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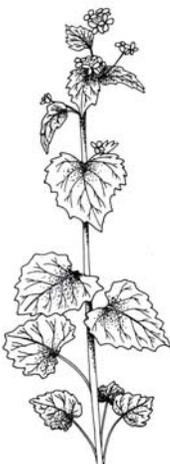
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Skitkomiq Nutacomit

Earth Speaker

Invasive Plants - If you Can't Beat 'em - Eat 'em



Garlic mus-

That's just what some folks around the country are doing. In Pennsylvania, the Jennings Environmental Education Center, located in a 300 acre Pennsylvania State Park has produced a booklet with a collection of recipes featuring



some of western Pennsylvania's edible invasive plants.

The recipes feature invasive plants such as Garlic Mustard, Japanese Knotweed, Barberry, Autumn Olive and the Multi-flora Rose. Now before you get to thinking that all you can do with invasive plants is make a salad, boy are you in for a surprise. Their 35 page book titled "Eat Your Invasives" has recipes such as Garlic Mustard Bread, Japanese Knotweed Sherbert. Strawberry Knotweed Cobbler, Barberry Spiced Jam or Rose Hip Pudding. The Kalamazoo Nature Center in Michigan also has an invasive plants cookbook that focuses strictly on Garlic Mustard. Their book, "Garlic Mustard: From Pest to Pesto." This culinary guide contains recipes for Appetizers and Snacks; Soups, Salads & Sandwiches; and Entrees. Inside you'll find recipes such as Caramelized Onion and Garlic Mustard Soup, Wild Garlic Mustard and Potato Chowder and Peppered Lamb Loin with Mustard Dumplings.

The Invasive Plant Atlas of New England has a wealth of information about the invasive plants found in New England. They also have a large number of recipes on their site nbii-nin.ciesin.columbia.edu/ipane/weedwisdom/recipe.htm. **Every caution should be exercised when harvesting invasive plants!** Be sure to avoid plants that are growing along roadsides, power lines, or any other areas that may have been sprayed by chemicals or other contaminants. Also if you are unsure of a plant's identity - leave it there! Some people may find themselves allergic to invasive plants so you should choose small portions when trying a new plants in your recipes. If you have a known food allergy, it is generally a good idea to avoid eating their wild cousins. If you'd like to try some of these interesting recipes, be sure to contact us and we'll make you a copy of the cookbooks above.

Bon appetit!

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Lowery Bridge Sediment Control Basin

Prepared By: Matthew P. Edberg, HBMI Natural Resources Specialist.

One of the final polluted stormwater issues on HBMI Tribal Lands has been addressed.

In conjunction with NRCS (Natural Resources Conservation Service) and Gogan Construction we have installed a diversion dike, basin, and level lip spreader on the roadside ditch on the southwestern side of Lowery Bridge.

This structure is designed to prevent soil and nutrients from being washed off the fields and roadsides and emptying directly into the Meduxnekeag River (see photo at right).

Polluted stormwater is one of the primary sources of pollution in Maine watersheds.



newly installed sediment structure



How Do You Say ?



A recent search of the Internet revealed an on-line Maliseet Language site. This site, while not totally inclusive, is a great little resource for accessing the Maliseet language. The information on the site is taken from the David Francis, Robert Leavitt dictionary "Kolusumakonal".

From my own personal experience, I strongly urge you to use the dictionary on-line instead of downloading it to your computer. The download brings all sorts of unwanted junk to your computer. Also I strongly recommend that you do not download the Babylon translator. Not only does it not translate to or from Maliseet, it will most likely crash your computer.

To use the language tools on line visit:

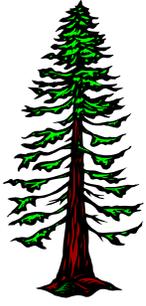
www.freelang.net/dictionary/maliseet.php

Autumn Word Search Puzzle

Find the *brown* words in the puzzle below

- Eastern Hemlock Ksiwsk
- Sugar Maple Sonaw
- Silver Maple Malsonaw
- Yellow Birch Mosson
- White Birch Masqemus
- Apple Cikoniyahqemus
- Beech Mihihqimus
- White Ash Akomakq
- Black Ash Wikip
- Butternut Pokanimus
- Balsam Poplar Ewepipuq
- Black Cherry Kci masqesimin
- Basswood Olonikp
- White Elm Cossakonikp
- Red Oak Asanqahawimus

Q B A S S W O O D W E R T Y U
 I C I K O N I Y A H Q E M U S
 O O P A S E P D F G A H J M K
 L S H E M L O C K Z S O N A W
 X S C V B M K B C O A K M L N
 M A S H A Q A U I W H E I S R
 T K Y U K I N T M O Q P H O L
 M O S S O N I T A K A J I N B
 A N G F M D M E S Q H S H A E
 S I Z X A Y U R Q U A O Q W E
 Q K V B K R S N E P W L I N C
 E P M N Q R B U S I I O M A H
 M A P L E E W T I P M N U P C
 U B I R C H I X M E U I S P Z
 S A S D F C K S I W S K H L J
 L R A L P O P K N E J P R E W



Dendrology Corner

Dendr = tree ology = study of

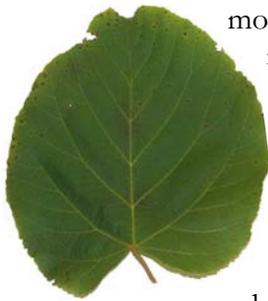
Prepared by: *Matthew P. Edberg, HBMI Natural Resources Specialist*

American

Basswood (*Tilia americana*)

Tilia= the lindin tree, americana= America

American bass wood is a common native tree of rich hardwood forest soils. Many people may be more familiar with the “little leaf lindin” (*Tilia cordata* (=heart shaped leaf base) a European relative of the American basswood commonly planted as an ornamental tree in the Houlton area. The common name comes from its inner bark, or bast, used by Native Americans to make rope



Habitat: commonly found in nitrogen rich moist forest soils and has a particular association with calcium rich soils such as those found in Eastern Aroostook County.

Natural History: Basswood is classified as very shade tolerant and commonly attains a diameter of 3'-4' and heights of 80'. It is also a prolific sprouter and almost any tree encountered in the forest will have basal sprouts. A record tree in Maryland is over 6' in diameter and 130' in height. Basswood is considered to be a short lived tree topping out at 200 years. Basswood leaves have high levels of calcium, nitrogen, potassium and magnesium in them and are an important contributor of these nutrients to forest soils where these trees are present.



Native Range: (from "Important Forest Trees of the United States")



Young basswood seedling planted near the Elders Center

Special Uses: Basswood wood is soft, light and straight grained and is prized as a carving wood. It also has excellent acoustic properties and is used for the bodies of guitars & drums. The highly perfumed flowers attract a myriad of different insects such as moths, butterflies, wasps, and various bees such as the honey bee. As a result basswood honey is considered one of the finest mono-floral honeys. The flowers are also roasted and used as a chocolate substitute.

Medicinal Uses: Native peoples used inner bark tea for lung ailments and heart-burn. Leaves, flower, and bud tea were used for headaches and painful digestion. **(WARNING frequent use of the flower tea has been shown to cause heart damage).**

Edibility: Young leaves and buds are eaten like lettuce.

Utilitarian Uses: Basswood inner bark can be made into relatively strong cordage for lacing and binding objects.

Remember, when collecting any wild plant species for medicinal or edible use be absolutely sure you have identified the species correctly. Also, be respectful of nature and use a hunter-gather ethic, leave some behind for the fu-

ture and for others.

Literature Cited

Silvics of North America Vol. II Hardwoods, USDA, Handbook 654
 Foster, 1990, Medicinal Plants, Peterson Field Guides.
 Wilbur, 1990, Indian Handicrafts, The Globe Pequot Press.



Young basswood seedling planted near the Elders Center

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HBMI High Tunnel Greenhouse Project

by Matthew Edberg Natural Resources Specialist

With help from HBMI Maintenance Department, we have been working throughout the summer to build a

30 foot by 72 foot high tunnel greenhouse next to the HBMI Elders Center on the Foxcroft Road.

The greenhouse has been completed and the interior seeded to a cover crop of red clover.

In the spring/summer of 2012 we will plant red raspberries and install the plastic cover and roll up sides.



*above - high tunnel greenhouse,
below- high tunnel interior*



In a “high tunnel” greenhouse, the plants are planted directly in the ground, instead of in pots or trays

like in other greenhouses.

Our special thanks go to John Flewelling, HBMI Maintenance Director and Isaac St.

John this summer’s Natural Resources Technician for their help in this project.

Word Search Answers

L	R	A	L	P	O	F	K	N	E	J	R	E	W
S	A	S	D	F	C	K	S	W	H	L	J		
U	B	I	G	I	X	M	E	L	S	F			
M	V	P	L	S	E	V	T	I	F	N	U	F	C
H	N	C	F	M	N	Q	R	B	U	S	I	O	M
Q	F	V	B	K	S	N	E	F	W	L	I	N	C
S	I	Z	X	Y	U	F	Q	A	O	Q	W	E	
A	N	G	F	M	D	E	S	H	S	H	A	E	
M	O	S	O	N	I	T	A	K	A	J	I	N	B
T	H	U	K	I	N	T	M	O	P	H	O	L	
M	A	S	H	A	U	M	H	E	I	S	R		
X	S	C	V	B	M	H	C	G	A	K	M	L	N
L	S	H	E	M	L	O	C	K	Z	S	O	N	A
O	P	A	S	E	D	F	G	A	H	J	M	K	
I	G	I	K	O	N	I	V	A	H	E	M	S	
O	B	A	S	S	W	O	G	W	E	R	T	Y	