



SAINT PAUL NATURAL RESOURCES

A Section of Saint Paul Parks and Recreation

Volume 5, Fall Issue

September 17, 2018

New Program trains the Next Generation of Urban Foresters

The urban forest of St. Paul is carefully maintained, but it is crucial to have people in succeeding generations to pass off the baton to. The Youth Engagement in Arboriculture program (YEA) helps secure the future of this valuable resource as it seeks to inspire young people to pursue careers caring for trees. The Department of Forest Resources at the University of Minnesota, supported by the City of St. Paul, recently implemented the program to educate youth anywhere from elementary school to high school about arboriculture and urban forestry.

YEA also strives to add more diversity to the field by intentionally serving underrepresented groups.

Each workshop provides opportunities for kids to climb trees like professional arborists, while being given fun and rewarding challenges, learning about proper safety and communication, and being encouraged to consider following a career path that works with trees.

Games involving the rigging and suspension systems allow youth to work and learn in teams, and each person is given personal instruction from an expert during their chance to ascend a tree. Certified arborists with St. Paul forestry often help UMN staff and other professionals lead exciting YEA events where each individual can thrive. The City of St. Paul also assists the program by co-hosting many of the events



at city parks next to public schools. Many young people have never heard of urban forestry or its plethora of benefits before coming to a YEA event, but through their participation they receive a new perspective and exhilarating memories that they will bring into their futures.

Inside this Issue

Join the Seed Squad	2
Small Mammal Survey Recap	2
Pocket Gardens are for the Bees	3
Education Programs	3
Mobile Camp and Macroinvertebrates	4
Calendar	4

St Paul Celebrates National Public Lands Day Sept. 22



Saint Paul Parks and Recreation, the Minnesota Department of Natural Resources (DNR), and many other organizations

are teaming up for a national celebration of our public lands! Bring your family to the Mississippi River to try fishing, climbing, archery, biking,

and more. Enjoy free outdoor activities with all equipment provided! Bring your family to the Mississippi River to try fishing, climbing, archery, biking, and more. Enjoy free outdoor activities with all equipment provided!

Saturday, September 22, 2018, 11:00 AM- 2:00 PM
Hidden Fall Regional Park

Find St. Paul Natural Resources Online!



SAINT PAUL
NATURAL
RESOURCES

Facebook:

www.facebook.com/saintpaulnaturalresources

Instagram:

www.instagram.com/saintpaulnaturalresources

Meetup:

<https://www.meetup.com/Explore-Outdoors-STP/>



Adam Robbins, Natural Resources Manager

651-632-2457
Adam.robbs@ci.stpaul.mn.us

Gardening

651-632-2453
Tony Singerhouse
Jonny Conti-Masanz

**Garden/
Environmental
Education**

651-632-2457
Mary Henke-Haney

**Environmental
Services**

651-632-2459
Emily Dunlap
Maggie Barnick

Forestry

651-632-5129

Volunteer Resources

651-632-2411
Tricia Wehrle

Newsletter Editor

Kaitlin Ostlie

Join the Seed Squad for Drop in Events

We have some great volunteer opportunities for this fall! Back for the 2018 fall season.... Seed Squad!

If you did not join us last year you have a great opportunity to come to one of our drop-in events this year. You will be collecting seeds that will benefit our pollinators and our wildlife. Seeds will be used to supplement natural areas in need of increased plant diversity around the city. The collected seeds will be used in frost seeding in late fall, propagated in our hoop house or sown after the 2019 spring prescribed burn season.

Who: Individuals or small groups. All ages are welcome, but may be best suited for ages 10 and up. Must be able to navigate uneven terrain. No prior experi-



ence necessary.

Where/When:

Monday, September 24th

5:30-7:30 pm
Trout Brook Nature Sanctuary (1200 Jackson St)

Tuesday, October 2nd

5:30-7:00 pm
Bruce Vento Nature Sanctuary (4th St E)
*Part of our EcoStewards event

Saturday, October 6th

9:30-11:30 am
Trout Brook Nature Sanctuary (1200 Jackson St)

Registration: Pre-registration is appreciated.

For more information about both event dates please visit bit.ly/seedsquad2018.

Small Mammal Survey Recap



Each year, Natural Resources organizes a mammal survey to educate the public about the mammals residing in our parks and help us evaluate our land management approach based on what we find. Mammal populations

draw some interesting conclusions about the quality of habitat within our parks and the critters that rely on that habitat.

For the past two years, we've used live traps to survey Bruce Vento Nature Sanctuary. In 2017, we caught a

naturally ebb and flow over time but if we keep baiting, trapping and observing year after year, we'll be able to

total of 110 individuals including many deer mice, white-footed mice, prairie voles, meadow voles, a pygmy shrew, a short-tailed shrew, and a muskrat. In 2018, a total of 59 individuals were caught. Many species found in 2018 mirrored those in 2017, however no short tailed shrews or muskrat were observed. The decreased number of animals observed in 2018 may have been due to rainy weather while the survey was underway or natural variation in small mammal populations. The most exciting find for 2018 was a masked shrew, which is a new species for the park!

Pocket Gardens are for the Bees (and Other Pollinators)

The City of Saint Paul's Gardening Program was buzzing with excitement as they increased the presence of pollinator and ecological habitat through the installation of three new perennial gardens. This year, with the aid of a grant generously awarded by the Saint Paul Garden Club (SPGC), we utilized the funding to add three new pocket gardens on Saint Paul's East Side.

These gardens blended the two worlds of natural resources and horticulture by keeping aesthetics and the traditional elements of ornamental gardening design. The first new garden is located around the sign at Burns Ave Park in Saint

Paul's Battle Creek area. The second new garden is located at the entrance to Swede Hollow Park off of Beaumont Street. The third and final site we added dwarf honeysuckle, panicle hydrangeas, and switch grass at the main entrance of Trout Brook Nature Sanctuary in Saint Paul's North End neighborhood.

These areas have been planted with over 70% of them being ecologically friendly to pollinators, insects, and birds! We introduced several native plants including but not limited to coneflower, black-eyed susan, blazing star, dwarf honeysuckle, prairie smoke, baptisia, columbine, sage/salvia and many more!



Again, this project has been made possible through the generous donation by the Saint Paul Garden Club. We thank them for providing us with this opportunity to increase

beauty and vitality to our parks; in addition to helping us expand our ecological resources for native birds, bees and insects.

Summer Education Programs Engage Over 1,000 Community Members



This summer was buzzing with activity for Saint Paul Natural resources education team! Over the past three months, our educators managed to engage over 1000 community members in gardening and pollinator-friendly activities! Even though temps are dropping, a large ma-

jority of our pollinators stay put throughout the winter. Here are a few tips for ensuring that your garden stays pollinator friendly past harvest season.

Many native bee species, like the aptly named digger bees are solitary ground-nesters. The dig nests in the soil, creating underground spaces that they fill with food for their young. Heavy mulch layers make it difficult for bees to tunnel through. When remulching your landscaping this fall, consider leaving a few bare patches or paths for the bees.

Some bee species prefer to nest in tunnels above-ground. They nest in old stems and tree cavities. Instead of cutting your perennial plants short, consider cutting them to around 12 inches. Be

neat, but not too neat. Many bees look for protected sites when building their nests. If you leave a few brush piles behind in the garden, you'll create prime real estate for pollinator friends. Move bird feeders away from designated pollinator spaces. If you hang bird feeders right next to the spaces you just

prepared for bees, you'll likely find happy birds, but no bees.

By keeping bird feeders away from nesting spaces, you'll ensure hibernating bees don't become a convenient snack for avian friends!



Mobile Camp and Macroinvertebrates



This year saint Paul Parks and Rec expanded our Mobile Camp partnership with YMCA Twin Cities and other organizations to expand from one day camp at Hidden Falls to a second at Lake Phalen.

Youth at Phalen's Lake Explorer's Day Camp sampled aquatic macroinvertebrates (water bugs) from the channel between Round Lake and Phalen and used what

they found to determine how clean the water was. Having a diverse assemblage of living creatures in the water, as well as finding sensitive indicator species, can tell us that the water is relatively protected from pollutants like those in stormwater runoff.

The youth found SO MANY different species living in the water – including pollution sensitive

caddisflies, stoneflies, and gilled snails – that they decided the water in Lake Phalen must be pretty clean! They also found some garbage in the water, so there's room for improvement, but the native plantings around the shore and other land management practices, along with sensible everyday action by people across our city, are protecting our resources.

Parks After Dark: Owl Prowl

Learn about our nighttime neighbors, dissect an owl pellet, practice your owl calls, and walk through the park after dark listening for these secretive birds.

Friday October 26
7:00-8:30pm
\$5 | Ages 5+
bit.ly/owlprowl18

Environmental Programs Calendar

Exploratots

Join us on outdoor adventures with the child (age 2-5) in your life! We begin with "choice time" (activity stations) on a theme, read a story together, venture out on a short hike, and then return for wrap-up and a take-home activity. In addition to connecting to nature and meeting new friends, your child will have the opportunity to practice skills that can improve school-readiness. Held second and fourth Wednesdays year-round. Please dress appropriately for the weather.

Children must be supervised with an accompanying adult. Siblings welcome.

Date: Wednesday, September 26
Time: 10:00 AM to 11:30 AM
Location: Phalen Park Picnic Pavilion, 1600 Phalen Drive, St. Paul

How to find us

If it's raining, we will be in the picnic pavilion. If it's not raining, we will be at the picnic tables to the north of the pavilion, which is the opposite side of the pavilion that the playground is on.

Bruce Vento EcoStewards

We are holding drop-in events to assist in restoration of Bruce Vento Nature Sanctuary. All tools will be provided. No experience is necessary- this is a great activity for anyone who wants to get outside, explore a new park and learn about restoring our natural areas. Join us on your way home from work!

Meeting Location: Bruce Vento Nature Sanctuary (4th St E, Saint Paul 55106).

Thursday, September 27
5:30 PM to 7:30 PM

These programs are funded in full or in part by the Clean Water, Land and Legacy Amendment and REI.

