

# Native Orchid News:

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Members' Night  
Friday, October 19, 2012

Plant of the Month  
Creeping bellflower  
(*Campanula rapunculoides*)



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John Dyck

Arden Field Trip

# Plant of the Month

Creeping bellflower (*Campanula rapunculoides*)

By Doris Ames

This pretty and familiar member of the *Campanula* genus is on Manitoba's invasive species list. The Genus name "Campanula" comes from that Latin word meaning "small bells". It is pronounced (kam pan ye le) with the accent on the second syllable which makes the sound of a bell when you say the word.

The species name "rapunculoides" comes from *Rapunculus* a derivative from the Latin "rapa" meaning "little turnip", a now obsolete name for a certain group of bellflowers referring to their edible roots. There are many other species of *Campanula*.

Creeping bellflower is a perennial that originated in Europe and was brought over as an ornamental. It has now become naturalized. It prefers well-drained, pH neutral soils but in fact it can grow almost anywhere although I don't remember ever seeing it in acidic soils like Jackpine forests or wetlands. It is very well established in the City of Winnipeg and so prevalent in St. Vital where it grows through fences and underneath concrete slabs that I doubt that it can ever be eradicated.

The up to one-meter high stems grow from perennial, creeping roots and are covered with simple, ovate-lanceolate, coarse, serrated leaves that are slightly pubescent. The 2-7cm leaves are sessile or sub-sessile on the upper part of the stem and petioled on the lower part. The plant blooms almost continuously from early summer to late fall. The blue (sometimes white) bell-shaped, nodding 2-3cm long flowers make up a one-sided inflorescence. The fruits are ovoid capsules filled with seeds. Each plant can produce over 3000 seeds.

Needless to say the plant is hearty and is also tolerant or resistant to most herbicides including 2-4-D and Roundup. New plants can generate from root fragments so hand pulling is often not effective unless one can dig up every scrap of root. A modicum of control can be achieved by repeated mowing if space permits and by not ever letting the plants go to seed. Clippings and all pieces of the plant should be discarded in the garbage not on the compost heap.

I found many references that claimed the leaves, shoots and roots of Creeping bellflower are all edible and this plant was once cultivated for culinary purposes. The leaves and shoots apparently were used like spinach in salads and the root like a radish or parsnip. It would be nice to just relax and start eating them but I don't think the kind we have here can be the same species because when I pulled a plant up the roots were very flimsy and the coarse, hairy leaves weren't anything like spinach. 😊

# Members' Night is Friday, October 19, 2012!

by Peggy Bainard Acheson

We've got a lot of fun planned for our twelfth Members' Night. And we would like to see **YOU** there!

First off, we are pleased to announce that two of our newest board members will be giving presentations!

Rose Kuzina, who most of you already know, will be presenting another one of her popular travelogues. This one is "Gichigami" (the big water of Lake Superior). A hiker's view of the water that thunders around Minnesota, Wisconsin and Michigan."

And David Toop, who most of you who have been out on field trips, may know, gave a very well-received presentation at Prairie Day in August, and he has offered to give it to us at Members' Night. It's on the "Hydrology of Orchids of Southeastern Manitoba".

I'm looking forward to hearing both. Hope you are, too!

We will also be having a raffle. If anyone has donations of larger items for the raffle please let me know ([bainardp@mymts.net](mailto:bainardp@mymts.net) or 261-9179). NOCI will be able to provide tax receipts for items that are worth \$50 or more. And, if anyone is interested in renting a sale table they will be available for nature-oriented "stuff" for \$5.00. Please book your table by October 12 as space is limited. Again, NOCI will provide a tax receipt for any cash donations made from the sales.

So, get off the couch and bring your friends and family out for a good time – there will be displays, door prizes, and as always, fabulous refreshments.

Date: Friday, October 19th  
Time: 7:30 p.m.  
Place: Dakota Lawn Bowling Club  
1212 Dakota Street, Winnipeg

See you there!

# President's Report

by Doris Ames

What a wonderful summer we had this year! People were able to come out and enjoy our field trips and special field day (see John's write-up elsewhere in this issue).

This summer was also especially eventful because the Province doubled the size of the Brokenhead Ecological Reserve on June 22 and on July 10 work finally commenced on the Brokenhead Wetlands Interpretive Trails and Boardwalks Project. It was like a dream come true!

Now this fall we have Members' Night to look forward to on Friday October 19th. The NOCI board is preparing a wonderful evening for you with interesting slideshows, a raffle, sales tables for members, displays and refreshments. Be sure to attend and bring a friend.

## 2012 Field Trip Report

by John Dyck

Arden - On April 14th we had our first field trip to Arden Manitoba. Arden is located north east of Neepawa about 6km north of #16 hwy. On the way we had a pit stop at the Gladstone Bakery for some coffee and their famous Cinnamon Buns. When we reached Arden our tour guide John Dietz met us in front of Cloe's Grocery store and gave us a short tour of the town with its wonderful history, old stone houses and a post office with 100 year old brass combination boxes. We walked to the north end of town to the Crocus Ridge. This glacial deposit has thousands of Crocuses growing on top of it and is why Arden calls itself the Crocus capital of the World. We saw many Crocuses in various stages of bloom. The frost had touched some of them but there still were lots to photograph.

Arden has a long history. A map at the north end of the ridge shows the historical Fort Ellice Trail which went to Edmonton and the Carlton Trail which went to Souris from Arden. Winnipeg was over 6 days by oxcart. John also had a historical map from 1915 which showed an old sacred Indian mound in the shape of a beaver which started on the ridge and went in a south east direction. Unfortunately progress all but obliterated it when a road was put in next to the ridge. We walked back to town and had lunch in the park. We were invited over to the Arden Senior Center for some cake and coffee which John's wife had been so kind to set up for us. On the way out of town we took a picture at the "World's Largest Crocus".

Bird's Hill - May 26th was the date for our next field trip. We walked the Pine Ridge Trail which is the the old road going through the Pine Ridge village. Few people remember that a small village was originally expropriated to make this beautiful park. We walked through the Kudlowich farm which has the only remaining buildings from this era. It was a pleasant day and the flowers where starting to co-operate after a dry and shaky start to the blooming season. Blue-eyed grass, Silverweed and both Yellow and Early violets were in full bloom. The butterflies and moths where everywhere. A One-eyed Sphinx Moth sat still until everyone had photographed this beautiful moth. We had our lunch at the old Pine Ridge school site and found the Three-flowered Avens were well into bloom in the open area just south of the site. We had 20 participants on the field trip and recorded 32 species in bloom. Bird's Hill always amazes me with the diversity of plants there.

Woodridge - June 5th found us at the at the south east side of the province. The *C. acaule* (Moccasin Flower) where well into bloom. The area was east of Woodridge, an area our group had not visited before. Sand Cherry, Solomon's Seal, Strawberry and Blue Bead Lily were just some of the plants in bloom. We had another good group out with 20 people attending and 38 species recorded on the field trip. The group stopped at the Marchand Park where the group found many more species of plants. A good sign that everyone was having a good time was when it was time to leave no one wanted to go. Yes the lure of the natural world is quite compelling.

Pumpkin Creek - June 9th found us on our way to Pumpkin Creek. This is located in the Snow Valley area west of Roseisle, Manitoba along the Pembina escarpment. The day started out rather ominous with torrential rain greeting us on the way to Carman, our first stop. The rain started to lighten up when we got there and by the time we were ready to leave the sky was looking much lighter to the west.

Our next stop was Stephenfield Provincial Park and by the time we arrived the rain had stopped. After checking out the Small Yellow Orchid to be found there, we walked through a beautiful stand of Silver Berry bushes (Wolf Willow) to get to another area along the trail that had more Yellow Orchids for us to see.

Our next stop was at the Co-op store in Roseisle. By this time everyone was getting hungry so a lunch break was called for with snacks from the store and the lunches everyone brought along. The heavens had opened up to bright sunshine over Roseisle and would stay with us the rest of the trip.

We drove west to the Pumpkin ski trail area and started hiking along the trails. Many flowers in bloom again. Trillium, Marble seed, Lily of the valley, Small Bellwort just to name a few. On our way up Snow Valley to St. Lupicin we stopped to look at the O'leary Brick Works an old brick factory which used local clay to make bricks till the early 1950's. While there a cloud of butterflies descended on the road and everyone loaded up their cameras with wonderful pictures of Red Admirals, Mourning Cloaks and Meadow Fritillaries.

We stopped at the St. Lupicin Crafters Gallery where they serve 25 cent coffee all day long. On our way back we saw a sign that said Vavoom open house and we thought why not so we stopped in at Vavoom. The place is basically a vintage car scrap yard. That is if you can call vintage cars like a 28 Pontiac, 46 Ford coupe or a Hudson scrap. The owner lives in the Vavoom Castle which is a giant old red hip roofed barn and there are about 600 pre 1960 vintage cars strewn about the property. This was definitely one of the highlights of the trip.

Our last stop was to see a patch of Small White Orchids south of Carman. There were many Large Yellow Lady's Slippers along the edge of the ditch and it took us a while to find the Small Whites but we did. There were several good sized plants in various stages of flower. I did manage to get some good photos of my first sightings of the Small Whites so it was the highlight of my trip. The flowers have been dug up to near extinction in the Carmen area and at one time they were a very common Orchid. Wonderful to see them hanging on in spite of peoples insistence to dig up or mow these things of beauty.

Senkiw - June 16th found us looking for Showys at Joe Ewanchuk's along the Roseau River. We stopped along the way as the ditches in that area were coming alive with flowering plants. Indian Paint Brush in both red and yellow, Bedstraw, Golden Alexanders and Fleabane were making a good showing. The Showys were running a little late this year as lots were in bud stage. The ones that were blooming were quite spectacular so there was still good showing of flowers. Other plants that we saw there were Lousewort, several different vetches in bloom, Large Yellow Lady's slippers and Seneca Root.

We stopped and had lunch at Roseau River Park and then went on to explore the area around the Swinging Bridge.

Special Field Day - June 2nd was the highlight of our field trip season as far as I was concerned. We held this event at the Boreal Forest Education Center which is a wilderness teaching facility owned and run by Mike James. There were interpretive walks given in the morning and the afternoon by our NOCI field trip leaders Peggy Bainard Acheson and Richard Reeves. We had 32 people sign up and take the walks in the Brokenhead Wetland Ecological Reserve. Mike James also took a group around the trails on his property.

The highlight of the event was when Conservation Minister Gord McIntosh announced the doubling of the Brokenhead Wetland Ecological Reserve to over 1200 hectares. This was a project that NOCI and Debwendon have been working on for 10 years and to see that hard volunteer work finally pay off is quite special. It was wonderful to hear Chief Bear from the Brokenhead First Nation speak on what the significance of this ecological reserve means to his people. Many people from the Parks department were in attendance and took the tour of the ecological reserve. Parks has been very instrumental in helping this project move forward and when the interpretive board walk is finished in 2014 we will see the final results of all this work.

I would like to thank all the people that came together to make this project bear fruit. This project shows what volunteer groups can accomplish and it will be a great legacy to leave for the next generation.

Camp Morton - June 24th took us to another place that was new for NOCI. Camp Morton is located north of Gimli, Manitoba. Camp Morton was established in 1915 by the Roman Catholic Church as a summer camp for children. It was turned over to the province and is now a provincial park.

What makes the park interesting for field trips is there are some wonderful ski trails through the park which take you along the Lake Winnipeg shoreline. We discovered Yellow, Showy and Ram's-head Lady's Slippers. There is a very interesting variety of plant life along the lake. We saw 3 Viburnums, High bush, Low bush cranberries and Nannyberry. Other interesting plants were Carrion flower, Twisted stalk, Blue Flag and huge Cow Parsnip plants. We always seem to have a surprise on every field trip and on this one it was a massive Lilac bush. It was literally covered in Butterflies and Moths. Monarchs, Tiger Swallow Tails, Skippers and Hummingbird Moths. I think there were several gigabytes of camera memory used up just at this spot itself. This truly has been the year of the Butterfly.

In wrapping this up I would like to thank all the Field trip leaders for taking the time to make our field trips so interesting and informative. Hopefully we will see you on our trips in 2013.