

LAKESHORE NATURE PRESERVE E-NEWSLETTER

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Thank you to our nearly 650 volunteers in 2012!

By Bryn Scriver

Part of the mission of the Preserve is to foster an ethic of stewardship that promotes mutually beneficial relationships between humans and the rest of nature. One way we do this is by offering people the opportunity to get their hands dirty while caring for the Preserve.

We are so thankful for everyone who wants to get their hands dirty! In 2012, nearly 650 volunteers gave their talent, effort, and time—over 3790 hours to the stewardship of the Preserve. That's almost equivalent to 2 full-time staff members!

Major accomplishments completed with the help of volunteers include planting and caring for a rain garden, removing invasive woody shrubs to open up overgrown oak woodlands, scouring all 300 acres of the Preserve for invasive plants (mainly garlic mustard and porcelain berry), maintaining trails, collecting and sowing seeds, and planting native plugs to increase biodiversity.

To recognize each of our volunteers and volunteer groups, we are including their names in this issue of the e-newsletter. Please forgive me if I have missed or misspelled your name or the name of your group, and feel free to contact me with corrections.

A special “thank you” to the Friends of the Lakeshore Nature Preserve for their consistent contribution of volunteers to our drop-in volunteer workparties and for their eager willingness to mentor student volunteers.

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Also a very special “thank you” to three members of the Friends of the Preserve who donated more than a third of all hours to the care of the Preserve in 2012. Working on special restoration projects, Glenda Denniston, Kennedy Gilchrist, and Roma Lenehan contributed 576, 229, and 659 hours respectively. These three certainly went above and beyond!



Our most dedicated volunteers: Glenda Denniston, Kennedy Gilchrist, and Roma Lenehan. Photos by Bryn Scriver

To Dig or Not to Dig

By Adam Gundlach

Spring is approaching. Buds are swelling. Sap is flowing. Gardeners are drawing up planting plans for the coming season.

Planting plans continue to work their way into the Preserve land management scheme, though less than in previous years. More and more, Preserve staff are using broadcast seeding as the plant establishment method of choice across the landscape.

In concentrated, easily accessible locations, hand planting plugs of herbaceous species is a viable method for achieving “instant” impact on a site. Seedlings that have grown in the greenhouse for a year or two often flower the first year they find themselves nestled in terra firma. For many trees and shrubs, manually planting nursery stock is one of the few options available to reintroduce target species and jumpstart a restoration.

While they may offer relatively instant gratification, these plantings also require significant attention during the first year or two following planting to maintain adequate moisture and limit competition from weeds. Despite heroic efforts to keep these areas watered, the extended drought conditions during the summer of 2012 laid waste to many of the plantings that were installed in the Preserve last spring.

Weeds being weeds, they find the newly disturbed soil in a planting area to be the perfect place to put down roots. From an ecosystem services perspective, these early colonists are merely doing their job. As they colonize newly disturbed ground, they stabilize the soil and begin the march down the path of community succession.



Savanna plant seeds. Photo by Bryn Scriver

Though seeds require patience (2-3 years or more) during the establishment phase, the use of broadcast seeding stretches both the budget and potential area of impact possible in a given year. Plants can cost anywhere from \$1-10 or more per individual. Large plantings require a large investment of money, but also a large investment of time and spine. Depending on the species' rarity and size of seed, the same amount of money could purchase hundreds or even thousands of seeds, and be sown with a flick or two of the wrist.

Despite the efficiency achieved by establishing plants from seed, there is something to be said for getting your hands dirty and nestling a seedling into its earthen home. Whether a volunteer or a professional (or a professional volunteer), digging a hole and putting down roots will forever remain a rewarding experience.

“Acts of creation are ordinarily reserved for gods and poets, but humbler folk may circumvent this restriction if they know how. To plant a pine, for example, one need be neither god nor poet; one need only own a shovel. By virtue of this curious loophole in the rules, any clodhopper may say: Let there be a tree - and there will be one.”

~ Aldo Leopold

2013 Project Preview

Frautschi Point Entrance Plantings

During the 2013 growing season visitors to Frautschi Point will witness the transformation of a rather utilitarian parking lot into a more pleasant entrance experience. With a gift from the Class of 1946, UW Landscape Architect Rhonda James has designed a shortgrass savanna planting with 2 white oaks to dress up the area on the east side of the parking lot. The project will also include a new informational kiosk.

Fire site #2 renovations

Fire site # 2 is a popular spot for a picnic and campfire. In fact this site has been popular with humans for thousands of years as evidenced by archeological materials found here. Erosion around the fire circle and at the water's edge necessitates that the fire circle be moved away from the lake. A bench will be located near the water and surface materials will be used to protect the shoreline. Clean topsoil will be brought in and native plants installed to protect the impressive oak tree and the eroding archeological site. The fire site will be closed during renovations which will take place this growing season. We will put out an announcement prior to the closure.



Fire site #2 will get a much needed renovation in 2013.
Photo by Bryn Scriver



Top: Marsh milkweed attracted plenty of pollinators this summer. Photo by Bryn Scriver Bottom: This area prone to standing water will be planted in 2013. Photo by Glenda Denniston.

Expanded rain garden at Picnic Point entrance

Last June a group of volunteers dug in to plant native plants in a low-lying and frequently soggy patch of turf at the entrance to Picnic Point. With frequent watering from staff and weeding by a member of the Madison Area Master Gardeners Association the plants thrived. Pollinators were very happy and standing water was less of a problem (albeit we were in a drought!) We will try to repeat this success with an adjacent low area that collects rain water near the entrance. The plants have been ordered and we hope to get them in the ground with the help of volunteers again on May 18. We'd love your help! (See page 12 for more info on volunteering.)



Volunteers take a break at the fire circle on Picnic Point. Photo by Bryn Scriver

OUR 2012 VOLUNTEERS

Sam Ackerman	Bill Barker	Dan Borud	Austin Ciccati	Xiuwen Dong
Amanda Adam	Adam Barnes	Leah Bothwell	Catherine Clark	Ryan Dosedla
Sam Adler	Justin Baroun	Jett Boysen	Lexi Clark	Oumaru Drammeh
Emily Aiello	Ali Barry	Michael Braatz	Saraid Claxton	Jennifer Drews
Miguel Alcazar	Brian Bauer	Calvin Li Branum	Randy Clemens	Jiawei Du
Saad ALHadiaq	Brett Baur	Keira Li Branum	Bridget Clevén	Kristie Ducharme-Smith
Alaa Alkhayyat	Marvin Beatty	Max Brasch	Isaac Cohen	Nathan Duerkop
Megan Allermann	Catie Beck	Fabio Brito	Casey Cooney	Connor Dura
Evan Allen	Brent Becker	Jenni Brochtrop	Janis Cooper	Nicholas Dykstra
Loretta Allotey	Patricia Becker	Greg Brock	Amber Converse	Rafal Dziedzic
Cole Altman	Jessica Bedner	Anna Brown	Paola Cortes	Chelsea Dzenko
Amjed Alzoubi	Farimah Behzadi	Christine Buhl	Bruce Courtney	Ben Eckburg
Lindsay Amiel	Keari Bell-Gawne	Sarah Bullard	Alexandra Crescio	Lee Edwards
Jacob Anderson	Linda Belz	Brett Burckhardt	David Curley	Andrew Eikins
Kathy Anderson	Emily Benas	Ann Burgess	Julliette Cutts	Lina Ekholm
Lauren Anderson	Linda Benning	Wesley Burkhard	Kate Dalby	Jay Ekleberry
Aaron Arcello	Seth Berger	Samantha Bush	Judy Davidoff	Eddie Espinoza
Kelly Arneson	Zac Berger	Brianna Byers	Anne de la Cotera	Emily Essex
Emily Arnett	Shane Bernau	Patrick Cadle	Sean Dekok	John Everett
Casey Aschebrook	Brooke Berrens	Isabel Callan	Susan Denholm	Marie Everett
Geoffrey Asmus	Jacob Bertram	Anne Cameron	Glenda Denniston	Ronan Everett
Samantha Audino	Josh Betz	Kristin Campbell	Julie Dewitt	Xiang Fang
Michael Babcock	Katie Bier	Luke Carlson	Danny Dhokarh	Margaret Farley
Alex Bach	Lindsay Bier	Susan Carpenter	Kelsey Diederichs	Nick Faus
Birgit Bach	Annalise Black	Daniel Carson	Michael Diesch	Lauren Fergus
Tom Bach	Laura Blegen	Jonah Carre	Elizabeth Dinh	John Ferren
Daniel Bahn	Jacob Blitstein	Bill Cassidy	Kim Distin	Mac Fisher
Rachelle Baillon	Kristen Block	Maria Chavez	Leah Dittberner	Nik Flahavan
Matt Baker	Angela Bong	Theresa Chen	Kiley Djupstrom	Monica Flood
Ben Balgord	Paul Borowsky	Meta Chrostowski	Phillip Dobbink	Brad Fox

Our Volunteers continued

Tyrel Foye
 Luke Frey
 Miguel Frias
 Hannah Friedman
 Dylan Friss
 Matt Gaboury
 Sue Gardner
 Josh Garvey
 Chad Geissler
 Morgan George



Emily Gibson
 Rebecca Gilbert
 Kennedy Gilchrist
 Angela Gildea
 Mike Gionet
 Kimberly Goldman
 Courtlyn Gorton
 Melinda Gottesman
 Corinna Gries
 John Griffith
 Bernie Grosso
 Kristopher Grove
 Anthony Guglielmi
 David Hanson
 Jesse Hanuszcak
 Devon Hamilton
 Lisa Hardenburger
 Connor Harmann
 Dave Harring
 Ron Harris
 Bruce Hasler
 Galen Hasler
 Grace Hasler

Mark Hasler
 Aminah Haveef
 Margaret Hayne
 Neal Heckenbach
 Katelyn Heinbruch
 Jenessa Heiting
 Andie Held
 Tom Helgeson
 Betsy Henderson
 Doug Hensel
 Katie Hensel
 Moriah Hensler
 Victoria Herrera
 Anthony Herzog
 Alex Hess
 Jake Hilborn
 Dale Hodgson
 Darla Hofman
 James Holden
 Steven Holley
 Connor Holthaus
 Laura Holz
 Sarah Howells
 Trevor Howells
 Todd Hubler
 Kiara Huemer
 Veronica Hutton
 Bao Huynh
 Christopher Hwang
 Stacy Isferding
 Sesan Iwarere
 Jackie Jackson
 Noriko Jackson
 Jess Jacobson
 Raechel Jacobson
 Amy Jancewicz
 Adam Jarecki
 Michael Jarrell
 Allison Jelmeland
 Claire Jennings
 Dylan Jennings
 Jikhan Jeong
 Caitlin Johnson
 Lizzy Johnson
 Paul Johnson

Sam Johnson
 Thom Jones
 Carson Kaiser
 Nathaniel Karabon
 Dylan Karls
 Lindsay Kasten
 Emily Katz
 Nicolette Kauls
 Ken Kavajecz
 Zak Kavajevz
 Josh Kaye
 Ian Kelly
 Ngong Kelly
 Robert Kempfer
 Marcus Keys
 Patrick Killian
 Jessie Kim
 Jennifer King
 Jessica King
 Jade Kitts
 Angie Klein
 Anna Klein
 Jan Kloth
 Kelly Kloth
 Bob Koch



Stevie Koepp
 Keri Kohlmann
 Matt Konz
 Kwaku Koranteng
 Dan Kornuls
 Alexis Kovach
 Colin Kraut
 Megan Krefting

Alyssa Kreitzman
 Maddy Krueger
 Justin Kubec
 Gisela Kutzbach
 Taylor Lackey



Andy Laird
 Meg Laird
 Kathy Lange
 Kaela Lapp
 Colleen Laughlin
 Caitlyn Leahy
 Gloria Lee
 Issac Lee
 Brianne Leibham
 Mark Lemancik
 Roma Lenhehan
 Tim Leung
 Tal Levanony
 Erica Lewis
 Tianrui Li
 Tzufen Li
 Zhuoran Li
 Chih-Ming Liang
 Anya Lienau
 Michael Lienau
 Peng Liu
 XiLiang Liu
 Luke Loegering
 David Loehlin
 Jeremy Lowen
 Steffani Lozano
 Andrea Lubenow
 Dan Luetmer

Danielle Lundstrom
 Lauren Lynch
 Li Juyu Lyu
 Hannah Maas
 Kristin Magliocco
 John Magnuson
 Austin Mahr
 Janae Mancheski
 Sean Mannion
 Hana Marino
 Jeremy March
 Amy Martin
 Luke Mathers
 Benjamin Mast
 Chris Mast
 Kim Mast
 Samuel Mast
 Mark Matthews
 Danielle Maturo
 Anna Mayer
 Jessica McCamish
 Katie McDonough
 Erin McDougale
 Miranda McGuire
 Kathy McKenzie
 Bill McWilliams
 C. McWilliams
 Cal Melberg
 Kevin Menningen
 Kristen Menningen
 Allison Merten
 Jenna Mertz
 Walatta Mesquitta
 Zachary Meyer
 Hanna Middlebrook
 Liz Middleton
 Amanda Miller
 Katherine Mitchell
 Mark Molitor
 Molly Moon
 Tyler Moon
 Ashley Moore
 Tom Moore
 Kelly Morgan
 Laurie Montague

Photos by John Magnuson

Our Volunteers continued

Monica Montano
Cullen Moran
Brad Moser
Melissa Moser
Michael Mueller
Terence Mullin
Montana Muma
Lisa Munro
Brianna Nack
Karen Nakasone
Hyunseok Nam
Jane Nass
Cameron Nelson
Olin Nelson
Christy Nesja
Dave Neudek
Laura Newman
Alex Nguyen
Kim Nguyen
Charlie Niemann
Monica Nigon
James Nikolay
Raissa Nkulu
Kate Noble
Khairi Mohd Nordin
Deiek Novy
Carlos Nunez
Jeremy O'Brien
Brenna O'Halloran



Samuel Ollas
Treana Olofson
Stephaney Olson

Ghedi Omar
Carla Oppenheimer
Macaulay O'Rourke
Kaylene Orsland
Siti Sarah Othman
Piper Owen
Paula Pachciarz
Scott Papez
Christian Parish
Claire Parrott
Kyle Parry
Shane Patzlsberg
Matt Patterson
Joy Pelar
Canyon Perry
Brian Pesner
Amanda Peterson
Steve Peterson
Tim Peterson
Allie Petison
John Pfender
Allie Phillips
Tyler Piddington
Olivia Pies
Ronald Pisano
Mitch Pocelle
Emily Pocrnich
Henry Pohlman
John Pohlman
Michelle Pollack
Adam Popanz
Mary Possin
Aisha Prasad
Jane Prochaska
Ali Prusha
Jialun Pu
Jeff Pugh
Jack Quirk
Axel Ramirez-
Madera
Keilan Reinhart
Rachel Reinhart
Eduardo Reyes
Romulo Ribon
Ed Rippley

Dean Robbins
Alex Rodriguez
Paola Rodriguez
Lizzy Roehl
Nicole Rohde



Jacob Rollmann
Benjamin Rombca
Steven Rosandich
Samantha Rosenbloom
Jennifer Roy
Elaina Runingen
Jacob Rusch
Kajal Russell
Bridget Ryan
Molly Ryan
Jonathon Sabatke
Vlad Salikhdzhanov
Veronica Schaefer
Bjorn Schaff
Erik Schaff
John Schellinger
Sheryl Schieck

Marcia Schmidt
Alyssa Schmirler
AJ Scholz
Jess Scholz
Daniel Schraufnagel
Adrienne Schroeder
Megan Schuette
Alex Schultz
Peggy Schumann

Breanna Schwiess
Shirley Scriver
Fan Li Shen Selina
Marcus Shannon
Sara Shea
Brandon Sheppard
Chelsea Sherman
Bryce Sherwin
Emilie Shields
Sean Shields
Ben Simmons
Eric Simpraphone
Allison Skeers
Susan Slapnick
Tammy Slocum
Jon Smet
Kristen Smith
Steve Smith
Susan Smith
Thomas Spelsberg
Jimmy Soh
Jinyoung Son
Tom Stadelman



Zachary Staltes-Clouse
Dana Steffen
Josh Steffan
Miriam Steinberg
Sophia Stevenson
Bill Stewart
Trevor Stewart
Hirotzu Sugimota
Matt Sukup

Ted Sun
Manu Sunny
Melanie Swannell
Elise Swanson
Eliza Swedenborg
Nadia Sweet
Cheri Swenson
Gary Sykes
Linda Sykes
Ross Taylor
Cori Terpstra
Sydney Templeman
Glenn Teschendorf
Margaret Thairu
Chris Therson
Mitchell Thomas
Mai Pang Thor
Mary Tilton
Chris Torborg
Bianca Torres
John Tracey
Thuy Dan Tran
David Trebatoski
Jarrod Trick
Andrew Troupis
Amanda Truppe
Cole Trumble
Luke
Vandenlangenberg
Matt
Vandenlangenberg
Jake VanderZanden
Jenny vanDoorn
Rich vanDoorn
Katie VanDyne
Hnougou Vang
Pakou Vang
Michael VanHoorn
Sam VanVolkenburgh
Paul Verstegen
Logan Viegut
Noe Vital Jr.
Katie Vitek
Valerie Von Horn
Carl Wacker

Our Volunteers continued

Katherine Wade	Lucas Westby	Pat Winkels	Chuyee Xiong	Connor Zarecki
Will Waller	Sarah Westby	Jessica Wirkus	Kabnpauj Xiong	Alton Zenon
Jack Wang	Kai Westring	Michael Wirkus	Josh Yach	Bingxin Zhang
Phil Wang	Henry Whitehead	Spenser Wipperfurth	Natalie Yau	Shaoqing Zhang
John Warner	Christina Wiedbusch	Kaitlin Wirtz	Kazuki Yoshihara	Yue Zhou
Josh Webb	Emily Wight	Molly Wissell	Manami Yoshihara	Pat Zimmerman
Megan Weber	Amber Williquette	Anah Witt	Caitlyn Young	Peter Znameroski
Elaine Welch	Ella Williquette	Erin Wolke	Jessica Yurchich	Zoey Zuo
Liz Wendt	T. Wilson	Levi Wood	Emily Zander	
Taylor West	Rachel Wimer	Judith Worth	Chester Zara	



Volunteers pose for a photo in Willow Creek Woods.

2012 VOLUNTEER GROUPS

4H Youth State Conference	Science and Medicine Graduate Research Scholars (<i>SciMed GRS</i>)
Alpha Phi Omega	Sigma Phi Epsilon
Beta Alpha Psi	Student Leadership Program-Leadership thru Volunteering
Beta Chi Theta	United Cerebral Palsy (UCP)
Blackhawk Church—LOVE Madison	UW American Red Cross Club
Bradley Learning Community	UW Biocore
BRIDGE-Building Relationships In Diverse Global Environments	UW Center for Limnology
Chancellor's Scholars	UW Environmental Studies 112
Chi Phi	UW Environmental Studies Club
Circle K	UW Finance and Investment Society
CUNA Mutual Group—United Way Days of Caring	UW Horticulture 120
Dane County Neighborhood Intervention Program	UW MBAs with a Heart
Eagle Heights Community Center staff and youth	UW Retirement Association Board
First Unitarian Society	UW Triathlon Team
Fluno Center Sustainability Committee	UW Water Science and Engineering Lab
Friends of the Lakeshore Nature Preserve	UW Writing Fellows
Hausmann-Johnson Insurance—United Way Days of Caring	UW-Oshkosh—Volunteers on the Move
Isthmus	Virent Inc.—United Way Days of Caring
Lands End—Take a Stake in the Lakes	West High School Boys Varsity Soccer Team
Pi Kappa Alpha	Wisconsin English as a Second Language Institute (WESLI)
Powers-Knapp Scholars	Wisconsin Union—Alternative Breaks Committee
Psi Upsilon	

Interface of Academics in the Preserve: Challenges and Opportunities

By Adam Gundlach and Cathie Bruner

Various academic pursuits weave their fabric into the matrix of daily life in the Preserve. Some of these pursuits arise as isolated occurrences. For example an undergraduate student is currently conducting a semester long project to survey coyotes in the Preserve under the direction of Wildlife Ecology Professor David Drake.

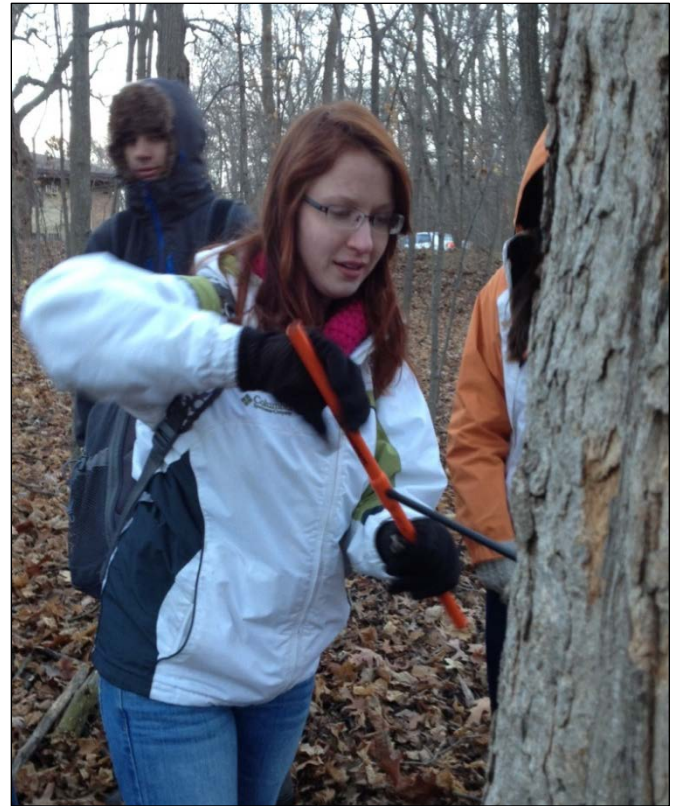
A number of departments/programs and courses have used the Preserve as part of established curriculum for many years. These include: Landscape Architecture, Soils, Geography, Botany, Zoology, Ecology, Entomology, Archaeology, and Ornithology. In comparison, the Biology Core Curriculum program, which established the Biocore Prairie in 1998, is a relatively new user of the Preserve.

Instructors continue to find new ways to use the Preserve in their teaching. Professor Adrian Treves includes a service component to his Conservation Biology 651 course. Students conduct surveys—one to collect visitor feedback and others to track animal activity. These surveys build data sets that others will be able to use in the future, while gathering important information for management of the Preserve.

Professor Sissel Schroeder's Anthropology students trekked repeatedly into the Preserve to investigate geology, soils, dendrology, and earthworms, while researching narratives of human occupation in maps, surveys, and photo archives.

While most academic uses of the Preserve have similar underlying goals – to teach, to observe, to record, and to learn – each shade of academic interface requires different resources, oversight, and input to successfully implement.

Preserve staff guide academic users to appropriate locations in the Preserve, coordinate each individual endeavor in a way that builds synergy and avoids conflict, and provide the pertinent background information and context for each project.



Anthropology students take turns coring a tree. Photo by Sissel Schroeder.

The basic permitting protocol involved in going from academic idea to on-the-ground activity in the Preserve is laid out on the [Preserve website](#). However, no official process exists to compile, store, process, and disseminate the information generated by academic activity in a holistic way.

The topic of how best to coordinate and serve academic use in the Preserve has garnered discussion in recent Lakeshore Nature Preserve Committee meetings. A common theme of the discussions was that additional resources would likely be needed to expand and improve the interface of academic use and data management. As is often the case, time and expertise to develop and manage information is the commodity in shortest supply.

Are you using the Preserve for academic endeavors? If so, we'd love to hear from you. Please send us any info to lakeshorepreserve@fpm.wisc.edu.

Tallgrass Prairie & Oak Savanna Fire Science Consortium

By Adam Gundlach

The [Joint Fire Science Program](#) (JFSP) is a national program funded by the Departments of Agriculture and Interior, and governed through a board comprised of members from the U.S Forest Service, Bureaus of Land Management and Indian Affairs, Fish and Wildlife Service, Park Service, and the U.S. Geological Survey.

JFSP sponsors 14 [regional fire consortia](#) throughout the United States. Our region is served by the [Tallgrass Prairie & Oak Savanna \(TPOS\) Fire Science Consortium](#), which is based on the UW-Madison campus at the Nelson Institute for Environmental Studies. The consortium acts as a conduit for research and outreach related to wildland fire science, and draws on the extensive knowledge of the “fire practitioners, scientists, outreach and extension specialists, volunteers, educators and enthusiasts from the Tallgrass Prairie and Oak Savanna Region” that form its core.

Recently, the consortium held its [first regional conference](#) in Dubuque, Iowa. More than 350 people attended the three-day conference, which touched on all facets of wildland fire, from creating prescribed burn

plans and choosing the right fire line equipment, to managing smoke and conducting pre- and post-burn monitoring.

If you are interested in learning more about the current state of knowledge surrounding wildland fire in our region, The TPOS Fire Science consortium website is a great resource and starting point. Additionally, audio of many of the conference presentations were recorded and are [available online](#) with their associated PowerPoint.

Though it appears the thermometer will not reach 80 degrees this March, the landscape will soon be heating up with restoration’s flaming rites of passage.



Culinary Control: from scourge to scampi

By Bryn Sriver

As soon as the snow melts it will be time again for wandering the woods to pull and bag garlic mustard. It will also be time for garlic mustard pesto!

I was recently reminded of a thesis by Cynthia Harrington MS '02, [An Appetite for restoration: Control of the invasive plant garlic mustard \(*Alliaria petiolata*\) through harvest for human consumption](#). Harrington enlisted the talents of local chefs from L'Etoile and Harvest to experiment with the plant in their kitchens,

and some of the vegetable was sourced from the Lakeshore Nature Preserve!

At home in the British Isles and Europe, garlic mustard grew in shady hedgerows and woodlands. Called by the names jack-by-the-hedge, hedge garlic, poor man's mustard, or sauce-alone, the plant was collected for culinary and medicinal uses. *Culpepper's Herbal* (1652) praised the plant for its ability to relieve coughs and remove phlegm and to improve digestion among other ailments. It was most likely intentionally introduced to the United States by early immigrants.

So how did this culinary herb from England become such a pest in the United States?

Culinary Control from page 9

Garlic mustard did not initially spread rapidly. The first North American herbarium specimen was collected in 1868 in Long Island, NY, but it was only recognized as a threat to natural areas in the late 1980s. It is now found in at least 37 states and 5 provinces. In Europe, 69 species of insects feed on garlic mustard which helps keep it in check. Far fewer insects feed on it here, and none exclusively. In North America garlic mustard exhibits phenology typical of cool-season European plants, growing during early spring and late fall while native plants are dormant. It also produces seed quickly and abundantly—136-295 seeds per plant. The seeds can remain viable in the soil for 7 years or more, making it hard to control once it has established in an area.

Garlic mustard spreads into high quality woodlands, not just into disturbed areas. In invaded sites, it has been shown to decrease native plant cover and thus habitat suitability for native insects, birds, and mammals. Garlic mustard produces allelochemicals, which suppress mycorrhizal fungi that most plants, including native forest trees, require for establishment and growth.

So why should we eat garlic mustard besides the fact that it's wildly abundant and a pest to control?

For locavorians garlic mustard is a great late winter/early spring green. It's high in vitamins A and C (with cancer-preventative compounds characteristic of both the mustard and garlic family) and it can most likely be found in your own backyard. Even more, it's delicious. It's also somewhat satisfying to find some use for the plant—'devouring your enemies' and all that. However in the interest of full disclosure, a 2007 study found that garlic mustard does [contain measurable levels of cyanide](#). It is not the only plant containing cyanide that is still consumed by people, cassava for example. Nevertheless, it should be stated that moderation is key!

Collecting is not allowed in the Preserve. However if you join us for a garlic mustard pulling workparty you will be allowed to take some home with you to cook with. (We want to make sure you are collecting the right plant and not collecting in an area where we have used herbicides.)

An important note! While Harrington suggests ways to utilize garlic mustard as a food, she does not encourage keeping it around for that purpose, and do not plant it! There's no shortage of this wild edible.

Bon Appetite!

Tips on Cooking with Garlic Mustard

- Use garlic mustard in any recipe calling for mustard greens.
- Young plants harvested in early spring have a mild mustard flavor with hints of garlic and can be used raw.
- Older, larger leaves and plants have a more bitter, spicy flavor.
- The round leaves are less bitter than the triangular ones on the flower stalk.
- If the plant is in full flower or has produced seeds, it will be much more bitter.
- Cut the bitterness by seasoning the cooked greens with vinegar, the raw greens with a vinaigrette dressing, and in pesto by using cashews instead of pine nuts or walnuts.
- Have fun being creative; use it raw in salads or blanch it and substitute it whole or in part for spinach in quiche and lasagna recipes; throw it in a stir-fry, puree it in a soup, make compound butters or flavored vinegars.
- Pull up the entire plant with the roots. This will prevent the plant from resprouting, and the roots will keep the plant fresh until you are ready to use it. Flowers should be bagged and thrown in the trash.
- DO NOT USE plants that may have been treated with weed killer.
- Experiment with this weed while helping to control it!

PERSIAN YOGURT-RICE SOUP (Harrington's favorite garlic mustard recipe)

1 Tablespoon olive oil
1 cup finely chopped onions
3-4 garlic cloves, minced or pressed
½ teaspoon salt
½ cup peeled and diced carrots
¼ teaspoon ground cardamom
½ teaspoon ground coriander
⅛ teaspoon cayenne, or to taste
¼ cup raw white basmati rice, rinsed and drained
3 cups water or vegetable stock
4 cups blanched garlic mustard greens, loosely packed (replaces 4 cups spinach, stemmed and chopped)
1 egg
⅔ cup plain nonfat yogurt
2 Tablespoons chopped fresh cilantro
Salt and ground black pepper to taste



Warm the oil in a soup pot. Add the onions, garlic, and salt and sauté on medium heat for about 10 minutes, until the onions are translucent, stirring frequently. Add the carrots and sauté for about 5 minutes. Stir in the cardamom, coriander, and cayenne and sauté for another minute, stirring constantly.

Add the rice and the water/stock. Cover and bring to a boil; then reduce the heat and simmer until the rice is tender, about 25 minutes. When the rice is tender, add the garlic mustard to the soup and stir well. In a bowl, thoroughly beat together the egg and yogurt and gradually whisk the mixture into the soup. Stir in the cilantro and gently reheat, being careful the soup doesn't boil. Add salt and pepper to taste. Serves 4.

This recipe was adapted from The Moosewood Collective, 1999. Moosewood Restaurant Daily Special. 402 pp. New York: Clarkson Potter.

GARLIC MUSTARD PESTO

3 cups garlic mustard leaves, washed, patted dry, packed in measuring cup
2 large garlic cloves, peeled and chopped
1 cup walnuts or cashews
1 cup olive oil
Juice of 1 lemon
1 cup grated Parmesan cheese
¼ cup grated Romano cheese (or just use more parmesan)
Salt & pepper to taste



Combine garlic mustard leaves, garlic and walnuts in a food processor and chop. Or you can divide the recipe in a half and use a blender. With motor running, add olive oil slowly. Shut off motor. Add lemon juice, cheese, salt & pepper, and process briefly to combine. Scrape into refrigerator container and cover. It can be frozen, although the garlic taste will diminish in the freezer.



A winter sunset in the Preserve. Photo by Lina Ekholm ©

Lakeshore Nature Preserve Staff

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Ron Noe, Field Technician
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Volunteer in the Preserve!

Benefits include: meeting new people, fresh air, exercise, learning about local plants and animals. Tools and training provided. Bring your own drinking water. Long pants and closed-toe shoes highly recommended. Volunteers 17 or younger and large groups are OK with advance notice.

April

- *April 3, Wed. 1:30-3:30 pm.
- April 6, Sat. 9:00-12:00 noon.
- *April 10, Wed. 1:30-3:30 pm.
- *April 13, Sat. 1:30-3:30 pm.
- *April 16, Tues. 1:30-3:30 pm.
- April 19, Fri. 9:00-12:00 noon.
- April 20, Sat. 9:00-12:00 noon.
- April 21, Sun. 9:00-12:00 noon.
- *April 22, Mon. (Earth Day) 1:30-3:30 pm.

May

- *May 2, Thurs. 1:30-3:30 pm.
- May 18, Sat. 9:00-12:00 noon.
- Help plant a rain garden!

June

- June 8, Sat. 9:00-12:00 noon.
- *June 23, Sun. 9:00-12:00 noon.

July

- July 13, Sat. 9:00-12:00 noon.

*Meet at Frautschi Point lot.
All others meet at Picnic Point lot 129.

For more information about volunteering in the Preserve visit our [website](#) or contact Bryn Scriver, bscriver@fpm.wisc.edu or 220-5560.