

Native Orchid News:

The Newsletter of Native Orchid Conservation Inc.

Volume 15 Issue 4 December 2013
ISSN 1499-5468



Eugene Reimer

Native Orchid Conservation Inc.
117 Morier Avenue
Winnipeg MB
R2M 0C8

NOCI Website:
www.nativeorchid.org

For more information contact
Doris Ames
Phone: 204-231-1160
Email: adames@mts.net

Annual General Meeting
Friday, February 28, 2014

Plant of the Month
Strawberry Blite
(*Chenopodium capitatum*)



Richard Reeves



Eugene Reimer



Eugene Reimer



Doris Ames

Eugene Reimer's Memorial Bench

Plant of the Month

Strawberry Blite (*Chenopodium capitatum*)

by
Doris Ames

One of the Goosefoots, Strawberry Blite has now been placed in the large Amaranth Family.

The genus name comes from the Greek words *Cheno* meaning “goose” and *podion* meaning “foot”. The species name *capitatum* means “head-like”, a reference to the flower cluster. The red flower clusters resemble strawberries, hence the common name. Blite is an adaptation of Latin *blitum* meaning orache or spinach, specifically *Atriplex hortensis*.

Strawberry Blite is a succulent annual herb that flourishes on recently disturbed sites, including roadsides and forest clearings across the Prairie Provinces, but particularly in the Boreal Forest.

The 40-50cm tall plants have a long taproot and a stem that often has longitudinal grooves and reddish lines or blotches. The 2-12cm long, toothless or wavy-toothed leaves are mainly triangular in shape with an arrow-shaped base. The lower leaves have two diverging lobes.

The plant blooms June to September. The flowers are found in round clusters in the leaf axils or in interrupted spikes at the leaf tips. They have no petals but 3-5 sepals that become red and fleshy at maturity.

The fruits ripen August to September. The fruit is a black achene surrounded by fleshy, faded-red sepals.

I remember Strawberry Blite fondly from my childhood. We used to call it “Indian Ink” because the flowers stained our hands bright red when we picked them on the way to school. Apparently native people used the red flower clusters to make ink or to dye porcupine quills, clothing and even their own skin.

The plant is edible in moderation and is high in protein, calcium and vitamins. The young leaves can be eaten raw or cooked but better cooked because they contain saponins and oxalic acid. The red flower clusters can also be eaten but they are rather bland.

Other members of this Genus as well can be eaten in moderation like Lamb’s Quarters (*Chenopodium album*) and *Chenopodium quinoa* (Quinoa). My mother would sometimes add young Lamb’s Quarters leaves to soups and stews. Some native groups ground the seeds into flour to make bread.

Quinoa grows in the mountains of South America around ancient high-altitude cities like Machu Picchu. The black seeds are very high in protein and fibre. They also contain iron, which is necessary for people who live and work at high altitudes. The seeds should always be rinsed well before using because they contain saponins. They have a pleasant nutty-like flavour and can be cooked and eaten like rice. See a recipe for Honey-Quinoa Bread below if you would like to try something different.

(Editor's Note: View the photos to see the progression of the flower colour from green to red.)

Honey-Quinoa Bread (Yields 2 loaves)

1 cup raw quinoa
2 cups water (for cooking the quinoa)
¼ cup oatmeal
¼ cup water
¼ cup milk
2 tsps. yeast
¾ cup warm water
1/3 cup honey
¼ cup vegetable oil
3 tbsps. powdered milk
2 ½-3 cups bread flour
1-2 tsps salt (to taste)
1 cup whole wheat flour
2 tbsps. raw quinoa (for sprinkling on top of loaf)

Directions:

Rinse the quinoa thoroughly and cook in 2 cups of water for 10-15 minutes until the water is absorbed. Cool to room temperature.

Cook the oatmeal in the water and milk until liquid is absorbed. Let cool.

Place ¾ cup warm water in a large bowl and sprinkle yeast over the water. Let rest 5 minutes.

Stir honey, oil and powdered milk into the yeast mixture with a wooden spoon.

Add 1 cup of the bread flour and salt and stir well.

Add the cooked quinoa and oatmeal and stir.

Add the whole wheat flour and 1 cup more of the bread flour and stir. When the dough starts to get stiff, turn out onto floured surface and begin to knead. Keep adding flour and kneading until dough is smooth and elastic about 10-15 minutes. Dough feels slightly sticky but should not be wet and slack. You should be able to form it into a ball and it should hold its shape.

Lightly oil large bowl with vegetable oil and place bread in the bowl, turning to coat lightly with oil. Cover loosely with plastic wrap.

Let dough rise in warm spot until double in size, about 2 hours. (I usually place a cake pan full of hot water in the oven and put the bread in there with it to rise away from drafts.)

Grease 2 loaf pans (mine are 4.5"x 8"). Punch down dough, divide in half and roll each half out into a long rectangle. Then roll up starting from the short end, fold the ends under (forming loaf) so the top surface of the bread is smooth and without seams and bubbles, and put each one in a pan.

Brush top of breads very lightly with water and sprinkle with quinoa seeds.

Let bread rise in a warm place until almost doubled in size (about 1.5 hours).

When risen remove from oven to counter. Remove pan of water from oven.

Preheat oven to 400°F.

When oven is hot, place pans of bread in centre of oven. Bake for 30 minutes. Cover bread loosely with foil if the top is getting too brown and bake 15 minutes more. Bread should sound hollow when tapped.

Brush crust lightly with butter if you want a softer crust. Let loaves cool in pans for 15 minutes.

Remove from pan and let cool completely on racks.

President's Report

by Doris Ames

2013 is almost over and winter approaches. We look back over another great year with terrific attendance at field trips and work on the Brokenhead Interpretive Trail proceeding as planned. The gravel trail is complete and boardwalks will soon be installed.

Eugene's Memorial Bench has now been installed at Birds Hill Provincial Park and we are very pleased with it and with the terrific location on South Drive just past the campground. We are planning to have a get-together which will include a field trip in late May when the Three-flowered Avens are in bloom. Thanks so much to the Friends of Birds Hill Park and to our members who made this memorial possible.

Thank you for your support throughout the year with your donations and by attending our field trips and Members Night. Please remember to donate to Debwendon Inc. if you can, as we still need more money for signage on the trail and to NOCI as well to help us with our conservation work. Tax receipts will be issued for donations of \$10.00 or more.

This is also a good time to renew your membership for 2014 if you haven't already done so. Our membership is down to 114 from a one time high of 150. We need it to be around 150 in order to support our conservation work. Perhaps you can ask a friend to join us.

Upcoming events include our annual general meeting on February 28, 2014 and the Manitoba Orchid Society Orchid Show March 21, 22 and 23, 2014.

Best wishes for a very merry holiday season and a Happy New Year.

Annual General Meeting

Friday, February 28, 2014

Members' Night

by Peggy Bainard Acheson

NOCI's thirteenth annual Members' Night on October 25 proved to be another fun and busy evening. As usual we gathered at the Dakota Lawn Bowls Club in south Winnipeg and MC Peggy Bainard Acheson welcomed the 37 members and guests who were in attendance (we are always amazed at the faithful members that come out to support us!).

Doris Ames, President, started the evening off with a few remarks, mentioning that the Eugene Reimer Memorial bench was installed this fall, and suggesting that we have a dedication next spring along with a field trip and BBQ. Doris expressed her thanks to everyone who made it possible. The Brokenhead Wetlands Interpretive Trail is well under construction and we are hopeful it will be opened at our Brokenhead field trip next spring. Doris encouraged donations to the trail to help ensure that the obligations of Debwendon can be met.

The main speaker of the night was a long time friend of NOCI, Cathy Shaluk of the Nature Conservancy. Presenting on "Conservation Challenges and the Monarch Butterfly" Cathy shared the plight of these amazing creatures, highlighting the issues that can affect their life cycle as well as some things we can do to help make things more welcoming and easier for them.

After the break Derrick Ko Heinrichs introduced Heather Miltenburg and Jon Boisvert, students from the University of Manitoba, who gave us an update and demonstration of their work on the NOCI Orchid Application for Android platforms. Very well done – and we look forward to seeing the finished product by year's end!

For the record here are the raffle and door prize winners:

Raffle winners: Sam Klippenstein, Peggy Bainard Acheson, Dawn Kitching, Richard Remus (2), Lawrence Recksiedler, John van Bruggen, Florence McCoy, Kevin Duerksen, John Dyck (3), Doris Ames, Dave Toop.

Door prize winners: Lise Recksiedler, Nora Reid, Jon Boisvert, Victoria Miltenberg, Wilma Sotas, Carol Martin, Marilyn Empson, Sean Acoby, Florence McCoy, Joan Heshka.

Thanks to everyone who donated raffle and door prize items, and I would also like to thank everyone who bought tickets for the raffle. Raffle and door prize donors are listed on the next page. The money raised helps to offset the costs of putting on the evening such as refreshments and speaker gifts.

We tried something new this year -- having the break between speakers. I think it broke the evening up well – and I'm sure the audience was relieved at not having to wait to quench their thirst until the end! It also gave everyone a chance to browse the sale and raffle tables. If anyone has any other suggestions for making the evening smoother, please let us know.

I would also like to thank those who brought their wares to sell – Bep Vanderwoude, Dawn Kitching, Doris Ames, and Richard Reeves. Finally, I would like to thank all the NOCI board members and other volunteers who came out early to set up, stayed late to help clean up, manned tables, took photographs, and for otherwise making Members' Night a success. We couldn't do this without all of you!

Raffle and Door Prize Donors

Name	Item
Nora Reid	Watercolour painting
Dawn Kitching	Candle and soap basket
Aileen & Keith Huss/Seidel	Hand-crocheted bedspread
Rose Kuzina	NOCI jacket and nature cards
Dave Toop	Atlantic flower plate
Mike James	Woodlot management guide and tree posters
MB Model Forest	“Trees of Canada” book
Ken Fosty	2 potted white spruce trees and mushroom growing kit
John Dyck	2 bottles wine
McNally Robinson	Nature books
Forks Trading Company	Hand-painted dish
The Preferred Perch	Bird feeder, bird seed, straw hat, and mug
Nature Conservancy (Cathy Shaluk)	Hat, book
Peggy Bainard Acheson	Flower book