fort Myers neighbors who rented garden beds. We are looking

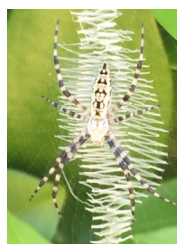


forward to seeing many of them back for our 2<sup>nd</sup> season and welcoming new neighbors, as well. This year we added another 24 beds making a total of 100 garden beds in the formation of a Medicine Wheel.

Further, we finished the corner mini-botanical gardens in the theme of the four Medicine Wheel quadrants—Fire, Water, Earth and Air. Being among the gardens and the Holton Eco-Preserve is such an up-lifting greenspace experience. This season we are offering an incentive to existing renters until November 30: If you recommend someone to become a new Holton Eco-Preserve member and rent a new garden, both you and the new renter will each receive a \$10 rebate.



Lynx Spider eating black swallowtail caterpillar



Golden Yellow Orbweaver

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### GARDENER'S CORNER

"I really enjoyed the garden bed I rented in the community garden for several reasons. First, it took much less time to maintain the garden bed than I thought it would. With the automatic sprinkling/watering system, I was never afraid the plants in the garden would die for lack of moisture if I was traveling or could not get to the garden every day. Weeds were nominal, and picking fresh veggies for dinner was a thrill. Imagine what it is like to eat an eggplant that was picked less than two hours ago. Talk about fresh!!! I am renting again this year!

Peg L.  
Community Gardener

*If you would like to share your community gardening experience, please submit your*

## HABITATS ON THE HOLTON ECO-PRESERVE

### Nature Trails - Invasive Plants

The "North Woods" is now dry! As a seasonal wet zone, it is often under water in the rainy season. On our last preserve tour, we discussed the increasing number of invasive plants returning to the wooded area. It is a never ending battle to keep invasive plants from "taking over" a natural habitat. Some invasive plants you may have heard about that are present in the North Woods include:

- **Wedelia** (groundcover/yellow flowers)
- **Old world climbing fern** (vine)
- **Java plum** (edible fruit tree)
- **Melaleuca** (tree - one of the worst!)
- **Brazilian pepper** (tree in poison ivy family)
- **Cesarweed** (herb)
- **Earleaf acacia** (shrub/tree)

We continue to discuss the best ways to manage the invasive species on the HEP grounds. The majority of the time, it has to do with physically removing the species through manual labor... by our volunteers!

To report invasive plant or animal species, you can contact SW Florida CISMA. (Cooperative Invasive Species Management Area)

#### Report Invasive Species Sightings in Florida:

- If you've got a live invasive animal in front of you in Florida right now, call **1-888-IVE-GOT-1**
- **Website:** <http://www.floridainvasives.org/Southwest/>
- Link to more information on several of the plants listed at: <http://www.floridainvasives.org/Southwest/Species/type.cfm?id=1>



### GOING GREEN

#### TIP OF THE DAY

Ann Kolb Noyes, in her Book *Nontoxic Household Cleaning*, suggests using 1 TBLS of vinegar in 6 cups of water as a fruit/veggie rinse. Leave produce in the solution for about 1 minute, and rinse thoroughly.



Southwest Florida  
Cooperative Invasive Species Management Area

## NATIVE PLANT NEWS

**Bahama Cassia** - *Cassia chapmanii* (Zones 10 - 11)

**Privet Cassia** - *Cassia ligustrina* (Zones 9 - 11)

To bring the sulphur butterflies to your yard, these are two native plants that will do the trick! Sulphurs are the various sized yellow butterflies that are quite common. They are rapid flyers and are not all that easy to photograph (at least for some of us!!!). The plants listed above are both a larval and a nectar plant for several sulphur butterflies. These shrubs are very similar... each like sun, grow in open habitats, reach a height of about 6-8' and have long, slender seed pods. In fact, the sulphur butterfly caterpillar below looks very much like a dried seed pod! Clever, aren't they!!! On the left is a Bahama cassia with a hungry caterpillar, on the right is a privet cassia. The privet cassia is seen as a "prettier" plant by some due to the fact the leaves are more finely textured. Both are somewhat short lived and look "neater" when pruned periodically.



HEP - after summer rains

## SEEDS AND PLANTS FOR SALE

### NEW AMENITY AT HEP

Are you looking for clean (always pesticide free!), locally grown plants for your garden beds? Looking for organic seeds? Every Saturday from 8am - 4pm, by the garden, and eventually at the nursery. Adrienne Diaz, of Miss Potter's Place, will make available her veggie and herb seedlings and her garden seeds. Plants range from \$2-\$5 each, and they will be clearly labeled and priced. All seed packets are only \$2!

## HEP CLASSES AND EVENTS

### VEGGIE GARDENING MONTH -TO-MONTH

#### WHAT TO DO IN YOUR SW FLORIDA VEGGIE GARDEN THIS MONTH

- When: Nov 5th at 9:00 am - 10:30 am in Hobart Hall

Now that you have a raised Veggie Bed what do you do? Learn what veggies can be planted this month, what are their growing habits, tips on keeping them healthy and bug free, and how to know what is ready for harvest!

**\*\*\* Appropriate plants and seeds will be available for sale.**



### BACK BY POPULAR DEMAND!

#### USING FL FRESH PRODUCE IN YOUR KITCHEN SERIES

##### LEARN HOW TO GROW YOUR OWN SPROUTS

- When: Friday, November 11, 2016 at 10:00 - 11:00 am in Hobart Hall
- Feel free to bring a snack or your bagged lunch
- Class fee: \$15 per person.



Growing greens outdoors in SWFL's warm fall, winter and spring weather can sometimes be tough - sometimes you get a harvest and sometimes they bolt too early. And growing greens in our HOT summer weather is impossible. Learn how to keep yourself in greens all year long ... by sprouting! At our next BRINGING THE HARVEST INTO THE KITCHEN class, Friday, November 11th, we will be having SWFL's sprouting expert, Christine Lindsey aka The Sprout Queen (<http://www.thesproutqueen.com/>) come teach us! You will NOT want to miss it!!

Sprouting at home can be easy and not require fancy sprouting machines. Sprout Queen's "Learn to Sprout" 2 hour class will cover simple glass/mason jar sprouting and how to grow buckwheat 'lettuce', sunflower and pea greens, and wheat-grass. Soaking time and methods, surrounding temperatures, and air flow among other things are discussed. Sprout samples will be offered for tasting. Seed and other sprouting supplies will be available for purchase (cash or check only) at the end of class.

Sprouting equipment and seeds will be available for purchase - Holton Eco-Preserve members receive a FREE sprouting jar!

### THE COCCOLOBA CHAPTER OF THE FLORIDA NATIVE PLANT SOCIETY PRESENTS:

#### SAVING MONARCH BUTTERFLIES

##### SAVING MONARCH BUTTERFLIES BY SAVING NATIVE MILKWEEDS

- When: Friday, November 17, 2016 at 7 - 8:15 pm in Hobart Hall
- Free Talk by Scott Davis



The Monarch-milkweed initiative at St. Marks National Wildlife Refuge is a program that sprang up in response to the federal initiative to "Save the Monarch!" Monarch butterflies are incredible creatures for many reasons. They make the longest migration of any species (3,000+ miles!) from as far as southern Canada to southern Mexico. They are important pollinators. Some estimates range from a 90-99% decline since 1990. Female monarchs only lay eggs on milkweeds and it is the only source of food for caterpillars. In order to bring back healthy numbers of monarchs, we need to increase numbers of their host plants, the milkweeds.

St. Marks Refuge Ranger Scott Davis has developed a long term plan to support the monarch butterfly in the Big Bend of Florida by sourcing local milkweed species to provide an ongoing seed source for the refuge. They also distribute as many seedlings as possible to conservation lands. More milkweeds = more monarchs!

Scott Davis will be in Fort Myers on to explain the initiative and his work. This event is completely free and refreshments will be served while supplies last. This informative and exciting talk will be at Holton Eco-Preserve at Unitarian Universalist Church, 13411 Shire Ln., Fort Myers, FL 33912. Shire Lane is off Daniels between Six-Mile Cypress and I-75. This event is hosted by the Florida Native Plant Society and friends. For more information, please visit [www.FNPSCoccoloba.org](http://www.FNPSCoccoloba.org) or call (239) 273-8945.



## HEP COMMUNITY OUTREACH

**Lee Plein Air** - Lee Plein Air provides a friendly, non-competitive forum for artists to meet at different locations around Lee County to paint outdoors, 'en Plein Air'... They asked to paint on our beautiful grounds and shared their artwork with us. Whether you are a new or seasoned artist, you are welcome to join this group as they travel around Lee County finding places of interest to paint. For more information on this outdoor painting group visit: <https://www.facebook.com/groups/1384282881894064/>



Painting by Denny, reflection area around HEP pond



Painting by Mo, reflection area around HEP pond



Painting by Susan, outside Hobart Hall screened porch (where many HEP classes and workshops are held)



Painting by Barbara, off boardwalk

## HONORING OUR VETERANS

Are you a US veteran or know a veteran who might be interested in growing organic, fresh produce in a community garden setting? We have two garden beds that have been donated for use by one or more veteran(s). The garden beds are conveniently located near the Shetland Lane parking entrance of the community garden. One garden is wheelchair accessible. All that needs to be done is contact Peg at [pegger103@hotmail.com](mailto:pegger103@hotmail.com) to discuss "renting" the bed, and then attend a brief orientation on the community garden guidelines. There is no better place to garden than the relaxing, parklike setting of the Holton Eco-Preserve!

**What is a weed? A plant whose virtues have never been discovered.**

**-Ralph Waldo Emerson**