# Pacific Northwest

Issue 63 October 2016

GREEN FRIENDS

Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us.

- Amma

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### Interesting Information from our Readers

Greetings,

For years, Amma has been requesting that we plant trees. Since she first made that request, GreenFriends volunteers throughout the world have planted more than a million trees.

Amma's *Embracing the World* organization has joined the *UN's Billion Tree Campaign*. In support of that endeavor, this issue of the *PNW GreenFriends Newsletter* has a Special Feature section. That section is devoted to the subject of "Trees."

Enjoy!

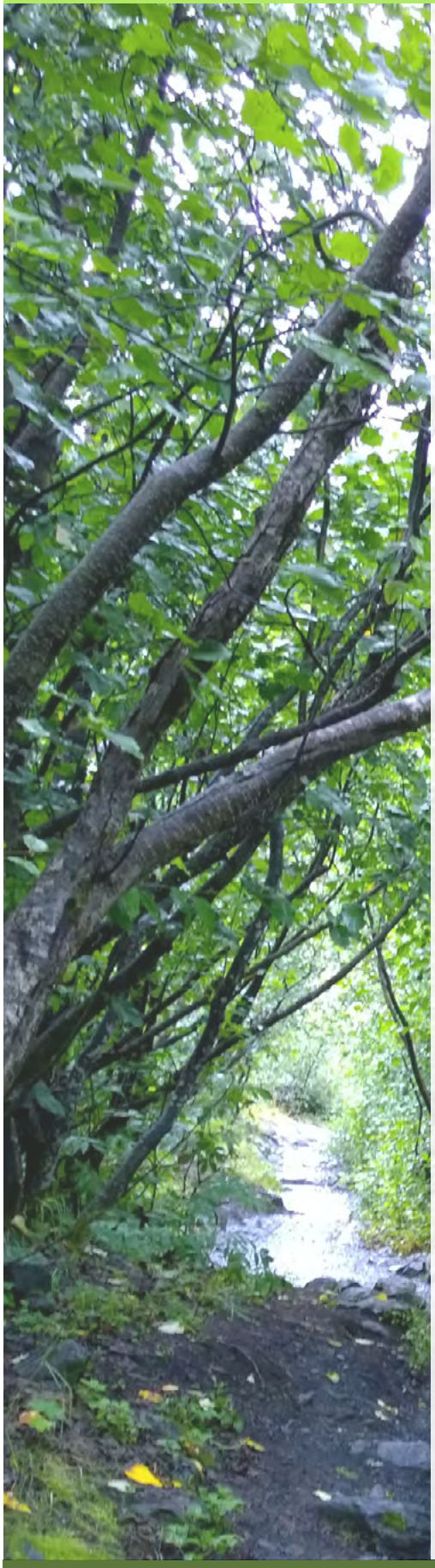
GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of Embracing the World, a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

# Special Feature: Focus on Trees

## Rooted in Charity by Sreejit



Whether they

stand tall and sway,

slump short

and stout, are

pictures of beauty

or are slowly

rotting out,

they are rooted in

charity, a rarity indeed

as they breathe life

into our world, fulfilling

our needs, whether used

and abused, neglected

or loved, their nature

is always to rise

above.

# Special Feature: Focus on Trees

## Where There Is a Will, There Is a Way

### by Meenamba in Amritapuri

When Amma makes her annual tour of North America and other parts of the world, she sometimes sends a webcast back to Amritapuri, her ashram in Kerala, India. That way, residents and visitors can listen to some of the talks that she gives during the Atma Puja ceremony that occurs in each destination city. It was during the webcast from Seattle that I heard Amma say that one thing we can do to help mitigate global warming complications is to plant trees. After hearing that, I starting thinking about how I could participate. Here in the ashram, almost every inch of space is under construction, so finding a spot for a tree is complicated. In addition, I wasn't sure where I could even get a sapling.

Amma kept repeating her message about tree planting throughout the tour, and I kept feeling pricked inside that I wasn't following my teacher's instructions. The fact that those instructions involve a huge and very important issue that affects everyone, an issue close to my heart, only made it worse. I started to pray for Amma's guidance as well as to talk to people about where I could get saplings.

By the time Amma's tour hit the east coast, the ashram community started to prepare for Amma's return home to India in our traditional way—cleaning up the whole place. One of my renunciate sisters took on the project of removing construction rubble from the roof of the Kali temple complex, just next to our big water tank. I saw she had a whole

# Special Feature: Focus on Trees

bunch of waste sorted out into buckets, so I offered to help bring it down to the recycling station.

The next day, I found that one of the waste buckets was filled with greenery. It turned out to be the branches of small trees that had been cut out from the concrete next to the water tank where they had miraculously sprouted, despite there being no soil there at all. Such volunteers must be removed to prevent their roots from growing through the concrete and destroying the integrity of the building.

I took the bucket of greenery downstairs and was emptying it into the garden waste bin when I noticed that one of the "branches" was actually a small sapling with roots and all. It flashed in my mind, "How can I possibly throw out this tree when Amma is asking us to plant trees all over the world?" Then it dawned on me—this was the answer to my prayer. I wanted a sapling, and I got it. With that thought, all the hairs on my arm started standing on end.

After that, a beautiful series of events unfolded. First, I ran straight into two of my ashram sisters who work in the compost department, and they agreed to plant the tree there with me the next day at 3pm. Secondly, just before 3pm on the appointed day, they received a delivery at the compost department of a beautiful rose bud mala, a garland that had been worn by the Kali Murti statue in the temple that morning. Lastly, right at the appointed time for the planting, Guru Das Swami (one of Amma's initiates) arrived in the compost department and agreed to lead the tree planting ceremony. When he saw the sapling, he folded his hands reverently. He explained that this tree, a type of peepul tree, is extremely sacred and is known as "the king of all trees." He said that in the olden times in India, people used to seek out these trees and sit under them for meditation, and that they live for hundreds of years.

So, in the spirit of the ancient tradition, this little tree which had survived despite all odds, was planted to the chanting of Lokah Samstah Sukhino Bhavantu (May all beings be happy, May all beings be free.) 18 times, was watered lovingly by each participant, and was garlanded by Guru Das Swami with the beautiful mala of Kali Ma.

The lesson for me was: where there's a will, there's a way, especially when we try sincerely to carry out Amma's instructions.

# Special Feature: Focus on Trees

## Fall Planting of Trees

### by Dr. Leonard Perry, Extension Professor, University of Vermont

Fall is the ideal time to plant a tree--both for the gardener and the tree! The weather is cooler, so it is more enjoyable working outdoors. The tree also benefits because the soil is better able to retain moisture now than during the hot days of summer, so it becomes established easily. Roots will continue to grow in fall, even though tops are losing their leaves. Trees will be in containers, so should be well-rooted, with little root disturbance during planting.

When selecting a tree, consider your lawn's soil, sun, moisture, and temperature conditions, as well as your personal preferences regarding color, size, and leaf shape. Make sure the tree will be hardy in your area, especially if you live in mountains or a frost pocket.

Make sure the site you pick to plant the tree will accommodate the tree after it has matured. Look up, down, and around. Look up to see if the tree will interfere with any power lines as it grows. Look down to make sure there aren’t any buried utilities or septic system. Some communities require you to call Dig Safe before planting to ensure you don’t accidentally disrupt utilities, or worse get injured. Look around to make sure the tree, as it grows, wont

# Special Feature: Focus on Trees

crowd other plants or buildings.

Before you plant the tree, test your soil for drainage. Dig a hole, fill it with water, and check it twice--once after 24 hours have elapsed, again after 48 hours. If the hole drains well in this time frame, the soil should adequately support a tree. If not, choose another site. If this is not possible, choose a tree that will tolerate occasionally wet and water-logged roots.

Dig the planting hole two to three times wider than, and about as deep as, the tree's rootball. The hole should be deep enough to plant the tree at the same depth, or slightly above the depth, it was in the nursery field. If you dig the hole too deep, the tree will settle as you water it. This places stress on the root system and trunk as it sinks below ground. Before planting a potted tree, dig around the trunk gently to make sure you see the top roots, and place these just below the soil surface. The "flare"-- where the trunk begins to spread out-- should be at the surface.

Obviously remove the container if plastic. If the container is a fiber material, it is best to remove it too. Some biode-grade, but others are treated to last a long period. This will impede root growth. These are easy to remove by slitting the sides once the pot is in the hole. The same applies to burlap, some of which is treated. At the least, remove all the twine tying the ball, as this will restrict roots and trunk growth before it degrades.

After placing the tree in the hole, refill it with the soil you initially removed. There are many different views on what to mix--or not to mix--into this soil. For example, it's probably not a good idea to add too much organic matter, espe-cially if the native soil is very different or poor. This will encourage the roots to stay in the nice mix, and not venture out into the poorer soil. You can add up to 20 percent compost or peat moss or similar.

You need to make sure the soil pH is right before planting. Soil test kits are available from local Extension office, and many garden and feed stores, and results will tell how much of what may be needed. Usually in eastern states you may need to add some lime to sweeten the soil, or raise the pH. It's also good to add a small amount of phosphorus at planting, such as from rock phosphate (organic) or superphosphate, as phosphorus doesn't move in the soil and won't reach roots otherwise. Just use a small amount, such as a couple tablespoons for a 5-gallon bucket of soil.

As you refill the hole, gently tamp the soil to remove air pockets and establish good contact between it and the roots.

# Special Feature: Focus on Trees

Gently is the key word. Stomping it tight will destroy soil structure. Leave a small trough on the surface, away from the trunk, to hold water. Then water deeply, perhaps a couple gallons of water for a 10-gallon hole (amount of soil dug would fill a couple 5-gallon buckets). Water weekly if it doesn't rain at least an inch during the week.

Don't fertilize until spring to avoid stimulating new growth. Then you can use special fertilizer tree stakes, or simply sprinkle some fertilizer around the tree but away from the trunk.

Remove any grass within a couple feet of the trunk. This will keep mice away from the trunk in winter, reduce competition with tree roots for nutrients, and avoiding weed trimming injury to trunks. Add a couple inches of organic mulch on this area, but not next to the trunk. Mulch, especially the deep mulching often seen that resembles a volcano, will encourage rots on the lower trunks and other problems.

Finally, stake the tree to avoid shifting in the wind. Use a couple sturdy stakes at minimum, three for larger trees, equally spaced around the trunk and a foot or two away. Use special tree twine or cloth, or rubber hose protectors over wires, to avoid trunk damage.

If single trunks, placing a tree guard on them during winter will prevent sunscald injury, and chewing damage from mammals and mice. These are usually plastic sleeves, a couple feet tall, that wrap around the trunk, and can be removed during the summer.

Tight on space? Then consider one of the smaller species or cultivars (cultivated varieties). There are some nice selections of dwarf conifers (cone-bearing evergreens) in various leaf colors and shapes that fit well on smaller properties.

http://perrysperennials.info/articles/falltrees.html

# Special Feature: Focus on Trees

## Forest Restoration Work Parties Coming Soon!

### by Kalavathi and Ananya

Amma's GreenFriends Tree Planting and Habitat Restoration Project began in the Autumn of 2013. A few Pacific Northwest devotees realized that we had a common desire to plant trees. Since Amma has mentioned the great importance of planting trees a number of times over the years, we had decided to organize satsang participation in some planting parties. We worked at about 8-10 work parties in the Seattle area starting in August 2013 through May 2014. A number of area devotees joined in on the planting and habitat restoration efforts over the course of this time. It was a beautiful sight to see so many hands working together for a common goal.

The GreenFriends Tree Planting and Habitat Restoration Project is in the process of restarting our efforts. We are hoping that devotees who are interested will join us. We plan to begin forest restoration work in the greater Seattle area beginning in October. We will be joining pre-planned planting parties on a regular basis. If you have ideas of an area where you would like to work, please let us know. The more trees we plant, the better. We will be sharing more details in the near future.

# Special Feature: Focus on Trees

## October 8th Work Party Announcement

The GreenFriends Tree Planting and Habitat Restoration Project is happy to announce our return with a new work party in October! We will join with the Heron Habitat Helpers to work on helping to restore the native habitat in Kiwanis Memorial Preserve Park in Ballard. Feel free to come for part or all of the work party. We would love to see you there!

**When?** - Saturday, October 8 from 9 a.m. to 1 p.m.

**Where?** - Kiwanis Memorial Preserve Park in Ballard (it is adjacent to the Commodore park where we will be parking and meeting at 9 am). Commodore Park, 3330 W Commodore Way, Seattle, WA 98107. The Heron Habitat Helpers will also be meeting there. For map and other information to go: http://seattle.cedar.greencitypartnerships.org/event/8627

**What to bring?** - Water and appropriate clothing (long sleeves, closed toed shoes and sun or rain gear if needed) and your wonderful self!

For more information contact: Kalavathi annecrary@gmail.com phone: (206)300-3535 or Ananya: ammasananya@comcast.net

*Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has. -Margaret Mead*

# Special Feature: Focus on Trees

## Mourning Redwoods by Arati de la Rozière

Yesterday I walked over to the park. It was early morning and the air was still cool with a slight breeze. I was about a third of the way across the field when I stopped in my tracks. I stood frozen in shock. What was I looking at?

The trees were gone!

GONE!

There was just a wide open expanse of arid space with concrete electrical poles sticking up. There were a couple of workers sitting in their small utility vehicles. Another man knelt nearby and seemed to be digging in the ground. As the men started driving in my direction I waved and they came over.

*"What happened to the redwoods? Why were they cut down?"*

I sensed my anger and despair. I wanted to scream and cry at the same time.

*"They're fixing up the whole area. It's going to be a lot better."* He told me.

*"But the trees! Do you know how long it takes a tree to grow? WHY?"*

*"I understand"* he said

I heard gentleness in his voice.

*"Maybe the trees were in the way of the lights."* He added

*"That's not a reason. They've been here a long time! And what about the drought? We need trees for shade and coolness!"*

*"I understand. I'm sorry."* He repeated quietly.

Each time I heard him say these words I felt comforted, a sense of companionship.

*"They're switching the irrigation system to use reclaimed water."* He offered

(*"And what took them so long. We've been in a drought for years"* I said to myself)

*"But the trees!"* My voice sounding a bit more calm now.

*"I understand"* he said again.

We wished each other well and continued on our way.

As I walked towards the tree stumps I felt the tears come up.

I touched my sadness,

My longing for our environment to be held with awareness,

Care and loving kindness.

# Special Feature: Focus on Trees

It's important to cry.

Tears are like a healing balm to the heart and soul.

Some years ago I heard one of my teachers describe mourning as a celebration – and I would add a way of honoring – someone or something we hold dear, close to our hearts, and who is no longer with us.

Today I went back to the park to mourn

Remember

Be with

To be present.

I stayed for a while,

Took some photographs.

Overhead the sound of electricity crackled and buzzed

As it ran through the high voltage power lines.

In front of me a row of redwood stumps,

Like tomb stones in a cemetery.

# Special Feature: Focus on Trees

I turned away from this now large empty space.

A small grove of redwoods lined the back of the field.

They stood quietly, like sentinels,

Holding the space.

I walked over to one of them, raised my hand to touch its trunk,

Leaned forward, resting my forehead on the rough bark.

Open palms holding this tree.

Closing my eyes I let myself sink into the quiet place.

Felt the strength and resilience of the redwood

Comforting and nourishing my soul.

My feet, like roots going down into the earth.

# Special Feature: Focus on Trees

Voices in the distance.

The sound of wind surrounding me.

I drifted deeper and further out.

The forests with their flowing rivers and creeks,

Water sparkling in the morning sun,

The landscape lush and green.

Our planet thriving.

Amma's white flower petals gently cascading down on this place,

The fallen redwoods, the ones that now hold me,

This park, surrounding fields and mountains,

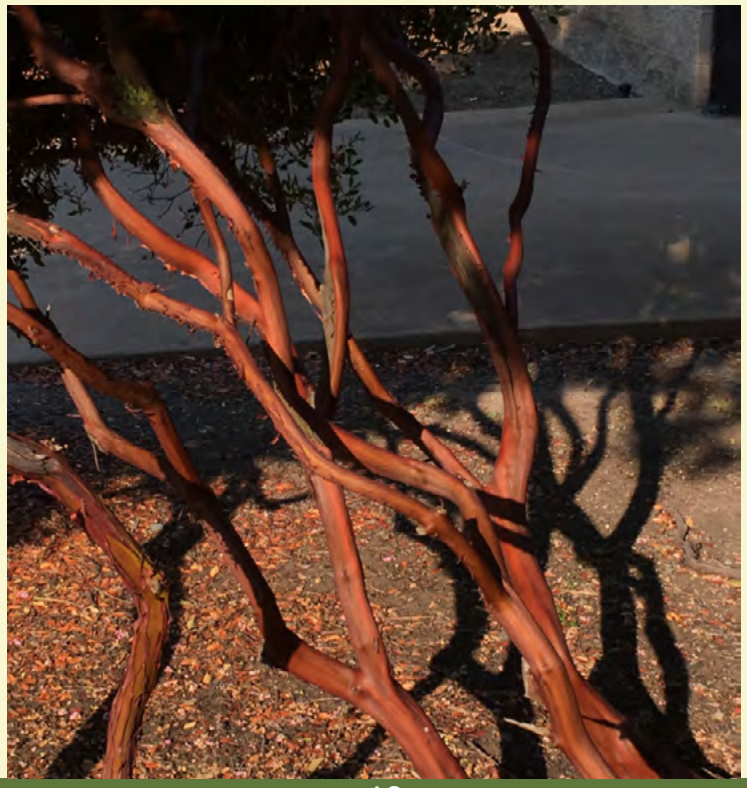
California, the country, the globe.

Our planet.

I left the redwoods and continued my walk into a different area of the park, one I had not yet explored.

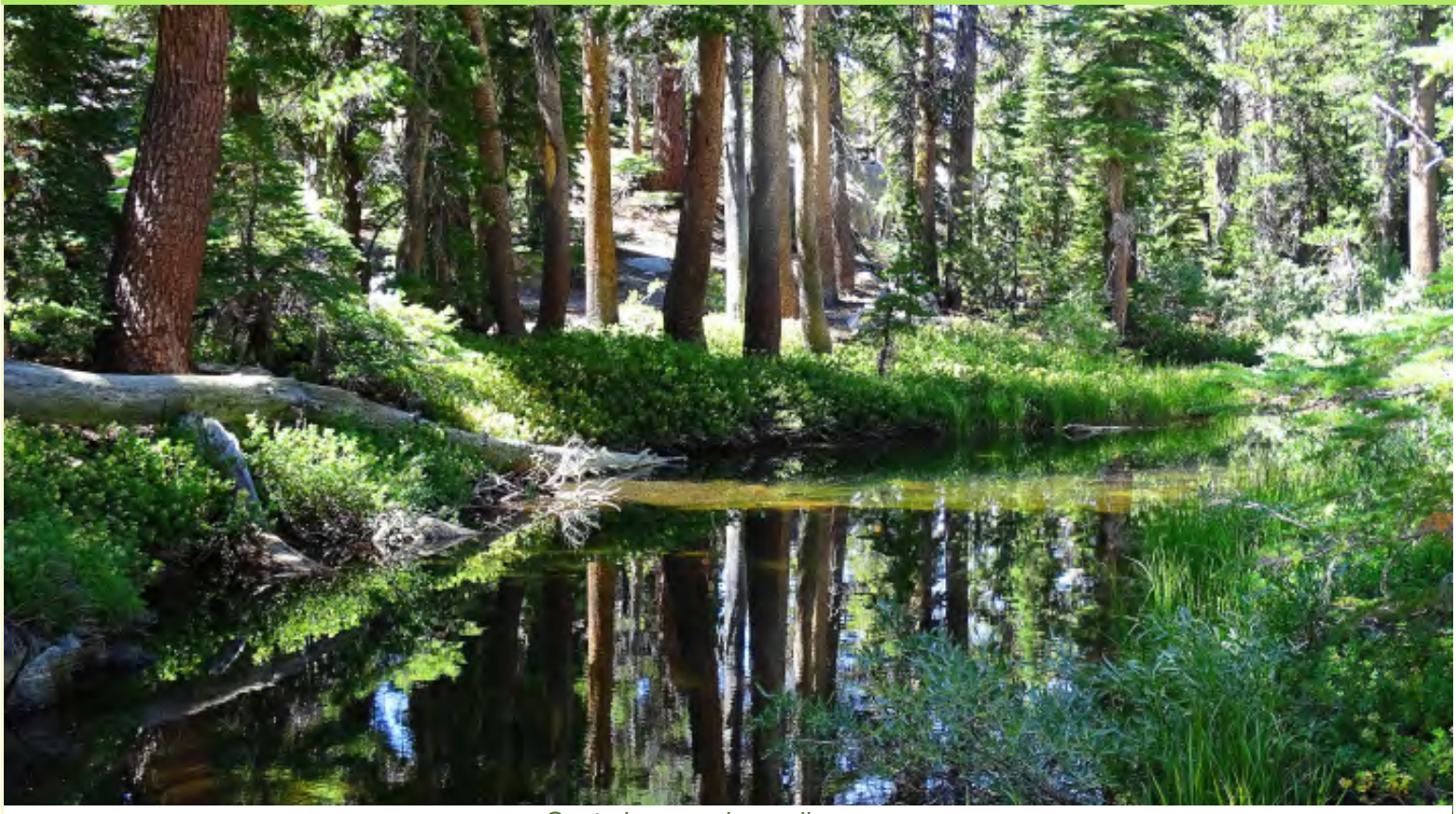
And there, on the edge of the path to greet me:

Manzanita trees danced playfully with their shadows in the morning light.



# Special Feature: Focus on Trees

## Enchanted Forest by Cindy Knoke



Casts her magic spell on you.

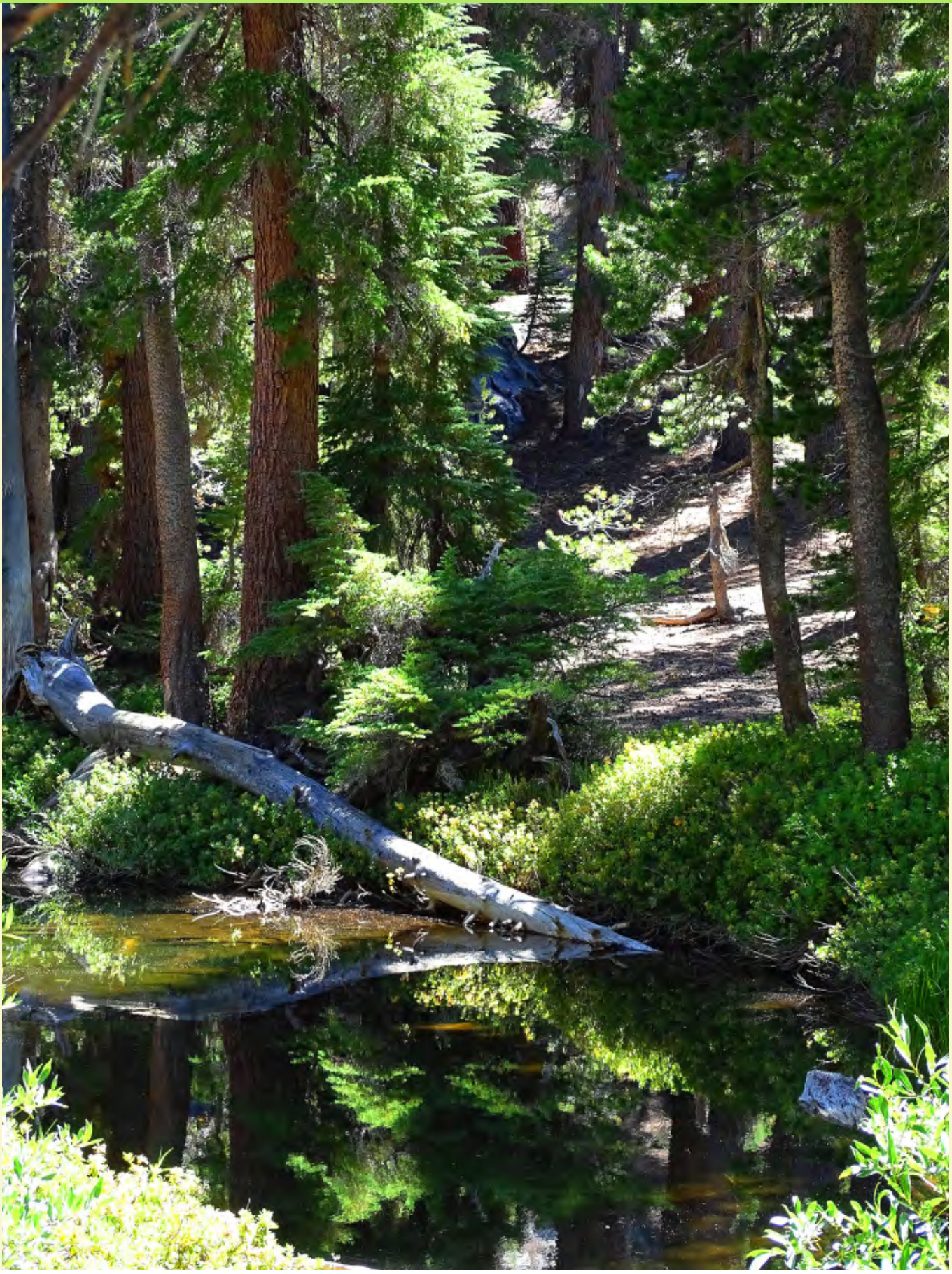
Bringing the peace of the pines,

# Special Feature: Focus on Trees

reflected,

doubled.

# Special Feature: Focus on Trees



Mother Nature's soothing balm,

# Special Feature: Focus on Trees

for a troubled world.

Cheers to you from The Sierra's enchanted forests~ https://cindyknoke.com/2016/08/13/enchanted-forest

# Special Feature: Focus on Trees

## Meeting the Guardian by Karuna

When I walked into Seattle's Lincoln Park for my Tai Chi class a few weeks ago, a dark green tree caught my eye. (It looked MUCH bigger in reality than it does in the photograph.). After the class, I returned to that area to take a photo and see what was on the other side of the foliage.

What I discovered was that the dark green wasn't from a single tree, it was from many. But more important than that, I felt as if I had gained entry into a magical land. Walking through the area felt like a mystical experience.

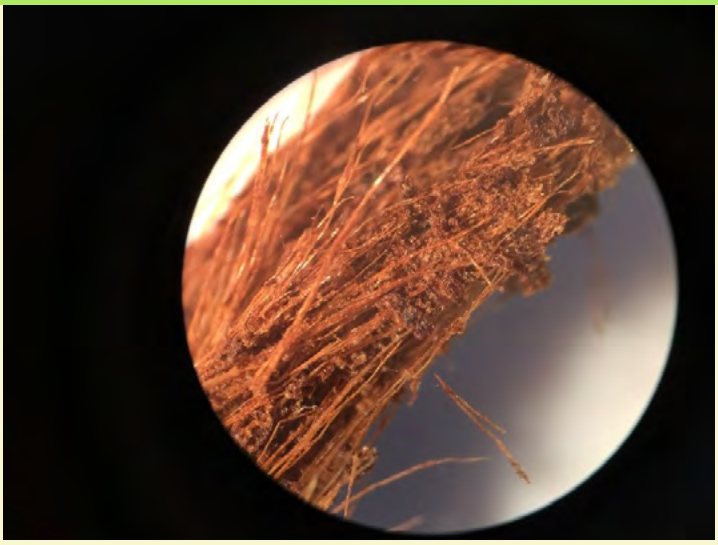
# Special Feature: Focus on Trees

As I continued to walk through the magical land, I saw a sight that took my breath away. The tree stood like a giant, towering above all of the others. I estimated that the circumference of the base was 20 feet. I felt like I was viewing the Mother/Father/Guardian of the whole area. There was no way for me to take a photograph of the whole tree but here are some of the parts.

# Special Feature: Focus on Trees

Later, when I returned home I looked through my microscope at the feathery substance that was attached to the bark. I also viewed a dried leaf from the ground that surrounded the tree.

# Special Feature: Focus on Trees



As I left the park that day, I discovered that an area to the east of the Guardian, the name that I decided fit the best, could be seen as an entrance to the magical land.

I have continued to visit the Guardian before and after each Tai Chi class. I love putting my hand on it and feeling its power and strength. I often sense that I am receiving its blessing. I will miss my regular visits when the weather changes in October and we start holding the class indoors again. I am so thankful to have had this experience.

# PNW Gardening

## Give Me the Strength

I am checking my urges. Why do I want chips from the store when I can eat raw corn from my field? The packaging of the chips is gaudy and wasteful, the packaging of the corn is mellow, green and decomposable. The chips are loaded with cancer-causing degraded oils, the corn is as it is--anticancer, nutritive, a product of nature that is right for my natural self. The chips cost money which I could use more productively than that. Mr. media, I do not want your chips. They are not good for the earth or for me. I want my corn. Give me the strength to grow my corn, give me the mental clarity to know the right way, give me the willpower to make the right choices.

# PNW Gardening

Richo @ Strictly Medicinal Seeds

# PNW Gardening

## Fall Care of Roses

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Do you have some roses that you would like to have survive the upcoming winter, if at all possible, and particularly if new plantings? Or, are you one of those who had roses going into last winter, only to have many die while those of your neighbor lived? If either of these fits, you might consider mulching and mounding this fall.

A mulch will not only keep the soil warmer than unmulched soil, but also will prevent rapid fluctuations in soil temperatures which lead to soil heaving. Snow is the best mulch but, as we know, can not always be counted on. So other materials must be used.

A good mulch will settle lightly on the soil surface without excessive packing (this rules out most oak leaves), cause no harmful effects (such as from diseases or weed seeds), and be reasonably attractive and priced. Mulches derived from plants also add organic matter to the soil. Examples of good organic mulches are peat moss, weed-free straw (not hay, which is often weedy), cut evergreen branches, bark mulch, or wood chips.

# PNW Gardening

Mulches should be piled at least a foot deep around plants, and not before mid-November, as roses need cool fall temperatures to develop some winter hardiness. Mulch much later and you may have to contend with snow first, and valuable ground heat will have been lost.

Mounding also may be used to protect roses during winter, simply mounding loose soil or compost a foot or more high around the base of the plant. Use loose sandy or loamy soil, as dense clay soil may cut off the oxygen supply to the roots, resulting in injured or dead plants. Mounding is preferable over mulches if you have mice that may live in organic material and chew on the rose stems over winter.

Climbing roses may be protected by removing the canes from their supports (keep this in mind in the spring when tying them up, for easy fall removal), then laying them on the ground. Use a wire hoop or similar device to hold them in place. Lay a piece of burlap over the canes to protect them during the spring uncovering operation, then mound soil or compost or organic matter over the canes. Uncover the canes when they begin to grow in spring, checking them in early April or shortly after the snow melts.

Mulching or mounding protects roses in a couple of ways. Roses vary greatly in their hardiness, depending on species and cultivars, with the more hardy not even needing protection. You may find a list of some of these on our website of previous Vermont hardiness trials (pss.uvm.edu/ppp/rosedata.htm).

Most roses also are grafted onto a hardier wild rose “understock.” Where they meet—the graft union– is the swollen area you can find at the base of many rose plants. It is often tender and susceptible to winter injury, so needs protection. Many recommend to even bury this graft union below the surface when planting, which also will help prevent undesirable sucker canes arising from the wild rose understock.

Before mulching or mounding roses in mid to late November, finish fall cleanup. Remove all plant debris and diseased parts. Pruning, although usually done in spring, may be done now to remove diseased or dead stems and to make the plant easier to mulch. Even with protection, canes may have some dieback and need further pruning in the spring.

https://perrysperennials.wordpress.com/2015/10/11/fall-care-of-roses

# PNW Gardening

## When You Get a Lemon, Make Lemonade
## aka Creating a Raised Vegetable Garden with Stock Tanks by Lin in Bellevue

Can you find the hidden house?

The place in Old Bellevue where I've chosen to live for the past 44 years is not a lemon. In fact, it's a gem. But all its shady trees (which make the house invisible even to Google Earth) make edible gardening almost impossible. Well, almost. Since the driveway gets sun, that's where I put my garden. Every time I returned home from a back-packing trip, I brought a few large rocks with me. Soon I had a 20-foot ring that I filled with topsoil and compost and planted with tomatoes, lettuce, kale, chard, strawberries, peas, green beans, and zucchini. There wasn't enough sun for flowers, but my "lemonade" was plenty tasty anyway: at least I had my vegetables. Besides, shade from all those trees kept my 900 square foot house cool in the summer.

Then along came a developer who demolished my former neighbor's house and built a 3-story mini-mansion. That was a lemon. A lemon until I discovered the mansion had come with a 30-foot long concrete block wall and fence that faced south, collecting and radiating the sun's heat like crazy. I planted pots of tomatoes there, and the plants went berserk—producing more than my friends and neighbors and I could eat.

Neighbor's wall and my potted tomatoes

Ground level vegetable garden

# PNW Gardening

New stock tanks in place

Compost tower resting on pea gravel

That's when it dawned on me that (a) I ought to be planting the rest of my heat-loving vegetables along there, and (b) that I'm not getting any younger, and my body doesn't like bending over in the ground-level garden. The 'aha' moment arrived: stock tanks would be the way to go.

These tanks (2-ft wide by 2-ft high, by varying lengths of 3, 6, and 8-ft) ordinarily used for watering horses and cows, make great planters. The Grange in Issaquah delivered five of them, and I hired a friend looking for work to help me rake the driveway's gravel into level pads and to help place the tanks on them. They are light enough that even I, a woman in my seventies, could move them.

I shaped hardware cloth from Home Depot into compost towers and placed a couple in the 8-ft tanks and one in the 6-ft tank. After a friend's husband drilled holes in the tank bottoms for me for drainage, a layer of pea gravel went in. Strangely, the companies I found in King County whose organic soil and compost I liked best[1] do not deliver to Bellevue. So I settled for 4-Way Garden Mix sandy loam topsoil amended with aged sawdust, steer manure, and Cedar Grove compost.[2]

I shoveled it into the tanks and mixed that with sphagnum moss and Hendrikus Malibu Biodynamic Compost to create the acidic pH my plants require[3]. Two days after I used it, my floppy seedlings and transplanted plants were standing erect and showing additional growth.

# PNW Gardening

Strawberries and Asparagus

Herb garden

Toilet paper core with chard seedling

I tried out a neat trick I read about to help seedlings get started and to protect them from birds and digging squirrels: planting seeds inside toilet paper cardboard cores sunk in the soil. By the time the cardboard decomposes, the plants no longer need their support.

Next I bought red wiggler composting worms from Sky Nursery in Shoreline. Rather than raise the worms separately and have to carry their castings (aka worm poop or vermi-compost) to the garden, I simply put the worms in the compost towers along with my daily kitchen scraps and they make their castings in place. Rain and waterings from my hose disperse the nutrients. This has worked well in my ground-level vegetable garden the past few years. The worms winter over just fine, and the plants nearest the towers grow to twice their usual size.

The final step was putting in the fruits and vegetables with their "companions"—plants that support each other for nutrient use and pest control, such as strawberries, asparagus, and parsley. One of the side benefits of all this activity in my front yard is that neighbors have been stopping by as they walk their dogs. "We love your garden," everyone says. "Where did you get those tanks? I want some."

**The ground-level vegetable garden** got a makeover while I was busy with the stock tanks. I asked a second friend looking for work to make "a little path" to replace the hazardous slate steps going down to the garden. But one thing led to another. Now, thanks to his design sense and hard work, I've got a thing of beauty that makes it so much easier and safer for me to get around the area. Sweet lemonade for sure!

# PNW Gardening

The old rickety slate steps

New and improved layout

The finished product

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1. Bailey's Compost in Snohomish, and NW Landscape's GardenBlendz 3-way organic mix in Lynnwood
2. Joe's Landscaping Supply in Redmond
3. Malibu Compost ingredients: feather meal, fish bone meal, alfalfa, sulfate of potash, dolomite, lime, gypsum, kelp meal, soil microbes, lignon humate, and dairy manure from only two farms specially certified in California and Oregon.

# PNW Gardening
## From Our Reader's Gardens

**From Shobana in Shoreline:**

Watch video of butterfly https://www.youtube.com/watch?v=wSX92gCQNW8&feature=youtu.be

The plant the butterfly is visiting is a dwarf *Buddleia* which is also known as a "butterfly bush"!

**From Satyavati in Tacoma:**

# Nature

## Endangered Hawaiian Monk Seal by Kothai

On the northern shores of Kauai, I thought a dead animal had washed up until I realized that an endangered Hawaiian Monk Seal was just resting there, enjoying the sun and avoiding the waves.

# Nature

## Photo Journal of a Snail's Adventure by Karuna

Last week, when I removed an overgrown chive plant from my garden, I discovered it had been covering two snails. One appeared to be missing a big part of its shell and mucous was pouring out of that area. It looked like the other snail was eating the mucous. When I separated them, the wounded one didn't move but the other one did. I followed its movement taking photographs along the way.

Notice in the photos below that the snail is approaching a crevice in the piece of concrete.

# Nature

Wow!

Turning to the right.

And then pulling his shell up.

He has almost made it to the top.

Success!

# Nature

As I continued to watch, I decided to follow him by video.

**Part 1** You are about to enter a snail's world.

https://youtu.be/Qlr2i2e6xJw

[Note: The snail you see at the very end of the first video is the wounded snail. The snail from the photographs above is the star of the first video (47 seconds) and all of the second one (2.59 minutes).]

**Part 2** I thought he was headed in a particular direction but I was wrong!

https://www.youtube.com/watch?v=qvoVQ8TDcew

After about 20 minutes, the wounded snail began to show signs of life. In time it started on its own journey. So was it really wounded? If not, had they been mating? I looked for information and videos on snail mating but nothing that was described or shown looked like what I had seen.

There is so much I don't know. I appreciate the glimpse into the wonders of nature that this experience has given me.

*This article was originally written for Living, Learning and Letting Go.*

# Nature

**From Marla in Bellevue:**

This caterpillar will turn into a Spotted Tussock Moth (Lophocampa maculata)

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## Milkweed

Monarch caterpillars sole source of food are milkweed plants. You can help bring monarchs back to the northwest by planting milkweed seeds. The seeds are available at Sky Nursery in Shoreline or you can order them from this Florida company. https://www.livemonarch.com/free-milkweed-seeds.htm. There is also a history of the plight of the monarchs at the bottom of that webpage.

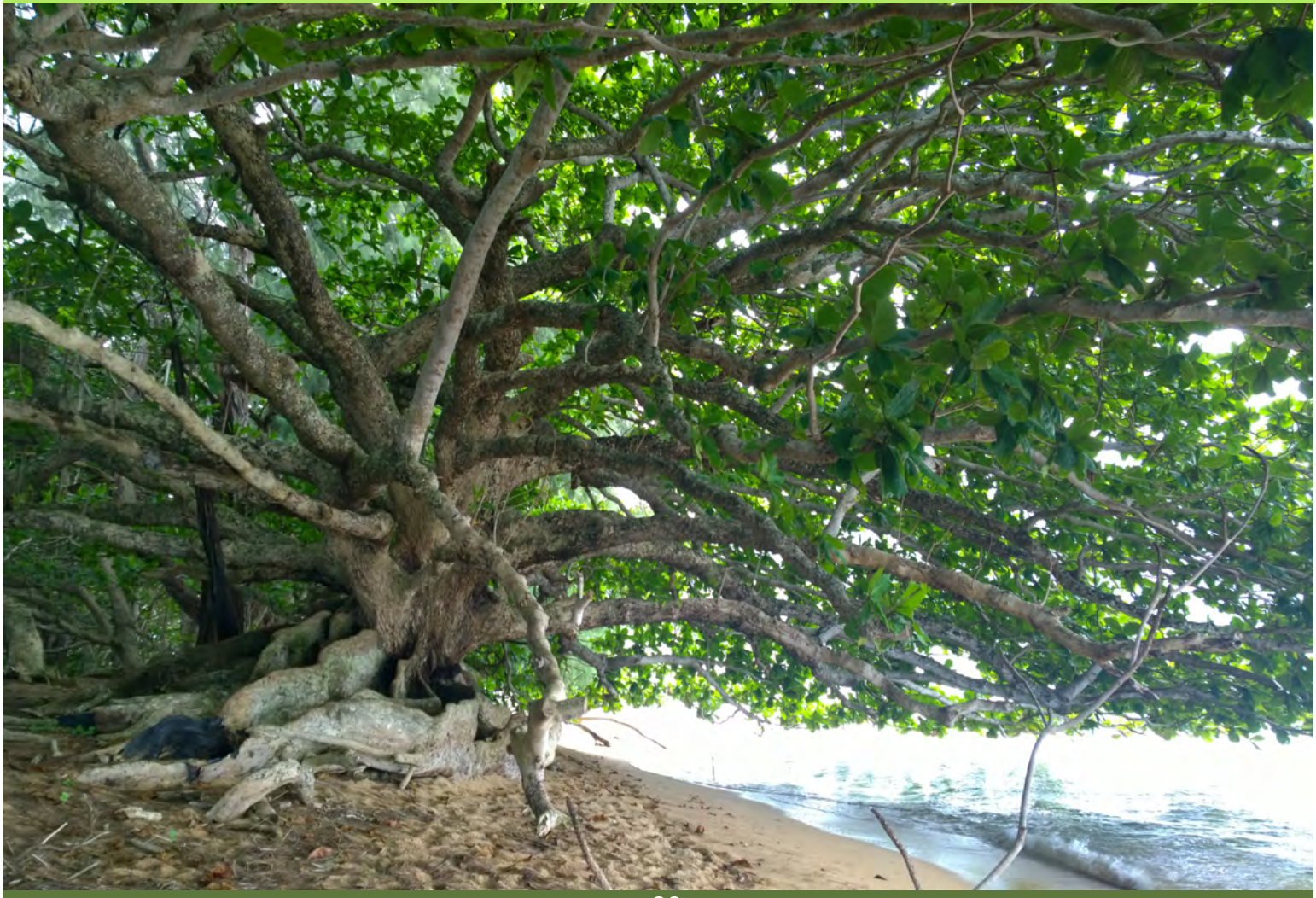
# PNW Litter Project

## PNW Litter Project Stats

Thirty-four Litter Project members and friends reported picking up 71 hours of litter in September 2016. The average pick up time was 2 hours; the range was 2 minutes to 10 hours and the median was 1 hour.

Members of the project have picked up litter for 8039 hours since the project began in July 2011.

TerraCycle credited us with turning in 139,534 cigarette butts in 2013 and 55,200 in 2014. Our 2016 count stands at 25,400 butts, bringing us to a grand total of 300,124 butts since we started sending them to TerraCycle in January 2013. (In addition to the butts we turned into TerraCycle we also have a 5 gallon jar of cigarette butts we use for the litter project display)



# Interesting Information from our Readers

**From Donna in Kirkland:**

Shrinking Our Waste

The Road to Recycling Contamination

Rescue Your Recycling

9 Ways to Take Recycling to the Next Level

Recycling and Environmental Justice

**From Poornima in Shoreline:**

Impressive garden art!

http://www.cnn.com/2016/09/01/travel/botanic-garden-art-shows-2016/index.html

**From Meenamba in Amritapuri:**

I was doing some research on what is possible with fused plastic, and found some really nice images and a link to a blog where they show you how to make a sandwich wrapper from fused plastic and cloth.

http://vickymyerscreations.co.uk/tutorial-2/diy-sandwich-wrap

**From Prakash and Sharadamba in Shelton:**

“Bag Ladies” from a church in Tennessee turned 10,000 plastic bags into mats for the homeless.

http://www.onegreenplanet.org/news/tennessee-church-group-turns-plastic-bags-into-sleeping-mats-for-homeless

**From Shobana in Shoreline:**

Paul and Claire Grace’s half-acre garden in Shoreline produces enough fruits and vegetables for themselves and to give away to neighbors and the local food bank.

http://www.seattletimes.com/pacific-nw-magazine/a-shoreline-garden-provides-a-bounty-of-food-plus-spaces-for-dining-strolling-and-artwork