Our Next Meeting
Tuesday, September 1, 7:00 pm

The next meeting topic for the Collin County Chapter of NPSOT, ‘Garden Show and Tell’, features photographs and plant commentary from our own members’ and guests’ gardens, botanical outings, favorite plants and/or plants of interest. This is one of our most interesting meetings of the year! The meeting will be held in Laughlin Hall at the Heard Museum. Doors open at 7:00. The program starts at 7:15. We look forward to seeing you there!

Upcoming Meetings

Tue. October 6: Vines of the DFW Metroplex - using a key. The Key to Plant ID: Using a Dichotomous Key to Identify Common Vines. Presented by Dana Wilson. Ms. Wilson will teach the basic techniques in plant ID by examining specimens of common vines.

Heard Workday Report
Saturday, August 22

by William Woodfin

The "usual suspects" from our NPSOT Chapter put in a good morning’s work Saturday primarily in the Main Garden but also sprucing up the Butterfly Garden. John W. and Tony removed a large amount of dead and dying Wax myrtle; Fran painted Remedy on dozens of Hackberries and Cedar elms; and Lisa and Betsy trimmed, weeded and removed a number of plants that had succumbed to 7 weeks without rain. Mark, a Master Naturalist, was also a great help.

Watering comprised our greatest efforts. The irrigation system has been broken in multiple places and inoperable for several years. There is only one water spigot in the front garden and one on each side of the museum building so there was a lot of dragging of hose. Stefanie Jennings had done a good deal of watering on Thursday but there remained more than we could fully cover in one morning. We could use another 75' length of quality garden hose. The Heard purchased a telescoping sprinkler that covers a wide diameter.

The "Texabama" croton, Mountain Mahogany, and Beauty Berries were all looking very thirsty. The Agarito in the Circle Garden looked woefully bad. (Tony and Roger Sanderson diagnosed what appears to be a severe infestation of scale and spider mites.) I treated the Agarito with a systemic product and will return to apply a foliar spray. (Both are called for when the scale is so bad.)

With some luck, the Heard hopes to land a grant to put new drip irrigation soaker systems in all three of the existing gardens. In the interim, if you are visiting and see portions of the gardens in severe need of watering, please do so.

I'm hoping to get a plan from Rosa Finsley next month for the Entry Garden and hope to plant in early October. We would really appreciate your help to install the new plants.

My thanks to all who have contributed their time, energy, knowledge and camaraderie. Roger’s visit and input was much appreciated.
Gardening to Attract Butterflies

by Roger Sanderson
Director of Horticulture
at Texas Discovery Gardens

and John Worley
Secretary and Newsletter for NPSOT Collin County

This is an update of an article originally written in the Winter of 2011.

Butterflies fascinate us. Obviously, what endears the butterfly to people is its fragile form, its often bright colors, and most of all, the fact that it can’t bite or sting and is therefore quite defenseless. Wouldn’t it be nice to attract them to our gardens?

Not only is a butterfly garden a delightful creation for one’s yard, but it can be an important ecological benefit to the Texas Environment. Seeing the delicate, brightly-colored butterflies flitting from flower to flower is always entertaining, but providing sustenance for butterflies may be critical in a landscape now devoid of the fields, woods, and prairies that once dominated our state.

Butterflies need two types of food - nectar for the adult butterflies and foliage, usually limited to a specific plant species for each different butterfly, for caterpillars to feed on. Both types of food may be extremely limited in the highly developed metropolitan areas and may even be deficient, especially in drought years, in rural or agricultural areas due to the conversion from native plants to introduced crops and invasive weeds.

Developing Your Own Butterfly Garden

There are many things to consider when contemplating the creation of your own butterfly garden. First you need to evaluate what you have to work with. Areas with full sun are preferred for most of the nectar producing plants, as well as most host plants.

However there are some butterfly plants that grow in shade too. If you lack sunny areas, consider converting a sunny lawn area into a garden. If you discover you really lack any area to make a garden, you can at least grow your butterfly plants in containers. If you have a natural area, it might be preferable to enhance it with added plants and features rather than remove it. Brush and weedy areas are often preferred to neat and clean.

Planning Your Garden

Once the area to be a garden is determined, the design must be planned. The amount of sun, the direction of the exposure, the soil type, the slope, and the amount of drainage will determine what species will do well in your garden.

Since our native butterflies will be looking for native plants, it is recommended that you use predominately native species in your garden. People are often tempted to plant almost exclusively colorful nectar plants, especially since many of the food plants are frequently weedy or unattractive and the caterpillars often defoliate them entirely. But consider providing at least a little area for the host plants since they are often limited in the wild. Having both the nectar and the food plants will attract many more butterflies.

The books and web sites listed at the end of this article are excellent sources to learn what local butterfly species you might expect in your area as well as what plants they prefer for nectar and food for their young.
Finding Plants

A list of a few common nectar plants found in North Texas and a list of a few common butterflies found in North Texas, their food plants, and the light preference of the food plants is shown on the next page. Try to include plants that bloom during all seasons.

Obtaining the plants for a butterfly garden can sometimes be a challenge because of the emphasis on natives and other plants not available in most nurseries. Check around to find nurseries that specialize in these plants. Also, the Heard Museum offers natives and other unique plants at their annual Plant Sale every spring. There are also many suppliers of native seeds and plants to be found on the internet.

Other Garden Features

In addition to plants, other elements you might want to include in your design are rocks or garden art for interest, and perhaps a water feature. The down side of a water feature is that they almost all require frequent maintenance. On the other hand, a water feature can add a new dimension to any garden and is especially appropriate for a butterfly garden. However, unlike most water features, butterflies prefer less water movement and really appreciate wet sand or mud.

Garden Construction

Take into account the mature size and the seasonal succession of the plants in the garden design. After the design is complete, the garden construction can begin.

First, all grass and weeds need to be killed, perhaps multiple times to reduce the viable weed seeds. Removing the top 1” to 2” of sod and soil will reduce the number of weed seeds that are waiting to germinate.

Next, at least three inches of good compost-rich soil mix is spread over the garden. An irrigation system would be the next step, but drip irrigation (preferred) is probably best laid out after planting.

Planting is now done, packing down the soil to eliminate air pockets. Although planting can be done anytime of the year (container growing made this possible), the best success is planting in the fall after the heat drops. Finally a blanket of mulch covers the beds and another mulch layer is added annually.

Recommended Books Include:

- Butterfly Gardening for the South: Geyata Ajilvsgi
- Butterflies Through Binoculars- East: Jeffrey Glassberg
- Kaufman Guide to Butterflies: Brock & Kaufman
- A Field Guide to the Butterflies of Texas: Raymond Neck
- Butterflies of Houston & S.E. Texas: Tveten
- Peterson Field Guide, Eastern Butterflies: Opler/Malikul
- Peterson Field Guide, Eastern Moths: Covell
- Caterpillars of Eastern North America: David Wagner
- Peterson First Guide, Caterpillars: Wright
<table>
<thead>
<tr>
<th>Butterfly</th>
<th>Host Plant</th>
<th>Sunlight Levels</th>
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<tbody>
<tr>
<td>Monarch &amp; Queens:</td>
<td>Milkweed species (food), Blue Mist Flower (nectar)</td>
<td>Sun</td>
</tr>
<tr>
<td>Black Swallowtail:</td>
<td>Fennel, Dill, Carrot</td>
<td>Sun</td>
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<tr>
<td>Tiger Swallowtail:</td>
<td>Cherry, Magnolia, Ash</td>
<td>Sun-Part Shade</td>
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<td>Giant Swallowtail:</td>
<td>Citrus, Prickly Ash</td>
<td>Sun</td>
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<td>Pipevine Swallowtail:</td>
<td>Pipevine</td>
<td>Part Sun - Part Shade</td>
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<tr>
<td>Cabbage &amp; Checkered White:</td>
<td>Peppergrass, Mustards</td>
<td>Sun</td>
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<tr>
<td>Orange Sulphur:</td>
<td>Alfalfa, Clover, Vetch</td>
<td>Sun</td>
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<tr>
<td>Cloudless Sulphur:</td>
<td>Cassia or Senna</td>
<td>Sun</td>
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<tr>
<td>Dogface Sulphur:</td>
<td>False Indigo, Prairie Clover</td>
<td>Sun</td>
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<tr>
<td>Little Sulphur:</td>
<td>Partridge Pea, Sensitive Plant</td>
<td>Sun</td>
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<tr>
<td>Great Purple Hairstreak:</td>
<td>Mistletoe (a tree parasite)</td>
<td>Sun</td>
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<tr>
<td>Gray Hairstreak:</td>
<td>Numerous Plants including Legumes and Mallows</td>
<td>Sun</td>
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<tr>
<td>Eastern Tailed Blue:</td>
<td>Legumes like Peas, Clover, &amp; Vetch</td>
<td>Sun</td>
</tr>
<tr>
<td>Spring Azure:</td>
<td>Dogwood, Viburnum</td>
<td>Sun - Shade</td>
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<tr>
<td>Snout Butterfly</td>
<td>Hackberry</td>
<td>Sun - Shade</td>
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<tr>
<td>Gulf Fritillary</td>
<td>Passion Vine</td>
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<tr>
<td>Variegated Fritillary</td>
<td>Passion Vine, Violets, Lamb's Ear, Pansies</td>
<td>Sun (Violets – Shade)</td>
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<tr>
<td>Question Mark</td>
<td>Hackberry, Elm, Nettles</td>
<td>Part Sun - Shade</td>
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<tr>
<td>Red Admiral</td>
<td>Nettles</td>
<td>Shade</td>
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<tr>
<td>Painted Lady</td>
<td>Thistles, Burdock, and some Mallows</td>
<td>Sun</td>
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<tr>
<td>American Painted Lady</td>
<td>Cudweed, Everlasting, Pussytoes</td>
<td>Sun</td>
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<tr>
<td>Buckeye</td>
<td>Snapdragon, Acanthus, Plantain, Wild Petunia, Gerardia</td>
<td>Sun</td>
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<tr>
<td>Pearl Crescent</td>
<td>Asters</td>
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<td>Phaon Crescent</td>
<td>Frogfruit</td>
<td>Part Sun - Shade</td>
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<td>Viceroy</td>
<td>Willow, Poplars</td>
<td>Sun-Part Shade</td>
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<tr>
<td>Hackberry &amp; Tawny Emperor</td>
<td>Hackberry</td>
<td>Sun-Part Shade</td>
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</tbody>
</table>
## Websites of Interest:

**Bug Guide:** [www.bugguide.net](http://www.bugguide.net)

**Butterflies & Moths of North America:** [www.butterfliesandmoths.org](http://www.butterfliesandmoths.org)

**Butterflies & Skippers of North America:** [www.nearctica.com/butter/index](http://www.nearctica.com/butter/index)

**Butterflies of America:** [www.butterfliesofamerica.com](http://www.butterfliesofamerica.com)

**Butterflies of Texas:** [www.utexas.edu/tmm/tnhc/entomology/butterfly/index.html](http://www.utexas.edu/tmm/tnhc/entomology/butterfly/index.html)

**Butterflies In Bloom:** [http://aggie-horticulture.tamu.edu/plantanswers/butterflies/butterfly-gallery/index](http://aggie-horticulture.tamu.edu/plantanswers/butterflies/butterfly-gallery/index)

**Dallas County Lepidopterist Society:** [www.dallasbutterflies.com](http://www.dallasbutterflies.com)

**Lepidoptera World:** [www.lepworld.com](http://www.lepworld.com)

## Collin County NPSOT Newsletter

### August 2015

#### Native Plant Society of Texas – Collin County Chapter

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<td>Winter to Early Spring Blooming</td>
<td>Mexican Plum</td>
<td>Rusty Blackhaw</td>
<td>Creeping &amp; Louisiana Phlox</td>
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<td></td>
<td>Redbud</td>
<td>Viburnum</td>
<td>Groundplum Violets</td>
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<td>Hawthorns</td>
<td>Elbowbush</td>
<td>Dandellions Groundsel</td>
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<td>Fringe Tree</td>
<td>Ch, Bush Honeyuckle</td>
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<td>Mexican Buckeye</td>
<td>Agarito</td>
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<td>Late Spring to Summer Blooming</td>
<td>Mimosa</td>
<td>Butterfly Bush</td>
<td>Purple Coneflower</td>
<td>Indian Blanket</td>
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<td>Vitex</td>
<td>Kidneywood</td>
<td>Daisies (Ox-Eye, Shasta)</td>
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<td>Lilac</td>
<td>Bee Bush</td>
<td>Four-nerve Daisy</td>
<td>Mexican Milkweed-T</td>
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<td>Chaste</td>
<td>Indigo (Amorphia)</td>
<td>Lantana</td>
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<td>Acacias</td>
<td>Button Bush</td>
<td>Turk’s Cap</td>
<td>Golden Dew-drop-T</td>
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<td>Huisache</td>
<td>Texas Sage</td>
<td>Blue Mist Flower</td>
<td>Dahlberg Daisy</td>
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<td>Pittosporum</td>
<td>Boneset &amp; Eupatoriums</td>
<td>Firebush-T</td>
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<td>Sienna (=Cassia)</td>
<td>Garden Phlox</td>
<td>Clammy Weed &amp; Cleome</td>
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<td>Texas Mountain Laurel</td>
<td>Salvia - Autumn,</td>
<td>Cape Plumbago-T north</td>
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<td></td>
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<td>Mexican Bush</td>
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<tr>
<td>Fall Blooming</td>
<td>Baccharis, Seep Willow</td>
<td>Fall Blue Aster</td>
<td>Maximillian Sunflower</td>
<td>Autumn</td>
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<td></td>
<td></td>
<td>Goldenrod</td>
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<td>Clematis</td>
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**Butterfly Nectar Plants**

**Winter to Early Spring Blooming**
- Mexican Plum
- Redbud
- Hawthorns
- Fringe Tree
- Rusty Blackhaw
- Viburnum
- Elbowbush
- Ch, Bush Honeysuckle
- Mexican Buckeye
- Agarito

**Perennials**
- Creeping & Louisiana Phlox
- Groundplum Violets
- Dandellions Groundsel

**Annuals/Tropicals (T)**
- Pansy
- Mustard

**Vines**
- Wisteria

**Late Spring to Summer Blooming**
- Mimosa
- Vitex
- Lilac
- Chaste
- Acacias
- Huisache
- Butterfly Bush
- Kidneywood
- Bee Bush
- Indigo (Amorphia)
- Button Bush
- Texas Sage
- Pittosporum
- Sienna (=Cassia)
- Texas Mountain Laurel
- Purple Coneflower
- Daisies (Ox-Eye, Shasta)
- Four-nerve Daisy
- Lantana
- Turk’s Cap
- Blue Mist Flower
- Boneset & Eupatoriums
- Garden Phlox
- Salvia - Autumn, Mexican Bush
- Wine Cups
- Thistles
- Coreopsis
- Liatris (Gay Feather)
- Monardas, Bee Balm
- Rudbeckia Black-eyed Susan
- Scukcaap
- Verbenia
- Butterfly Weed

**Fall Blooming**
- Baccharis, Seep Willow
- Fall Blue Aster
- Goldenrod
- Maximillian Sunflower

**Autumn Clematis**
Cultivate a Gardening Habit

Gardening is a great way to get in shape and control your diabetes.

reprinted from Readers Digest

Your yard does double duty as a gym and a relaxation spa when it contains a garden. In fact, studies find that gardening is one of the best activities around when it comes to preventing or improving chronic health conditions. Shoot for a minimum of 30 minutes of gardening (or other yard work) three to five days a week. You’ll be controlling your diabetes and raising your property value at the same time.

1. Pencil in autumn bulb-planting on your calendar.
   Take the family calendar, flip to one of the autumn months, and write “bulbs” on three back-to-back weekends. Plan for each bulb-planting session to last an hour. All of that digging will give you a week’s worth of strength training for your arms and shoulders, and your flowerbeds will be the envy of the neighborhood when spring rolls around.

2. Be a hands-on sodbuster.
   When you start up a new garden, or you’re preparing an old one for new planting, break the soil up yourself with a shovel. If you’re particularly ambitious and your garden is too big to till in one session, break up the job into smaller sessions or go ahead and rent a tiller, which will still exercise your arms. In either case, wear gloves to prevent blisters.

3. Forgo poison and pull weeds by hand.
   Give the soil in your yard a break from weed-killing chemicals. Instead, pull the interloping plants out of the dirt by hand. All you need are gloves, a small weed-digging tool, a bucket or bag in which to discard the weeds, and perhaps kneepads. With your right hand, jab the weed-digging tool into the earth at the plant’s base to loosen the roots, and then pull it out with your left. Every 10 minutes, switch hands. The activity not only beautifies your yard, it’ll burn 306 calories per hour for a 150-pound person.

4. Plant a front yard flower showcase.
   Pick a flower bed in your front yard that’s prominent on your property and visible from the street—this is where you will devote 75 percent of your flower-planting efforts. Now give that bed the full treatment: well-fertilized soil; a newly installed, handsome border; carefully scheduled watering; and flowers selected for color, height, and season-long blooming. By hoeing, digging, and lugging the watering can, you’ll be getting an excellent workout in the garden, and you won’t even notice. To top that, the neighbors strolling by will ooh and aah, and you may even strike up friendships that you wouldn’t have otherwise.

5. Bring a radio outside and change up your tasks every four songs.
   Varying your activities will help you avoid putting too much stress on one set of muscles. For instance, you might start by pushing heavy wheelbarrow loads of mulch from your driveway to the backyard, then switch to watering flower beds.
Collin County NPSOT Newsletter

**Cultivate a Gardening Habit**

6. Grow a healthier garden by keeping a compost pile.

Compost piles are good for the environment because they return biological materials such as grass trimmings and banana peels to the soil. But that’s not all—cultivating them can give you a physical workout, too. A compost pile needs to be turned periodically to keep the rotting process humming along, which requires a little hoeing, raking, shoveling, or pitch-forking. You can burn off 250 to 300 calories in just 30 minutes of pile-turning.

7. Turn off the sprinkler.

The easiest way to water your garden is to set up a sprinkler, but that doesn’t do your body any good. The next time you need to give your plants a lift, take a turn around the yard and aim the hose at each plant individually—not only will you be able to monitor each plant’s progress more closely, but tugging and carrying the hose will do your muscles good. When this becomes easy for you, haul out the water can instead of the hose. You’ll know that your strength has improved when you’re able to fill the can all the way and carry it with ease.

8. Plant your own 'locally grown' vegetables.

Veggies you grow yourself are as local, and as healthy, as you can get: You know that they’re fresh as can be, and you know exactly whether pesticides or other treatments have been used on them. Successfully harvesting your own tomatoes, beans, lettuce, squash, and other vegetables is also a point of pride. You’ll be so pleased with yourself for having cultivated them that you’re more likely to cook them frequently and experiment with new recipes, and you’ll make sure that they’ll never go to waste.

9. Plant an herb garden.

There’s no better way to add big flavor to your meals than with fresh herbs, but they’re awfully expensive at the grocery store. The solution? Grow your own. Culinary herbs tend to thrive in hot, dry conditions where nothing else seems to flourish. Try sage, oregano, thyme, rosemary, tarragon, and basil. For the most flavorful herbs, feed plants only with compost, and water them as little as possible. This encourages compact growth and intensifies the oils that give the herbs their fragrance and flavor. To dry the herbs, cut sprigs early in the morning, when the fragrances are strongest. Place them in a large paper bag (one for each type of herb), then put the bag in a sunny spot. The herbs will dry fully within a day or two.

**Editor’s Note:**

As an avid gardener, I strongly support the ideas in this article. However, I also feel I must add to take some nature walks and hikes in our area.

Our president, Carol Clark, hosts some wonderful and educational walks almost weekly in Plano. The Lake Lewisville Nature Center hosts many walks.

Walk the trails at the Heard Museum. Or the Wilson Creek Nature Trail, south of Towne Lake in McKinney.

Acquaint yourself with the various wildflowers, bushes, and trees as they bloom throughout the year.

Take things easy at first – take short walks and work up to longer ones. Dress appropriately. Bring insect repellant. Bring water. And bring your camera (or cell phone) to record the interesting things you see and share with us all at next year’s Garden Show and Tell.
Collin County NPSOT Newsletter

Look for these Images in the Garden Show and Tell

Collin County NPSOT General information

The Collin County chapter of the Native Plant Society of Texas meets the first Tuesday of January through October, in Laughlin Hall at the Heard museum. Unless otherwise noted, doors open at 7:00 and the program starts at 7:15.

The Native Plant Society of Texas is a non-profit organization with the goal to promote the conservation, research, and utilization of the native plants and plant habitats of Texas, through education, research, and example.

Thanks for your support.

email: collincountynpsot@gmail.com
website: http://www.npsot.org/CollinCounty/

John Worley