

Native Orchid News:

THE NEWSLETTER OF NATIVE ORCHID CONSERVATION INC.

Volume 5 Issue 3 May 2003

ISSN 1499-5468

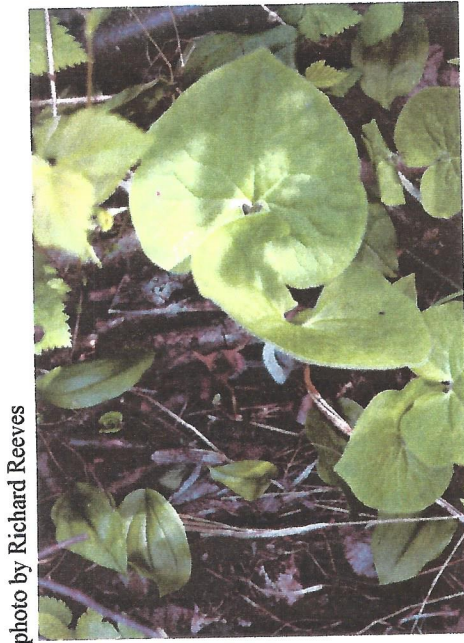


photo by Richard Reeves

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

Rare Plant of the Month
Wild Ginger
Asarum canadense

Field Trip Schedule
See Page 2

NOCI Website:
www.nativeorchid.com

For more information contact
Doris Ames.
Phone: 231-1160
E-mail: adames@mb.sympatico.ca

PRESIDENT'S REPORT - DORIS AMES

Our fifth Annual General Meeting was held on April 4, 2003. Peggy Bainard Acheson, Bob Joyce and John E. Neufeld, whose terms were up, were re-elected to the board by acclamation. Your new board is as follows:

Doris Ames - president
Alice Warren - secretary
Peggy Bainard Acheson - membership chair
Richard Reeves - newsletter editor

John E. Neufeld - vice president
Eugene Reimer - treasurer
Bob Joyce - field trip co-ordinator

The proposed bylaw amendments were ratified by the membership.

Tim Swanson, Manitoba Conservation forester Eastern Region, gave an interesting talk on modern forest management. He asked us to give his telephone number to you in case you had any ideas or comments you would like to pass on to him about forest management. His phone number in Lac du Bonnet is 1-204-346-6116. His e-mail address is tswanson@gov.mb.ca.

Please look at the schedule of field trips for this summer and phone Bob if you are interested in coming along on some of them. New members, sign up soon because we do not take large numbers on our field trips and there is usually heavy demand for them. This summer promises to be an interesting one as we carry on with our projects. Every year is different and there are bound to be new and exciting discoveries ahead. This will be the last newsletter until the fall. We do not hold board meetings in July and August. Have a great summer and I hope to see you out in the field.

RARE PLANT OF THE MONTH (SEE COVER PHOTO)

Wild Ginger (*Asarum canadense*)

Canadian wild ginger is a small plant and quite rare (S3). Usually found in moist organic soil in hardwood forests, it grows in partial or full shade. The two large, downy, heart-shaped leaves hide the inconspicuous brownish-red flower. The flower has no petals but consists of three sepals joined together into a bell. The flower grows very near the ground on a short stem in a crotch at the base of the two leaves. Slugs, flies and crawling insects such as beetles are believed to be the pollinators. Ants disperse the seeds. The yellowish, scented roots have the taste and smell of ginger although the plant is not related to the oriental spice. Wild ginger can be easily propagated by dividing the roots and replanting on a riverbank that gets flooded in the spring. First Nation people gather the roots in the fall and dry them. They make a weak tea from the powdered, dried roots to treat coughs and colds. In times past, wild ginger was used by the Ojibway to keep meat from spoiling. Studies done in the 1970's revealed the plant has antimicrobial properties. At times this root tea was also used to treat 'jumpy heartbeat' or cardiac arrhythmia as well as to bring on menstruation. First Nation people introduced the root to early pioneers who used the fresh or dried root boiled with sugar, as a pastry spice and ginger substitute.

NOCI FIELD TRIP SCHEDULE 2003

SATURDAY, MAY 10 - Spring in the Southeast - Crocus, Trailing Arbutus, Three-flowered Avenas, Bloodroot

SATURDAY, JUNE 14 - Visit a cedar bog in Woodridge - Yellow Lady's-slippers, Long-bracted Orchid, Ram's Head Lady's-slippers

SATURDAY, JUNE 21 - Brokenhead Wetlands and Belair Provincial Forest - Dragon's Mouth Orchid, Moccasin Flower and many other orchids in this rare and beautiful area.

SATURDAY, JUNE 28 - Summer in the Woodridge area - Showy Lady's-slippers, Small Round-leaved Orchids, Blunt-leaved Orchid, and many other lovely flowers.

SATURDAY, JULY 5 - Agassiz Forest Reserve - Rose Pogonia, Tall Leafy Green Orchid, Loesel's Twayblade, Wood Lilies and more

SATURDAY, JULY 19 - Fantastic Fringies - Visit Buffalo Point and the Tall Grass Prairie - Small Purple Fringed Orchid and Western Prairie Fringed Orchid

Bob Joyce is our field trip co-ordinator. **Please contact Bob at 256-8113** if you would like to join us on one of these trips. We take a limited number of members to some of the rarer and more delicate habitats, so register early. There is a charge of \$10.00 per adult to cover costs and you will be required to sign a liability waiver. You must be a member of NOCI to join us on these trips. Please use your discretion as to whether you are able to participate depending on the degree of difficulty walking. Bob can advise you. Most trips are suitable for any healthy adult. Our trip leaders are all amateur naturalists with field experience. We cannot guarantee that you will see every plant we mention in bloom, but we can guarantee that you will see many different plants and animals and you will certainly meet interesting people. **Please let Bob know if you have room for extra passengers in your car.** Many of our members do not have a car available to them but would love to join us on field trips. As well we will arrange to meet at a place in the city that is on a bus route, before we set off on the field trip..

Please dress suitably for the weather as we intend to go rain or shine. **Hats and drinking water are strongly recommended.** You will be notified if a trip has to be cancelled for some reason.