

Know Your Seeds?

From Abigail Miller



I got some questions about the recipe for my bread at the January meeting. I appreciate the compliment, but there really isn't one. It was a loaf of regular white bread from the bread machine, with the addition of about 20% whole wheat flour, maybe 1/2 cup **pine nuts**, 2-3 tablespoons **sunflower seeds**, and 2 teaspoons black seed that a friend just brought me from Ghana.

Black seed, Nigella sativa, is also called **black cumin**. It is, however, from a different plant. I don't think it's in the local Kroger but can be bought online.

This made me think about seeds in our diet. This loaf of bread has seeds of four plant families, from **gymnosperms** - **pine nuts**, to a **grass** - **wheat**, to two **dicots** - **sunflower** and **Nigella**. Seeds aren't just for your birdfeeder!

The orange in the picture has nothing to do with the bread, but added color to the still life. Orange juice and coffee, however, added two more plant families to my breakfast.

—Sit a Spell and Enjoy the View—



At Hagerman — Photo by Jonathan Reynolds

At Elm Fork—Jonathan Reynolds



Female Painted bunting photo by Ken Agree, shared by Jan Hodson





Pages of This and That

Just to be clear: the hawk on p. 2 of January 2017 Naturalist News was a Red-tail from Alex Lieban. The identification was my doing, not Alex! He had the photo labeled but apparently this editor should stay focused.

Monarch Butterfly Flight School

Tuesday, March 21, 2017 - 7:00 PM to 9:00 PM - Free

Flower Mound Public Library, 3030 Broadmoor Lane, Flower Mound, TX 75022

To register, please email fmpl@flower-mound.com or call [972.874.6165](tel:972.874.6165).

Help Monarch butterflies take flight this spring! Learn simple steps to create a Monarch Way Station in your backyard. Carol Clark, Monarch Watch Conservation Specialist, presents the Monarch life cycle, its magnificent migration through Texas and actions you can take now to support conservation of this threatened butterfly.

The event will be hosted by a coalition of local community non-profit organizations including Keep Flower Mound Beautiful, Native Plant Society of Texas/Trinity Forks chapter, Monarch Way Station owners from our community and Monarch Watch. Representatives will be available before and after this program to answer questions, provide resources and a step-by-step guide to start your butterfly garden in North Texas.

NATURALIST NEWS is looking for contributors!
Articles, photos, news tidbits and announcements needed for the news-letter. Send to w. odum, editor

HAS NOT BEEN APPROVED FOR AT BUT SHOULD BE EDUCATIONAL FOR OBSERVERS OF NATURE.

Indulge Your Brain's Right Side

Shared by Denise Remfert

Walt Davis will be back at Hagerman National Wildlife Refuge for another Drawing and Nature Journaling Workshop, on Saturday, **March 25**, from 10 am - 4 pm!

Davis, signature member and past president of the Southwestern Watercolor Society, began painting in water-color over thirty years ago. He was curator of exhibits for the Dallas Museum of Natural History for fifteen years, a job that required close observation of wild places and the plants and animals that inhabit them. That experience has given Davis a unique point of view from which to interpret nature.

The workshop held in October was so successful than many participants wanted more! Walt says that on March 25 he will offer new info and activities, and new participants are welcome. "We will focus on sharpening observational skills and recording impressions and information in a personally useful format. We will explore the supplies needed, some key observational techniques, several methods for capturing simple images and will practice making records of actual encounters with nature. In response to requests from students in the October workshop, more emphasis will be placed on insects, birds and plants this time around."

You may register online, may mail your check for \$35.00 (please include your name and contact info on a note) to FOH Workshop, Friends of Hagerman, 6465 Refuge Road, Sherman, TX, 75092, or may register in person in the Nature Nook at the Refuge. We already have two returnees and one new participant!! We would like to have everyone registered by March 2 if possible. Please email us with any questions.

Ready, set - draw!!



Bioblitz: {bahy-oh –blits} *informal noun.*

1. A one day survey to identify every living thing in a chosen place.

So in a *Moment of Insanity* Martha Peet and I decided we need to do a BioBlitz at LLELA, on April first no less. If you're up for a working party on April Fool's Day, come spend part of the day at LLELA helping to find and identify life forms.

A tall order for 2600 acres, but we have a plan. LLELA has four ecosystems, a bit of Crosstimbers on the west side, a bottomland hardwood forest, a riparian corridor with associated wetlands, and a blackland prairie. Our idea is to have groups guided by local experts spending as much time as they can surveying the different plants and critters found in each ecosystem. Lists of what animal and plant groups we hope to sample as well as where and when and who will be participating in the different groups are being worked on.

Some folks may need the run of the place, bird teams for instance, others may spend half the day in one or two spots, say benthic stream sampling, depends on what needs to be done.

We already have several UNT faculty and grad students on board, but we need more local expertise. So if you have a particular passion, and you want to share it with others, whether it's bumblebees, waterbugs, beavers, black racers, black widows, bluebirds, bluebonnets, bluestems or bluegills, this is an opportunity to pass that knowledge along.

If you want to learn about something new it's a great opportunity to do that too. The goal is for each group to have folks with their eyes open and curiosity in top gear. We all know from experience that the more eyes the better, and nobody will see every fritillary, frog or flower!

So we need your help.

This is an informal event. Come stay for as long as you have time. We'll be kicking things off at 0 dark thirty to go owling. From then on the different groups will gather and head out as people are available. Exact starting times and locations have yet to be worked out so we will be communicating with volunteers as things come together. Oh and feel free to wait 'til the last minute to decide. There will be a place for everyone who wants to get involved.

On the hospitality front, at the pavilion starting early, there will coffee and donuts, or bagels and fruit for the health conscious, water and snacks throughout the day and an informal make your own sandwiches/hotdogs kind of lunch.

That evening is the LLELA Volunteers Appreciation Event, which is also in its early planning stage. Everyone is welcome, it'll be a good time, but beyond that I got nothin'.

So if you can help by leading in your area of expertise or by being an observer with a keen sense of the outdoors and curiosity to match:

PLEASE EMAIL Scott. Skiester2@gmail.com put bioblitz in the subject line. (and of course put April 1st bioblitz on your calendar)

Thanks

Martha & Scott