

Native Orchid News:

The Newsletter of Native Orchid Conservation Inc.

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Lorne Heshka

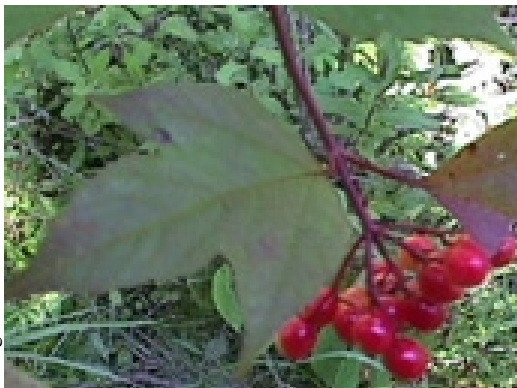
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Annual General Meeting
Friday, February 28, 2014

Plant of the Month
High Bush Cranberry
(*Viburnum opulus*)



Eugene Reimer

High Bush Cranberry



Eugene Reimer

Nannyberry



Richard Reeves

Low Bush Cranberry



Eugene Reimer

Downy Arrowwood



Eugene Reimer

Downy Arrowwood

Plant of the Month

High Bush Cranberry
(*Viburnum opulus* also called *V. trilobum*)
by Doris Ames

The *Viburnum* species in Manitoba include High Bush Cranberry (*V. opulus*), Low Bush Cranberry (*V. edule*), Nannyberry (*V. lentago*) and Downy Arrowwood (*V. rafanesquianum*). *Viburnums* are attractive deciduous shrubs or small trees with opposite branches and leaves, showy white flowers in terminal clusters and colourful fruits that are berry-like drupes.

Two of the nicest locations I know to look at *Viburnums* are Birds Hill Provincial Park and Camp Morton Provincial Park.

And now it is time to say a few things about their nomenclature.

Even though we call some of the *Viburnum* species Cranberries they are really all members of the Honeysuckle Family (Caprifoliaceae), as the real Cranberries belong to the Heath (Ericaceae) Family. But because of molecular phylogeny some taxonomists have already moved at least some of them into the Adoxaceae (Moschatel) Family and the confusion doesn't end there. Nomenclature in the *Viburnums* is very irregular as botanists have argued over the precise derivation of the botanical names and some people, here or in different regions, use different common names for some of the *Viburnum* species. In such cases I think it is best to pick a version that seems logical for our area and use it consistently, so here goes.

High Bush Cranberry (*V. opulus*)

The Genus name “*Viburnum*” apparently comes from Latin meaning a kind of shrub.

The species name “*opulus*” is the Latin name for “maple” likely referring to the shape of the leaf.

The common name “Cranberry” is short for “crane-berry” because the shape of the flower buds was thought to resemble a crane. Some people call *V. edule* High Bush Cranberry while others (like me) call it Low Bush Cranberry. I like that name better because usually High Bush Cranberry (*V. opulus*) is a much taller bush than Low Bush Cranberry (*V. edule*) here in Manitoba.

High Bush cranberry is a common tall shrub (to 4m tall) found in wooded areas across the Parkland and in some areas of the Boreal Forest in the southern half of the province. The bark is smooth and gray, and the twigs are reddish-brown.

The large, soft, deep-green leaves are opposite, three-lobed, palmately-veined, irregularly-toothed and the spreading lobes taper sharply to a long point. The leaves turn a purplish-red in autumn.

The plant blooms late May to early June. The flowers are found in flat-topped clusters. **The larger, outer, sterile flowers are chalk-white with 5 large petals whereas the smaller inner fertile ones are yellowish-white.** The berry-like fruits are orange to red, juicy and acidic with a single flat seed. They appear in drooping clusters at the branch tips around mid-August to September but can be harvested later as they often remain on the tree all winter. They are juicier when frozen and make a tart, very red jelly. Birds and animals don't seem to bother with them much.

The fruits make excellent jellies, jams and pies. They smell strongly (a bit like a wet dog) during cooking but adding a bit of lemon peel or juice gets rid of most of it and also helps the jelly set. The uncooked acidic fruits should not be eaten in large quantity because they can cause vomiting and severe cramps.

The Cree used a tea made from a small piece of dried bark boiled in a cup of water to treat pain such as menstrual cramps and sore throats.

There are three other *Viburnum* species in Manitoba and I will do short descriptions of them for comparison.

Low Bush Cranberry (*V. Edule*)

The word “edule” is the Latin for “edible”. This small, straggly shrub (50-200cm high) with smooth, reddish bark is widespread in rich, moist, wooded areas in the Prairie Provinces. The lustrous, dark-green leaves are pale green underneath with tiny black dots. They are opposite, simple and petiolate with short hairs along the veins. There are usually two small glands at the base of the leaf. **It is important to note that the leaves are of two forms. Upper leaf pairs** are elliptic to ovate, unlobed or barely three-lobed with pinnate venation, bases are blunt to rounded, and tapering either sharply or gradually to the apex. The **lower leaf pairs** are three-lobed and palmately-veined with 3 to 5 major veins. The fertile branch just has two leaves which are smaller than the leaves of the new years' growth. The leaves turn red or red and orange in the fall.

The small, white, perfect flowers are found in few-flowered clusters at the terminal ends of short stems arising from the leaf axils. They bloom in May and June. The berry-like fruits on the tree are orange to red and juicy and smell very musky (actually like old socks). They make good jelly because they are high in pectin and Vitamin C. I often mix them with High Bush Cranberry fruit for that reason. One can get rid of most of the strong smell when cooking all Viburnums by adding lemon peel or juice to the mixture. Raw fruit should not be eaten in large quantities. Herbalists often refer to this species as Crampbark because they used it to treat pain and muscle cramps. They say bark whittled from the tree and boiled in water can be applied as a poultice to treat muscle cramps.

Squirrels and birds enjoy the fruits.

Nannyberry (*V. Lentago*)

The word “lentago” is an old word meaning “flexible” and was given to this species by Linnaeus likely because the flexible branches can be used to tie up bundles of plants etc. The common name “Nannyberry” comes from its smell that some people thought resembled a wet goat. The twigs give off an offensive odor when bruised or crushed. The roots stink too.

Nannyberry is an attractive shrub or small tree with reddish, to brownish-grey scaly bark that grows up to 6m high and is found in the southeast Boreal Forest. It looks quite different than the other Viburnums. The opposite, **finely and sharply-toothed leaves are shiny-green, unlobed, pinnately-veined, ovate, and tapering sharply to the apex.** The slender leaf stalks are more than 6mm long and winged. In fall the leaves turn an outstanding brick-red. **Large round unstalked clusters of showy, white flowers appear in June.** The 8-12mm long, bluish-black fruits with a whitish bloom appear in hanging clusters in early September. They are edible and some people find them tasty and sweet but when I tried them raw I thought they were flat-tasting and insipid and I have never tried cooking any. Butterflies and Hummingbird moths however love these tall, strong-smelling shrubs and the leaves, flowers and berries seem to attract all kinds of them. Viburnum leaves are said to be a favourite food of Lepidoptera larvae so I guess many kinds of butterflies and moths lay their eggs on them.

Downy Arrowwood (*V. Rafinesqianum*)

The species was named after a Turkish naturalist called Constantine Samuel Rafinesque (1788-1840). This 50-150cm shrub is fairly common and found in the Southeast Boreal Forest in open woods with dry soil. Several stems arise from the base and the dark-grey bark is thin and smooth. **The leaves are dull-green, ovate, heavily-veined, coarsely-toothed (only 4-10 pairs of coarse teeth) and heart-shaped at the base. Stalks are not more than 6mm long. The leaf under surface is densely hairy.** The white, perfect and showy flowers in large rounded clusters are strong-smelling and appear in late May or early June. The fruits appear in late August to early September and consist of shiny, black, round berry-like drupes with a single slightly-grooved stone. The berries are not edible by humans but are relished by birds and animals. The strong-smelling flowers are very attractive to insects. There is some mention of the bark being used long ago in kinnikkinnick (a tobacco mixture) but almost every boreal forest plant has said to have been used in kinnikkinnick so I don't know how reliable that is.

President's Report

by Doris Ames

The next NOCI Annual General Meeting will be held on Friday, February 28, 2014 at the Manitoba Lawn Bowling Centre, 1212 Dakota Street. At that time we will have a business meeting followed by elections to the board of directors. The biographies of members who have allowed their names to stand for election will be included elsewhere in this issue. We also welcome nominations from the floor. A plan to even out the numbers of directors elected each year will be presented at that time for your approval. Please see notices on Page 7.

If you want more information about the upcoming elections please contact nomination chair John Neufeld by email at hans007@shaw.ca. You must be a member in good standing to vote so please renew your NOCI membership at that time if you have not already done so.

John Dyck our long-serving board member and field trip leader has resigned from the board before his term was up for personal reasons and we accepted his resignation with reluctance. John was an excellent field trip leader but more than that he was such an enthusiastic supporter of NOCI and so well -liked by all of us. We wish him all the best and hope that he will continue to be a member of NOCI.

We welcome input from the members and urge you to volunteer to help us run NOCI in any capacity. I can tell you from personal experience that it is great fun. My term is up this AGM and I will not be running again for election to the board at that time. NOCI members past and present were so intelligent, supportive and kind that they made it possible for me to be president of NOCI for many years. It was one of the happiest experiences of my life and I had many an interesting adventure. Thanks for all your support and friendship to me and for giving me the opportunity along with you to play a part in the conservation of Manitoba's orchid species.

The business meeting and elections will be followed by a speaker, door prizes, a raffle and refreshments. See Peggy's write-up elsewhere in this issue. If you wish to donate an item (\$50 value or more) to our raffle please contact Peggy at 204-261-9179 or by email at bainardp@mymts.net. We issue tax receipts for donations of \$10 or more. Thanks to all those who have been so generous with your donations of cash and raffle items through the years. Hope to see many of you at the AGM.

Upcoming Events:

Android orchid app launched January 31, 2014. See notice elsewhere in this newsletter and at www.nativeorchid.org.

Annual General Meeting, Friday, February 28, 2014

Manitoba Orchid Society's Orchid Show- March 21- 23, 2014

Annual General Meeting 2014

by Peggy Bainard Acheson

Native Orchid Conservation Inc will be holding its sixteenth Annual General Meeting on Friday, February 28, 2014 at 7:30 pm at the Manitoba Lawn Bowling Centre, 1212 Dakota Street in St.Vital.

In addition to the annual board-of-directors election and business meeting, we will have a presentation, raffle, and as usual wonderful refreshments. Short biographies of those that have agreed to let their names stand for election are provided elsewhere in the newsletter.

Following the business meeting you won't want to miss John Neufeld's presentation entitled "African Safari by Train". John is a long-time member of NOCI, former board member, and newest appointee to the board filling a temporary vacancy.

Why not invite along a friend to enjoy this night out in the middle of winter (while we await in anticipation the start of a new field season) to enjoy the fellowship, raffle, door prizes and refreshments we have planned for you?

If anyone would like to donate to the raffle (donations \$50 or more will receive a tax receipt) or door prize, please contact Peggy Bainard Acheson at 204-261-9179 (evenings) or bainardp@mymts.net. All donations gratefully appreciated.

Note that only members in good standing may vote in the election.

Native Orchids of Manitoba App

Grab your smartphone or tablet, it's time to take Manitoba's native orchids with you wherever you go! As of January 31, 2014 the 'Lite' version of this app is available for FREE! It includes 10 of Manitoba's orchids with their descriptions, photographs and range maps. In the future a full version of the app with all of Manitoba's orchids as well as additional features and material will be available at an affordable price. NOCI has been fortunate to have two very talented people, Heather Miltenburg and Jon Boisvert, volunteer their computer programming skill and time to create this app. Search the *Google Play Store* for "Native Orchids of Manitoba" on your Android device (smartphone or tablet) and get the Lite version of the **Native Orchids of Manitoba App** for FREE. Got an Apple device? The Lite version for Apple devices will soon be under construction and is expected to be completed in a few months, so keep your eyes open for updates to this announcement!

Anticipated Questions and Answers:

Q: Do I need a continued internet connection for the app to function?

A: Once the app is on your device, it no longer needs an internet connection, so it can go anywhere you do, including the field!

Q: Will it work on my Blackberry? Will it work on my Windows device?

A: The current version is for Android devices and the Apple version will be built next. At this point we do not anticipate creating a version for Blackberry or Windows devices.

Release Information:

Native Orchids of Manitoba App – Lite (for Android devices): available now

Native Orchids of Manitoba App – Full (for Android devices): soon to be under construction

Native Orchids of Manitoba App – Lite (for Apple devices): soon to be under construction

Native Orchids of Manitoba App – Full (for Apple devices): on deck

Bios of Candidates

Mike James

Mike James taught high school Biology and Horticulture at St. James Collegiate for 31 years after 4 years of teaching Science at McCauley and Crystal City Manitoba. He continues to teach Biology over Instructional TV to Hutterite students in several colonies in Manitoba and the United States. Mike also operates the Boreal Woods Nature Centre (www.theoutdoorclassroom.net) in the boreal forest off highway 59 N just south of Grand Beach, as well as teaches a fossil program at a Stony Mountain quarry. Trained in Non Timber Products, he conducts workshops 1 or 2 times a year. He is on the board of the Manitoba Model Forest, the Wood Lot Association of Manitoba and has served as a director on the Native Orchid Conservation Inc. board for the past 4 years. Mike represents NOCI on the Debwendon board that oversees the ecological fen project at Brokenhead.

David Toop

David Toop joined NOCI in 2010 and became a board member in 2012. David works as a groundwater geologist for Manitoba Conservation and Water Stewardship. His work with NOCI inspired him to study the connection between groundwater and orchid habitat, which he presented at a science conference this past May. David is a familiar face from field trips and group involvement.

Rose Kuzina

Rose Kuzina is an explorer, environmentalist and traveller who is allergic to the indoors. Rose has a diploma in communications from Red River College and a B.A. Honours in Anthropology/Archaeology from the University of Winnipeg. Her interests include history, photography, archaeology, Africa and outdoor adventures.

Heather Miltenburg

Heather is a student from the University of Manitoba with a love for the outdoors. She enjoys adventure, exploration and trying new things. Her interests lie in ecology, botany, research and data interpretation. She has been a member of NOCI for two years now and has become involved in projects with the board. Heather is passionate about whatever she sets her mind to and loves to lend a helping hand. She is very excited to be on the board this year.

Notices

Notice of Board Realignment Issue

Due to departures of Directors before their completed term, it has become necessary to realign the election cycle of Directors to correct the uncertainty as to which directors currently have a one year term and which have a two year term. The Directors have unanimously agreed to clarify the realignment by submitting four names for election to the Board of Directors at the upcoming AGM on February 28th, 2014, each for a two year term. The three remaining Directors have agreed that their term will expire one year after the current AGM. This will leave the Board of Directors with seven Directors, two less than specified in the by-law. The Board of Directors will meet and appoint two people to serve one year terms on the Board of Directors. After that the cycle of four Directors with a two year term being elected in every even number year and five Directors being elected for a two year term in odd numbered years will be maintained in accordance with by-law number 1.

Annual notice of AGM

Notice is hereby given that the annual general meeting of the Members of Native Orchid Conservation Inc. will be held at the Manitoba Lawn Bowling Centre, 1212 Dakota Street in St.Vital on the 28th day of February, 2014 at the hour of 7:30 p. m. for the purpose of:

Receiving and considering the annual report and financial statements for the year ended December 31, 2013 and the report of the auditors thereon;

Electing Directors

Appointing auditors for the ensuing year and

The transaction of any further and other business that may properly come before the meeting or any adjournment or postponement thereof.