



The June meeting is in Spartanburg! See below.

# UPSTATE happenings

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JUNE 2015

NEWSLETTER OF THE UPSTATE CH

E PLANT SOCIETY



## Upcoming Events ± Approximate Times

**Saturday, May 23, 10am - Noon**  
**Propagation Workshop** (\$10 materials fee)

Location: Miller Putnam's greenhouse, 180 Lakewood Drive, Greenville

**Instructor: Ryan Merck with assistance from Joe Townsend and Betsy George**

Have you ever wanted to know how to propagate plants from seeds, divisions, and woody cuttings? Ryan will give hands-on instruction on propagation techniques. Bring a lunch/drink for a social time after the workshop.

E-mail [judy\\_seeley@hotmail.com](mailto:judy_seeley@hotmail.com) to reserve a spot. Please include your cell phone number.

**Tuesday, June 16, 7pm, Hatcher Garden (Spartanburg) • Come at 6pm for a tour!**

**Speaker: Dan Whitten**  
**"Edible and Medicinal Plants"**  
(See article this page.)

**Saturday, June 20, 9:30am - 4pm±**  
**Field Trip: Whitewater Falls to Sloan Bridge on the Foothills Trail**  
**Leader: Dan Whitten**

Meet at 9:30 at the gravel parking area where the Foothills Trail crosses NC 281.

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An exciting symposium is planned for next month in North Charleston. It's a weekend full of your favorite native plant activities... informative **lectures, workshops, demonstrations,** and **field trips** to great places! Meet friends new and old that share your love and interest in the amazing natural flora of South Carolina! Download a Registration form and Symposium Packet at: [scnps.org/2015-symposium/](http://scnps.org/2015-symposium/)

## Sweet birch tea, anyone?

Perhaps you'd like to try some trillium leaf or trout lily leaf to go with your tea, too. These unusual foods are not to be found at any of the myriad markets, cafes and restaurants that abound in every community. Rather, they come from another source of interesting tastes and nourishment – one that is all around us but remains generally unknown and unappreciated. They can be harvested from native plants that grow in our local forests. For those who know where to look and what to choose, a walk in the woods offers a wide variety of foods to sample.

Dan Whitten has been fascinated by edible native plants for a long time, and he has learned a great deal about them. He knows where to look for them and knows which ones are tasty, nourishing, and healthful, and also what sort of medicinal properties they may have. He says his interest in edible plants led naturally to an interest in medicinal plants – the two go hand in hand. Dan continues to study and use edible and medicinal native plants and regularly harvests a sustainable amount of various wild plants. He is always sure to leave plenty for other folks, for animals, and for the plants' own nourishment and reproduction, and he urges others who choose to harvest from the forests and fields to always use the same care.

When he provides the program for our June meeting, Dan will share some of his knowledge about edible and medicinal native plants. He plans to illustrate his information about these plants with pictures of each plant's flower – a useful identifier - and then show its edible or therapeutic parts, which can be leaves, seeds, flowers, or roots. The program will include four groups of edible and medicinal plants: fungi, teas, roots, and trail nibbles. For someone with Dan's knowledge, a walk in the woods is a movable feast – or perhaps a moving snack!

Dan plans to bring some samples of his favorite edible native plants, including some teas and a small batch of acorn flour pancakes. He likes to include fruits and other native edibles, but those are not available for a springtime program so pictures of them will have to do this time.

An avid outdoorsman, Dan describes himself as an interested layman, not an herbalist or practitioner. He emphasizes that he is still learning and is glad to share what he has learned about a subject he finds fascinating.

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## Dan Whitten

Master Naturalist • President of the Upstate Chapter SCNPS

**Tuesday, June 16, 7:00 pm**

 **Hatcher Garden and Woodland Preserve**  
832 John B. White Sr. Blvd., Spartanburg

*Come at 6 pm  
for a tour  
of the Garden!*

For more information, visit <http://www.scnps.org>



## Chapter Announcement:

The Upstate Board of Directors has decided to forgo the 2015 Fall Native Plant Sale in order to focus on planning next year's symposium and other special projects.

In the meantime, we will be selling native plants from the Putnam greenhouse. More information to follow, and Dan Whitten will provide additional details at our upcoming meetings.

South Carolina  
Native Plant Society  
PO Box 491  
Norris, SC 29667  
Upstate Chapter

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## Upcoming Events (continued from page 1)

(A shuttle will be arranged.) This one-way hike of 4.7 miles climbs 600 feet over Grassy Knob and Round Mtn.

The feature is a chance to see and photograph the rare Ash-leaf Golden-banner, *Thermopsis fraxinifolia*. Also featured are the views of Lakes Jocassee and Keowee from 3000 feet! Contact D. Whitten at [sdwhit10@aol.com](mailto:sdwhit10@aol.com) to register.

### Saturday, July 18, 9:30am - 4:30± Paddle/Hike Cascade Lake and DuPont Forest Waterfall Trails

Leader: Dan Whitten

Meet at fishing access parking just north of Wildcat Wayside at the intersection of SC 11 and US 276 by S. Saluda River at 9:30 to carpool to Cascade Lake Campground.

Flatwater paddling around Cascade Lake and to Hooker Falls. Hike to Triple and High Falls then back to boats. Then down Little River back to put-in. Sit-on-top kayaks and stand-up paddleboards available for \$10/person or bring your own boat.

Contact Dan Whitten to register at [sdwhit10@aol.com](mailto:sdwhit10@aol.com). Limit of 12 for kayak rentals and 6 for paddleboard rentals. Small additional fee for campground access.

### Tuesday, July 21, 7:00pm, SWU, Central Lake Jocassee: Jewel of the Upstate! Speakers: Brooks and Kay Wade

The Wade team will be presenting flora and fauna indigenous to Lake Jocassee.

### Thursday, August 6, 9:15am - 1:00± Field Trip on Lake Jocassee • \$30 cost Leaders: Brooks and Kay Wade

Beat the August heat with a three hour pontoon boat tour of Lake Jocassee. This trip follows-up the July general meeting presentation by Brooks and Kay Wade about Lake Jocassee. The Wades will show us the flora and fauna of the lake and shore and explain how Lake Jocassee came to be. No doubt a few waterfalls will be included in the trip.

In August we can expect to see a shore lined with flowering sourwoods, blooming devil's

walkingstick, the red cones of fraser magnolias, cardinal flower, blue lobelia, mountain mint, asters and sunflowers, and possibly some colonies of bryozoans underwater. Great blue herons and even a family of bald eagles could show up!

Meet at the boat ramp at Devil's Fork State Park at 9:15 for a 9:30 departure. Cost is \$30 per person payable upon arrival. Once on board, restroom facilities are provided by Mother Nature. There is a small park entrance fee or bring your state park pass. To reserve your space, email your name, cell phone number and the number in your party to: [judy\\_seeley@hotmail.com](mailto:judy_seeley@hotmail.com).

### No Program in August!

Enjoy the last remaining days of summer!

★★★★★

## Search for Native Seeds



GROWINGS ON  
at the GREENHOUSE

The greenhouse project is in need of more and varied seed for our seed bank. While many of us that are producing plants for the Society's sales collect seed, we are always in need of more and varied species.

If any members have seed now or can collect seed this summer/fall and share with us, it will be a very important contribution to NPS. If you have any to share, please have them marked with their botanical name (*genus and species*) the date and location collected, your name, and if they have been stratified or not.

Please contact Miller Putnam, (864) 325-9700, or [millerputnam@gmail.com](mailto:millerputnam@gmail.com)

## Sweet birch tea... Dan Whitten (continued from page 1)

Dan Whitten is a naturalist who has lived in Spartanburg County since 1980. He graduated from Auburn University with a BS degree in Wildlife Management. He retired from Michelin North America after 30 years and began to renew his study of nature by taking the Upstate Master Naturalist Class in 2008 and the Catawba Master Naturalist Class in 2010. He serves on the boards of the Upstate Master Naturalists, Foothills Trail Conference, Friends of Jocassee, and the Tyger River Foundation. Presently he works part time with Spartanburg County Parks leading outdoor recreation outings.

The meeting will be held at Hatcher Gardens and will be preceded by a 6:00pm tour of the gardens led by Jeff Hall, Lead Horticulturist and Garden Manager. Stephanie Nicholson will assist. — Amy Fendley

## Help Wanted Field Trips Coordinator

Plan and schedule outings to special native plant areas in the Upstate. Use your creative and organizational talents for this important NPS job.

Contact current coordinator Judy Seeley at [judy\\_seeley@hotmail.com](mailto:judy_seeley@hotmail.com) for more information.