



Organic Newsletter

Summer Edition, 2013

Long Island Native Plants

These days you've probably heard people speaking of "native plants" but have wondered what exactly constitutes a native and why are they so important.

According to the National Park Service (NPS), a native plant in North America is one that was naturally occurring in this region before European settlement. Generally, a native is "one that occurs in a particular region, ecosystem, and habitat without direct or indirect human actions (Kartesz and Morse 1997; Richards 1998)".

The NPS estimates that nearly 25% of North America's 20,000 native plant species are in danger of extinction, and in order to protect them, their naturally occurring plant "communities" must be preserved also.

Now why are they important; the NPS lists the following as advantages of native plants:

- add beauty to the landscape and preserve our natural heritage
- provide food and habitat for native wildlife
- serve as an important genetic resource for future food crops or other plant-derived products
- help slow down the spread of fire by staying greener longer
- decrease the amount of water needed for landscape maintenance
- require very little long-term maintenance if they are properly planted and established
- produce long root systems to hold soil in place
- protect water quality by controlling soil erosion and moderating floods and droughts

For Long Island we have a wide selection of native plants to choose from:

Ferns	
<i>Athyrium filix-femina</i>	lady fern
<i>Dennstaedtia punctilobula</i>	hay scented fern
<i>Onoclea sensibilis</i>	sensitive fern
<i>Osmunda cinnamomea</i>	royal fern
<i>Osmunda regalis</i>	royal fern
<i>Polystichum acrostichoides</i>	Christmas fern
Grasses, Sedges, Rushes	
<i>Ammophila breviligulata</i>	dune grass
<i>Andropogon gerardii</i>	big bluestem
<i>Andropogon virginicus</i>	broom-sedge
<i>Carex pensylvanica</i>	Pennsylvania sedge
<i>Deschampsia flexuosa</i>	wavy hairgrass
<i>Juncus effusus</i>	soft rush
<i>Panicum virgatum</i>	switch grass
<i>Schizachyrium scoparium</i>	little bluestem
<i>Scirpus atrovirens</i>	dark green bulrush
<i>Scirpus cyperinus</i>	woolgrass
<i>Spartina alterniflora</i>	tall cordgrass
<i>Spartina patens</i>	salt hay

*Osmunda
cinnamomea-*
Royal Fern



Perennials (includes Aquatics)

<i>Alisma subcordatum</i>	water plantain
<i>Asclepias incarnata</i>	swamp milkweed
<i>Asclepias tuberosa</i>	butterflyweed
<i>Aster dumosus</i>	bushy aster
<i>Aster linariifolius</i>	stiff aster
<i>Aster novae-angliae</i>	New England aster
<i>Baptisia tinctoria</i>	wild indigo
<i>Chelone glabra</i>	turtlehead
<i>Chrysopsis mariana</i>	Maryland golden aster
<i>Cimicifuga racemosa</i>	black cohosh
<i>Eupatorium hyssopifolium</i>	thoroughwort
<i>Eupatorium perfoliatum</i>	boneset
<i>Euthamia caroliniana</i>	flat-topped goldenrod
<i>Gaultheria procumbens</i>	wintergreen
<i>Geranium maculatum</i>	wild geranium
<i>Hibiscus moscheutos</i>	rose mallow
<i>Iris versicolor</i>	blue flag
<i>Lathyrus japonicus</i>	beach pea
<i>Lechea maritima</i>	pinweed
<i>Lobelia cardinalis</i>	cardinal flower
<i>Lupinus perennis</i>	wild blue lupine
<i>Lycopus americanus</i>	water horehound
<i>Monarda fistulosa</i>	wild bergamot
<i>Oenothera biennis</i>	evening primrose
<i>Opuntia humifusa</i>	prickly pear
<i>Parthenocissus quinquefolia</i>	Virginia creeper
<i>Peltandra virginica</i>	arrow arum
<i>Sagittaria latifolia</i>	arrowhead
<i>Solidago sempervirens</i>	seaside goldenrod



Viburnum dentatum-
Arrowwood



Aster novae-angliae-
New England Aster

Shrubs

<i>Amelanchier canadensis</i>	shadbush
<i>Arctostaphylos uva-ursi</i>	bearberry
<i>Aronia arbutifolia</i>	chokeberry
<i>Aronia melanocarpa</i>	chokeberry
<i>Baccharis halimifolia</i>	groundsel bush
<i>Cephalanthus occidentalis</i>	buttonbush
<i>Clethra alnifolia</i>	sweet pepperbush
<i>Comptonia peregrina</i>	sweetfern
<i>Gaylussacia frondosa</i>	huckleberry
<i>Ilex glabra</i>	inkberry
<i>Ilex verticillata</i>	winterberry
<i>Iva frutescens</i>	marsh elder
<i>Kalmia alnifolia</i>	mountain laurel
<i>Lindera benzoin</i>	spicebush
<i>Morella pensylvanica</i>	bayberry
<i>Prunus maritima</i>	beach plum
<i>Rhus coppalina</i>	winged sumac
<i>Rhus glabra</i>	smooth sumac
<i>Rosa carolina</i>	pasture rose
<i>Rosa palustris</i>	swamp rose
<i>Rosa virginiana</i>	Virginia rose
<i>Salix discolor</i>	pussy willow
<i>Sambucus canadensis</i>	elderberry
<i>Vaccinium angustifolium</i>	lowbush blueberry
<i>Vaccinium corymbosum</i>	highbush blueberry
<i>Viburnum dentatum</i>	arrowwood

Trees, Tall Shrubs

<i>Acer rubrum</i>	red maple
<i>Betula populifolia</i>	gray birch
<i>Carya cordiformis</i>	bitternut hickory
<i>Celtis occidentalis</i>	hackberry
<i>Cornus florida</i>	dogwood
<i>Fagus grandifolia</i>	American beech
<i>Hamamelis virginiana</i>	witch hazel
<i>Ilex opaca</i>	American holly
<i>Juniperus virginiana</i>	red cedar
<i>Liquidambar styraciflua</i>	sweetgum
<i>Liriodendron tulipifera</i>	tulip poplar
<i>Nyssa sylvatica</i>	tupelo
<i>Quercus alba</i>	white oak
<i>Quercus bicolor</i>	swamp white oak
<i>Quercus palustris</i>	pin oak
<i>Quercus rubra</i>	red oak
<i>Salix nigra</i>	black willow

(Source for Native Plant List: *Growing Wild on Long Island, Issue 2*)



Liriodendron tulipifera-
Tulip Poplar



Have a Happy &
Safe Summer!!

~The Organically
Green Team



“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

— F. Scott Fitzgerald, *The Great Gatsby*

Fun Fact:

Did you know Thomas Jefferson is credited with the introduction of French fries to America?

According to the USD, the average American eats 140 pounds of potatoes each year, including 50 pounds of French fries!!



Plants for the Summer!



June:
American Holly
(*Ilex opaca*)



- ❖ An evergreen small tree pyramidal when young but slightly more open with maturity, but still maintains roughly a pyramidal shape
- ❖ Leaves are 1.5" to 3.5" long and about half as wide with short spines and are a dull, dark, green
- ❖ Female plants produce small red fruits that mature in October and persist into the winter
- ❖ Good fruiting selections are very showy in fruit (need 1 male plant per 3 female plants for good fruit set)
- ❖ Prefers moist, acidic well-drained soil; full sun to light shade is best; plant in protected sites, especially from wind

July:

Black Cohosh/Bugbane
(*Cimicifuga racemosa*)

- ❖ A clump forming perennial
- ❖ Flowers July-August; has 5' flower stalks
- ❖ Prefers full sun to dappled shade; moist, organic soil
- ❖ Goes well with echinops and ferns



August:

Sweet Pepperbush
(*Clethra alnifolia*)

- ❖ An upright deciduous shrub, 5' to 8' tall and 4' to 6' wide (can form colonies)
- ❖ Leaves are green to dark green color and late to leaf out in spring Fall color yellow-green to golden brown, can be showy at times



- ❖ Has numerous, small white fragrant flowers that bloom in July and August
- ❖ Prefers moist, acidic soil with organic matter; may be slow to establish and some twig tip dieback may occur during

the first winter; full sun to partial shade; avoid hot, dry sites

Organically Grown



Tropical Cucumber Salad

Ingredients:

- ❖ 1 teaspoon freshly grated lime zest, plus more for garnish
- ❖ 2 tablespoons lime juice
- ❖ 1 tablespoon canola oil
- ❖ 2 teaspoons light brown sugar
- ❖ 1 teaspoon rice vinegar
- ❖ 1/4 teaspoon crushed red pepper
- ❖ 1 medium English cucumber, cut into 3/4-inch dice
- ❖ 1 avocado, cut into 3/4-inch dice
- ❖ 1 mango, cut into 3/4-inch dice
- ❖ 1/4 cup chopped fresh cilantro

Directions:

Whisk sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.



What does the letter "A" have in common with a flower?

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They both have bees coming after them!

Addendum to Spring Newsletter:

In our Spring Newsletter we discussed the new impatiens blight, but forgot to mention some of the annual alternatives for shady spots.



-New Guinea Impatiens- a different species of impatiens-, are NOT affected by the newly discovered blight and come in almost all the same colors as regular impatiens some with burgundy or variegated foliage also.

-Begonias, with many different types available, wax-leaf, Dragon-wing, tuberous etc. these colorful bloomers help brighten any shady spot.



-Torenia, also called the wishbone flower, has tubular flowers in purples, pinks and whites. Typically it reaches a height of 6"-12" and is also available in a trailing form perfect for shady hanging baskets!

-Coleus, typically utilized for the foliage color, they are available in many different color combinations and leaf shapes!



Services for 2013:

We offer the following services to help increase the enjoyment and beauty of your property:

Tree / Shrub:

- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

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