



We are a group of trained volunteers who share our appreciation and knowledge of nature with the community through outreach, education and conservation/restoration projects

CPTMN Program “Reducing Our Plastic Footprint”

Summary by Lynn Trenta

Table of Contents:

Plastic Program.....	1
April Program.....	2
Jamie’s Recycling.....	3
JBH Outreach.....	4
Seabourne	5
Lavaca Trip.....	7
VSP Opportunities.....	8
Plant of the Month.....	10
Bird Spotter.....	11
Edible Plants.....	12
Our Own Backyard.....	15
Book Corner.....	16
Lighter Side.....	17
NCRS Plant Guide.....	18

Please send chapter events and nature-related articles, photos, and items of interest to the chapter to [Lynn](#) by the 25th of the month.

Suggestions for the newsletter are also welcome. Thanks.

**Lynn Trenta,
Courier Editor**

March 7th, Chapter Program Vice President, Debby Wendt and State Representative, Andrea Morgenstern, gave a wonderful talk about reducing the amount of plastic we use and discard. Plastic straws are one of the most prolific sources of unnecessary plastic. A campaign against straws began 3 years ago and reusable metal and flexible straws are now available. A card was made available to us that asks businesses to not offer straws to people.

Plastic bottles, which take 400-600 years to biodegrade, can be replaced with reusable water bottles and bringing your own coffee cup can reduce Styrofoam being discarded. Bar soap prevents plastic soap containers ending up in landfills. The 4 R’s for reducing plastic in the environment are refuse, reduce, reuse, and recycle.

Wildlife is greatly affected by our use of plastic. Fifty percent of all sea turtles are ingesting plastic as balloons look like jelly fish to them. Recently, Debbie got people to stop releasing balloons in her area. Instead of balloon releases at commemorations, people can blow bubbles, plant a tree, or build a bench.

Manager of Member Relations and Conservation Action Specialist for the Houston Zoo, Natalie Jolicoeur, spoke about what the Houston Zoo has been doing to reduce plastic use. They have installed water refill stations and sell reusable water bottles. Their nutrition department changed their distribution method to reduce plastic bag use. There are recycling programs that recycles toothbrushes and toothpaste tube and Christmas lights and cell phones. Different programs to eliminate plastic straws have been implemented. The staff volunteers go once a month to clean up the jetty at Surfside Beach as part of a HR program that is included in employee training. They also participate in the sea turtle survey taken by NOAA.



Photos by Lynn Trenta

CPTMN Program “Reducing Our Plastic Footprint”” (Continued)

A group from the zoo also worked with 5 bars in Houston to reduce and eliminate straws.

As an additional source for recycling, Jamie Fairchild told our group about a recycling program that takes items not usually recycled. See Jamie’s article on the next page.

Thanks to all of the ladies who presented information about this important topic!



U.S. Fish and Wildlife Service-Effects of a balloon -Debby Wendt - Facebook

CPTMN Program for April 4th From Publicity Director, Margo Johnson’s Write-up



All about Bees & Beekeepers”, presented by Mike Jurek and Monica Siwiak, members of the Fort Bend Beekeepers Association. Topics are:

- *How we started beekeeping*
- *Different types of beekeepers*
- *Bee Biology*
- *Different types of bees in the hive*
- *Different types of hives*
- *Ways to help the bees*

The Texas Master Naturalists are sponsored by Texas Parks and Wildlife Department and Texas A&M AgriLife Extension Service. For additional information call 281-633-7033 or email mmcdowell@aq.tamu.edu



Recycling the things that you didn't think you could recycle! Join me! *By Jamie Fairchild, Treasurer*

Does it pain you to throw things in the trash like used toothpaste tubes, razors, deodorant containers, makeup packaging, or protein bar wrappers?? Well, suffer no more! There's a company out there named Terracycle that is collecting that waste and turning it into new products. This is a company that's been around for more than 10 years, and their goal is to eliminate the idea of "waste." They have partnered with corporations to develop waste stream collection programs in which we can all participate! I have been an active participant with them since their early days when I started collecting drink pouches at my girls' elementary school.

Here's how it works *I go to Terracycle.com. I review the available Terracycle waste collection programs. I select the program that matches the waste stream that I want to collect. I collect the waste for a specific program. When I have the minimum quantity of waste to ship, I go to the Terracycle website and request a prepaid shipping label (the shipping is free). I box it up and drop the box at UPS.*

Here are the programs of which I am a member:

Colgate Oral care: *all brands toothbrushes, empty toothpaste tubes, toothbrush packaging, floss packaging*

Clif Bar: *all brands foil-lined energy/protein bar wrappers, Clif shot drinks, Clif energy food pouches*

Febreze Air Care: *All brands of air freshener cartridges and plugs, packaging, and flexible film packaging, and trigger heads*

Gillette razor: *All brands of blades and razors, flexible and rigid razor packaging*

Garnier Personal Care and Beauty: *All brands of hair care, skin care and cosmetics packaging*

Solo Cup: *All brands of rigid #6 plastic cups*

Tom's of Maine: *All brands of mouthwash bottles and caps, all brands of deodorant packaging, toothbrushes, floss and soap packaging*

Wellness Pet Food: *Wellness brand and Holistic brand only pet food flexible packaging*

Here's what I'm willing to do *I am willing to collect, box and ship the above items to Terracycle. It's going to be easier for me to reach the minimum shipment size if I have more participants. All we have to do is establish a collection point. I'm not sure yet what would work best.*

Some options: *bring recyclables to monthly meetings, or maybe set up drop boxes in the offices. I'm happy to take any input or suggestions, and we'll settle the details on the collection point with the board. In the meantime, start collecting your waste! (And, spend a little time perusing terracycle.com)*

Here's the incentive: *Every time we send in a minimum size shipment, we earn points. Those points accumulate and can then be turned into \$\$ donations to a preferred non-profit. I have registered our TXMNCP with Terracycle. SO..... not only can you reduce your impact on the earth, you can generate cash for our chapter. It just doesn't get any better.*

Chapter Outreach Projects *Hannah Muegge and Debby Wendt***Nature Hike at James B. Harrison's Long Point Ranch**

We greatly enjoyed hosting a Brownie Troop of the San Jacinto Girl Scout Council on their Nature Hike Sunday afternoon. During their nature scavenger hunt, the girls spotted Little Blue Herons, a Red-Tailed Hawk, a gigantic bull frog, false dandelions, hog rooting, animal tracks, Great Egrets, and an 8-foot alligator. The girls even got their scavenger hunt bonus points as they found a lone deer out on the bank of Big Creek. Overall - a good time was had by all! Thank you to Brownies and their families who came out yesterday and a special thank you to our volunteers from our local Texas Master Naturalist Coastal Prairie Chapter who led our nature hike. —Hannah Muegge

Had a fun time with fellow Master Naturalists Bob and Carol Schwartz and Hannah Ileen Muegge, JBH Foundation Charitable Activities Director, escorting a group of Girl Scouts on a Scavenger Hunt at the Harrison Foundation on FM 1994. Saw a lot more than I took pictures. We saw lots of Snowy Egrets, Cattle Egrets, Blue Heron, a bullfrog, Buckeye Butterfly and an alligator. —Debby Wendt

To learn more about the James B. Harrison properties and events go to <https://www.jbhfound.org/>

Seabourne Creek Nature Park *By Lynn Trenta, Communications Director*

The Prairie and Native Plant Garden

In the Seabourne Prairie and Native Plant Garden, we're learning about what makes a good habitat garden and are providing information to visitors at the garden through signs and pamphlets. We are also considering a possible edible/medicinal garden plot in the future that chapter members might enjoy working with.

Working in this garden is a great way to learn about prairie plants, insects and birds, as well as native plants. We are learning as we go! This last Wednesday, Jade Hems worked on her hummingbird garden, David Goff and Carol Hawkins helped install plants and also put in a trellis and an arbor! Prairie gurus Mark and Drea Morgenstern were there in the demo garden also. LDS Sisters and Elders helped shred hay. Garden coordinator Lynn Trenta worked alongside everyone.

The garden is always a work in progress—that's what makes it interesting! We also have meetings at the Holy Roast and other coffee shops. COME JOIN US! (contact lynn@txtrentas.com)



Seabourne Creek Nature Park (Continued)



The Prairie Restoration Project and Pathways

The prairie restoration project is progressing with full steam! The many rescue plants brought in by Jerry Trenta, Mark and Drea Morgenstern, and others are being separated and potted. The plant nursery is at capacity, so we are putting the overflow in the back of the demo garden where they are watered daily. Jim, the LDS Volunteers, and other chapter members are working on bump ups coming from the greenhouse.

This last Wednesday, Jim Butcher, Jerry Trenta and the LDS Elders and Sisters were potting the last of the rescue plants. The LDS Elders were leveling out the base road material on our paths around the sheds and nursery. C.J. McDaniel and Sal Cardenas were using our new Tractor front loader to level out more of the pathway around the prairie pothole.



Karl Baumgartner Hosts Naturalists at his Lavaca Property

Photos by Garrett Engelhardt

Saturday, March 30th, around 15 chapter members traveled to Karl Baumgartner's Lavaca property near Edna. For anyone who has ever gone to this amazing property, you know how beautiful it is and what a fun time you will have there. Thanks for sharing this property of many ecosystems with our chapter, Karl. It is a real treasure!





VOLUNTEER SERVICE PROJECTS HIGHLIGHTS

By Terri Hurley, Volunteer Service Project Director

Calling all members! All members who are interested in participating in outreach events are invited to a special meeting at my home on April 9. See below for all the details. The month of April always brings an abundance of great opportunities for VSP hours. Here are just a few. For a complete list of all approved VSPs, check the [events calendar](#) on our website. If you have any questions or have an idea for a new VSP, please contact me at terri@coastalprairie.org.

OUTREACH PLANNING MEETING & TOUR OF TERRI HURLEY'S GARDEN!

Date: April 9, 2019 at 10:00 am

Location: 13622 Schumann Trail, Sugar Land, TX

Contact: Terri Hurley at terri@coastalprairie.org

Everyone who is interested in our outreach initiatives is invited to attend a special meeting to be held at my home on Tuesday, April 9 at 10 am. The chapter's goal is to increase outreach participation and we need lots of ideas! We can discuss ideas on how to increase outreach participation such as more training, perhaps the WOWs should be updated and improved, what else? We can look at upcoming outreach events, and plan how to make them more inviting. Then we can share everyone's favorite outreach topic and figure out ways to make them more effective.

But first we will tour my backyard garden and check out the butterflies, birds and bees that make it their home. It's been on the Sugar Land Garden Club's city-wide garden tour two times! Coffee and refreshments will be served. Please RSVP to me at terri@coastalprairie.org or you can tell Ella Stroupe or Katie Sallean, who are also members of the VSP committee.

[VSP hours to be recorded in VMS under the category "Chapter Business: TMN Report Hours...Board/Committee Work"]



VOLUNTEER SERVICE PROJECTS HIGHLIGHTS (continued)***i*NATURALIST CITY CHALLENGE AT THE LONG POINT RANCH – participate & volunteer!**

Date: April 27 from 7:30 am to 1 pm

Location: Long Point Ranch in Richmond, TX

Contact: Terri Hurley at terri@coastalprairie.org

Our partner James B Harrison Foundation has asked us to assist them with their iNaturalist City Challenge event. There will be plenty of time for us to both help out and participate in all the fun! We will present our Skins and Skulls WOW at the CPCTMN table. Or you can also volunteer as a roamer, helping the other participants with their observations. We need about 2 people for both shifts at the table and 2 -3 people each shift to act as roamers. This is a great opportunity for outreach for our chapter PLUS it is a fun, family-friendly event! You can find out more about the City Challenge itself at this website: <http://citynaturechallenge.org/participate/>.

The first shift will run from 7:30 to 10:30 am, the second shift from 10:15 am to 1 pm. Keep an eye out for your Sign-up Genius invitation. **[VSP hours for volunteering to be entered in VMS under "James B Harrison Foundation Long Point: TMN Report Hours" and VSP hours for the iNaturalist Challenge to be entered under "iNaturalist:TMN Field Research Hours]**

ONGOING PROJECT of the MONTH: OUTREACH to the COMMUNITY!

Our chapter objective says it all...we are a group of trained volunteers who share their appreciation and knowledge of nature with the community through outreach, education and conservation/restoration projects. We do a great job with education through our monthly chapter meetings, and conservation through our projects at Seabourne Creek. Outreach to the community is just as important as these, plus it's fun, easy and gets you out and about to all the local festivals and fairs and school events!

Our chapter makes it easy with our creative Workshop on Wheels kits, otherwise known as WOWs. Each kit is full of items for easy explaining, demonstration, and passing around. There are talking points already written up for each of these WOWs that make your conversation with the audience well-informed. We have Skins & Skulls, Enviroscape, Birds...but we need more! Can you help create a new WOW or help to update the existing ones?

There are several events that we are always asked to participate in, and all chapter members are invited to join. Some upcoming events include: SCNP Earth Day, Texas Trash Off Days, STAAR Test Blitz at the Long Acres Ranch, KPC Science Summer Nights, the Ag'tivity Barn at the Fort Bend County Fair, Brazos Bend Monarch Madness, and of course our main event Seabourne Nature Fest. Your participation is greatly needed. To get more info, join in at the planning meeting at my house on April 9. See above for more information.

Plant of the Month

Southern Prairie Aster (*Eurybia hemispherica*) By Mark Morgenstern

Our plant of the month is Southern Prairie aster. The scientific name is *Eurybia hemispherica*. This perennial wildflower is a member of Asteraceae family. It has beautiful purple ray flowers with yellow centers. The plant ranges east to Florida and north to Kentucky. The height reaches 1' to 3' Tall.

The bloom time is listed as August to November. That being said, I planted some 2-year old specimens into my demo bed at Seabourne creek. They have several erect stalks. They probably will bloom earlier. We will then have our own seed source in order to propagate this awesome wildflower.



Photo by Alexander G.L. Nesom



Photo by Alan Cressler

The Monthly Bird Spotter

The Northern Cardinal *By Jade Hems*

- *Take a fresh look at the familiar beauty of the Northern Cardinal this spring! The sweet whistle of the dazzling red male and red-tinged brown female are among the first sounds heard on a warm spring morning.*
- *The Northern Cardinal is one of only a few species of North American songbird in which both the male and the female sings. She may in fact sing a longer and more complex song than the male!*
- *A mated pair shares specific unique song phrases by which they communicate. The female sings often while on the nest, communicating when food is needed.*
- *Cardinals usually mate for life and are permanent, year-round residents of backyards, parks, suburbs and cities across eastern North America. Their adaptability has allowed them to increase their range northward with urbanization. While almost always seen in pairs during the breeding season, they form foraging flocks during the winter.*
- *During courtship, male cardinals collect food and feed the female beak to beak. Males raise their crest in display and when agitated.*
- *Cardinals are typically ground foragers. They eat mostly seeds and fruit and are frequent visitors to backyard feeders. They supplement their diet with insects, which they also feed to their young.*
- *Cardinals are highly territorial, and as nesting season begins, both males and females fiercely defend their territory against intruders, both real and perceived. Cardinals commonly attack their own reflection in windows during this time, sometimes repeatedly for hours!*
- *A new nest is built on the territory for each brood, with males and females working together to select the site and collect material, though the female does most of the construction.*
- *Males may continue to care for the young from a first brood while the female begins a second nest. Watch for the male, accompanied by dark-billed juveniles, learning to forage and feed themselves!*

References: Cornell Lab of Ornithology: https://www.allaboutbirds.org/guide/Northern_Cardinal/overview





Edible plants for a small garden *By Rachel Cywinski*

We all love Texas native plants for their beauty and their sense of place, but some of us also enjoy the way they taste. Here are twelve native edible plants suitable for a small Texas garden.

Horseherb

*Horseherb or *Calyptocarpus vialis* is a lovely, adaptable, durable groundcover that provides nectar for small pollinators. Not just horses, but other mammals including dogs and humans can be seen chewing on the leaves when they need some greens. For me, the flavor is a little spicier when eaten in quantity.*

Frogfruit

*Phyla nodiflora is an extremely adaptable groundcover that provides nectar to tiny garden pollinators who cannot reach other nectar plants; and is larval host to 3 native butterfly species. Frogfruit adds interesting texture to a meal. Frogfruit so adapts to the conditions of location and weather that a plant growing in sunny, dry weather in compacted soil looks very different than a plant grown in partial shade during a rainy season. The leaf size varies drastically with weather conditions. My own experience is that *Phyla nodiflora* can successfully be transplanted with patience. Often the leaves will die at least once and the plant will replace them with leaves more appropriate to the new growing location (smaller leaves in a sunnier location, etc.). It also reseeds prolifically.*

Pink Evening Primrose

*Pink Evening Primrose is easily recognized as one often seen with Texas bluebonnets in photos of roadside wildflowers. The common name does not necessarily hold true, as the plant may bloom during the day in Texas and it may bloom white in states with cooler climate. *Oenothera speciosa* can be grown from seed with some patience. It is a wonderful ground cover. Combining with non-aggressive native plants, either annuals or other low-growing perennials, can create a good effect and provide sustained blooms and nectar. It is important to recognize that the plant is not as evident in the garden when not in bloom so that it won't be inadvertently removed. *Oenothera speciosa* young leaves and particularly flowers are often used in salads. Some people prefer the greens cooked. The *Oenothera* family contains a fatty acid important to humans.*

Dewberry

**Rubus trivialis* or Dewberry is another plant that may serve as a groundcover, but with different gardening considerations. It will form thick mats of vine-like growth if allowed, so place it in a contained space or raised bed to get maximum harvest using its natural growth patterns and prevent it being trampled.*

**Rubus trivialis* fruits attract birds and mammals, and additionally its growth has small thorns which provide cover for birds. I see it looking very healthy on the banks of our local waterways in the transition area between the riparian plants and the compacted park mowed zones where it gets plenty of sun. Humans consume the berries and make tea from the fresh leaves or petals.*

Blackberry

**Rubus arvensis* or Blackberry has many characteristics similar to *Rubus trivialis* "Dewberry" and is loaded with even more minerals that we need for human health. Blackberry fruits are ripe when the shine is no longer evident. The leaves can be steeped for a tea, as can the petals.*

To add Blackberry to your garden, create a space for it where no one will walk through. Plants can be trimmed after each year's harvest.

Edible plants for a small garden (Continued)



Barbados Cherry

Malpighia glabra is a lovely plant that can best be appreciated for its natural arching and flowing shape. However, with its recent increase in commercial availability, some have sheared it to make a stunning pink-blooming border. Beware of harming hummingbird nests if you do.

People who are familiar with the Acerola cherry juice (rich in Vitamin C and thus often at the high end of juice prices in the grocery store) often express surprise that it is the Barbados Cherry in their landscapes.

Malpighia glabra grows well with other plants and will produce well even in filtered sunlight. As with many plants, the mature height decreases, and fruiting increases, with more sunlight. *Malpighia glabra* is native to San Antonio and farther south but can be grown in containers elsewhere if protected because it is cold-tender.

Elderberry

Two subspecies of *Sambucus nigra* grow in Texas. The other subspecies, commonly called “Blue Elderberry” or “Blue Elder” is much larger than the “Black Elderberry” subspecies. Both subspecies have this in common: The ONLY EDIBLE part is the RIPE fruit. Ripe Blackberries are loaded with nutrients that protect human health. To me, the organic extract with agave tastes like boysenberry pancake syrup; and the juice tastes similar to molasses. *Sambucus nigra* ssp. *canadensis* naturally grows on the edges of riparian areas; and so, it is a good candidate for the splash zone where

American Beautyberry

Callicarpa americana is a lovely understory plant that can best be appreciated for its natural arching growth by allowing it to fill the void in most U.S. gardens—the understory, of which it is naturally a part. The unripe berries have such a fascinating magenta shine, almost metallic. Eat the fruit when it deepens beyond the shine, to a deep purple. But how can you harvest the berries before the birds get them? As I have added more of these plants to the wildscape gardens for the birds and a total of 3 to my own edible garden, the harvest has been enough for my breakfast for several months and plenty for the birds as well. *Callicarpa americana* thrives on the edge of a raingarden or as backplash for a bird bath but is also very hardy through drought once established.

Red Spiderling

For years I observed this plant in the most heavily-mulched area of the edible garden. In drought it would have tiny leaves. In wetter seasons, its leaves would be lush. And such shiny flowers! Finally, a Native Plant Society member identified it and told me it was edible.

Boerhavia diffusa is used medicinally in many cultures, and as a vegetable in parts of Africa. Humans and livestock eat it. Photographs and suggested uses are available on many websites. [Here is report on uses](#). Those who include *Boerhavia diffusa* in their vegetable consumption recommend roasting the leaves.



Edible plants for a small garden (Continued)



Winecup

Callirhoe involucrata is a plant that captures the attention of every viewer with its graceful beauty which appears so delicate. It can be grown from seed with some patience in variety of soil and light conditions but not where its roots will stand in water–rock garden but not raingarden potential.

Gardeners delight to plant Winecup in combinations with other flowering plants. I don't think there is any combination more stunning than *Callirhoe involucrata* with *Oenothera speciosa*.

Leaves are cooked and stirred in to thicken other dishes. Those who cook the roots compare the taste to sweet potato although "*Foraging Texas: Merriwether's Guide to Edible Wild Plants of Texas and the Southwest*" also includes raw use of the root.

Agarita

Mahonia trifoliolata is a flowering and fruiting shrub that will add great visual interest as a hedge or natural barrier in an edible garden or Texas Wildscape garden. It can be grown in many conditions so long as soil is well-drained. I have seen it flourish along the edges between rural roads and ranchland, sometimes in quite dusty conditions. Yet many gardeners grow it easily on the edges of wooded areas or pathways.

Mahonia trifoliolata can be eaten raw. Traditionally, abundant berry harvests have been preserved through fermentation or with sugar.

There is a philosophy that says wherever a person lives, the food that will keep the person healthy in that climate is what grows there naturally. I think this must be why several years ago I began craving cranberries in early summer; it is really Agarita that I crave.

Chili Pequin

Capsicum annuum is a favored plant in south Texas. Even people who automatically dislike anything that has grown from bird droppings welcome this one. "Chile pequin" salsa is now commercially produced and available on grocery store shelves in Texas.

Capsicum annuum flavor is tastier than many other hot peppers, and of course every fruit tastes best freshly harvested and grown in its native zone. During the cooler days, I eat habanero peppers and its varieties such as Ghost Pepper, Carolina Reaper, to warm my chest. All other days of the year I pop 2 red *Capsicum annuum* chiles off the plant, chomp them to release the flavor and then swallow them to ward off arthritis pain. It works. I find growing them throughout my yards and gardens in sun and in shade the best method for ripe red peppers all 12 months of the year.

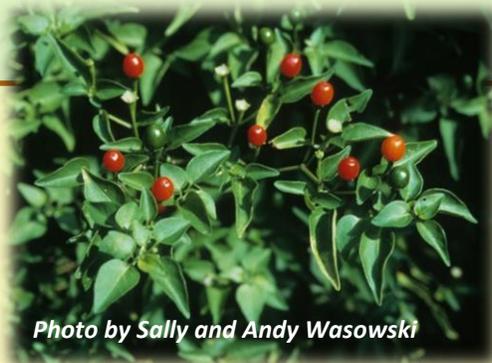


Photo by Sally and Andy Wasowski

In Our Own Backyards and Other Places

White-crowned Sparrows *By Diane Eismont*

Do you have White-crowned Sparrows come to your feeders? They are WINTER migrants and ground feeders that eat weed & grass seeds & some insects, but they will come to platform feeders. (I fed them on the ground in woody/brushy areas before we had wild hogs.)

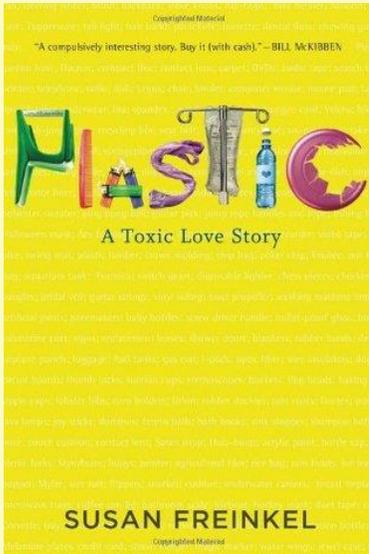
Their winter range has been expanding eastward with Texas now about the middle. Their summer range is in upper Canada and Alaska.

Have you seen birds like the two on the second picture and couldn't quite figure out what they were? I wondered about it for a while! They are immature White-crowned Sparrows! Not all the bird ID books list them separately. The first Fall/Winter the immature coloring carries over.



Heather Holm

Book Corner



Plastic: A Toxic Love Story

Susan Freinkel

Plastic built the modern world. Where would we be without bike helmets, baggies, toothbrushes, and pacemakers? But a century into our love affair with plastic, we're starting to realize it's not such a healthy relationship. Plastics draw on dwindling fossil fuels, leach harmful chemicals, litter landscapes, and destroy marine life. As journalist Susan Freinkel points out in this engaging and eye-opening book, we're nearing a crisis point. We've produced as much plastic in the past decade as we did in the entire twentieth century. We're drowning in the stuff, and we need to start making some hard choices.

Freinkel gives us the tools we need with a blend of lively anecdotes and analysis. She combs through scientific studies and economic data, reporting from China and across the United States to assess the real impact of plastic on our lives. She tells her story through eight familiar plastic objects: comb, chair, Frisbee, IV bag, disposable lighter, grocery bag, soda bottle, and credit card. Her conclusion: we cannot stay on our plastic-paved path. And we don't have to. Plastic points the way toward a new creative partnership with the material we love to hate but can't seem to live without.

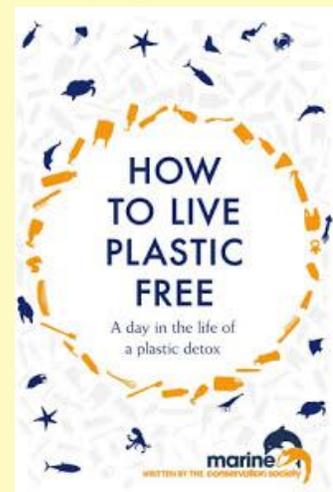
Choking. Starving. Poisoning.

This is what plastic litter is doing to marine life. Our oceans are, quite simply, facing environmental disaster. Yet by taking some simple steps and making a few changes to your daily routine, you can help to change this.

How to Live Plastic Free will teach you everything you need to know about reducing your plastic usage on a daily basis. The chapters start with a typical morning routine and take you through your day, giving you tips and practical advice for removing unnecessary plastic at every possible opportunity.

From the moment you wake up to the time you go to bed, you will learn how easy it can be to use plastic-free cosmetics, how to have plastic-free mealtimes, how to change your shopping habits and how to consider your use of plastic items at work.

These simple, practical methods will show that small changes to your lifestyle can make a huge change to the future of our planet.



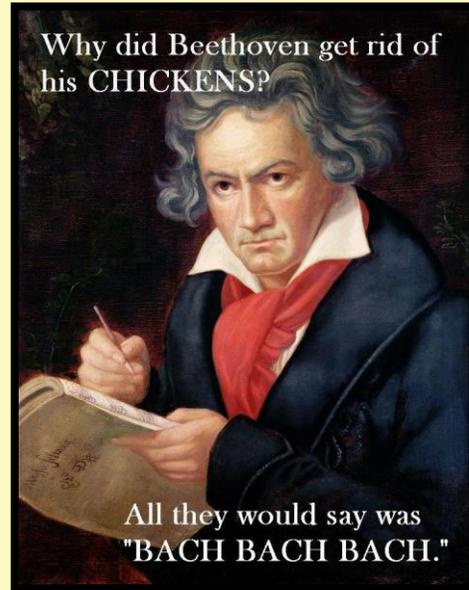
How to Live Plastic Free

Luca Bonaccorsi

The Lighter Side

**My first job
was at an
orange juice
factory, but I
got canned.**

**I couldn't
concentrate.**



Thanks to John Donaho (Facebook)



Thanks to Becky Leugemors (Facebook)



**CPTMN 2019
Board Members**

2018 Officers

- President [Jerry Trenta](#)
- Vice President [Debby Wendt](#)
- Secretary [Pauline Zinn](#)
- Treasurer [Jamie Fairchild](#)

2019 Committee Directors

- Past-President [Amber Leung](#)
- Programs [Debby Wendt](#)
- Communication--[Lynn Trenta](#)
- Publicity [Margo Johnson](#)
- Volunteer Service Projects [Terri Hurley](#)
- Advanced Training [Ramona Ridge](#)
- Membership [Bert Stiplecovich](#)
- New Class [Carol Hawkins](#)
- New Class Representative [David Goff](#)
- State Representative [Andrea Morgenstern](#)
- Seabourne—[Jerry Trenta](#)

We're on the Web!

See us at:

<http://txmn.org/coastal>

**COASTAL PRAIRIE CHAPTER OF THE
TEXAS MASTER NATURALISTS**

1402 Band Rd
Extension Office
Rosenberg, TX 77471—8678
Phone: 281-633-7033

Is that sprout a weed or a wildflower?

Posted on [March 7, 2019](#) by [Bob Kamper](#)

Ever wonder whether a green sprout is a weed or a wildflower?

Here's a downloadable guide from the Natural Resource Conservation Service (NCRS) of the United States Department of Agriculture (USDA) that provides detailed descriptions of how to identify wildflower seedlings of the Great Plains (from Texas through Oklahoma and states to the North) as well as photographs of the leaves separately and with a ruler for scale.

[View the guide online or download](#)

**Check out our New Chapter
Instagram**

<https://www.instagram.com/cpctmn/>

**To post photos and information,
email**

[Ramona Ridge](#) or [Erik Wolf](#)

Check out our Facebook Page at

[TXMN Coastal Prairie Chapter Facebook](#)

To post photos and information, email

[John Donaho](#)

***Also, share our chapter Facebook entries with your
friends on your Facebook Page***



We also have a *Chapter-Only* Facebook Page that allows chapter members to post items. You can join by going to the website below and clicking on "Join". The administrator will allow you access. This is for chapter members only.

<https://www.facebook.com/groups/1882734648662315/?ref=bookmarks>