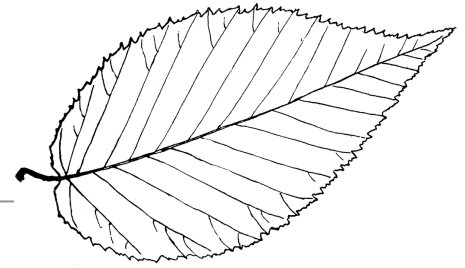


## LEAF



## Living on the Edge of Arden Forests

Everything gears up in Spring. Our outdoor to-do lists never end. Add to that the expectations to help in outdoor community efforts, such as forest cleanups or tree plantings, and the work can feel overwhelming. But community is important. It is why we started this newsletter and why we have our online forum on *The Forests of the Ardens* Facebook page. Together we can share our struggles and triumphs to help each other and the environment. Case in point. Recently, online member Susan Kaye posted her efforts to cut way back on single-use plastics (which would make a great Earth Day pledge, by the way). She brought up ideas I hadn't even considered before...like an alternative to plastic dog poop bags. In our forum, neighbors also offer lots of planting tips this time of year. Or take the sign-up genius that the Ardens has implemented to help cut the task of forest cleanup into manageable chunks. Every year I work with my husband, Mark, and our neighbor Dorinda on our little section of Perkins Run. It has now become a cherished yearly ritual which may or may not involve a mixed drink in the aftermath. So take a moment to log-into this dynamic online support community. I hope it makes you feel less alone in all your spring efforts. In the meantime, I'll leave you with more of Susan's tips for cutting back on single use plastics.

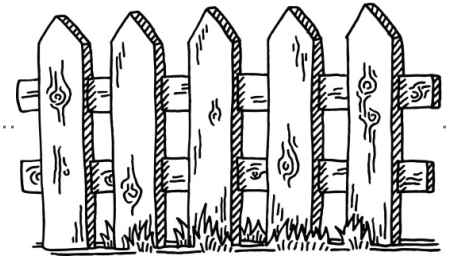
1. I only buy Tide in the carton, never in a plastic container.
2. I bring my own leftover containers when I eat out (which has been rare in the last 2 years).
3. I use only my dog and cat food bags for garbage (I don't generate much garbage). I never buy plastic garbage bags.
4. I buy kitty litter in bags not in heavy plastic containers. I have a few old plastic containers that I use.
5. I buy glass as much as possible.
6. I use paper bags for dog refuse. We can ask neighbors to save Dunkin' Donuts or small brown bags for dig pickup (editorial note: Wow!)
7. I don't put yard waste into bags but if I did, I'd use the paper ones or reusable garbage containers.
8. At the end of last season I asked neighbors if I could take cuttings from their trees in order to avoid having an abundance of plastic containers from garden nurseries.

*Jill Althouse-Wood, Arden Forest Committee*

## Mark Your Calendars

- \*Arden Club Gardeners Guild—  
Monthly Meeting (3rd Mondays) at  
Arden Gild Hall  
**March 21 7:30 PM**  
Wildlife Habitat Certification & Water  
Features  
**April 18 7:30 PM**  
Rain Gardens (see write-up p 2)  
May 16 7:30 PM TBD  
<https://ardenclub.org/gardeners-gild/>
- \*Arden Forest Committee Ivy Festival:  
**April 2, 12-2 PM**  
On Sherwood Green & BWVC  
Refreshments and ivy related games and  
contests. See for details:
- \*Ardens Forest/Streams Clean-up:  
**April 2-9** For details or to signup for a  
section of forest visit:  
[https://www.signupgenius.com/go/  
30E0B49A4AD2FA57-forests](https://www.signupgenius.com/go/30E0B49A4AD2FA57-forests)
- \*Arden Dinner Guild  
Gardeners Gild Vegan Feast (See p.4)  
**April 9 at 6PM** \$12 members/\$15 non  
members. Make reservations by April 3  
[adgreservations@gmail.com](mailto:adgreservations@gmail.com)
- \*Arden's Arbor Day Tree Planting Event.  
Planting a "Little Gem" Magnolia tree  
at the Field Theater for Arbor Day. A  
celebration of our 15th year as a Tree  
City.
- \*Spotted Lanternfly Scraping Events  
**March 24, 10 AM**, meet at Ardentown  
Playground  
**April 9, 10AM** Arden Green at Inn &  
Cherry raindate - Sunday 4/10 (See Page  
4)

# The Forest Edge



One of the duties that the Arden Forest Committee is tasked with is to monitor forest borders to stop encroachment by leaseholders or neighbors, and to remediate this where it has occurred. As you can imagine, this is one of our least favorite tasks. Over COVID, the committee, with a band of volunteers, has been working on a stretch of Sherwood Forest that borders Sunset Farms where grass was unfortunately planted well into the forest, a practice antithetical to our developing a native forest understory. This area of the forest was further marred by the dumping of trash and construction materials. New Castle County came and removed the excess grass where it was planted, and the trash was hauled away. In place of the grass, volunteers planted native border plants that are beneficial to our forests/wildlife and (we hope!) pleasing to our neighbors. Upon revisiting the site over many months, we noticed more grass has crept back into the area we were trying to preserve. Being that this is a vulnerable stretch of forest and that it will take some time for the new plantings to grow and establish themselves, the committee felt it best to offer a clear delineation of the border with the addition of an attractive split rail fence. So in early March, we again rallied our stalwart volunteers. Fences are expensive, and fence-building is hard work. It is not a project we undertake along all our borders, but sometimes, it is necessary to protect areas of the forest that have higher risk factors. The Arden Forest Committee is committed to working with our neighbors to come up with beneficial solutions for border management and, in that, we invite constructive dialog, and we especially invite neighbors from other developments to join our volunteers in our forest care projects along our borders.

## Notes on upcoming April Meeting of the The Arden Club's Gardeners Guild

Our meeting on Monday, April 18 at 7:30 pm will focus on developing rain gardens:: choosing a site, achieving the right balance between saturation and drainage, other important requirements, and of course, choosing the right plants with an emphasis on natives. We are excited about this topic since our community is currently addressing stormwater management on a larger scale. Rain gardens will be a way for individual leaseholds to further reduce run off, expand native planting and better use the vital resource of water!

We are delighted to have Sarah Bouboulis share her expertise. Sarah is Habitat Projector Coordinator for the Partnership for the Delaware Estuary (PDE), where she has worked for 6 years. In her position at PDE she focuses on a variety of habitat projects from rain gardens to living shorelines. Sarah is a strong supporter of using native plants in all restoration work and is the editor of PDE's quarterly newsletter, Perennial Pages, which focuses on native plants in home gardens and maintaining them for the best possible habitat uplift.

For the Zoom-link to this presentation please check the Gardeners Guild page on the Arden Club's website.

## FOCUS ON: WILD HYDRANGEAS

Recently Mt. Cuba Center—with its mission to inspire an appreciation for the beauty and value of native plants and a commitment to protect the habitats that sustain them—has released its trial report detailing a five-year study of native hydrangeas. Few garden plants are as beloved as hydrangeas, and they find their place in a variety of garden settings from naturalistic to formal. Here is a sprinkling of the top performers in the trials.

*Hydrangea arborescens* 'Haas' Halo' is the top performer in the hydrangea trial. This marital has great vigor, massive flower heads, and good sun tolerance. This selection of wild hydrangea is also very popular with pollinating insects. 'Haas' Halo' is featured in Mt. Cuba Center's newest garden, the Woodland Glade.

Of the pink-flowering wild hydrangeas, *Hydrangea arborescens* *Incrediball*® *Blush* was truly one of the best in the trial. It features large rosy pink flower heads, but the plant itself remains relatively compact, making it ideal for smaller gardens. Unlike many wild cultivars, this one actually preferred full sun. You can find these planted in the formal gardens adjacent to the main house at Mt. Cuba Center.

*Hydrangea radiata*, or silver-leaf hydrangea, is another favorite hydrangeas in the naturalistic gardens at Mt. Cuba. The underside of the leaf shimmers in the breeze, hence the name. This is a lace cap variety and is of great value to pollinators in June and July. Though they are vulnerable to heat stress, they are a great for mass plantings and can be seen in many areas at Mt. Cuba from part shade to full sun.

*Hydrangea arborescens* *Invincibelle*® *Wee White* are a great compact variety. Consider them them for container gardens on a porch.

Link to study including excel spreadsheet that is sortable by color, growing conditions, size, etc. <https://mtcubacenter.org/trials/wild-hydrangea-for-the-mid-atlantic-region/>

All of these, and more, can be seen in Mt. Cuba's display gardens beginning this April.

**Bonus!** Link to an interview with Sam Hoadly, the manager of horticultural research at Mt. Cuba Center, describing the outcomes of the five year study.

<https://awaytogarden.com/standout-native-hydrangeas-with-mt-cubas-sam-hoadley/>

## LONGWOOD GARDENS Community Reads

*For nearly a decade Longwood Gardens has offered a yearly community reading program. 2022's selections ask readers to explore the concept of trees as nature's great connectors.*

### \* The Songs of Trees: Stories from Nature's Great Connectors

By David George Haskell

*Journey with David Haskell as he repeatedly visits a dozen trees in cities from Manhattan to Jerusalem, forests (Amazonian, North American, and boreal) and areas on the front lines of environmental change, including eroding coastlines, burned mountainsides, and war zones. In each place he shows how human history, ecology, and well-being are intimately intertwined with the lives of trees.*

### \*We Planted a Tree

By Diane Muldrow

Illustrated by Bob Staake

*In this poetic picture book with environmental themes and illustrated by award-winning artist Bob Staake, two young families in two very different parts of the world each plant a tree.*

### \*Canopy Career Chronicles

By the team at the Morton Arboretum (Illinois)

*This engaging graphic novel follows the stories of eight people pursuing careers caring for and protecting trees. Each character's journey takes a different path, highlighting the skills, experiences, and inspirations of this diverse field of professionals.*

*For more information on these books and for a list of spring events in the Community Reads Program, visit <https://longwoodgardens.org/education/community-read/community-read-2022>*

## Spotted Lanternfly (SLF) Update

Last chance to scrape egg masses before they start hatching mid-April (through June)! We have learned a new technique- in addition to scraping them into a zip-lock bag, one can smush them until you feel the eggs "pop"!

Learn how to do this and see the egg masses yourself. Come to one of several SLF eggscraping events: Thursday, 3/24, 10 am, meet at Ardentown Playground; BWVC - TBA: or Saturday, 4/9, 10 am meet in the middle of The Green at Inn & Cherry Lanes (look for us at the big Japanese Styrax tree; raindate - Sunday 4/10). There are plenty of camouflaged egg masses still to get rid of, AND we will re-attach the bags and make sure our traps are ready for the SLF's when they start hatching out. We will also have Joe Painter's pole scrapers to use to reach the masses up high!

We have already eradicated over 1,000 egg masses this season, mostly along the CSX line especially below Harvey Rd, preventing about 40,000 from hatching! We think that these egg-scraping efforts, combined with traps on major host trees, have kept the SLF populations at manageable levels in the Ardens. Before you consider spraying any pesticide on them, please contact me or other SLF Task Force members to help you with these easy solutions that really make a difference.

## Gardeners Gild Earth Day Vegan Feast

### One Meal a Day for the Planet

This dinner was in the works for April 2020 when COVID hit. Postponed for two years, it is finally happening on Saturday, April 9, 2022 at 6 PM at the Arden Gild Hall. It will be worth the wait.

A vegan meal for Earth Day makes sense. Actress activist, Suzy Cameron has founded One Meal a Day (OMD) For the Planet. OMD is a movement and community to support and encourage eating at least one plant-based meal a day for personal health and the health of the planet. The Gardeners Gild's Feast show just how delicious eating vegan can be while it shines a light on this worthy movement.

The April 9th menu is inspired by world famous L'as Du Falafel in Paris.

*Roasted Beet hummus and Garlic Mustard Hummus with crudités and pita chips*

*Falafel with roasted eggplant, chopped salad and tabina sauce on Pita (without pita—meal is gluten free)*

*Shawarma-seasoned fries*

*Berry Rhubarb crisp with lavender cashew cream*

For information, resources, recipes, and community to support you on your One Meal a Day journey and to take the OMD pledge, visit <https://omdfortheplanet.com>

A recipe to get you started...

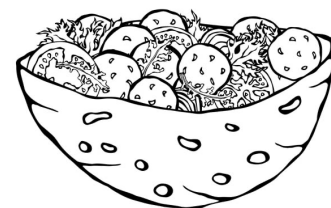
## Sesame Falafel Flatbread

Cook Time: 30 minutes Servings: Serves 3 Source: madeinshaw.com

### INGREDIENTS

1 can of chickpeas  
1/2 red onion finely chopped  
2 tbsp of chopped mint  
2 tbsp of chopped cilantro  
2 tbsp of olive oil  
pinch of salt  
1 tsp of cumin  
1 tsp of baking powder  
4 tbsp of ground almonds  
2 tbsp of ground flax seeds  
1 tsp of minced garlic  
sesame seeds to roll in

Pita



### DIRECTIONS

Preheat the oven to 375 degrees.

Add all of the ingredients into the food processor apart from the sesame seeds and blitz until fully combined.

Roll into 1/2 inch balls then dip them in the sesame seeds and coat them.

Add into a lined roasting tray and roast in the oven for 25-30 mins until golden.

\*\*Serve with flatbread, cucumber, tomato and hummus or any toppings of your choice.

## A Tree for Every Delawarean Initiative

Delaware has a new initiative in place as part of a comprehensive plan in response to climate change. The Tree for Every Delawarean Initiative (TEDI) is the combined effort of the Urban and Community Forestry (UFC), Department of Agriculture's Delaware Forest Service, the Delaware Department of Natural Resources and Environmental Control's Division of Climate, Coastal and Energy and other stakeholders.



Trees do so much: They improve our water and air quality, support wildlife and our ecosystem, and help to combat climate change. The goal of the latest initiative is simple: Plant a tree for every Delawarean, which according to the 2020 sentence is just shy of a million (990,837 if you want to be exact).

At this time, roughly 50,000 trees have been planted toward this goal. Individuals and communities can sign on to help the effort by planting trees at homes, businesses, or in communities and adding them to the TEDI Tracker.

The project page is a great resource. It has links to tree recommendations, a list of native plant nurseries, tree planting instructions, tree placement and size guidelines, as well as advice on pruning and mulching and more.

Check it out.

<https://dnrec.alpha.delaware.gov/tedi/>

Are you planning to join in this statewide effort? If so, share your tree planting story on Forests of the Ardens Facebook Page.

## The Case Against the Bradford (Callery) Pear

Nearly 3 decades ago, a Bradford Pear Tree seedling came in a collection we bought from the Arbor Day Foundation, and we gratefully planted it to fill our spare landscaping. With its beautiful white flowers, the Bradford (or Callery) Pear tree has become one of the most popular landscaping trees across the country. Because of its highly invasive nature, it has gone from the darling of home gardens to overtaking natural areas along roadsides and forests, crowding out native species. Bradford Pears are short-lived trees with an average lifespan of only 20 years. They have poor branch development, provide very little in the way of nourishment to the ecosystem, and are highly invasive, which is why Delaware put them on its **Do Not Plant** list. Because of their propensity for spreading quickly and over a large area, many natural resources agencies are asking the public to consider removing any of these trees that currently exist on their properties/leaseholds.

Looking for an alternative? Consider spring-blooming native trees instead. Eastern redbud, flowering dogwood, Allegheny serviceberry or White Fringe Tree are good choices.

*Jill Althouse-Wood*

## Arden Forest Committee

Buzz Ware Village Center/ 2119 The Highway/ Wilmington, DE 19810

<http://arden.delaware.gov/committees/forest-committee/>

forest@arden.delaware.gov

Facebook group: Forests of the Ardens

Current elected members: Carol Larson (co-chair), Jill Althouse-Wood, David Jones, Bev Clendening (co-chair), Keri del Tufo

Current meeting time: 3rd Monday of the month, 5 PM at Buzz Ware Village Center, 2119 The Highway, Arden. Meetings are open to the public.

LEAF editor: Jill Althouse-Wood

LEAF is brought to you by the Arden Forest Committee in cooperation with our sister villages of Ardentown and Ardencroft, and the Arden Club Gardeners Guild. The Arden Forest Committee implements the Forest Stewardship Policy, the main tenets being preservation of a natural ecosystem, including appropriate wildlife habitat, and enhancing residents' interaction with and enjoyment of this natural environment. Specifically, the Forest Committee oversees trail improvements to encourage residents to enjoy the woods. We use social media to dialog with neighbors about ways to appreciate, respect, and care for our forests. In addition, we monitor hazard trees, evaluate risk, and intervene if damage to structures or hikers would occur if the tree fell. The forest committee is charged with the tasks of monitoring forest borders to stop encroachment by leaseholders or neighbors. We also observe water flow in an effort to prevent stream bank erosion and are currently monitoring our waters to ensure stream health. Lastly, we facilitate removal of invasive species to encourage native growth and diversity of native species.

The goals of this newsletter are forest stewardship, community, and communication—goals we want to advance through social media and online forums. Some issues of this newsletter will be only available in electronic form. Join Facebook Group **Forests of the Ardens** to stay connected, find out about future events, and read archives of LEAF (hard copies at Arden Library).