

Nashoba Conservation Trust Fall 2018 News

2018 NCT Annual Meeting

When:
Saturday, November
10th 6:00 PM

Where:
The home of Susan
Edwards in Pepperell
Hosted by:
Susan Edwards and NCT

NCT Board of Directors

President: Ken Hartlage
Vice President: Paula
Terrasi
Secretary: Cindy Kuhn
Treasurer: Patty
Franklin

Directors

Siri Stromsted
Paul Peavey
Mark Camp
Linn Clark
Russ Schott
Rob Rand
Michael Veit

Conservation Corner

Ken Hartlage
Pollinator Meadow
Takes Seed

Nashoba Conservation Trust (NCT) is turning an old pasture into a pollinator meadow filled with native plants. The two-acre plot, part of the Seminore Woods Conservation Area, is being transformed into oasis for bees, dragonflies, butterflies and other wildlife.



L to R: Stan Pozerski, Paul Peavey, Emily May, Michael Veit, Paula Terrasi, Mary Metzger, Deb Fountain, Tony Beattie and Rob Rand.

“Pollinator species are under tremendous stress due to habitat loss, pesticide and pathogen exposure, and climate change,” says Emily May of the Xerces Society, who is consulting on the project. “Dedicated habitats with diverse flowering plants such as this meadow provide the right environment to foster sustainable pollinator populations.”

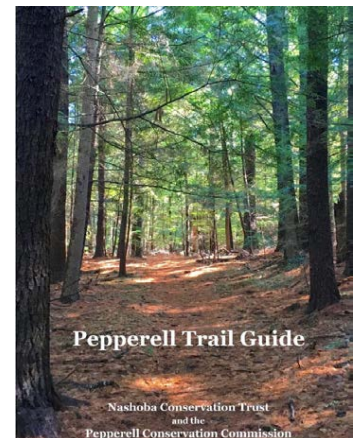
NCT Board Member and project leader, Michael Veit, believes the meadow can serve as a model for Pepperell’s residents to create their own pollinator-friendly, native plant habitats. *continued on page 2...*

Opt Out on Black Friday

Pat Peavy

After stuffing yourself silly on Thanksgiving, skip the craziness of Black Friday and join REI’s #OptOutside campaign instead. Since 2015, REI has closed their stores in an effort to stop the madness of battling the retail crowds and get people outside enjoying nature instead. NCT encourages you to reconnect with the outdoors and take advantage of the many hiking trails available in Pepperell. Visit the NCC website at nashobatrust.org to download a copy of the Pepperell trail Guide.

See you on the trails November 23rd. It’s a full moon that night too.



Conservation Corner (continued from page 1)

Ken Hartlage: Pollinator Meadow Takes Seed

Veit comments, “Once the meadow is established, we plan to sponsor educational activities with the community focusing on the significance of pollinators and native plant species to our own well-being. As a land trust dedicated to both habitat conservation and public benefit, we are very focused on promoting best practice land use in the community.”

Maribeth Janssens, Grants Manager at Community Foundation of North Central Massachusetts, which provided funding for the project, adds “This project, funded from the Animal Welfare & Environment General Endowment fund, exemplifies the Community Foundation’s commitment to grant funding that meets the fund’s intention, which includes building sustainable and resilient communities by emphasizing our deep connection to the natural world.”

The meadow project is part of an overall habitat management plan for the 43-acre Seminatore Conservation Area that NCT is working on with the USDA’s Natural Resources Conservation Service (NRCS), which also provided funding for the project. Erin Johnson, Conservation Planner with the Massachusetts Association of Conservation Districts (MACD) and NRCS point of contact for the project, says, “Pollinators are an essential part of healthy ecosystems and agricultural production. Recent declines in native pollinator populations make projects like this a key link to supporting native pollinator habitats and local food production.”

NCT board members, Rob Rand, Paul Peavey and Paula Terrasi, aided by volunteers Tony Beattie and Stan Pozerski, have worked hard to prepare the site, which is now ready for seeding. As the seeded perennials will take a year or more to establish, NCT will also install native plants donated by volunteers Mary Metzger and Deb Fountain to give visitors a preview of what the meadow will look like over time. “It’s great to see it all coming together now” says Michael Veit, “and we can’t wait to share the results with NCT members and the community at large.”

NCT’s Secret Weapon

Paul Peavy

I would like to express NCT's and PCC's heartfelt thanks to Pat Swain Rice for another successful year of leading our Natural History walks through Pepperell's conservation areas. To me, she is NCT's secret weapon. (Maybe she's not so secret after guiding us for 2 years on 14 separate walks)

We're thrilled to announce that Pat is planning a return for the 2019 season. The walks are typically held once per month as soon as things start to sprout, right up through October. If you haven't joined us yet on one of Pat's walks, please try to catch one next year. You'll gain a new appreciation for the world that surrounds you and enjoy our many beautiful conservation areas in Pepperell.



Final Natural History Walk for 2018

Rivka Schwartz (Member Article)

What a wonderful morning I had walking in the Pepperell Town Forest and Keyes Farm Conservation Area with Pat Swain Rice leading the hike and in the company of other hikers. Pat's knowledge of the plants and habitats is enormous and delivered in an interesting way. Her connection to nature and the plants is apparent.



I lead wildflower hikes at Beaver Brook, but find that my knowledge and Pat's are different and complementary and that I always learn things on her walks. I learn more about different habitats, plant identification and the plants connection and life cycles within the habitat. Pat also introduced us to how to read the forest to better understand the history of the land we are looking at. Different land use, from regular tilling to occasional plowing to managed forestry, leave different changes in the plant life of an area for potentially hundreds of years to come.

There are so many plants in our New England fields and forests that are edible or have medicinal uses. As we walked we saw a number of these plants. Sweet fern, a small bush and not a fern at all, can be used as a poultice after contact with poison ivy to help prevent and relieve the rash. Native Americans used the leaves for skin rashes. The "nuts" and the catkins are edible and the leaves also make a

nice tea. Take a small handful of leaves and put them in the bottom of a mug. Pour boiling water over the leaves and let steep about 20 minutes. I enjoy adding a few violet leaves to balance the tea. The leaves have a nice scent and can be wrapped into a bundle and dried. This can be used as a smudge much like sage or incense.

Witch hazel, one of my favorite plants, was also in bloom. It is just about the last plant to bloom in the fall and their spidery, yellow flowers are beautiful to see even after the leaves have fallen. This common small tree/shrub has branches and leaves that are high in tannins and other phytochemicals that make witch hazel good for tightening tissues and fighting inflammation. This is the reason it is used on varicose veins and in skin remedies. A tea or tincture can be used internally for diarrhea, though external use is more common. Commercial witch hazel contains isopropyl alcohol and cannot be taken internally. You can harvest leaves or small twigs in spring or summer. A teaspoon to a tablespoon of chopped leaves and or twigs can be simmered on low for about 20 minutes to make a wash for the skin. These are just a few of the edible and medicinal plants we saw.



NCT at Fall Festival

Maegan Carrasquillo (member article)



In September we participated in the 4th Annual Pepperell Fall Festival sponsored by the Pepperell Business Association. It was our third year participating and the booth was packed with raffle baskets provided by members, NCT T-shirts and decals for purchase, newsletters, trail maps, and membership information.

We highlighted our recently started project on a Pollinator Meadow, which is part of the Seminore parcel, by providing information and activities to let the public know what they can do to create a pollinator garden of their own to attract these important insects. The children's activity table was "buzzing" with butterfly and bee making crafts. Volunteers were kept busy answering questions of these inquiring minds and their parents.

We'd like to extend a sincere thank you to everyone who helped with the Fall Festival this year as well as to all who came by to visit with us! It was a beautiful day to spend outdoors meeting new people and spreading the word about NCT. Congratulations to the NCT Fall Festival Raffle

NCT Gear

Show off your support for NCT. Great holiday gift!

NCT T-shirts. Sizes S-M-L-XL-XXL. \$20 ea



Window or bumper decals

Window or Bumper decal 3" X 6" \$5.00 ea.

If you are interested in our merchandise email us at patpv1@icloud.com for purchasing information.

Support NCT by Using Amazon Smile

Another way of supporting NCT is by using AmazonSmile when you shop on line. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

You shop. Amazon gives. Amazon donates 0.5% of the price of your eligible purchases at smile.amazon.com to the charitable organization of your choice.

Your purchases with AmazonSmile will support Nashoba Conservation Trust. I have it set up as one of the 'Favorites' in my browser.

Support NCT with your donations

The NCT offers the following levels of membership:

Individual - \$35
Family - \$50
Sponsor - \$100
Patron - \$250
Benefactor - \$1000
Other amount

All memberships include subscription to the NCT Quarterly Newsletter.

Visit the website at nashobatrust.org to donate or mail your check to:

Nashoba Conservation Trust
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