



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

Contents

PNW Gardening

[Backyard Herbal Medicine—Lady's Mantle](#)
[Companion Planting for the Benefit of All](#)
[Here's What's Blooming at Our House](#)

Tree Planting and Habitat Restoration

[Bridge 2 Beach Work Party](#)
[Greenbelt Restoration Project: Plant Selection](#)
[The Importance of Forest Restoration](#)

Nature

[Hummingbird Photos](#)

PNW Litter Project

[Beach Litter Pickup and Recycling](#)
[Litter Project and TerraCycle Information](#)

Interesting Information from Our Readers



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

PNW Gardening

Backyard Herbal Medicine--My Lady's Mantle by Visala Hohlbein



Hi Friends, time to practice gratitude for the glorious, magical and hardy herb Lady's Mantle (*Alchemilla Vulgaris*).

This herb is not as common as some of the herbs presented in past articles, but she is a perfect choice to grow in the Pacific Northwest. Lady's Mantle has sturdy and easy to recognize broad green leaves. Her springy leaves dance with water droplets that land on her during a rain. Afterward, the droplets sit on the leaves in the most incredibly lovely way.

The Latin name *Alchemilla* refers to alchemy. It was believed in medieval times, and still today by many, that the water drops are magical—and they do indeed look that way! Drinking the droplets is said to help you regain your youth and your youthful spirit. It was also thought that the droplets could turn base metals into gold.

Lady's Mantle grows easily year round and can spread, but she is not invasive. She is a perennial, meaning she will return year after year to the spot where planted. Lady's Mantle can grow to be about 12 inches tall in the right conditions. She belongs to the Rose family, and gets her name from her sweet scalloped edged leaves. The edges of the leaves are said to be reminiscent of the edges of "Our Lady's" Cloak or Mantle. (Our Lady refers to The Virgin Mary.)

Lady's Mantle contains many helpful constituents: tannins, salicylic acid, and the action of the Bitter Principle. She contains Vitamin C, essential oil and numerous essential minerals. The whole plant, leaves, flowers, stem, roots, can be used for herbal medicine, such as a poultice for wounds.. This herb is highly astringent, meaning she causes the tissues to contract. That made her one of the most popular wound healing herbs on battlefields in the 15th and 16th

PNW Gardening

centuries. Lady's Mantle can also be eaten directly or made into a tea or fresh infusion. It's equally effective when dried and used for tea. Try adding a few of the fragrant fancy-green leaves to a salad; it's very refreshing!

Lady's Mantle will bloom from June all the way through September with darling, numerous, small green flowers about 1/8 inch in diameter. This herb is perfect for putting a sprig in a vase on your alter and offering it to your beloved deity.

There are so many healing properties, she is one you don't want to miss!

Lady's Mantle Medicinal Benefits

- Can stop bleeding when applied externally to a wound
- Helps to heal wounds
- Eases and shortens length of menstrual bleeding
- Reduces pain associated with menstruation
- Provides relief from spasms
- Treats digestive upsets and diarrhea
- Can be used as a digestive tonic
- Is used for skin diseases and rashes, insect bites
- Reduces inflammation
- Is anti-inflammatory
- Can numb pain of wounds and speed up healing process
- Can be used as an herbal gargle for bleeding gums, canker sores and sore throat
- Has the bitter principle (stimulates digestion)

Lady's Mantle is indeed an important herb for backyard herbalists! She transplants easily, and I'd be happy to share. If you'd like some, just ask!

Let's get to know our friend Lady's Mantle better. Take time to talk to her, express gratitude, and build a relationship. Try to listen and hear what she is saying. She can grow easily in a pot, so if you live in an apartment, no problem. This is a superb herb to plant in a neglected parking strip or alley. Soon these unloved portions of Mother's Earth can become a frequent gathering spot for neighbors.

Here are **two quick easy ways to start using Lady's Mantle** intentionally and medicinally. Before you gather

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the herb, remember to thank the plant before taking any of its medicine, and always give something back when you take something from the plant. What you give back is up to you. You can give back a chant, song or a simple message of gratitude, or maybe you will return the used portion of the herb back to the base of the plant. That is also a loving action.

1. HERBAL TEA: Cut off 1-2 teaspoons of Lady's Mantle to make a tea. Cut the bits into small pieces to release the magical herb's aroma. Boil water and let her infuse 10 minutes before drinking. Incredibly refreshing! You can either strain the herb out, or just enjoy the pieces when you drink the water. After all, it is edible. In fact, herbal water is much better tasting and healthier than just plain water. It tastes as great cold as it does hot. If the herb is too bitter for you, think about marrying her with another herb to balance out the taste. Small leaves are less bitter.

2. Herbal Infused Salad: Cut a few sprigs of Lady's Mantle and gently add her to your next salad or smoothie. Enjoy the benefits!

As with many plants, always remember Herbs are medicine, so use with care! Pregnant women should use great caution with this particular herb.

I hope you will take time to reflect on the renewed connection you feel to the plant and ultimately to your Mother Earth by experiencing Lady's Mantle herbal leaves and drinking infused tea water consciously and intentionally.

Happy Herbing!



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Companion Planting for the Benefit of All by Netsah Zylinsky



The growing of plants in symbiotic relationship is ancient time-tested garden wisdom. Building happy beneficial plant communities brings forth the principles of diversity and interconnectedness to all of life.

Planting close to each other supports:

- connection of roots to each other
- wind transfer of pollens and insects one to the other
- scents that attract or deter insects
- enhancement of soil nutrients (e.g., nitrogen fixing by legumes and clovers)

Flowers and herbs and a variety of colors add to the diversity and health of our gardens. Mixing them together confuses predators and compliments the beneficial creatures we want to encourage. Planting in straight rows and only planting one single variety per row, is like calling out to all the predators of that variety “we’re available come nibble on us!”

All of Life is connected, and in the plant world we notice the interconnectedness as certain plants benefiting the health and flavor of their neighbors... yet some plants interfere with their neighbors... and still others attract beneficial insects to the garden... even certain plants act as traps for garden predators...

A time-honored example comes from Native American culture and is known as “the Three Sisters”. It is the planting of beans, corn, and squash together. As the corn grows, beans find support to climb on while offering nitrogen to the soil, thereby supporting the squash which is considered a heavy feeder. In turn, the lovely fat squash leaves lie on the ground suppressing weeds. This is symbiotic co-operation at its best!

Here is a partial list of ancient plant companions...

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PLANT NAMES	COMPANIONS	ALLIES	NOT-SO-FRIENDLY
Apple	Garlic, Onion Nasturtiums, Wallflowers, Foxgloves, Chives		Grass, Potato
Apricot	Basil, Southernwood		Tomatoes, Sage
Asparagus	Marigolds		
Borage	Strawberry		
Pole Beans	Cabbage Family, Carrot, Celery, Corn, Cucumber, Eggplant, Peas, Potato, Radish, Strawberry	Marigold, Nasturtiums, Rosemary, Summer Savory	Garlic, Shallots, Onion, Sunflower, Gladiolas, Kohlrabi
Bush Beans	Irish Potato, Beets, Corn, Strawberry, Celery, Summer Savory		Onion
Beets	Bush Beans, Cabbage Family, Lettuce, Onion	Garlic	Pole Beans
Cabbage Family-Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Kale, Kohlrabi	Beets, Celery, Chard, Cucumber, Lettuce, Onion, Potato, Spinach, Dwarf Zinnias	Chamomile, Garlic, Catnip, Hyssop, Rosemary, Sage, Dill, Mint, Nasturtium, Thyme	Tomato, Kohlrabi
Carrot	Beans, Lettuce, Onion, Pea, Pepper, Radish, Tomato	Rosemary, Sage	Dill
Celery	Bean, Cabbage Family, Tomato, Onion	Chives, Garlic, Nasturtium	
Chamomile	Mint, Cabbage, Onion		
Chard	Bean, Cabbage Family, Onion		
Corn	Bean, Cucumber, Melon, Parsley, Pea, Potato, Pumpkins, Squash	Marigold, White Geranium, Pigweed	Tomato And Corn Eaten By Same Worm
Cucumber	Bean, Cabbage Family, Radish, Tomato	Marigold, Oregano, Nasturtium	Sage
Eggplant	Bean, Pepper	Marigold	

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PLANT NAMES	COMPANIONS	ALLIES	NOT-SO-FRIENDLY
Fennel	Dill		Beans, Tomato, Kohlrabi, Coriander, Wormwood
Garlic	Rose		
Grape	Geranium, Mulberries, Hyssop, Basil		
Horseradish	All Fruit Trees, Potatoes		
Lettuce	Beet, Cabbage Family, Carrots, Onions, Radish, Strawberry, Tall Flowers	Chives, Garlic	
Melons	Corn, Pumpkin, Radish, Squash	Marigold, Nasturtium	
Onion	Beet, Cabbage Family, Carrot, Chard, Lettuce, Pepper, Strawberry, Tomato	Chamomile, Summer Savory, Pigweed	Peas, Beans
Oregano	Cabbage		
Parsely	Asparagus, Corn, Tomato		
Peach	Garlic, Basil, Southern Wood		
Pear			Grass
Peas	Beans, Carrots, Corn, Cucumber, Radish, Turnip	Chives, Mint	Garlic, Onion
Pepper-Sweet	Dwarf Carrot, Eggplant, Onion, Am- aranth, Geranium, Pigweed		Fennel, Kohlrabi, Tomato
Potato	Beans, Cabbage Family, Eggplant, Pea, Sweet Alyssium	Horse Radish At The Corners, Marigold	Tomato, Potato (Are Effected By Same Blight)
Pumpkin	Corn, Melon, Squash	Marigold, Nasturtium, Oregano	

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PLANT NAMES	COMPANIONS	ALLIES	NOT-SO_FRIENDLY
Radish	Bean, Carrot, Cucumber, Lettuce, Melon, Pea	Chervil, Nasturtium	Hyssop
Raspberry			Blackberry, Potato
Spinach	Cabbage Family, Strawberry, Radish, Fava Bean		
Squash	Corn, Melon, Pumpkin	Borage, Marigold, Nasturtium, Oregano	
Strawberry	Bean, Lettuce, Onion, Spinach, Thyme, Love-In-The-Mist	Borage, Thyme As Border	Cabbage Family, Gladiola, Tomato, Garlic
Sunflower	Squash, Cucumber		Potato
Tomato	Asparagus, Carrot, Celery, Cucumber, Onion, Parsley, Pepper, Cabbage	Basil, Bee Balm, Chive, Mint	Corn & Tomato Are Effected by Same Worm Kohlrabi
Turnip	Peas		

As the gardeners, may we tend our gardens with love, wisdom and care of our interconnectedness to All of Life.

References:

Researched with Rodale Press

Biodynamic practioners through extension Sarasota Cty

Deep Green Permaculture

ATTRA-national sustainable agriculture info.

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Here's What's Blooming at Our House by Susan Johnson



Tree Planting and Habitat Restoration

Bridge 2 Beach Work Party: April 30



The [Bridge 2 Beach Earth Day](#) is an annual event, sponsored by the Rainier Chamber of Commerce, focused on making “Mother Earth more beautiful and [Seattle] neighborhoods sparkle.” We decided to hold a GreenFriends Greenbelt Restoration work party in honor of that event.

Our work party began at 10 a.m. and lasted until 1 p.m. Seven GreenFriends, two Forest Stewards from the Green Seattle Partnership, a neighbor, and six students from a University of Washington Environmental Science class participated.



Our tools were provided by the Green Seattle Partnership

Tree Planting and Habitat Restoration



Our primary task for the day was to remove blackberry root balls and put them on racks made from fallen tree branches. That way, the roots cannot touch the ground and will dry out. The photo below shows one of the three root ball piles that we created that day. [Some of the root balls you see in the photo were touching the ground, so were moved to the top of the pile later.]

In the process of clearing the root balls, we found many objects in the dirt. This was probably the first time these items had been exposed to the light of day since sometime in the 60's.



Tree Planting and Habitat Restoration



We even found a foot-long worm!



We have discovered many interesting things since we began the project. This is one of those objects.

Once the root balls are removed, we cover the cleared land with burlap bags to reduce weed growth. Then dried blackberry canes and other debris are placed on top of the burlap. In time, the bags and debris will turn into mulch which will hold in moisture and enrich the soil.

Below are some “before and after” photos from our three-hour work party.



Tree Planting and Habitat Restoration



It was such a fun, productive and rewarding day. We accomplished more than we ever thought possible.

Celebration!

Ten days after this work party, we received notice that the Rainier Chamber of Commerce had given us an award for our work that day. The category we excelled in was “Down in the Dirt.” The prize was a \$50 gift certificate to Full Tilt ice cream. We will use it for a future work party!

Tree Planting and Habitat Restoration

Greenbelt Restoration Project: Plant Selection

Each year, the City of Seattle Parks Department will give us 400 native trees, shrubs and ground covers to plant in the section of the Greenbelt we are restoring. Below are photos of some of the shrubs we have chosen for our first year. We will receive them the end of October or beginning of November.



Kinnikinnick



Red Flowering Currant



Snowberry



Goatsbeard



Pacific Bleeding Heart



Oregon Grape

Photo Credits: [Kinnikinnick](#), [Red Flowering Currant](#), [Snowberry](#), [Goatsbeard](#), [Pacific Bleeding Heart](#), [Oregon Grape](#)

Tree Planting and Habitat Restoration

The Importance of Forest Restoration

If forested parklands are Not Restored

Aggressive non-native vegetation will dominate the urban forest unless removed. In 100 years, the trees will be gone. City officials estimate that potentially billions of dollars in services such as stormwater control will be lost.



PRESENT

Forested parklands are dominated by deciduous trees, mainly big-leaf maples and alders, nearing the end of their life. After decades of neglect, non-native invasive plants, such as English ivy and wild clematis, cover the ground and grow up into the tree canopy.

IN 20 YEARS

Invasive plants outcompete and grow over existing native vegetation, blocking the sunlight plants and trees need to thrive. English ivy now dominates the tree canopy, making the trees weak, top heavy and susceptible to windfall. Eventually, trees die or fall over.

IN 50 YEARS

The trees are gone. Only a few native shrubs struggle to survive the stress of competition with invasive plants.

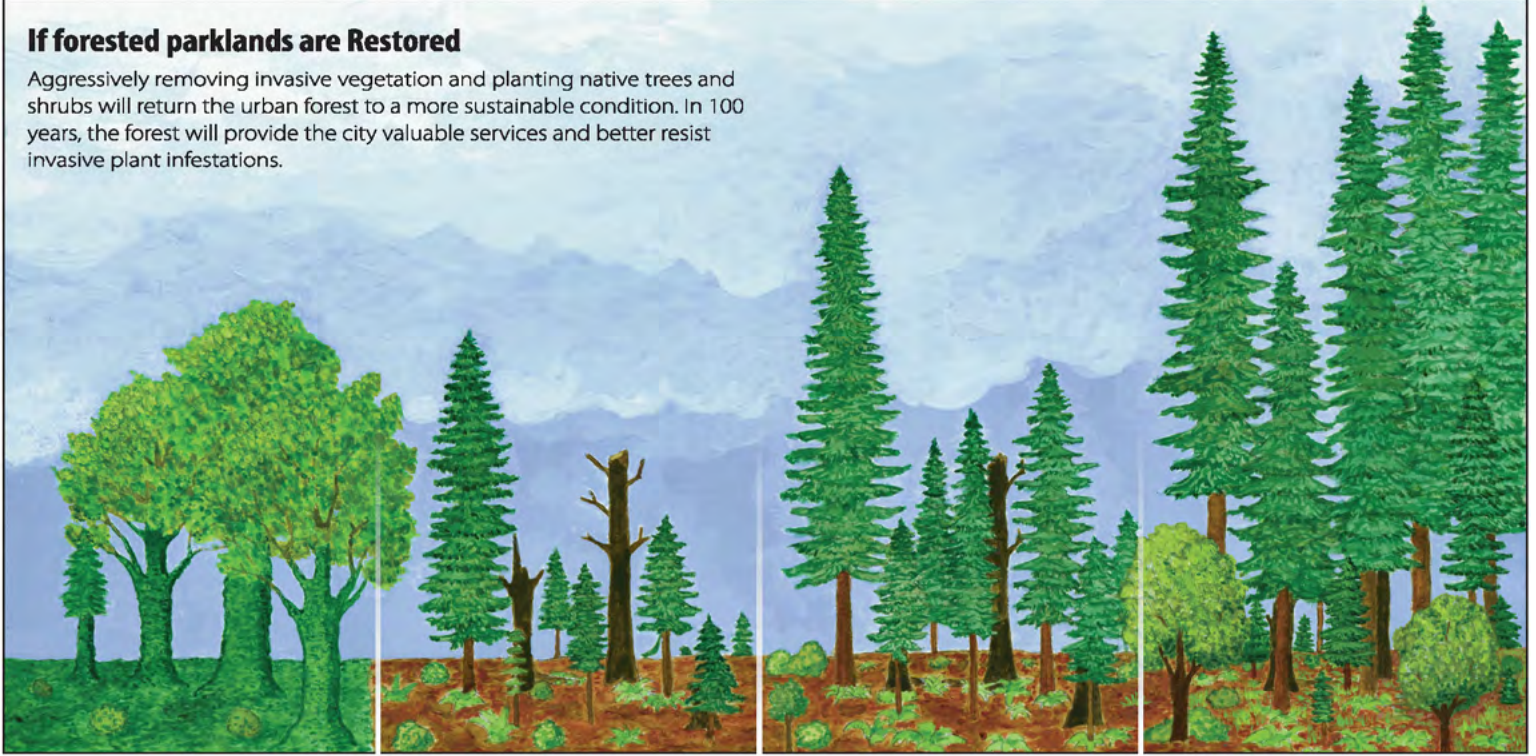
IN 100 YEARS

The forest is destroyed. Native trees can no longer establish on their own. We are left with a dense "ivy desert." Very few plant species can live, and forest biodiversity is gone. Such conditions provide homes for rats and scarce habitat for more desirable urban wildlife.

Tree Planting and Habitat Restoration

If forested parklands are Restored

Aggressively removing invasive vegetation and planting native trees and shrubs will return the urban forest to a more sustainable condition. In 100 years, the forest will provide the city valuable services and better resist invasive plant infestations.



PRESENT

Forested parklands are dominated by deciduous trees, such as big-leaf maples and alders, nearing the end of their life. After decades of neglect, non-native invasive plants such as English ivy are smothering native vegetation and weakening native trees.

IN 20 YEARS

Through restoration efforts and long-term maintenance, the non-native plants are removed. Native groundcovers, shrubs and evergreen trees such as Douglas firs and Western red cedars and hemlocks are planted.

IN 50 YEARS

As the evergreen trees grow, they shade out sun-loving invasive plants such as blackberry. Native understory plants thrive.

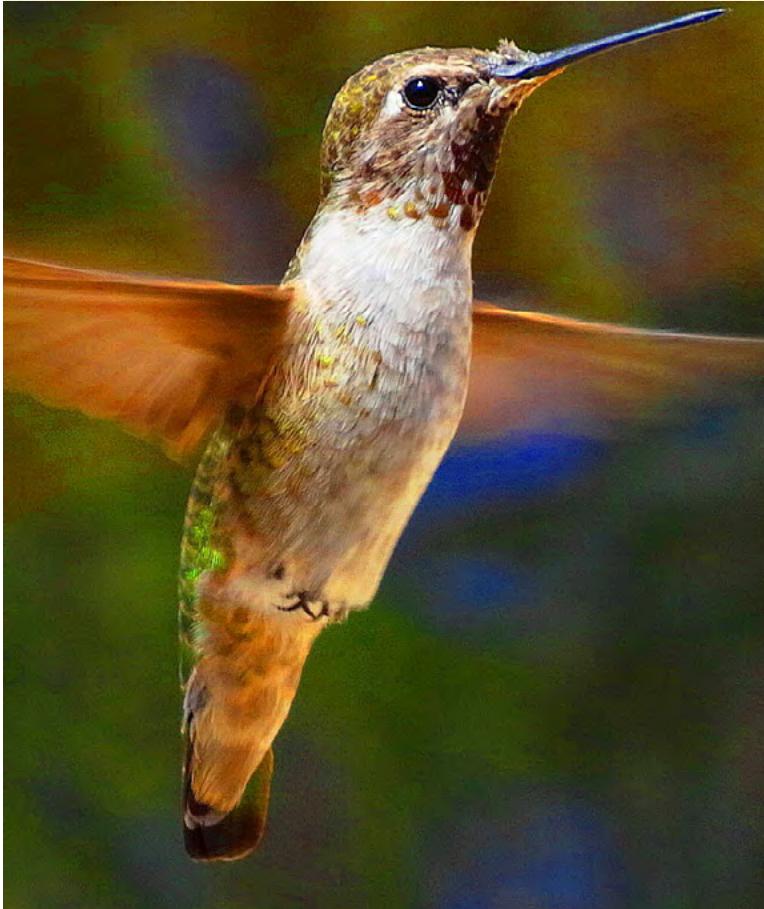
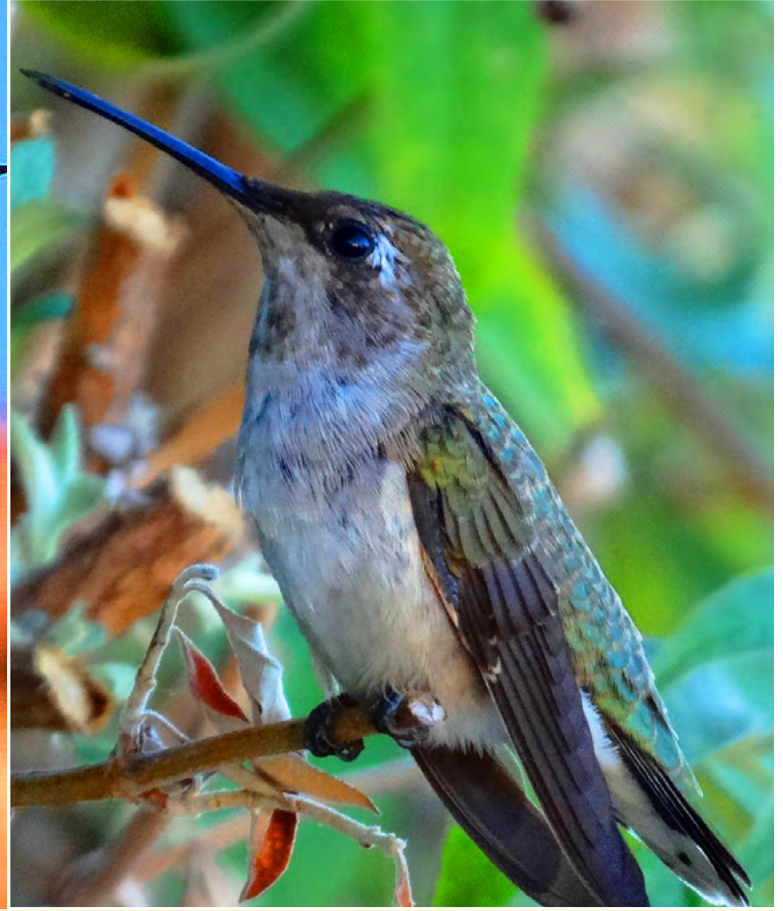
IN 100 YEARS

With continued stewardship, the maturing forest requires less care and provides greater benefits to the city.

Diagrams provided by [Green Seattle Partnership](#).

Nature

Hummingbird photos



PNW Litter Project

Beach Litter Pick up and Recycling in White Rock, BC



Recently, Sheila Swift picked up litter on an isolated beach in White Rock.

On another occasion, Sheila was surprised when she looked into a recycling bin and saw hazardous waste mixed with the normal recycling items. She sent a letter about her concern to the editor of her local newspaper. The newspaper published both the letter and a photo of the items.



PNW Litter Project



Recycling awareness

Editor:

These mercury light bulbs, pictured above, were in the glass recycling pickup box today.

The city explains what can go to ordinary recycling. There is no hazardous-waste collection.

The city assures the workers separate hazardous waste like this, but if many people are doing this and the bins are full, no one would see.

This dangerous mercury would then contaminate the pickup vehicle and wherever the glass goes for recycling. It's also hard for any humans dealing with it by hand, as it would be in the air.

More awareness is needed on this very hazardous material going into the environment.

Sheila Swift, White Rock

PNW Litter Project

PNW Litter Project Stats

In May, 30 Litter Project members and their friends picked up litter for 79 hours. (Average 2.6 hours; Median 1 hour; Range 2 minutes to 21 hours) We have picked up litter for 8661 hours since the project began in July of 2011.

TerraCycle Stats

TerraCycle is an organization that recycles items that are normally considered unrecyclable. They have credited us with turning in 321,224 cigarette butts since 2013. We have also sent them 394 Drink Pouches, 732 Cereal Bag liners, and 2,997 Energy Bar wrappers.



Interesting Information from Our Readers

From Poornima in Shoreline:

[Freedom Cove Couple Have Spent 25 Years Living on a Floating Compound](#)
[Understanding What Makes Plants Happy](#)

From Aditi in Iowa:

John Wells is well known in ecology circles for his blog about living off the grid. Check out www.thefieldlab.blogspot.com

This is a video he made by placing a camera in a bucket of water in the west Texas desert to see who came for a drink. It is very sweet. The swimming bees were rescued. It takes 1.5 minutes of your time to watch.

<https://www.youtube.com/watch?v=Wlo9ROTi7a4>

From Visala in Seattle:

Namaste my plant loving friends, I really enjoyed this, you might too. [What Plants Talk About](#)

From Ananya in Seattle:

[Native Plants for Western Washington Gardens and Restoration Projects](#)