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Introduction to Take Action!

As members of United Plant Savers raise public awareness about the importance of native medicinal plant conservation through education, research and community involvement, following our presentations we’ve found a willingness and enthusiasm from participants to become more involved. But it is one thing to get excited about a project in the moment, and quite another to actively experience the deep satisfaction of watching your efforts making a difference.

As a grassroots organization, United Plant Savers has been dependent on member and community involvement since our inception in 1994. Believing in the adage of Margaret Mead, “Never doubt that a small group of committed concerned citizens can change the world; indeed, it is the only thing that ever has,” we are inviting further involvement from our “committed, concerned citizens”, your community of plant lovers, to become involved in Planting the Future through Take Action!, a project of United Plant Savers. Taking Action is fun! It’s nourishing! It’s a wonderful way to get out in nature, to enjoy the company of other plant lovers, to get to know your community better, to involve school children. To get your fingers in the dirt and play! Most importantly, it’s an effective way to ensure that the plants our great tradition of American herbalism is based upon, continue to thrive in abundance in their native habitats.

How To Take Action!

To collaborate on your project with UpS, someone integrally involved in the project must be a current UpS member. There needs to be a group coordinator assigned who will be responsible for overseeing the project. The group coordinator will serve as the liaison between the local Take Action! group and United Plant Savers. We will provide resources, educational material, and a contact person within UpS who can serve as a resource for the project if needed.

The group coordinator’s job is to get as much community involvement as possible. Contact the local businesses, schools, chamber of commerce, local organic gardening clubs, wildflower societies, herb groups, etc. The group coordinator will also be in charge of either fund-raising for the project or overseeing the fund-raising aspect. United Plant Savers has a fund available for Community Conservation/Planting Grants. (See pg 19 for more on UpS Grants.) Projects done under Take Action! are applicable for the grants however, other fund-raising may be necessary to complete the projects. Contact the UpS office for Grant Guidelines.
Take Action! Projects for Planting the Future

Here are some ideas for Take Action! projects that members have shared with us. Please tell us if you come up with one of your own so that we can share it to inspire others!

1. Planting and Maintaining a Native Medicinal Plant Trail

CREATING AN HERBAL MEDICINE TRAIL
by Richo Cech

Edges. The Universe likes edges. It’s where stuff happens. If biological entities are going to interact, chances are it will happen along some kind of a margin, usually an area of great diversity where there is an abundance of sunlight and water. This might be the edge of the forest, a ravine, a beach, a stream or a river, or even—a trail. Being a kind of a crotchety gardener, I have sometimes entertained the thought that the most destructive entity in gardens is the human! So I try to make it PATENTLY OBVIOUS where people are intended to step, and where they jolly well better not. My plants, both the ones in my domestic garden and the ones along the wilder woodland medicine trail, are my children, and like any good mother I protect them, feed them, give them water and instruct them in proper behavior. I rejoice at their accomplishments (a new leaf, a flower, a seed, hurrah!) and feel their losses (a leaf eaten, a flower plucked, a gopher at the roots, yikes!) somewhere deep within me—halfway between my heart and my stomach, I think.

So I build paths to keep the people in check. I make paths: by treading with my feet, by mowing my way through, by cutting grass by hand and mulching it down, by rototilling, by sheet mulching or by laying down sand or flagstones. I really like to build “people-bumpers” to protect individual plants, beds of plants and sensitive areas. I use fallen logs and stones. This article will attempt to cover some of the techniques involved in creating a medicine trail, which is really a pathway through the wild medicinal garden. Probably the best way to start is by observing the extent of the land and by noting what boundaries and trails already exist. Then think about the size of your project. Better to start with a small area and a few species of plants. That way, the project will at least appear to be something that can actually be accomplished. The rewards will be more immediate, which means you will probably continue to engage the project and feel good about it. After all, if space permits, you can always link-in the next piece of land at a later time. Besides, you’ll learn some things on the first bit that’ll make the second bit better. Survey the prominent land features and plants (slopes, rocks, water, animal life, trees, groups of bushes, flowers, medicinals, rare plants, vines, etc.), and determine which of these will benefit from having a path close by. Keep in mind any themes, as in “medicinal plants” and be sure to include spots of special interest or power. “I really must run the path next to the old maple with the hepatica and the wild yam and bloodroot,” you might be muttering as you make for the gate.
with an axe over your shoulder. Some features (an animal burrow, for instance, or an orchid) will benefit most by being left alone and away from the trail. Out on the site, try to visualize where the trail will lead and where its construction and use will minimize damage to the land while maximizing the human experience. For all practical purposes and almost automatically, the trail will follow you where you like to go.

Paul Strauss is the caretaker of the UpS botanical sanctuary in Meigs County, Ohio, where he and other botanizers built a 3/4-mile medicine trail. According to Paul, the first step in creating this medicine trail was to “Survey and understand the holler.” This process took 4 or 5 months, after which a U-shaped path was marked out that crossed the creek and the holler, taking in both the north and the south slopes, designed to guide visitors past diverse medicinal plants and trees. Plants occurring directly in the path were carefully removed and replanted at the sides of the path. The entryway was marked with a hand-hewn stairway and a table built of giant limestone blocks. The path was made safer by removing over a mile of barbed wire, which took almost a month to accomplish. Deadfalls were moved out of the way and used to mark the sides of the trails, where they continued to rot and make good beds for growing herbs. Bridges were set in place over small hollers or streams. The bridges were made from boards or logs cut out of dead white oaks. Every spring Paul walks the trail, clearing deadfalls, making sure the markers are still visible, and delighting in the emergence of the seeds that were scattered the previous year in that rich Meigs County loam.

Although not all of us, like Paul, will have giant limestone blocks at hand, the entryway of the medicine trail must beckon. If it doesn’t seem to say, “enter here” (even without a sign), then it will be your first project to make the entryway look more inviting. Converging fence lines or rows of trees, a prominently mowed path edged by bedding plants, tall grass or bushes, an archway bedecked in Virginia creeper, climbing roses, wisteria or virgin’s bower, flagstones and a bench, a gate with a tinkling bell, a well-worn footpath leading between two mighty tree trunks—all of these speak the language of welcome.

“Brochures, signs and maps. Oh, my!” There are many schools of thought on this, and the decision to use or eschew these props is yours. Brochures are a lot of work, and as a rule they become outdated about five minutes after they’re printed. But they can be a good way to tell people how you expect them to act, and they can include a map, which is very helpful. You can discuss the motivation behind establishing the trail, the history of the land and you can mention a few of the prominent herbs. A list of species is a great addition, as are photos and line drawings. Brochures promote the medicine trail, thereby increasing the number of visitors and encouraging cooperation with other botanical gardens, nature preserves, etc. However, give out too much information, and you might as well have written a book! Used correctly, brochures inform; stimulate people’s imagination and can actually reduce the number of signs needed on the land itself. Hopefully the brochure will not end up forsaken, bearing only fleeting marks of
having been read (perhaps a desultorily penciled underline of “Lobelia cardinalis”) the brochure folded disrespectfully in half and lost on the side of the path, fallen from a pocket, now shielding slugs. If the brochure came out of a box at the beginning of the trail, it is good to request that people recycle it back into the box at the end of the trail! Signs are educational, too. If they announce ownership of the land (e.g. Dad’s Medicine Path—No Smoking) this generally encourages people to respect the land. Such signs work best when they are well maintained (visible, weeded around, peeling paint touched up), giving the impression that the caretaker is nearby. Regardless, mindless destruction and “sticky fingers” occasionally plague almost any public garden or trail. Some caretakers like to set a more specific authoritative sign at the entryway (such as Paul Strauss’s “This Land is Being Managed For Medicinal Herbs and Wildlife. No Trespassing Without Permission.”). And, for UpS members who have chosen to make their land into a botanical sanctuary, the UpS Botanical Sanctuary signs are a nice touch.

Beyond the entryway, then, the medicine trail itself may be left unencumbered, with the exception perhaps of some artfully placed identification markers that orient the visitor to the map or inform the common name and Latin binomial of a tree or plant (e.g. White Oak, Quercus alba). Tasteful signs made of pottery, wood or metal can harmonize aesthetically. On my medicine trail, I have chosen to use only small metal tags that I attach to twig or stake with a bit of wire. I figure if somebody is really that curious, they’ll get down and put their nose close enough to decipher my writing.

The entryway to the trail is best kept well groomed—gardened and mowed where appropriate. The trail itself must be cleared and made safe for hikers, and it is a thoughtful act to make part or the entire trail wheelchair accessible. According to the degree of openness of the understory, the trail may be made as wide as several yards or as narrow as three feet. For the most part, it is best to clear the trail in a wide swath to start, since the woods or grasses will encroach back in, and because greater width of trail means more light, thereby increasing available energy which in turn supports greater biological diversity. Grasslands will quickly erase a trail unless it is kept tilled or mowed and well traveled. Whether in the woods or in the open, the trail is designed to run through (and in some cases, to remove) common ground covers and guide the visitor to significant medicinal plants, bushes and trees. In the woodland, great strides can be made in creating medicinal plant habitat simply by removing dead wood from the lower portions of trees and from the forest floor. A pruning saw might prove helpful here. Smaller branches and limbs are then piled generously at a distance from the trail, where they become a place of refuge for wildlife—especially songbirds. Roses and berry brambles cleared from the path may also find their way into these tangled woodpiles. The birds will not injure themselves flitting around and into the safety of the pile, and now that the thorns are gone from the path, your visitors will not injure themselves, either. An axe, a garden fork, a shovel, and a heavy hoe may be useful tools for trail making. The axe is good for severing tree roots when it becomes necessary to pull them from planting areas or the path. The fork works well in divining where the
soil is deep and free of stones and roots, and can then be used for aerating the topsoil in preparation for planting. The shovel and the hoe may help in grubbing out berries and scalping the trail, making it clear where people are to walk and discouraging the resurgence of weedy species that would overrun all your improvements.

People-bumpers are best made of natural materials found on site, but if none are available, low wooden or split-rail fences or thick ropes can be installed, designed to keep people from walking on the botany. A large ginseng plant or a clump of fritillary may need individual protection. Simply setting a large stone or driving a long wooden stake next to the plant (taking care not to injure the root system, of course) will significantly increase its chances of survival against unwitting footfalls. Beds of plants (areas that have been mulched, amended, weeded, watered or otherwise encouraged), may be protected by bumpers made of fallen logs, pieces of firewood or lines of hefty rocks. Visitors are then advised to keep to the trails. In my grumpier moods I’ve been known to tell people “Don’t step over anything.” These precautions are particularly important when the featured plants are in the sensitive, emerging stage. Once they have matured, they are much more visibly apparent and their tissues become tougher, which means they are better equipped to defend themselves.

Weeding may not be necessary if the medicinals are already well established along the trail. You can let them go their wild way. But if you intend to encourage the medicinals by gardening, then you will be weeding, probably by hand. Do it selectively. There are those plants (such as chickweed and cleavers) that may seem quite aggressive at first, but in reality are very short-lived and generally harmless. Plants like this are natural associates of many forest medicinals. They cover the ground and die back and decompose quickly, preventing erosion, building soil and retaining moisture. Grasses, common bushes, summer annual weeds, and very common plants that seed freely may need to be removed from around the featured plants. This activity is most important during the early spring and into the summer, becoming less of a priority as the medicinals mature. In the fall, any parts of the medicine trail that are under deciduous trees will receive a free mulching of nitrogen-rich, humus building and weed-discouraging tree leaves. However, this thick covering of leaves may obliterate the trail. Raking the leaves off of the trail and depositing them on the beds and plants at trailside serves the double function of keeping people on track while increasing the depth of the humus around the plants. Barring inputs of weed-seed-loaded manure or mulch, a well-maintained medicine trail will require less weeding as the years progress. Places left bare by the process of weeding become obvious receptacles for seeds and transplants. There is nothing wrong with anthropogenic seed dissemination! We were made with fingers that can discern the difference between a mustard seed and a California poppy seed for a reason! We are good at planting seeds. When the bloodroot pods are ready, shell a few into your hand and scatter the seed out across that mellow hillside into the thick leaf mulch. Throw a few more on top of that limestone outcropping. When goldenseal makes a berry, don’t wait around for the wild turkeys to peck and
digest it—squish the shiny black orbs out of the fruit and tuck a few into the bare soil next to that tree, and a few more under those rotted leaves. Toss a few over toward that rotting stump. If the seedlings come up too closely, keep an eye out, and in the autumn transplant them to a more reasonable spacing. Water-in your transplants, or do it in the rain. Sure, there is a tendency toward attrition in any of these enterprises (only a few seeds actually emerge, a seedling is destroyed by skunk activity) but over the years plant populations will build, and eventually this will result in great abundance.

Where does the trail lead? I will not indulge in schmaltzy imagery here (i.e. it represents your freedom to choose to serve, it saves the plants, it leads ultimately to an understanding of self). The most important thing is that it leads the visitors back to their car. Then, you and your plants will be left in peace. You are having pesto for the evening meal (again!), and fresh tomatoes, and a young cucumber. Now the sun has dropped below the horizon, and the crickets are tuning up in the afterglow. It is time for a walk. Two large trees close around you at the entryway to the medicine trail. You look up, and a few stars are visible in the dark blue sky. An owl swoops across your path, startlingly white and as silent as a feather. You smile and your feet find the way.

Richo Cech is one of UpS’s founding board members, now serving on the Advisory board. He is a dedicated grower of plants and collector of seeds, offering both through his company, Horizon Herbs in Williams, OR.
2. Conducting Plant Rescues

PLANT RESCUES: VOLUNTEERS IN ACTION RESCUING THE GREEN
By Nancy Scarzello

“Frustrated by seeing new strip malls and housing developments wipe out green spaces and native plant species?” So begins the flyer promoting Plant Rescues put together by UpS Botanical Sanctuary member Gigi Stafne and the Center for Healing Arts Herb & Eco School. Many of our members have voiced similar concerns for our green friends; yet have not had any idea of how to do anything about it. I talked to three of our Botanical Sanctuary members that have done something about it and each of them, Gigi Stafne, Robert Eidus and Wendy Wagoner, has eagerly shared ideas and information to pass along to like-minded members.

Making a connection with local agencies is a good place to start in identifying possible sites where development will take place. Robert Eidus of Eagle Feather Organic Farm recommends contacting the Dept. of Transportation, local surveyors, real estate agents, and individual landowners to gain permission to remove plants prior to development. Wendy Wagoner of Creekside Herbs says that her local Conservation District has been the backbone of all that they have been able to accomplish and recommends contacting local and state organizations that are already established for partnering on these types of projects. She sends a flyer from their Northern Wild Seed & Plant Cooperative on Plant Rescues to contractors and township offices explaining why rescuing the plants can benefit the community and asks for notification when development is taking place. That way she and her group can go in and assess the plant community, determine if there are plants that warrant a rescue operation and get in there and dig the plants before the bulldozers arrive.

Once you have located a site you must gather your volunteers together and plan accordingly. Gigi Stafne has a flyer about their Volunteer Action Program encouraging folks without past experience to participate in a “hands-on” learning opportunity rescuing the plants. Robert Eidus suggests a press release or contacting local newspapers inviting them to do a story on the rescue making sure you provide a telephone number where a facilitator can gather names of interested volunteers.

Planning ahead is important, not only in determining what and where you will collect, but where the rescued plants will be transplanted. This is a great opportunity to place the plants in a botanical sanctuary, because after all isn’t that the essence of a sanctuary? To provide refuge for beings in eminent danger of demise? So, there should be predetermined transplanting sites that suit the needs of the plants: shade, wetland, meadow or forest. Volunteers may also bring rescued plants home if they have a place where the plants can thrive and will be safe from further displacement.
Now for the big day. Permission has been granted from the landowner, your volunteers are assembled; your plants to be rescued and their transplant sites have been identified. Robert Eidus suggests doing an initial survey of the site, marking plant groupings to be dug, assessing the terrain for access and making complete lists of supplies to bring along including: Field Guide for ID purposes, drinking water, insect repellant, first aide kit, digging forks and long-bladed spades for plant removal and finally, plastic bags with handles and five gallon plastic buckets for transporting the plants. Robert also gives a scenario for a typical rescue, with specific directions to take you through the entire process ~ from assembling your volunteers to the final transport home. For the full story, contact Robert for a copy of his Guide to Plant Rescues as well as an audiotape of his talk on Plant Rescues that he gave at HerbFest in Iowa. And Gigi Stafne has announced that she has a booklet available on Plant Rescues that we think would benefit any “Rescuers of the Green”.

We hope that the information and guidelines provided in this article will inspire you to get started and that you will utilize the great suggestions and examples from your fellow UpS Botanical Sanctuary members, Robert Eidus, Gigi Stafne and Wendy Wagoner. Many thanks to each of them for contributing to and sharing the “Rescuing of the Green”. (Note: see contacts below and an article recounting Rural Action’s Plant Rescue on pg. 19)

Nancy Scarzello has worked with UpS since 1997; formerly as UpS office manager, currently as coordinator for both the Botanical Sanctuary Network and the Community Grants Programs and co-editor of the UpS Journal. She is a writer, educator, naturalist, medicine-maker and illustrator of the “green”.

Contact Robert Eidus directly for his Guide to Plant Rescues and audio tape from HerbFest at: Robert Eidus, North Carolina Ginseng & Goldenseal Company, 300 Indigo Bunting Lane, Marshall, NC 28753, tele. (828) 649-3536. For info on classes and events going on at Eagle Feather Farm, visit his website www.ncgoldenseal.com.

WILD EARTH WALK: A Medicinal Plant ID Checklist for Botanical Sanctuaries of the Northeast by Gigi Stafne, M.H. and Sara Krueger
A 100-plant ID checklist to use on hikes and ‘wild weed walks’. This 20-page booklet also includes information on ethical wildcrafting, botanical sanctuaries, At-Risk & To-Watch plant lists, UpS and Center For Healing Arts Herb & Eco School contacts. To order, UpS members may send $3.50 to: Center For Healing Arts Herb & Eco School, 29588 State Road 40, New Auburn-Long Lake, WI 54757-8107, tele. 715.967.2300   Email: fireweed@citizens-tel.net
LARGE SCALE PLANT RESCUE – RELOCATION OF PLANTS FROM A NEW HIGHWAY PROJECT THROUGH WAYNE NATIONAL FOREST IN OHIO
From Rural Action

Project Overview
Rural Action was approached by Wayne National Forest (WNF), a long time partner, to be part of a Stewardship project utilizing funds from the timbering of 800 plus acres for a bypass to take State Rte. 33 around Nelsonville through the Wayne National Forest, Ohio’s only National Forest. This is the first time that WNF has used the Stewardship Project model, which takes funds generated from Federal lands and uses them to directly benefit the region they came from, as opposed to sending the funds to Washington D.C.

Rural Action sub-contracted with Hocking College to carry out a plant rescue on the impacted lands as part of the stewardship project. The project was termed a native plant rescue to highlight the rough terrain, which includes abandoned mine shafts, highwalls, and subsidence pits, as well as the impending loss of vast numbers of valuable plants. The plant rescue is a project of the Rural Action Sustainable Forestry Program.

The Plant Rescue began in April of 2006 when Rural Action Staff, along with Philip Cantino from Ohio University Plant Biology Department, Frank Porter from Porterbrook Native Plants, and Cheryl Coon, Botanist from Wayne National Forest began to explore the bypass sites to determine species composition, accessibility, and strategies for saving understory plants. Many botanically rich sites were found. Locally uncommon species such as Virginia waterleaf, dwarf larkspur, cucumber magnolia, Virginia snakeroot, and partridge berry were found in great abundance.

Wayne Botanist Cheryl Coon drew up a plan where 6 raised beds would be built behind the WNF headquarters, along with gardens being created under a grove of trees at the rear of the property. The beds and gardens would be used to hold as many plants as possible. These beds would serve multiple purposes. Seeds and plants will be moved at later dates to other sites on the WNF for restoration and will also provide beautification and educational opportunities not previously available to the thousands of people who visit this headquarters annually. Permits were also given through Rural Action to local individuals to save plants for public or personal planting.

The first formal Plant Rescue was held on May 20th, 2006. Twenty-five volunteers, representing Rural Action, The Nature Conservancy, OU Plant Bio, and other groups, spent an average of 4 hours rescuing 700 plants from a site known as Happy Hollow. Round lobed hepatica, trilliums, black cohosh, dolls eyes, wild ginger, indian cucumber root, maple leaf viburnum, fragile ferns, sensitive fern and wild geraniums were among
the most commonly saved plants. The unseasonably cool and wet late spring facilitated a survival rate of over 90%.

Small scale Plant Rescues and site preparation continued through the summer of 2006. A team of 6 Americorps VISTA Summer Associate Volunteers worked forty hours each on the project, doing site preparation, digging plants, and scouting sites. These college-age individuals received training on native plant identification, culture, and usage as part of their project. Dr. Glenn Matlack, of OU Plant Biology was given a permit and assistance in collecting 700 false Solomon seal and wild ginger plants to be used in a project to monitor mineral uptake in understory plants. The Strattons, family farmers from Southwestern Ohio, brought seven people to dig and move black cohosh to their farm to build a population. Three hundred black cohosh were saved in six hours.

On Aug. 26, 2006 the next major rescue was held. Twenty-five volunteers spent an average of six hours each and saved over 1000 plants. This Plant Rescue day included two different aspects: 300 of the rescued plants were replanted in the beds at the WNF, 700 plants were replanted into other sites within the WNF. WNF sites lacking diversity were selected and plants were moved en masse and replanted on these sites. Fortunately unseasonably wet conditions persisted, giving a high survival rate to these plants that could not be watered. Species replanted on WNF sites included goldenseal, black cohosh, wild ginger and Christmas ferns.

Two Plant Rescues were held Sept. 9th and 10th, again focusing on filling the beds at the WNF headquarters, and relocating plants to other less diverse forest sites on WNF, and Strouds Run State Park near Athens. Both plant rescues were done in conjunction with OU Plant Biology, which offered extra credit to students who participated. On Sept. 9th twenty-five volunteers moved 500 plants into the beds behind the headquarters. The next day, fifty-four volunteers moved 1450 plants into four less diverse forest sites. The September Plant Rescues were the first events that were permitted by the Wayne National Forest to be advertised to the “media”, resulting in articles in the Athens Messenger, as well as the Columbus Dispatch. The Columbus Dispatch article resulted in Rural Action being contacted by Mrs. Hope Taft, wife of Ohio Governor Bob Taft. Mrs. Taft is an avid native plant gardener who has started the “Heritage Gardens” at the 4-acre Governors mansion. This is a native garden featuring plants and geologic features from the different regions of the State, and is supported by its own non-profit organization. A plant rescue was held on Oct. 10th with Mrs. Taft, Heritage Garden volunteers, WNF staff and Rural Action staff and volunteers. This event resulted in television and radio media both locally and in Columbus. Sixteen people spent 3 hours rescuing 325 plants, all of which were taken to the Heritage Gardens at the Governor’s mansion. Once again large numbers of round-lobed hepatica were saved as well as several species of ferns, blue and black cohosh, Virginia snakeroot, golden seal, hydrangeas, viburnums, elder berries and moon seed.
On Oct. 14th a major plant rescue was held in conjunction with the first national HerbDay. Sixty-eight volunteers rescued over 2000 plants. Seven organizations brought displays highlighting HerbDay. One thousand plants were re-planted at the WNF headquarters, and one thousand plants went to other recipient sites including the UPS sanctuary in Meigs County, Frontier Natural Products Co-op in Iowa and Strouds Run State Park in Athens County. Once again black cohosh was the most commonly rescued plant, along with large numbers of ferns, partridge berry, rattlesnake plantain, Jacob’s ladder, round-lobed hepatica, wild ginger, sedges and Virginia snakeroot. Colicroot and spleenwort were found for the first time.

Six raised beds were constructed 5’ x 40’, providing 1200 square feet of holding bed area. The beds were constructed primarily of white oak and bald cypress obtained locally from Paul Neidhart in Rutland, Ohio. They were filled with 6” of leaf litter from the WNF plant rescue sites, and then topped off with 1-2’ of aged wood chips, wet peat moss was mixed into 3 of the beds. They were then planted at one plant per square foot. The rescued plants were dug with root balls intact, encapsulated in plastic grocery bags and planted the same day they were dug. The beds were kept watered as necessary, and were covered with leaves in the fall. Tilling WNF leaf litter into existing soils created 500 square feet of additional beds. They were then planted as above. This resulted in at least 1700 rescued plants being located behind WNF headquarters.

The grants received from UPS, Frontier Natural Products Co-op and Hocking College provided a crucial cash input for the Plant Rescue. The grant monies allowed us to pay for materials, including: wood for the raised beds, nails, screws, wood chips, peat moss, saw blades; tools such as hoses, rakes and shovels; and baskets for carrying plants from the sites. Mileage for staff and volunteers, was a major cost, and included hauling of materials such as wood chips, lumber, and tillers. As much as possible, all materials were purchased from local independent businesses maximizing the economic impact.

We will continue to utilize this portion of the landscape to maximize the biodiversity of this portion of Southeastern Ohio.
3. Creating a Native Medicinal Plant Garden:

GROW YOUR MEDICINES IN YOUR YARD
by Tammi Hartung

Growing your own medicine plants right in your back or front yard is one of the most empowering things you will ever do on this Earth! It is empowering to you, of course, but it is also empowering to this planet to sustain her people in this way. And it’s not even difficult to do! There are so many fantastic reasons one might want to plant a garden of medicinal or other types of herbs. Certainly, having medicinal plants in your garden helps to lessen the burden on wild spaces where wild harvesting is done. That allows the plants living in those wild places to do other important work, like feed the local wildlife, control erosion, clean the water, etc. Still, there are other important reasons to grow your own medicine plants such as having the freshest possible harvest, at peak time for picking. It means that you will have plants available whenever you need them (allowing for the proper time of the year to harvest them) and it won’t require time out of your schedule to go to the natural products store or having to mail-order them and wait for them to arrive, etc. Plus the cost involved is nearly nothing. I say "nearly" because, of course, it is priceless to be given the gifts of health and well being straight from the plants themselves. Best yet, in these days of extraordinary gasoline prices, you won’t have to drive anywhere to get the plants, nor will anyone else use gasoline to deliver your herbs to you. You will simply stroll out to the garden when the time is right and pick them for yourself. How perfect is that!

So, first you must decide which medicinal plants are important for you personally to grow. This will mean you should consider several factors. First, make a list of the herbs you regularly use. Be reasonable with this list. There is no reason to get too carried away. Most of us don’t really have to have every single medicinal herb in our medicine chest and we should be a bit more selective about which and how many herbs we want to grow in our gardens, even though, I realize, it is very tempting to try to have them all. Remember that you will be responsible for a partnership with these plants, helping to provide for some of their needs while they live in your garden.

Do a bit of research to find out which types of medicinal herbs grow well in your area. For example...I live in the high mountain desert of Colorado. It’s hot, dry and intensely sunny here in spring and summer. It’s cold, often dry, and intensely sunny here in the winter too, with snow mixed in for good measure hopefully on a regular basis. Fall is delightfully crisp, usually dry and intensely sunny. You get my point? I need to grow plants here that will hold up to the bright sun, dry conditions we have much of the year and wind, wind, wind in the spring. Goldenseal and Black Cohosh will grow here, but they are not particularly happy to do so. They would much prefer to live in a garden in the eastern hardwood forest areas of North America. If you live in the south, you might consider planting Passionflower or Wild Yam in your gardens. Those plants will grow
in Colorado too, but in truth, they need more water than I can usually justify giving my gardens. Remember that there is always a good medicinal plant that will grow well in your region, for every health condition. It’s not necessary, nor is it advisable, for all of us to try to grow American Ginseng in our gardens, just because it is a popular medicinal herb. American Ginseng hates to grow in Colorado and believe me, I’ve tried several times to convince this plant that it would like to live here. It tells me...every time..."No Thank You!" I’ve finally gotten the message. You might need to think about analog herbs (herbs that have many of the same medicinal actions as one another). That takes us back to my own garden. I have Yerba Mansa, Echinacea angustifolia, Lovage, Mormon Tea (Ephedra), White Sage and Yucca as some of the most important medicinal herbs in my garden. I’ve chosen them for different reasons. (See analogs article on the UpS website)

Yerba Mansa (Anemopsis californica) is in the garden as an alternative to Goldenseal. It is a southwestern native plant that doesn’t mind it hot and dry and sunny in the summer and it tolerates the cold in the winter very well indeed (hardy to zone 4). Yerba Mansa will grow in the full sun or part shade and enjoys a drink once a week in a good water year, every 2-3 weeks during a drought year. It doesn’t mind growing in clay soils either, which is what we have here on our farm (they make adobe buildings out of this soil just up the road from us).

Echinacea (Echinacea spp.) is another important medicinal for my garden. I choose the species angustifolia or pallida because we frequently have drought years here and these species hold up well in very dry hot conditions. Folks who have more moisture or really nice loam soil might choose to grow the species Echinacea purpurea. Most years I harvest only the flowers of Echinacea because it is a perennial and I prefer not to sacrifice it’s life for my medicine when the flowers will fill my medicinal needs quite well. [Nancy Scarzello tinctures only the seeds, gathered in the fall when ripe, for a powerful medicine that saves her plants too!] Then whenever I do need to dig up a plant, I tincture the entire plant including the roots. In this way I can maximize the medicine gift that the green nation offers me in the form of Echinacea.

I grow Lovage (Levisticum officinale) in my garden, which is a wonderful substitute for nearly all the needs that Osha might otherwise be used for. Lovage, which is called "Garden Osha" here in southern Colorado, is fantastic for nearly all concerns respiratory. True Osha is very difficult to grow in a garden and is much happier at higher, cooler and wetter elevations than where the majority of us dwell. I also consider true Osha a threatened, if not endangered native medicinal plant, so I prefer not to wild harvest it unless absolutely necessary. So, Lovage is a perfectly wonderful alternative that thrives in the sun or shade, prefers moderate watering and isn’t fussy about the type of soil it lives in. It’s also quite a delicious substitute for celery in your cooking!
Mormon Tea, referencing to the North American species of Ephedra (of which there are several), is another favorite for the dry-land medicinal gardener. Although it is not as strong as Chinese Ephedra or Ma Huang, it also doesn’t carry with it the same strong concern of contraindications that the Chinese Ephedra holds. Mormon Tea is a mild bronchial dilator, helps with the management of many allergy symptoms, and is a really good diuretic herb. This plant is not a fast growing plant, requiring a watering only every month or so. It prefers the sun, but some of my plants get afternoon shade, which they tolerate quite well. A native medicinal to the Canyon Lands of Utah, this is an excellent medicinal garden plant for the southwestern gardener.

Another favorite is White Sage (Salvia apiana). Few plants compare with the stunning white gray foliage and ice blue flowers that this Salvia offers to the garden. It is so wonderfully fragrant that it will delight your nose. It is hardy in California, Arizona, maybe in parts of New Mexico, but most of the rest of us will need to treat it as a tender perennial, bringing it indoors for the cold months of the year. Fortunately, it grows happily in a pot, indoors or out. It will grow in full sun or part shade, with low to moderate water needs. Harvest the leaves any time during the growing season to create fragrant smudge bundles that can be used in ceremony and ritual.

Finally, I couldn’t consider my medicinal garden complete without a Yucca plant. This is my substitute for African Devil’s Claw, which doesn’t grow where I live. Yucca is very necessary for me to manage joint pain. I prepare a tincture from the root, eat the flowers in my salad and use the leaf needles to weave into baskets. I’ve even used the leaf fibers and the sharp needle point before as an emergency thread to repair a torn seat in my blue jeans. Yucca will grow in nearly any soil, so long as it isn’t too rich. It does like a dryer location in the garden and watering only once in the spring, once in mid-summer and once in the fall to prepare it to survive the cold winter months. All the different species are good to grow. I grow Yucca glauca because it is native in my area and does very well in my garden.

You can also choose to grow the medicinals that won’t tolerate your garden space as a houseplant perhaps, or as a patio container plant. I grow Kava Kava, Melaleuca (Tea Tree) and Passionflower this way. They live on my patio during the warm seasons and then they live in my kitchen during the winter, returning back to their patio kingdom the following spring. They thrive in this way where they would just die if I planted them directly into the garden. Kava Kava needs a lot more water than my garden gets. Tea Tree is also thirsty and it hates the strong wind that we have here. Passionflower likes it shady and there is a bat that lives on the porch eaves that pollinates it, so I get to enjoy Passionflower blooms and fruits during the summer.

Growing your medicinal garden does not need to require that you have a piece of land available for this purpose. Many folks are container gardeners, either by choice because they find it easier to care for then a garden in the earth, or out of necessity because they
live in an apartment or townhouse that only has a patio or deck space available for gardening. The largest percentage of the herbs, be they medicinal, culinary, tea, fragrance or textile herbs, can be grown in pots. Choose a good organic soil mix to plant your herb containers with. Most hardware stores or garden centers will offer good organic bagged soil. Growing herbs in pots requires that you pay more attention to watering. If they are outside and it's hot, dry or windy, they will need to be watered every day. If you live where it is rainy or humid, you will be able to get by with watering every few days or once a week perhaps. Remember that gardening in containers requires more frequent fertilizing of your herbs because the plants only have available to them the nutrition that exists in the container's soil mix. Use a good organic type of fertilizer such as liquid seaweed, or if the pots are outdoors use fish emulsion (this isn't a good indoor choice because it stinks, but the plants love it!). Dilute these fertilizers by the label directions in a watering can and water into your plants about once a month. You can also brew up some really strong nettle or comfrey tea and then use that to water your plants with once a month as an alternative fertilizer.

Whether you garden in the ground or in pots, just take up your trowel and do the deed! Growing a garden that can be home to many medicinal herbs will do your whole body good and will be good for the Earth too!

Tammi is an herbalist and organic grower. She and her husband Chris own Desert Canyon Farm in Canon City, Colorado. They have been wholesaling over 500 varieties of herb plants and ethnic and heirloom vegetable plants since 1996. They also contract field grow perennial seed crops. Part of the farm's mission is to facilitate the cultivation of these plants as an alternative to them being commercially wildcrafted.

Tammi and Chris Hartung at Desert Canyon Farm
4. Wild Plant Population Monitoring Projects:

GETTING YOUR HANDS DIRTY
By Trish Flaster

Ever wonder how you can get more involved in determining the sustainability of our North American medicinal plants? Here are a few ideas. Along with working with United Plant Savers and their many projects, you can volunteer with The Medicinal Plant Working Group, www.nps.gov/plants. Under the auspices of the Plant Conservation Alliance and US Fish and Wildlife Service, the MPWG has a volunteer program that is open to everyone and has several different projects or committees going on at any one time. I’ve been involved with the Conservation Committee where most of the hands-on fieldwork takes place. The Conservation Committee has been collecting data since 2001 on sustainable harvesting practices of specific species.

One of the projects, The Ligusticum porteri (Osha) project in Colorado, was completed in 2005. The basic conclusion drawn from statistical calculations of scattergrams of data collected from Ligusticum porteri plots between 2002 and 2005 is that sustainable wild harvesting is possible following a carefully monitored long term plan. During short-term drought cycles (5-10 years) limit harvesting to less than 10% of the reproductive population. Both the plant densities and inflorescence number decreased the most in relation to increased harvesting during the lower precipitation periods; therefore it seems reasonable to reduce harvesting when the plants are most susceptible. Based upon the life history of osha and this research, it was determined that it may be reasonable to harvest for 2-4 years and then allow 10 or more years for recovery. Harvesting more than that affects subsequent years’ growth and will erode the population. Again, it is critical to incorporate long-term planning and climatic data into management plans for specific populations. Other sustainable harvesting studies were conducted in North Carolina and Virginia on Actea racemosa (black cohosh) with similar results.

These important research studies give us the necessary information needed to educate and prevent over-harvesting of important native species. Projects of this nature will continue if the Forest Service personnel are able to dedicate the time and work necessary and if there continue to be sufficient volunteers. In the typical training process for these projects, each group meets the evening prior to the fieldwork, usually in late summer before harvesting begins, and completes a thorough training for the next day’s work. For the next 1.5-2 days the groups are in the field getting their hands dirty. It’s immensely rewarding, though often challenging work. Under the guidance of Forest Service staff and field personnel, the volunteers identify 20X20M plots and then ID the plants of interest (i.e. in the most recent studies we identified Actaea racemosa in NC and Ligusticum porteri in CO). The plants are then counted, sizes recorded, and then the economically valuable mature plant part is ‘randomly’ harvested.
In a simple ecological study, the yield and sizes would be adequate criteria to measure. But these are medicinal plants and the harvesting regime may affect the biological activities of the plants. Thus, further lab analysis is necessary to measure constituent levels in the sampled plants. The overall goals of this project(s) are to (a) determine the rate of growth and renewal of the plants, (b) to determine what amount can be harvested and (c) to determine the chemical baseline of the plants and (d) if and how the plants are biologically affected by different harvest regimes.

The MPWG is a formally organized group sponsored by the U.S government and is starting to expand its ideas for fieldwork. Along with projects and studies on medicinal plants such as *Arnica cordifolia* in Colorado, we are also interested in starting several invasive plants studies. You can also create small working groups within your own communities. Volunteer work is as simple as identifying a project, recruiting volunteers, and finding the time necessary to dedicate to the project. To be successful, it’s not necessary to have a large over whelming project and/or a large group. Always obtain the necessary permission and permits when entering public and private lands with the intent to study, count and/or harvest plants. If interested in being a `citizen scientist’, it is crucial to work with qualified individuals so that proper protocols are followed and the resulting data is valid. If people are interested in studying a species in their local state park or national forest contact the MPWG or you can contact your local Forest Service District Ranger, Open Space Program or Native Plant Society to discuss your ideas and ask for information on structuring research appropriately.

Even the dedication of a small group of individuals and one day a year dedicated to a ‘cause’ can make a big difference. Think of Earth Day and all the volunteer work that gets done across America. Begin in your own backyard as UpS has so often demonstrated....

*Trish Flaster is Executive Director of Botanical Liaisons, LLC, an ethnobotanical consulting firm. She is an Adjunct Faculty member at Bastyr University, Research Associate of the Missouri Botanical Garden, External Advisory Board of the NIH Botanical Research Center at the University of Iowa, Editorial board of Explore: The Journal of Science and Healing, scientific board member for American Botanical Council, United Plant Savers, and American Herbal Pharmacopeia, founder and Editor of the Society for Economic Botany’s Newsletter ” Plants and People” where she is a past board member.*
5. UpS Community Grant Projects

Many of our members have taken advantage of our Community Grants Program to help fund their projects. Take a look at the inspiring examples that follow to see how they have developed ways to Take Action! within their communities. I think you will see that each situation is unique and ripe with possibilities to creatively Take Action!

Robin Rose Bennett ~ Sustainable West Milford ~ West Milford, NJ
This group transformed an overgrown and underutilized public space into an educational garden focused on teaching community members about native medicinal plants and trees, and about the effective use of sustainable landscaping techniques. The garden space is a triangular “island” at the intersection of two well-traveled roads and features a pathway leading to medicinal plants and trees with interpretive signage along the way. The areas around the path and plantings are sustainably done using xeriscaping techniques with information provided to visitors on the benefits of using these techniques in their own landscapes.

Monica Skye ~ Standing Rock Reservation Botanical Sanctuary ~ Selfridge, ND
Grants were awarded in two consecutive years as Monica and her husband Aubrey expanded the scope of the educational and conservation opportunities on the reservation. The initial grant saw the formation of the Standing Rock Botanical Sanctuary ~ the first on tribal lands. Native medicinal plants were cultivated and re-introduced along with increasingly rare/endangered indigenous plant species to this Northern Plains biome. The UpS “At Risk” Plants power point slide show was presented at the local planning district meeting and to 5th graders on the Standing Rock Reservation. The sanctuary also provided opportunities for elementary school students and ethnobotany students from Sitting Bull College to gain first hand knowledge of the plants with visits to the sanctuary. Elders and neighbors began to contribute their knowledge and energy as well.

The second grant provided plants for a multi-generational planting project to help restore native flora around an established inipi (sweat lodge) area within the sanctuary. Scarred by bulldozer activity and cattle grazing, the area around the lodge was restored with Horizon Herbs’ Earth Healers Seed Mix and planted with native plants including echinacea, choke cherry and ceremonial sage. Volunteers included children and elders of the community, who together planted and restored the land.

Chin Velasquez and Raleigh Mason ~ Soothing Herbals Botanical Sanctuary ~ Goshen, VA
Chin and Raleigh created a medicinal plant trail on their botanical sanctuary by clearing brush and moving fallen logs to guide the path, prepared beds along the trail with leaf mulch and planted “at risk” plants received from the UpS fall giveaway and local suppliers. A planting workshop was held with the city of Lexington’s Montessori
Kindergarteners, their teachers and volunteer parents where they helped plant helonias root, partridge berry, pink root, spikenard, stone root, turkey corn and trillium along the Medicine Trail. All participants learned about native “at risk” plants and how important it is to restore these wonderful plants back into their natural habitats.

Kathleen Maier ~ Sacred Plant Traditions ~ Charlottesville, VA
This project is a cooperative venture with the City of Charlottesville and Belmont Lofts towards the ecological restoration of an impaired urban riparian area, woodland and meadow. The two-acre parcel is located within a half mile of the downtown pedestrian mall. Using the principles of permaculture to work towards a design that will increase the biodiversity and wildlife habitat of the site, plant and mushroom species were chosen that have regenerative properties to help breakdown the toxic residues in the soil as well as native medicinal plants which are included on the Virginia state watch and/or endangered species list. The project is a pioneer model of an urban medicinal landscape, utilized in an educational way by students of Sacred Plant Traditions and the larger neighborhood community. Tours are offered to local elementary and high school students, interested general public and community leaders who wish to learn more about the native plants in the area as well as the work of healing and caring for the land.

Gigi Stafne ~ Center for Healing Arts School ~ Long Lake, WI
Several exciting ways to Take Action! have been under way at the Center for Healing Arts Herb & Eco School. Planting projects along the “Moonlodge Medicine Trail” and at the “Medicine Wheel Teaching Garden” focused on cultivating and monitoring several native medicinals such as goldenseal, black cohosh, sweet grass, native ginseng, cedar and wild ginger. Plantings, identification walks and presentations were open to both herbalism students and the public. Funding was also provided for resource materials in the form of signage along the trails and the printing of “Plant Rescue” literature and the “Wild Earth Walk” booklet available to visitors at the sanctuary. (Both can be purchased at a discount to UpS members ~ see ordering info at the end of Plant Rescue article on page 9.)
Sandi Arseth ~ Minnehaha Community Gardens ~ Minneapolis, MN
In the heart of Minneapolis is a 46’ by 12’ strip of land that has been tended and nurtured by Sandi Arseth into a community garden of medicinal herbs and flowers. UpS helped to support the gardens with seeds, plants and signage in the flourishing gardens. Elementary school students and neighborhood children tended medicinals throughout the school year helping to water and plant the new arrivals. The gardens were showcased during a tour from the American Community Gardens Association conference as an example of native medicinals in an urban setting. This small urban garden has reached many people on a very large scale!

Corrine Martin ~ University of Southern Maine ~ Portland, ME
As part of the Botanical Therapies course at the Southern Maine College of Nursing and Health Professionals, there is now a permanent medicinal herb garden where students and practitioners in holistic health can learn about the plants that offer the “roots of healing”. The plants include digitalis, echinacea, barberry, juniper, angelica, marshmallow and blue vervain among others, and are tended by students who learn first-hand where their medicines come from. Identification tags mark the plants and a flyer of the garden layout and uses of the plants is available for students and visitors alike in this teaching garden.

Nancy Scarzello ~ Elementary School Nature Trail ~ Fayston, VT
Twenty-four years ago, teacher Carla Lewis and students established a Nature Trail at the Fayston Elementary School. It was time to refurbish the trail, replace broken signs and introduce new plants to an expanded trail network. Students researched plants and habitats for the new signs and added activities to try along the trail, prepared the new signage and redrew the trail maps to reflect the changes. Along with other classroom teachers, parent volunteers and students from grades 3 & 4, workdays were scheduled to clear existing paths, re-route another and create one new extension to include a butterfly garden in a meadow. The new signposts were installed and native medicinal plants were planted into both the woodland and meadow habitats. The woodland trails received bleeding heart, goldenseal, bunchberry, hepatica, bloodroot, trillium, gentian and blue cohosh while the butterfly garden was planted with native asters, butterfly weed, echinacea, monarda and rudbeckia. A final celebration was planned where the UpS slide show was presented to parents and community members who were then invited to tour the trails and gardens with students as their guides. The trail is open to the public for walking year-round.

Dixie Hill ~ Earth Scouts Rhode Island ~ Charlestown, RI
This group of children aged 3-14, along with their parents and volunteers, partnered with US Fish & Wildlife and the Trustom Pond National Wildlife Refuge in a project to help protect the state’s only undeveloped salt pond. The property hosts more than
50,000 visitors annually who will see the beautiful native plants and grasses that were planted at the trailheads by the Earth Scouts in this restoration project.

Donna Wood Eaton ~ Cedar Spring Herb Farm ~ Harwich, MA
Cedar Spring Herb Farm was one of the first to join our Botanical Sanctuary Network in the year 2000. They have remained active in the community and exemplified it with this project. A proposal was submitted and approved by local and state conservation commissions to rehabilitate an area surrounding a vernal pool site that had been damaged by development. Within the rehabilitation project a medicine trail was proposed and work to clean up, replant and prepare beds to receive the native medicinal plants was completed. American ginseng, trillium, pipsissewa, gold thread, bloodroot, black cohosh, spikenard, maidenhair fern, goldenseal and turkey corn joined the ladies slipper, mayapple, slippery elm and others already on site. A grant was also received from the Local Cultural Council to permanently mark the species along the trail with 4”x 5” identification plaques that are printed in text and Braille to further assist visitors in their experience along the Medicine Trail.

6. Even MORE Things You Can Do:

Join your local Native Plant Society or Wildflower Society. Attend meetings and gather information on your local plant communities, your local group will offer many wonderful resources and opportunities for involvement. Every state has a native plant organization, and the UpS office can give you the contact info. Plant societies often hold rescues, educational classes, plant sales, replanting projects and monitoring studies. They will have the latest updates on which plants are threatened and contacts for local native plant suppliers in addition to the ones listed in UpS’s Nursery Directory. Plus you’ll meet others who share your love for native plants!

Research the local plants that are on the “At Risk” and the “To Watch List”. These are incredibly fascinating plants with rich histories! Get to know their stories: their medicinal uses, cultivation requirements, ethnobotanical uses, folklore, clinical studies—anything you’re personally interested in. You can present the information to your garden club, herbal studies class, native plant society or natural food store.

Have a plant sale to benefit UpS. Every gardener accumulates stacks of plastic pots in the shed or garage! Recycle them by filling them with rescued plants, your garden divisions and donated plants. Then have a sale through your garden club, school group, herb class, or any other group of plant-lovers.

Offer to give a presentation on UpS and the “At Risk” and “To watch” species, using the UpS Slide Show and Presentation Package (see details on both, below) as guides. Contact local groups such as wildflower societies, master gardeners’ groups, after-
school programs, environmental groups, your local herb shop, health food stores, senior centers, etc. We offer the Slide Show in both carousel and PowerPoint formats, and it comes with a “script” for easy presenting. Brochures, etc. can be sent to you as well.

**Support organic farmers both locally and nationally by buying organically cultivated herbs and foods.** This is increasingly one of the key actions you can take to preserve farmland in your area!

Limit your consumption, have less impact, leave more lands wild.

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*Maidenhair fern ©Nancy Scarzello*

7. **Resources Available from United Plant Savers:**

**UpS Educational Presentation Package**

Many members of United Plant Savers belong to other organizations of like mind/like purpose, or are herbalists, teachers, and educators. We have found that people are very interested and want to know more about how to help preserve our native medicinal plants. So we have prepared a **Presentation Package** to help you better present this information to your classes, gatherings, and organizations. You do not have to be skilled as a “public speaker” or a professional teacher to present this information well. Oftentimes, informal but informed sharing is the most effective method!

If you have a community event, herbal gathering or class that you would like to present information on United Plant Savers, please contact our **home office** and ask for our Educational Presentation Package: P.O. Box 400, East Barre, VT 05649. Tel 802-476-6467; Fax 802-476-3722, email: plants@unitedplantsavers.org.

**A $25 material fee is required to cover the cost of the package.**

**The Presentation Package includes:**

- A Tape of an informal talk on United Plant Savers presented by Rosemary Gladstar or other UpS presenter (to help give ideas for your own presentation)
• An outline for a suggested talk on United Plant Savers
• Articles on and about United Plant Savers and plant preservation
• Current UpS “At Risk” list
• UpS Directory Bulk Herbs & Nurseries that supply “At Risk” medicinal plants
• Brochures on United Plant Savers (let us know how many you will need for the presentation)
• UpS 100% organic t-shirts are also available upon request. Inquire about cost and availability.

If you need any other help or advice in presenting your talk please contact our home office ~ we’d be happy to guide and assist you!

Slide Show & Video of “At Risk” Plants – Available for Rent or Sale
UpS members can rent an informative slide show of “At Risk” medicinal plants. The show contains over 80 slides showing the roots, leaves, seeds and flowers of these plants and comes with an informative script. Perfect for presentations to garden clubs, conservation groups and local communities to create an awareness of the plight of our native medicinals, it is available for rent for $35.00. Please call our home office (802-476-6467) to arrange the rental at least three weeks before your presentation date. You may also inquire about purchasing the show, in slide or PowerPoint formats. We also have a 12-minute video about the mission of United Plant Savers available for sale ($12.00) or rent ($5.00) that is very nice for introducing United Plant Savers for presentations.

Rental of the UpS “At Risk” Slide Show or PowerPoint Presentation includes the above Educational Presentation Package.

May your talk be inspiring, educational, and fun!
8. Additional Resources:

**WEBSITES**

**Environmental Protection Agency:** For publications relating to native plants, visit [http://www.epa.gov/greenacres/nativeplants/pub-resor](http://www.epa.gov/greenacres/nativeplants/pub-resor)

**Plant Conservation Alliance:** The plant conservation division of the National Park Service is a great place to find organizations and projects all over the US.

**Federal Native Plant Conservation Committee Cooperators** – hundreds of links to botanical organizations - [http://www.nps.gov/plants/coop.htm](http://www.nps.gov/plants/coop.htm)

**Medicinal Plant Working Group** includes information on monitoring projects you can volunteer for: [http://www.nps.gov/plants/medicinal/index.htm](http://www.nps.gov/plants/medicinal/index.htm)


**United Plant Savers:** For sustainable herbal products companies, other sister organizations, herbal education opportunities and much, much more, see the Internet Resources section of our website [www.unitedplantsavers.org](http://www.unitedplantsavers.org)

**ORGANIZATIONS**

**Native Plant Society/Nature Conservancy:** Your local chapter of the Native Plant Society and the Nature Conservancy are good resources for keeping track of what plants are threatened. They are also good sources of harvesting non-native “invasive” types of plants during “weed pulls,” as well as workshops and internships. website: [http://www.tnc.org](http://www.tnc.org)

**New England Wildflower Society/Garden in the Woods:** Promoting conservation of North American native plants through education, research, horticulture, habitat preservation, and advocacy.
180 Hemenway Road, Framingham, MA 01701-2699  phone: 508-877-7630  e-mail: newfs@newfs.org  website: [http://www.newfs.org](http://www.newfs.org)

**Lady Bird Johnson Wildflower Society:** To educate people about the environmental necessity, economic value, and natural beauty of wildflowers and native plants. 4801 La Crosse Avenue, Austin, TX 78739-1702  phone: 512-292-4200  fax: 512-292-4627  website: [http://www.wildflower.org](http://www.wildflower.org)

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